



## March - June 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](#)

### 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.

## What is a "Center for Independent Living" (CIL)?

*A consumer-controlled, community based, cross-disability, non-residential, private non-profit agency that is designed and operated within a local community by individuals with disabilities and provides an array of independent living services.*

It employs at least 51% persons with disabilities (pwd);  
at least 51% of Board of Directors are pwd;  
and provide **5 Core Services** free-of-charge, across all disabilities (visible, hidden, physical, cognitive, emotional/mental health and or any other):

- **Information and Referral** - sharing of information with callers whether that is services provided by the CIL or directing them to other community resources.
- **Independent Living Skills Training** - assist consumers in developing the skills needed to live independently.
- **Advocacy** - consumers develop skills to become effective advocates for themselves and the disability community.
- **Peer Support** - one person with a disability sharing their experience and knowledge with another person with a disability.
- **Transition Services** - facilitates the transition of people with disabilities from nursing homes and other institutions to home and community based living; provides assistance to those at risk of entering an institution; and helps with the transition of youth with disabilities into higher education, the workforce and the community.

## Accessible Recreation Programs

Is your child missing out on the opportunity to participate in sports due to accessibility or availability?

Help us to advocate for more opportunities for your child by completing this confidential survey of 11 short questions that should **take less than 3 minutes** to complete:



Click on: <https://www.surveymonkey.com/r/9GPB66T>

## TECHNOLOGY NEWS

**Lighthouse Tools for Living** is an online store for assistive technology for people with low vision or who are blind. <http://www.lighthousestoolsforliving.com>

Recently released, **NVDA**, which stands for “**non-visual desktop access**”, is a FREE screen reader for Windows. It reads the text on the screen in a computerised voice and can also convert the text into braille if the user has a “braille display”.

Documents saved to a flash drive are actually encrypted with NVDA allowing the document to be read on another computer even if NVDA is not installed on the computer.

For more information visit [NVAccess.org](http://NVAccess.org)

**Computer Assistance...**Microsoft offers a free program for people with disabilities. Technicians access computers in need of repair and fix what they can remotely. The service number is 800-936-5900 with video phone/ASL support at 503-427-1234.

For more information such as calling hours see <http://support.microsoft.com/gp/contact-microsoft-accessibility>

## APP CORNER

This edition of the APP Corner focuses on apps for people who are sighted or have low vision to learn Braille.

**Braille Tutor** provides an interactive learning experience for a braille learner who is sighted or blind. It uses onscreen keys or home keys on a Bluetooth keyboard. It is self-voiced, but also works with Voiceover. The app uses sounds and text-to-speech to support vision-impaired learners.

Price: Free Device: iPad



**Braille Code Driller** includes a review of the Braille alphabet and four activities to help a person become proficient with Braille. All drills can be performed timed or untimed.

Price: Free Device: iPhone, iPad, iPod Touch



**Braille Now** is designed to teach sighted persons how to recognize Braille letters. It uses common words which the app will pronounce if a WiFi connection is available. A detail view for each word is available that will provide a full definition of the word.

Price: \$.99 Device: iPad



## RESOURCES

### Senior Resource Guide

Know a 60 year old + needing assistance to remain at home?

For information on:

- Meals
- Healthcare
- Housing
- Safety
- Supports



<https://www.socilfairfieldhocking.org/socil266/resources/senior-resource-guide-community-il-resources.pdf>

## VOTER INFO

### Registration Deadlines:

July 1st for August 2nd Special Election

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”*

## EMERGENCY PREPAREDNESS

*“No one learns to swim in the middle of a flooded river. The only abilities we have in a disaster are those we develop before it starts”*

Being prepared for disasters and emergencies can seem like a big job. Cover one of these 12 steps monthly to get you and your family prepared for an emergency.

- **Make a Plan** - what to do if you have to evacuate.
- **Water** - have 72 hrs of water stored for your household
- **Sheltering** - identify best storm shelter in your home
- **Food** - 3 days of emergency food supply for your family
- **Work, School & Community** - have emergency plans
- **Unique Family Needs** - individuals with disabilities, pets
- **Family Communication Plan** - how will you stay in touch
- **Get Involved** - volunteer, help others prepare
- **Be Informed** - have alert radio or weather app on phone
- **Power** - flashlights/batteries
- **Emergency Supplies** - store supplies in accessible place
- **First Aid** - make or buy a first aid kit, take training

Call SOCIL if you would like help putting your plan together.

# EVENTS & ACTIVITIES

## Epic Futures - The Quest for Independence

Wondering what happens after high school?

- Do I work? • Do I go to college? • Where do I live?
- How do I cook? • How do I manage my money?

If you are asking these questions then **Epic Futures** is the group for you.

**Location:** 1369 E. Front Street, Logan

**Dates:** • Thursday, March 10<sup>th</sup> & March 24<sup>th</sup> - 3:00-4:30pm  
• Thursday, April 14<sup>th</sup> & April 28<sup>th</sup> - 3:00-4:30pm  
• Thursday, May 12<sup>th</sup> & May 26<sup>th</sup> - 3:00-4:30pm  
• Thursday, June 9<sup>th</sup> & June 23<sup>rd</sup> - 3:00-4:30pm

**RSVP:** Mary Clark at SOCIL 740.380.1475

## Basic Cooking for Beginners

**FREE 3-class series**, presented by OSU Extension Office  
831 College Avenue, Lancaster  
Learn about Nutrition, Budgeting & Time Management.

**Thursday, April 7th, April 21st & May 5th**  
**11:30am - 12:30pm**

To register contact Kelley Scott at 740.652.7263  
or [scott.1863@osu.edu](mailto:scott.1863@osu.edu)



## Family Fun Fair

**Saturday, April 9th - 10:30am - 1:00pm**  
**Forest Rose School - 1592 Granville Pike, Lancaster**



7th Annual **Family Fun Fair** event for young children and parents sponsored by Fairfield Association for the Education of Young Children. The **FREE** event and activities provide families with young children the opportunity to learn about programs and services available in our community.

## Adaptive Sports Open House & Expo

featuring assistive technology for outdoor sports for people with physical disabilities, visually impaired and developmental disabilities including autism.

**Friday, June 10th - 12:00pm - 3:00pm or**  
**Saturday, June 11th - 10:00am - 3:00pm**

**TAASC Adventure Center - 6000 Harriott Dr, Powell**

**Event Highlights:** practice archery skills, try adaptive bikes, kayak simulation, boccia ball, BB Gun range, snow ski simulation, fishing, equestrian simulation, climbing wall and adaptive equipment exhibits.

Light lunch will be provided.

Advance registration requested at [www.taasc.org](http://www.taasc.org)

*SOCIL's Educational Series - programs with the latest information and resources available to assist individuals and families with disabilities.*

## Individualized Education Plan (IEP)

Join us for 2 separate events presented by:

Valorie Dombroskas (OCECD)

& Scott Campbell (SOCIL)

## Understanding and Writing an Individualized Education Plan - Training

**Tuesday, March 8th - 6:00-8:00pm**

**831 College Avenue, Conf Room B, Lancaster**

RSVP - [imsocil@sbcglobal.net](mailto:imsocil@sbcglobal.net) by March 2nd

## IEP Clinic - One on One with Valorie to answer questions regarding your child's IEP.

**Friday, April 1st - 10:00am-4:00pm (1 hr appts)**

**SOCIL Lancaster Office, 418 South Broad Street**

Call Scott at 740.689.1494 to schedule an appt.

## Benefits Program for families of Children with Disabilities

Presented by: Ron Swain, Benefits Analyst

Fairfield County Board of DD

Understanding work and benefits options of SSDI, SSI, Medicare & Medicaid. Get answers to questions and receive a "Work Benefits You" workbook.

**Monday, April 18th - 6:30-8:00pm**

**SOCIL Office - 1369 E. Front Street, Logan**

RSVP - [imsocil@sbcglobal.net](mailto:imsocil@sbcglobal.net)

## Womb to Tomb...Blindness Resources

Presenter: Elizabeth Sammons, Opportunities for Ohioans with Disabilities (OOD)

Elizabeth will provide an overview of educational, advocacy, and peer support resources for people of all ages with vision loss.

**Thursday, May 5th - 10:15-11:30am**

**Location: Fairfield County District Library**

**219 N. Broad St, Lancaster**

No Registration Required

## Dementia - Movement and Memory

**Wednesday, May 18th - 6:00pm**

**Location: Fairfield Medical Center**

Save the Date - Watch for more information.



## 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

**Regional SIBS Network**...is a group for families and siblings of those with disabilities. In the group, we will discuss what it is or was like to live with a person with different abilities, information about how to deal with situations, and to have a positive relationship with them.

**Location:** 1369 E. Front Street, Logan

- Dates:**
- Monday, March 28<sup>th</sup> - 6:00-7:30pm
  - Monday, April 25<sup>th</sup> - 6:00-7:30pm
  - Monday, May 23<sup>rd</sup> - 6:00-7:30pm
  - Monday, June 27<sup>th</sup> - 6:00-7:30pm

**RSVP** Morgan Brausey 740-380-1772 or Mary Clark  
740-380-1475

### #parentchat

You are on a journey that is both rewarding and difficult. We challenge you to face the future with an open mind, acceptance, courage and strength. Discussion about IEP, Resources, Behaviors, Medical Issues, Family Life.

**Location:** To Be Announced

- Dates:**
- Tuesday, March 22<sup>nd</sup> - 6:00-7:30pm
  - Tuesday, April 26<sup>th</sup> - 6:00-7:30pm
  - Tuesday, May 24<sup>th</sup> - 6:00-7:30pm
  - Tuesday, June 28<sup>th</sup> - 6:00-7:30pm

**RSVP** Stephanie Brausey 740-823-8810 (call or text) or call Mary Clark 740-380-1475 or Sheila Hall 740-385-4371



*...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**

- **Wednesday, March 23, 2016**  
Keep Yourself Safe! Self Defense by Aaron Raymer
- **Wednesday, April 27, 2016**  
More Than a Band-Aid - First Aid Training by Red Cross
- **Wednesday, May 25, 2016**  
Attitude Adjustment
- **Wednesday, June 22, 2016**  
Where Do I Fit In?

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