



## July - October 2016

This and past newsletter issues also available online at [www.socil.org](http://www.socil.org)

### FAIRFIELD COUNTY:

418 South Broad Street  
Lancaster, Ohio 43130

Phone: 740.689.1494  
Toll Free: 1.888.957.6245

Hours: Monday - Friday  
8:30 am - 5:00 pm

### HOCKING COUNTY:

1369 East Front Street  
Logan, Ohio 43138

Phone: 740.380.1475

Hours: Monday - Friday  
8:00 am - 4:00 pm



[www.socil.org](http://www.socil.org) [Facebook](https://www.facebook.com/socilohio)

### SOCIL Mission Statement

Our mission is to offer opportunities to consumers with disabilities that will maximize their choice to live in accessible communities.

We are dedicated to eliminating all barriers to access in the community, including housing, employment, transportation and recreation.

## Accessible Areas of Fairfield Heritage Bike Trail



The Fairfield Heritage Trail winds through and connects the community of Lancaster along its 9.5 mile path. The asphalt trail begins near Ohio University Lancaster campus and ends near Ety Road. Though it is a beautifully maintained trail people with ambulation limitations might encounter barriers. We hope you find the following suggestions helpful for you to explore the trail. Each will provide you

with relatively accessible parking, access to the trail, and about one to two miles of accessible grade:

- Area between Ohio University Lancaster and Thomas Ewing Junior High School. Be sure to check out the Sensory Trail and Accessible Treehouse behind Forest Rose School;
- Lewis Avenue and Talmadge Avenue area - level grade before Olivedale Senior Center underpass and before you descend to Cenci Park lake;
- Hocking Park (near Pierce Avenue and Beacon Avenue) will take you to picturesque wetlands and ponds behind River Valley Mall.

People are encouraged to vehicle drive these areas first to determine which will best meet their needs. Please update us at 740-689-1494 with other accessible areas as you explore your city trails! Or post them on our Facebook page <https://www.facebook.com/socilohio>.

If you have a disability, contact SOCIL at 740-689-1494 to borrow a handcycle (youth and adult) or Strider bikes (children and youth)

### Using Google Maps to Locate Accessible Parking

Have you ever prepared to go someplace new and your first thought is "Where is the Accessible Parking"? By using the App or the website [www.google.com/maps](http://www.google.com/maps), you can enter the location address and go to street view and zoom in to locate accessible parking. It can also be used to locate parking garages in the general vicinity.



## APP CORNER

This section will feature highly recommended apps for under three dollars. Look for these in your devices app store.



**Be My Eyes** provides the opportunity for people who are blind to request help from a sighted person. Once the request is made a volunteer who is sighted will be notified.

At that point a live audio-video connection will be set up between the two. The volunteer can tell the person who is blind what he/she sees when the person who is blind points the device's camera at something using the rear-facing camera.

Price: Free Device: iPhone and iPad



**Autism Tracker Lite** allows you to track your child's behavior patterns using a visual calendar and graphs. This information can then be shared with teachers, therapists, physicians and family who work together in the care of your child by using Dropbox, email or Twitter. Behaviors of multiple children can be tracked on one device.

Price: Free Device: iPhone, iPad, iPod Touch

## PROGRAM FOLLOW-UP

### Parkinson - "Delay the Disease"

Fifty-five people attended the "Movement and Memory" presentation on May 18th. Over half were persons with Parkinson and dementia motivated to take control of the disease with daily exercise. Though exercise will not cure the disease it will greatly enhance a person's daily life as repetition will improve functional abilities.

Delay the Disease is a proven exercise program that helps improve Parkinson's patients quality of life every day.

Though group fitness classes are offered in Columbus, efforts are underway to provide classes within our community of Fairfield County. If you are interested in assisting people to manage their symptoms and maintain a quality of life, consider getting certified as an instructor. Contact Pam at [ppsocil@gmail.com](mailto:ppsocil@gmail.com) for more details.

**Movement and repetition are the keys to a better quality of life.**

## NEWS

### The Adaptive Sports Program of Ohio (ASPO)

initiative is to increase the athletic opportunities for students with disabilities in grades 1 through 12. "There are 1,593 high school boys and girls basketball teams in Ohio and only 1 wheelchair basketball team," says ASPO Executive Director Lisa Falloway. "Sports are an extension of the classroom and intended to play an important part of a well-rounded education. It is extremely important that this benefit is extended to students with disabilities."



ASPO conducted its first pilot program in 2015-2016 with the Wooster City School District. **We are happy to announce ASPO is considering conducting its second pilot within the areas of Hocking and Fairfield County school districts.** If you are interested please contact SOCIL at 740-689-1494 ext 11 or ([ppsocil@gmail.com](mailto:ppsocil@gmail.com)) for more details.



### Project Maestro - Music Gifting Program

**Share Your Blessings, Inc.** a 503(c)3 organization is dedicated to enhancing the lives of individuals with special needs with a music gifting program

**Project Maestro.** The intent of this program is to counteract the daily stresses and hardships handled by individuals and families with special needs by offering them the opportunity to make music and interact with family and friends using the **Beamz** Interactive Music System. ([www.thebeamz.com/at-home/special-needs/](http://www.thebeamz.com/at-home/special-needs/))

Complete **Share Your Blessings** application at <http://www.share-your-blessings.org/apply-for-donation/> to be considered as a recipient of a Beamz Home edition interactive music system for you or your family. **Share Your Blessings** review applications monthly and will let you know what they can do for you and your family in 4-6 weeks after submission.

# ACTIVITIES, OPPORTUNITIES & INFO

## Sensory-Friendly Summer Movie Club

Cinemark Theaters at the River Valley Mall in Lancaster will be offering weekly Sensory Friendly Movies during their Summer Movie Club each **Saturday at 9:30am**.

- July 2<sup>nd</sup> - **"Pan"**
- July 9<sup>th</sup> - **"Home"**
- July 16<sup>th</sup> - **"The BoxTrolls"**
- July 23<sup>rd</sup> - **"The Sandlot"**
- July 30<sup>th</sup> - **"Norm of the North"**
- August 6<sup>th</sup> - **"Shaun the Sheep Movie"**
- August 13<sup>th</sup> - **"Max"**



Admission will be \$1.00 per person.

During the sensory-friendly showings, auditorium lights will be on and the sound will be lower.

**Have a great summer!**

## Audio Described Movies Now Available on iTunes

Apple has launched a new room in iTunes dedicated to highlighting audio-described movies for blind and low vision users. Among the hundreds of titles available are *The Force Awakens*, *The Martian*, *The Big Short*, *The Revenant*, *Spectre* and *The Peanuts Movie*. Check iTunes regularly for new additions. For more details visit <https://support.apple.com/en-us/HT205742>

Apple has also updated its Accessible Apps Collection <http://www.appstore.com/accessibility> with a collection of iOS apps in the areas of Vision, Hearing, Speech, Learning and Literacy, Physical Motor, and Accessible Home with Siri.

## VOTER INFO

### Registration Deadline:

#### October 11th for November 8th General Election

You still CANNOT register to vote online in Ohio, but you can [download the registration form](#) and mail the completed form to the Board of Elections or stop by and register at SOCIL.

You can [update your voter information](#) online if you have moved or haven't voted in recent years.

**"You can only have a say if you are properly registered to vote"**

## Summer Park Programs

If you or your child are looking for fun outdoor activities this summer, check out the Summer Programs planned at your local Parks and Recreation.

The following are links to Pickerington and Lancaster's summer activities.

Pickerington: [http://www.pickerington.net/upload/content/files/Recreation/2016/2016%20Spring\\_Summer%20Program%20Guide\\_web.pdf](http://www.pickerington.net/upload/content/files/Recreation/2016/2016%20Spring_Summer%20Program%20Guide_web.pdf)

Lancaster: <https://www.ci.lancaster.oh.us/DocumentCenter/View/2535>

## Looking for MORE Summer Activities...

The **Fairfield County District Library** offers activities for Kids, Teens and Adults. Visit their website at <http://www.fcdlibrary.org/> and go under Events to see what is planned at a library near you!

**Art & Clay on Main** are offering Summer Art Camps through August visit <http://www.artandclayonmain.com/> for more details.

## Adaptive Sports Calendar of Events

Some individuals from Ohio State University have developed a centralized website to post any adapted sports, recreation and leisure activities in Ohio for persons with spinal cord injuries and other disabilities.

Check out the site listed below often to locate activities your children, family or yourself might like to participate in!



This is a public link to access the calendar...so please share with friends and family:

[https://calendar.google.com/calendar/embed?src=sciato\\_su@gmail.com&ctz=America/New\\_York](https://calendar.google.com/calendar/embed?src=sciato_su@gmail.com&ctz=America/New_York)

## Kids Ride FREE!

During July and August, Kids Ride Free with an adult on Lancaster Public Transits East End Loop, Memorial Express and West Loop.

For more information call Lancaster Public Transit at 740.681.5086 or visit their website to [download the loop schedules](#).



## ADDRESS SERVICE REQUESTED

418 South Broad Street  
Lancaster, Ohio 43130

SOCIL is funded by a Department of Health and Human Services (DHHS) grant, Administration for Community Living. The contents of this newsletter do not necessarily represent the policy of DHHS and you should not assume endorsement by the Federal Government.

## SUPPORT & ADVOCACY

### Support Group for Men with Disabilities

SOCIL has two groups for men which discuss issues related to being a man with disability.

- Men who are transition age (14-19) meet one Saturday a month at Discover U at River Valley Mall.
- Adult men also meet one Saturday a month at the Pickerington Library.

More members are welcome for both groups.  
Contact Scott Campbell at SOCIL 740-689-1494 ext 15 for more details on dates and times.

### Coffee, Tea and Autism in Fairfield County

A new style of support group will be led by volunteers whose lives have been touched by autism. If you are a person with an Autism Spectrum Disorder, a parent or other family member living the autism journey then this group is for you!

Meets **every third Thursday at 6:30pm** (next meeting July 7th) at Trinity United Methodist Church, Pickerington.

Please **RSVP** at [coffeeteaandautismfairfield@gmail.com](mailto:coffeeteaandautismfairfield@gmail.com)

Children welcome - Kiwanis Key Club volunteers to watch kids!



*...is an advocacy group empowering individuals to focus on their Abilities.*

*We offer peer support and instruction to members on how to be independent, to self advocate and be active members of their community.*

### AU meetings are held at

**Hocking College, Logan Campus, 30140 Iles Road  
3:00 pm-4:30 pm (unless noted otherwise)**

- **Wednesday, July 27, 2016**  
Explore the Outdoors - AU Annual picnic!  
Location: Kachelmacher Park, Logan
- **Wednesday, August 24, 2016**  
Living in the Real World
- **Wednesday, September 28, 2016**  
Your Voice - Your Vote!
- **Wednesday, October 26, 2016**  
Raise the Bar! AU Annual Food Drive Begins

Contact Mary Clark at 740-380-1475 with questions or to register to attend.