

Accessible Santa, Adaptive Basketball, Abilities United  
December Meeting, Holiday Tips, Opportunity for Giving

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**Southeastern Ohio Center for Independent Living**

## **Communication Pulse...**

**your lifeline to disability news and resources**

*Issue 9, December 2017*



### **Adaptive Basketball starts Monday, December 4th**

**It's not too late to participate! If unable to attend December 4th you can still register and participate this season.**

Practices will be on Monday's from 5:00-6:00 pm at the Hocking Valley Industries gym located at 15663 State Route 595 in Logan.

[See the flier for more details.](#)

To register contact Jordy at 740-380-1475 or [jssocil@sbcglobal.net](mailto:jssocil@sbcglobal.net)

Bring completed [REGISTRATION FORM](#) to first practice.

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### **Accessible Santa at Alley Park!**

Lancaster Parks and Recreation has added Accessible Santa to their Annual Alley Park Event.

**Wednesday, December 6th from 6 to 8 pm**

Gates open at 5:30 pm

**[See the flier for more details.](#)**

Registrations must be made with the Lancaster Parks Office for those needing to take advantage of the unloading area for visitors with mobility issues.

For further questions or to make a reservation call 740-687-6651.

## **Tips to Prevent Holiday Stress for Children (and Parents)**

The holidays are fun, but they can also be stressful. How can you make this time of year less hectic?



**[HOLIDAY DE-STRESS TIPS](#)**



**December AU Meeting**

**Annual Awards!**

**& Back by popular demand**

## "Your Ugliest Sweater Contest"



Wednesday, December 13th

3:00 pm to 4:30 pm

**Location: Southeastern Ohio Center for Independent Living (SOCIL) Office  
1369 East Front Street, Logan, Ohio 43138**

To register call: Jordy Stringer at 740-390-1475



### **Holiday Notes from Elizabeth Sammons, Program Director, Opportunities for Ohioans with Disabilities (OOD)**

This guide will help make your holiday events and celebrations inclusive and welcoming for people of all abilities. <http://www.adahospitality.org/accessible-meetings-events-conferences-guide/book>

Santa's coming, and he's sending Braille letters to children all over the country. It's the time of the year for the NFB Santa Letter Program. Through December 15, parents or others may submit an application for a young blind child to receive a Braille letter from Santa. This letter also comes with a coloring page, a recipe, a craft, and song lyrics. The print for each of these items is sent along as well. Apply here: <https://nfb.org/santa-letters>

Nearly 30 million Americans have diabetes, and holiday meals can be a challenge. The Centers for Disease Control and Prevention has some tips for managing your diabetes during the holidays here:

<http://click.icptrack.com/icp/relay.php?r=93195286&msgid=810008&act=1OQJ&c=654309&destination=http%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fdiabetesmanagement%2F>

**During this "Season of Giving" consider giving back to  
Your Community and helping SOCIL!**



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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**Our mailing address is:**

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