



Southeastern Ohio Center for Independent Living **Communication Pulse...**

your lifeline to disability news and resources

September 2018



Back to School...

Settling back into the school routine after summer break can be tough, especially when there are behavioral, emotional or sensory challenges. Though some students look forward to the start of a new school year, for others, it triggers significant anxiety. What can parents do to help ease into the school routine or relieve anxiety? Check out these two articles:

- [**Tips To Ease Into Your School Routine**](#)
- [**Ways to Ease School Anxiety**](#)

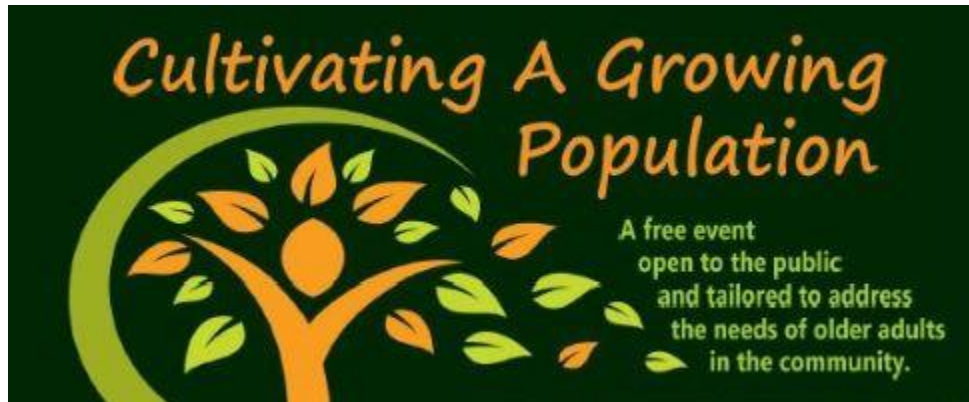
According to recent surveys, 1 in 4 U.S. adults has a disability, CDC says. Find some statistics of who has what in the [Full Article](#).



Social Security

SSI Beneficiaries (and their representative payees) between the ages of 14 and 17 should be receiving the informational brochure, [*"What You Need to Know About Your Supplemental Security Income \(SSI\) When You Turn 18"*](#). The brochure

provides information about SSI work incentives that primarily affect youth (such as the Student Earned Income Exclusion and Section 301 benefit continuation). It also includes information about common programs and services the family and youth may find helpful, such as vocational rehabilitation and the Department of Education's Parent Centers.



Wednesday, September 12

2:00-6:00pm

at Olivedale Senior Center

See [FLIER](#) for more details.

2018 **EveryBody PADDLES** **A Boundless Kayak Adventure** through the Scioto Mile...hosted by Adaptive Sports Connection. People of all ages and abilities can join in an adventure-filled day, paddling through downtown Columbus - under bridges, past COSI and Bicentennial Park and finishing at Scioto Audubon Park. Kayaks, adaptive equipment, instructors and transportation from Audubon to Nationwide Blvd provided. For more information and how to register [CLICK HERE](#).

Fit Fridays with SOCIL

What is it? You've probably heard countless times how exercise is "good for you". But did you know that it can help you feel good too??

Join SOCIL each Friday for a 1-hour low impact exercise class beginning in September!

Cost: (FREE) However registration is required by Monday, September 17, 2018.

See flier for more [DETAILS!](#)



September AU Meeting

Accessible Voting Tools

Presenter: Georgy Smith, Board of Elections

Wednesday, September 19th

3:00 pm to 4:30 pm

Location: Southeastern Ohio Center for Independent Living

1369 East Front Street, Logan, Ohio

To register call: Jordy Stringer at 740-380-1475



Assisted Living Options for People with Disabilities

Seniors and people with disabilities often need supportive living options. When the time comes to start considering options for assisted living, it's easy to become overwhelmed. The right choice depends on a number of factors, including support needs, expense and personal preference. Visit www.assistedliving.org to help answer some of your questions.



Upcoming Performances - Mark your calendar and make your reservations!

***Mary Poppins, Jr.* - September 13-30, 2018 Thu-Fri 7pm; Sat-Sun 1:00 & 3:30pm**

(Sensory Friendly performances September 21st & 22nd at 10:00am)

Based on the beloved Disney movie, your favorite British nanny is back! Mary Poppins Jr. holds all the magic and unforgettable songs and dances of the original Broadway musical with the simplicity of this shorter version...60 minutes.

***Dracula* - October 18-31, Thur-Fri 7pm; Sat-Sun 3pm; October 20, 29-31 7pm.**

(Sensory Friendly Performance October 27th at 10:00am)

In this tale, our heroes must hunt down and stop Dracula before he turns all of London into vampires! (Recommended for 4th grade and up)...120 minutes

Weekday Performances available for both shows.

Visit ColumbusChildrensTheatre.org for more details.

Community Events

Healthy Steps & Beyond - Open to all Fairfield Community Healthy Center adult patients, children & staff who want to focus on healthy lifestyle changes in an effort to reduce risks for chronic diseases and obesity. Separate classes for adults and families. **Wednesday, September 5th** - Adults 1pm-2pm; Families 5pm-6pm. Questions call Mary Lu Bowman, RN at 740-277-6043

Special Olympics Swim Team - Practices begin **September 7th** at the Fox Family YMCA, contact Andrea Headley at 740-215-7640 or aheadley_fcaa@yahoo.com for more details.

Harvest Celebration - at Smeck Park in Baltimore, Saturday & Sunday September 22nd & 23rd from 9:00am-5:00pm daily. Watch as early farm machinery is used to bring in the harvest. There will be activities, demonstrations, displays, and food concessions or bring your own picnic.

Self Advocacy Group meetings - "Dynamite Abilities" 3rd Wednesday of month at Hope Center, 10:00am contact Scott Campbell of SOCIL, at 740-689-1494 or scsocil@sbcglobal.net or "Speak Up for Yourself" 1st Friday of the month at Forest Rose, 5:30pm contact Rejeanna Smith 740-438-2172 or rejeannasmith889@gmail.com

Community Dance - at Forest Rose - 1st Friday of the month 6:30-8:30pm

Art Club - Tuesdays 10:00am to 2:00pm at Art & Clay on Main - contact Peggy at peggymcd@columbus.rr.com

Game Night - 2nd Sunday of the month, 6:00-7:00pm at Crossroads.TV at River Valley Mall (old theater) contact Julie Bruckelmeyer 740-652-7220 jbruckelmeyer@fairfielddd.com for more information.

THANK YOU to those who have registered your Kroger card!



Did you know that just by doing your regular grocery shopping at **Kroger** you could **help SOCIL earn funds** to conduct activities, such as Adaptive Sports, Kids In College Scholarships, peer support groups, and more? By registering your Kroger card in the **Kroger Community Rewards program**, each time you shop and scan your card, SOCIL will receive a percentage of your purchase amount. [Click here for easy instructions on how to register your Kroger card.](#) Ask your family and friends to assist us too! **Thank you!**



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