

Happy New Year...Being Fit in 2020, Adaptive Sports Survey, Adaptive Basketball, Vision Loss Support Group, Cook Club, Community Activities, Support groups and more...

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

January 2020



Ways to Improve Your Physical Health in the New Year

- Increase your physical activity in any way possible.
- Have goals for where you want your physical health to be at and track progress.
- Start small
- Include cardiovascular exercise and strength training to your exercise routine.
- Take an exercise class.

App Corner



MyFitQuest is an app that allows users a more dynamic exercise session. Designed to be compatible with various fitness equipment, MyFitQuest users can track weight, calories burned, heart rate averages as well as maximums, distances traveled, workout durations, and speed averages. Easily installed, MyFitQuest will allow users to access data that they can review at anytime and anywhere that MyFitQuest can be opened. Customize your workout experience with our new, premiere website www.MyCloudFitness.com. On the website, users can manage workout goals, participate in our awesome newbie-friendly forums, set nutrition tracking and a lot more!

Price: FREE **Device:** iPhone, iPad, Android devices

Adaptive Sports Survey

SOCIL is conducting a survey regarding it's adaptive sports program. **The link is below.** Adaptive sports are open to anyone with a disability ages 8 and up. Please share this survey with people with disabilities and families. Any questions regarding the adaptive sports program can be directed to **Jeff Williams at 740-689-1494 ext 13** or jwsocil@gmail.com. Thank you for helping us to improve our adaptive sports program!

[SURVEY](#)

It's time for Wheelchair Basketball...come join us!

Do you have a disability and want to play basketball? Come join the fun. To level the playing field all participants will utilize a sportschair that SOCIL will have available for athletes age 8 and up.

When: Monday's from 5:00pm to 6:30pm

Where: 15663 State Route 595, Logan (old HVI building)



For more information, [SEE FLYER](#) or [Practice Schedule](#) or contact Jeff Williams at
SOCIL

740-380-1475 ext. 293 or jwsocil@gmail.com

Vision Loss Support Group

When: Tuesday, January 7 from 1-3pm

Where: Functional Training Services Center
3274 Maize Road, Columbus 43224

Topic: Non-24 Hour Sleep-Wake Disorder

Maggie Felton, Clinical Nurse Educator with Vanda Pharmaceuticals, will discuss Non-24, a serious, rare circadian rhythm disorder that affects a majority of totally blind individuals who lack light perception and cannot reset their master body clocks to the 24-hour day. In the United States, this disorder affects approximately 80,000 totally blind individuals who lack the light sensitivity necessary to reset their internal "body clocks."

Target audience for this group is persons who are visually impaired, especially those who have experienced recent loss, however, all are welcome, including family members and supports.

Please call Mike Pitroff with questions or for more information at (614) 262-9669 or at mike.pitroff@ftsjobs4u.com Registration is not required, but new participants are encouraged to confirm details with Mike. There is no cost; light refreshments will be served.

Cook Club Returns in January...New Location

When: 4th Tuesday of each month
3:00 pm - 4:00 pm

Where: SOCIL office
1369 East Front Street, Logan
(Hocking Board of DD Building)

First meeting: January 28th



Come join in the fun and make some new dishes. Please note the new location and time. The new location is closer to downtown Logan and should be more convenient for the members. For more details see the [FLYER](#) and contact Michael Welsh at SOCIL, 740-380-1475 ext. 286 or mwsocil@gmail.com to register.

Transportation is available upon request, for individuals who live within the Logan Public Transit service area. Transit request or any other accommodations should be made one week prior to meeting.

Community Activities, Classes & Support Groups

"Virtual" Peer Support Group - One of the required core services for any CIL (Center for Independent Living) is **peer support**. Peer support refers to support from a person who has knowledge from their own experiences. In other words, we learn from each other. SOCIL now has a **"virtual" peer support group on Facebook**. Log on to Facebook and search for **"Fairfield/Hocking Independent Living Peer Support Group"**. It is a closed group open only to residents of Fairfield and Hocking counties with disabilities. Send a request to join and answer the questions.

Alzheimer's Caregiver Support Group -2nd Wednesday of each month 1:30 - 3:00 pm Location: Lancaster SOCIL office. Free respite available. See [flyer](#) for more details.

Parkinson's Support Group - 3rd Wednesday of each month 1:00 - 2:30 pm Location: Lancaster SOCIL office. Free respite available. See [flyer](#) for more details.

What's Next? - Understanding Alzheimer's & Dementia - Caregiver Educational Group - 3rd Monday of each month from 1:00 - 3:00 pm Location: Lancaster SOCIL office. See [flyer](#) for more details.

Self Advocacy Groups

"Abilities United" 3rd Wednesday of the month at Logan SOCIL office 3:00-4:15pm. Contact Michael Welsh of SOCIL, at 740-380-1475 or mwsocil@gmail.com [See January Flyer](#)

"Dynamite Abilities" 3rd Wednesday of the month at Hope Center, 10:00am contact Scott Campbell of SOCIL, at 740-689-1494 or scottcsocil@gmail.com

"Speak for Yourself" 1st Friday of the month at Fox Family Y in Lancaster from 6:00 - 7:00pm before the dance. Contact Rejeanna Smith at rejeannasmith889@gmail.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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