

Virtual Peer Support Group, Blind Abilities Group, LFPT increasing days, Adaptive Sports Opportunities, Gift of Time, Community Activities, Support groups and more...

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

your lifeline to disability news and resources

**October 2019**

### "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.



## NEWS

### **Lancaster-Fairfield Public Transit is adding a 4th day for Pickerington Loop!**

Beginning Monday, September 30th, LFPT will be piloting additional stops to the current Pickerington flex route as well as one additional day of service. This pilot will operate for a period of six months to monitor the effectiveness and use of the additional service. To utilize the route, just be at the posted bus-stop (signs at most locations) at least 5 minutes prior to the scheduled stop time with your **cash fare of \$0.50 General rate/\$0.25 Mobility rate**. Once you board, let your driver know at which stop you will be de-boarding the vehicle. Deviated pick-ups are available within a 3/4-mile radius of the listed stops by calling at least 24 hours in advance to request. (limit one deviation per hour). **To see the current bus schedules, visit LFPT [website](#) or call 740-681-5086.**



## **App Corner**



**Living Buddy** is a new talking exercise-buddy. Collect points, increase your level and win cool accessories for your Living Buddy. Choose between six different activities, and challenge your friends to a battle and see who gets the best score. Exercise with an animated talking fitness coach that gives motivation through gamification, education and fun. Specialized for people with autism, ADHD and cognitive disabilities. **Price:** Free **Device:** iPad, iPhone, Android

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## Adaptive Sports Opportunity Wheelchair Basketball

Do you have a disability and want to play football? You do not have to use a wheelchair on a daily basis to participate. SOCIL has sportschairs available so that anyone with any type of disability age 8 and up are welcome to come play.



**When:** Wednesday's from 5:00pm to 7:00 pm

**Where:** Rec Plex, 1180 E. Locust Street, Lancaster

For more information contact Jeff Williams, SOCIL, at 740-689-1494 ext. 13 or [jwsocil@gmail.com](mailto:jwsocil@gmail.com)



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.

Come join our meetings held monthly on the 3rd Wednesday of the month at Hocking County SOCIL office, 1369 East Front Street, Logan. Transportation assistance available if requested at least one week prior to the meeting.

Contact Michael Welsh, Independent Living Specialist, at 740-385-1475, ext. 286 or [mwsocil@gmail.com](mailto:mwsocil@gmail.com) to register. [See October Flyer](#)

## Mark Your Calendars

"Gift of Time" - Holiday Fun and Activities is  
Saturday, December 7th, 10am - 2pm at Lancaster High School.  
"Sensory Santa" will once again be held prior to event from 9am-  
10am. Reservations Required. Watch for details in November  
Newsletter.

## Community Activities, Classes & Support Groups

**Looking for a "better fit" storytime for your child's unique needs?** Fairfield County District Library's Sensory Storytime features sensory-rich, literacy-based activities, ideal for children with sensory integration challenges (including Autism Spectrum Disorder). For more information visit [www.fcdlibrary.org](http://www.fcdlibrary.org).

**American Sign Language for Beginners - Adults and Teens** - Fairfield County District Library will be offering a six-week course starting in October. Learn basic American Sign Language vocabulary, grammar, alphabet and phrases to communicate with folks who use ASL. Space is limited. Sign up online at [fcdlibrary.org](http://fcdlibrary.org) or call (740) 635-2745 ext. #160 to register.

**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.

**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](mailto:mwsocil@gmail.com) [See October 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](mailto: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](mailto: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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