



Southeastern Ohio Center for Independent Living Communication Pulse... October 2020

These are difficult times we are living in but we can get through this together...SOCIL is here to assist individuals and families with disabilities through these difficult times. If you could use assistance with technology (laptops or iPads) to be able to meet virtually with your doctor, complete your class assignments, look for jobs or housing, SOCIL can help with items from our lending library.

Contact us in Fairfield County at 740-689-1494 or Hocking County at 740-380-1475 for more details.

- [Technology Assistance/Loan Closet Flyer](#)



Back to School

School may look different during this season of COVID but schools are still responsible for providing **"Free Appropriate Public Education" to students with disabilities**. If you are having difficulty with any educational issues, feel free to contact Scott Campbell at SOCIL for assistance, 740-689-1494 ext.15 or scottcsocil@gmail.com

App Corner

myIEPmeeting helps parents and guardians effectively participate in their student's Individualized Education Program (IEP) process. The tools include:

- **Meeting** - Before, During and After checklists and questions to help gather and organize information for your IEP meeting
- **Behavior Tracker** - a quick and simple tool to keep track of any behavior
- **Monitoring** - syncs with your calendar to create simple reminders to follow-up on your child's progress
- **To Do** - helps keep track of the many things that have to get done
- **My Files** - this area keeps any files created with the app for photos, videos, audio files and PDFs
- **Team Members** - this is a great contact manager for all your team members so you can access them easily



Price: \$1.99 **Devices:** iPhone, iPod Touch

SOCIL would like to thank **Hocking Hills Disc Golf** for donating the discs to help start our disc golf program. It is greatly appreciated and they will be used in the upcoming season. Hocking Hills Disc Golf (740-270-5542) located at 26800 US

Thank You!

Highway 33, Rockbridge, OH 43149 has all your disc golf needs. If you want more information or would like to sign up for the upcoming Disc Golf season please contact Jeff Williams with SOCIL at 740-689-1494 ext. 13 or by email at jwsocil@gmail.com.



CLICK LINK BELOW TO READ:
[SOCIL's Adaptive Sports program - background, benefits, consumer stories and more!](#)

Upcoming adaptive sports and exercise opportunities:

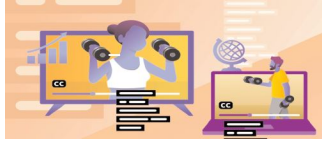
Adaptive Basketball



Basketball season is just around the corner...Mark your calendars! Practices begin Monday, December 7th. Basketball is for anyone age 8 and up with a disability and is free to participate.

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

Virtual Fit Friday Exercise Classes



SOCIL will be hosting a virtual exercise class on Fridays from 2:30pm to 3:30pm. Classes are open to anyone with a disability and are free to participate.

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

Disc Golf

Disc Golf is a fun outdoor sport that is therapeutic and helps you get out and enjoy the outdoors. You can play no matter your disability or athletic ability. Fun for all ages and can be competitive. There are 2 different upcoming sessions.

- Group One is open to **all persons with a disability**.
 - Tuesday's from 10:00 am - until finished
- Group Two is open to **all veterans with a disability**.
 - Thursday's from 10:00 am - until finished.



See the attached flyers for more information and playing locations. [All Abilities](#) or [Veterans](#) Or call Jeff Williams at 740-689-1494 ext. 13



74th Annual Ohio State Convention 2020
"The Vision, Beyond Vision" - November 6th & 7th

See the [FLYER](#) for **Pre-Convention Attractions (November 4th & 5th)** and how to register for both Pre-Convention and 74th Annual Ohio State Convention. - [Register Now!](#)

October is Disability Employment Awareness Month



Join "Services for Independent Living (SIL)" for a FREE informational webinar on how to improve on developing opportunities for persons with disabilities in the workplace!

Thursday, October 22nd 1:00 - 2:00pm

[CLICK HERE](#) for more details and how to register.

Health e-Hints - *Nationwide Children's Hospital*

- **Don't Skip the Flu Shot** - During COVID-19, it is more important than ever to get a flu shot. These tips will help you ease your child's fears and anxiety about getting the flu shot. [DISTRACTION TECHNIQUES](#)
- **Kids and COVID-19 - Back to School during a pandemic.** While more research is needed to better understand the impact of COVID-19 in kids, recent studies offer some helpful insights that are important to know for the school year. [KIDS AND COVID](#)
- **10 Ways to Keep Your Family Active this Fall** - From dance parties to family walks, here are fun ways to keep your family active and healthy this Fall. [STAY ACTIVE](#)
- **Free, educational resources for mental health and wellness.** [ON OUR SLEEVES](#)



Fair Housing - It's Your Right!

Federal Fair Housing Law prohibits discrimination in housing based upon an individual's: Race, Color, Religion Sex, Handicap, Familial Status, or National Origin.

Additionally, State law prohibits discrimination in housing based upon an individual's Military Status. See the attached flyer for more information and who to contact if you have a housing discrimination complaint. [FAIR HOUSING](#)

Fairfield County 211 Holiday Help

HOLIDAY HELP IS AVAILABLE! If anyone needs help for the holidays, please have them call Fairfield County 2-1-1. Help is available for Thanksgiving food, Christmas food, and Christmas gifts. Most programs operate on a first come, first serve basis so we encourage folks to call now to find a program that best suits their needs. Also, if you would like to Adopt-A-Family, donate (items or money), or volunteer this holiday season, call 2-1-1!

Jeannette Curtis; CIRS, CRS, Executive Director, Fairfield County 2-1-1



Fairfield County Board of DD Virtual Community Events

Below are the dates and topics for October VC meetings. You can join any or all meetings by clicking on the Zoom meeting link below. All events start at 10am.

- Tuesday, 10/13 - The Connection Pet Therapy Program
- Thursday, 10/15 - Odyssey Games
- Tuesday, 10/20 - Fairfield County 211
- Thursday, 10/22 - Design and Renew Career and Finance Coaching
- Tuesday, 10/27 - Young Professionals of Lancaster
- Thursday, 10/29 - Able/Stable Accounts - Darendia Geer, FCBDD

Join all **October** VC Zoom Meetings via this link:

<https://fairfielddd.zoom.us/j/96358359235>

Meeting ID: 938 6829 8753

Dial Direct: +1 312 626 6799

Past events can be viewed on FCBDD

YouTube <https://www.youtube.com/channel/UCapwzmVJ5XGyQk4TvhGjyVg>



Community Activities, Classes & Support Groups

(Currently All Groups are on Hold)

Self Advocacy Groups

"Abilities United" 3rd Wednesday of the month at Logan SOCIL office
3:00-4:15pm. Contact SOCIL, at 740-380-1475

"Dynamite Abilities" 3rd Wednesday of the month at Hope Center, 10:00am
contact Scott Campbell of SOCIL, at 740-689-1494 ext. 15 or
scottcsocil@gmail.com See [flyer](#) for more details.

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

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.

Now there are 2 ways you can support SOCIL



AmazonSmile is a simple way for you to support SOCIL
everytime you shop, at no cost to you. When you shop at
smile.amazon.com, you'll find the exact same low
prices, vast selection and convenient shopping
experience as Amazon.com, with the added benefit that Amazon will donate 0.5% of
your eligible purchases to SOCIL. [Click here for more information on how
to select SOCIL to receive your donations.](#)

AmazonSmile customers can now support **Southeastern Ohio Center for
Independent Living** in the Amazon shopping app on iOS and Android mobile
phones! Simply follow these instructions to turn on **AmazonSmile** and start
generating donations.

1. Open the Amazon Shopping app on your device
2. Go into the main menu of the Amazon Shopping app and tap into 'Settings'
3. Tap '**AmazonSmile**' and follow the on-screen instructions to complete the
process.



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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<<Email Address>> You are receiving this email because of your past engagement with SOCIL which may
include an event, program or signing up to the SOCIL mailing list.

Our mailing address is:

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

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