



November 2016 - February 2017

This and past newsletter issues also available online at 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 [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.

Transitioning from High School

**Are you graduating from high school or have you recently graduated?
Are you nervous about the next steps?**



SOCIL can help with this transition, whether it's on to college or finding a job.

Contact Scott Campbell in Fairfield County at 740-689-1494 ext. 15 or Mary Clark in Hocking County at 740-380-1475.

The transition from high school to college is a big one. If you are a student with a disability one of the largest changes is the difference in the special education services provided in high school compared to those in college. There is a guide to help students with disabilities understand their rights and responsibilities in college.

It can be found at <http://www.accreditedschoolsonline.org/resources/best-accredited-colleges-schools-for-students-with-disabilities/>

DELAY THE DISEASE

THE #1 PARKINSON'S EXERCISE PROGRAM

The Robert K. Fox Family Y is now licensed to teach exercise classes to people with Parkinson's disease. They will be implementing a community-based Parkinson's-specific exercise class based on the "Delay the Disease Parkinson's Fitness Program". Participants will need to be cleared by a physician and also complete the intake process before being eligible for this program.

No matter how long you have been diagnosed, it's not too late to start exercising and it's never too early.

The YMCA plans to start 1 class that will meet twice a week for 12 weeks and then build quickly. Time and dates to be announced. Questions can be directed to Anita Morehart, Wellness Director at 740-654-0616 ext. 247.

APP CORNER

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



Dexteria turns your iOS device into a therapeutic tool that improves fine motor skills. Dexteria's unique hand and finger activities take full advantage of the iOS multi-touch screen to help build strength, control and dexterity.

Price: \$3.99 Device: iPhone and iPad



Dexteria Jr. provides fine motor skill development for preschoolers. A series of fun exercises to strengthen fine motor control in the littlest of fingers and possibly bring on a serious case of the giggles.

Price: \$2.99 Device: iPhone and iPad

RESOURCES

Talking Books

The Talking Book Program provides free recorded books, magazines and playback equipment to eligible blind, visually impaired, physically disabled and reading disabled Ohio residents.

The Fairfield County District Library is a sub-lending agency for the Ohio State Library Talking Books program. They distribute the machine to play the materials, and the talking books are circulated by the Ohio Library for the Blind and Physically Disabled in Cleveland.

Contact Matthew at FCDL for more information or to sign up at 740-653-2745 ext. 170.

Sighted Guide Ohio

Their mission is to provide a magazine dedicated to the visually impaired and blind friends and family. They reach out to the State of Ohio for the people that need a voice for visually impaired and blind communities.

Sighted Guide Ohio offers events, resources, services for your area, latest technology information, news and stories of visually impaired and blind people.

Visit their website at www.sightedguideohio.org

SUCCESS STORY



My name is Tyler. I am member of a self-advocacy group called Abilities United in Hocking County through SOCIL.

Three years ago at an Abilities United meeting I was talking to a young lady who uses a wheelchair about playing basketball. She told me that she couldn't play because of being in a wheelchair. So I explained to her that there is a sport called adaptive basketball where everyone plays in wheelchairs. She told me that she would like to play but there wasn't a program in her area. I told her I would see what I could do to start a program in Hocking County.

I talked to my SOCIL Abilities United advisor about my idea to start this program. I would need a gym, equipment, coaches, volunteers and office support but I had no funding. My advisor linked me to Monday Creek Adventure Camp. I shared my plans with the owner and she agreed to help. My advisor also linked me to Hocking Valley Industries. SOCIL loans equipment and helps with the paperwork; Hocking Valley Industries provides use of their gym. Hocking Adaptive Sports Program was created!

Wheels of Fire will begin practice December 5, 2016.

For more information call Mary at SOCIL,
740-380-1475.

ENDOWMENT

Community Fund Management Foundation (CFMF) administers an Endowment Account . CFMF accepts individual grant requests from people with disabilities:

- **Hardship/Emergent Needs for Individuals** - for relief from a hardship or assistance with an emergent need.
- **Educational Assistance for Individual/Family** - for the cost of tuition and/or travel expenses to attend an educational program, including but not limited to, a seminar, school or continuing education program.

For more information on how to apply go to www.cfmf.org/endowment-account

ACTIVITIES, OPPORTUNITIES & INFO

Interested in cooking?



The **Cook Club** meets monthly at 1369 East Front Street, Logan to cook and learn new recipes.

For more information, dates, times or to register contact Mary Clark at 740-380-1475.

Are you an individual with a visual disability looking for a recreation opportunity?

Goal Ball - - an indoor court ballgame, designed for the visually impaired, in which teams of three players throw a ball with bells into the opposing goal.



Goal Ball is a Paralympic competition!

See highlights from London 2012 Paralympic Games https://www.youtube.com/watch?v=WJifbl_OSps



If you are interested, contact Pam at SOCIL, 740-689-1494 ext 11 or ppsocil@scbglobal.net

Sensory-Friendly Movies

Cinemark Theaters at the River Valley Mall in Lancaster will continue to offer monthly Sensory Friendly Movies. Upcoming movies:

- Saturday, November 12th - **"Trolls"**
- Saturday, December 10th - **"Moana"**
- Saturday, January 7th - **"Sing"**

Time: 9:30 am

Cost: \$5.00 per person



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



Gift of Time - Holiday Fun and Activities

Saturday, December 3rd
10am-2pm
at Lancaster High School

Children with sensory challenges and their families can get a photo with Santa and enjoy some activity stations between **9am-10am**

Attendance is limited and **reservations are required** to keep this event quiet and relaxed.

To register, contact Lisa at SOCIL
740-689-1494 ext 10 or lsocil@scbglobal.net



It's time for basketball...

Hocking Adaptive Sports Program will begin their basketball season the first week of December.

Call Mary Clark at 740-380-1475 for more information or to register.

Fixed Transit Routes in Pickerington

Lancaster-Fairfield Public Transit (LFPT) has two new deviated-fixed routes that run continuous hourly **loops** throughout Pickerington and Violet Township Monday through Friday 9:00am-4:00pm. One route runs the north corridor and one the south corridor, meeting each hour to transfer passengers wishing to travel between corridors. This is a 6 month pilot program...be sure to use these routes so the need can be assessed for permanent placement. Cost is 50¢ general public fare, 25¢ for mobility (elderly/disabled), and 10¢ transfers.

For more information visit

<http://www.ci.lancaster.oh.us/242/Transit> for stop locations as well as details on LFPT's additional

3 loops in Lancaster.



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

The purpose of this Fairfield County group is to discuss the struggles of being a man with a disability, find support among other men with the same struggles, and develop social connections.
Contact Scott Campbell at SOCIL 740-689-1494 ext. 15 or scsocil@scbcglobal.net for more information.

Coffee, Tea and Autism in Fairfield County

Support group for anyone who has been touched by autism meets **every third Thursday at 6:30pm** at Trinity United Methodist Church, Pickerington.

Please **RSVP** at coffeeteaandautismfairfield@gmail.com

Children welcome - Kiwanis Key Club volunteers to watch kids!

Fairfield County Support Groups

Alzheimer's - 2nd Wednesday of each month at 2:00 pm
Parkinson's - 3rd Wednesday of each month at 1:00 pm
Meet at SOCIL Lancaster Office, 418 South Broad Street

Free Respite available for both groups at Salvation Army Samaritan Center, call Kelly Bauman at 740-687-1921, ext 110 to schedule.



...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, November 16, 2016**
Balance is the Key to Life
- **Wednesday, December 14, 2016**
Awards Ceremony
- **Wednesday, January 25, 2017**
Meeting Etiquette 101
- **Wednesday, February 22, 2017**
Hobby to Employment

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