



Southeastern Ohio Center for Independent Living Communication Pulse...

your lifeline to disability news and resources

November 2019



Lancaster Parks and Recreation has upgraded Hunter Park to the newly named, **All Abilities Multi-Generational Playground** at Kiwanis Club of Lancaster Hunter Park. The new playground is completely assessible to provide an opportunity for children of **ALL abilities** to play together. The playground officially opened to the public with the ribbon cutting on October 29th!

Sensory Santa at "Gift of Time"



Holiday Fun and Activities
Saturday, December 7th, 10am - 2pm
at Lancaster High School.

"Sensory Santa" will once again be held prior to event from 9am - 10am.

Children with sensory challenges and their families can get a photo with Santa and enjoy some activity stations between **9am-10am** prior to "Gift of Time" being opened to the public.

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

Reservation deadline - Friday, November 22nd. To register, contact Lisa at SOCIL 740.689.1494 ext 10 or lisamsocil@gmail.com.

Strategies for making holidays an enjoyable experience for children with disabilities.



- Make a schedule. Including visual schedules if necessary.
- Use a pair of noise-reducing headphones for your child to help relieve stress.
- Designate a helper/handler to amuse, entertain, or soothe your child, or just give you a twenty-minute break if need be.
- Give your child a job. Having a task or chore can keep a child focused and reduce anxiety.
- If necessary, create new holiday food traditions. Allow the child to eat whatever makes them happy.

- Bring all the familiar stuff. If you're celebrating a holiday at someone else's home, pack things that regularly give your child comfort.
- Scope out a quiet spot. Or create one of your own with a tent or even draping a sheet over two chairs.
- Have a big book handy to prop in front of your child as a shield in case your child gets overwhelmed sitting at the table by the crowd or the scent of food.

Ohio Association of the DeafBlind (OADB)

will be hosting it's annual Holiday Party

Saturday, December 7th, 11 am - 3pm

at Rob's Restaurant in Brookville, Ohio.

See the [FLYER](#) for more details and how to register to attend.

Adaptive Sports Opportunity



It's time for Wheelchair Basketball

Practices start Monday, December 2nd

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 contact Jeff Williams at SOCIL 740-380-1475 ext. 293 or jwsocil@gmail.com



Internship Program - is a business-led collaboration that enables young adults with disabilities to gain and maintain employment through training and career exploration! This

program serves as a workforce alternative for students in their last year of high school. Three elective high school credits can be earned for successful completion of the program.

Plan to attend the **INFORMATIONAL NIGHT**

Thursday, November 21st at 5:30 pm

Fairfield Medical Center, Project SEARCH Classroom (near south entrance)

See [FLYER](#) for more details.

NEWS

Lancaster Fairfield Public Transit

Effective November 4th, there will be some minor changes in the four (4) Lancaster Flex-route schedules. See [ATTACHED](#) schedule for details.

State Announces Initiative to Support College Students with Disabilities

Opportunities for Ohioans with Disabilities (OOD) and the Ohio Department of Higher Education (ODHE) announced the launch of **Ohio College2Careers** to ensure students with disabilities have the support they need to complete their degree and/or credential, earn higher wages, and meet the demands of tomorrow's labor market. As part of the state's budget for fiscal years 2020-2021, **Ohio College2Careers** immerses a full-time, dedicated vocational rehabilitation counselor in the disability services offices at 15 public colleges and universities. For more information and a list of colleges and universities included [CLICK HERE](#).

App Corner



Choiceworks app is an essential learning tool for helping children complete daily routines, understand and control their feelings, and improve their waiting skills. Key features include a schedule board, waiting board, feelings board, and feelings scale. Choose from pre-loaded images and audio/video clips or create your own. Easily create profiles to personalize and manage multiple users. Save an unlimited number of boards. Share boards by email, files app or iTunes. Ability to print boards or save as PDF.
Price: \$4.99 **Device:** iPad, iPhone, iPod



ASSISTIVE TECHNOLOGY OF OHIO

Assistive Technology of Ohio (AT Ohio) is a federally funded nonprofit organization that is part of the College of Engineering at The Ohio State University. **Their mission is to help Ohioans with disabilities learn about or acquire assistive technology.** Assistive technology refers to devices, equipment or services that assist individuals with disabilities to function independently in the areas of work, home or school. They offer several programs and services to achieve that goal. Assistive Technology devices can be life-changing but they can also be very expensive. In tough budget times, you don't want to buy an expensive device and then find out that it isn't the right device for you. **Fortunately,** Assistive Technology of Ohio has a **large device lending library** that you can try out...**FREE of charge!**
For more information visit their website at www.atohio.engineering.osu.edu or contact Gaye Spetka at 614.292.2390 or email spetka.1@osu.edu

Blind Abilities Group

When: 2nd Saturday of every month
10:30 am - 12:30 pm
Where: SOCIL office
418 South Broad Street, Lancaster
Next meeting: November 9th & December 14th



Come join in discussions of issues facing the blind, such as access to information, transportation, work opportunities and more. Questions contact Jordy Stringer at 740.689.1494 ext. 11 or jssocil@gmail.com. Transportation is available upon request, for individuals who live within the Lancaster 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.

VA Days with Hocking County Veterans Service Office - Stop by Tractor Supply Company 28 Hocking Mall, Logan from 10am-2pm for VA benefits information, enrollment opportunities, health screenings, and various medical equipment servicing. Click [HERE](#) for upcoming dates.

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 November 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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Southeastern Ohio Center for Independent Living
418 South Broad Street
Lancaster, Ohio 43130

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