

NEWS

FAIRFIELD COUNTY:

418 South Broad Street
Lancaster, Ohio 43130

Phone: 740.689.1494
Toll Free: 1.888.957.6245

Hours: Monday-Friday
8:30 am - 5:00 pm

HOCKING COUNTY:

1369 East Front Street
Logan, Ohio 43138

Phone: 740.380.1475

Hours: Monday-Friday
8:00 am - 4:00 pm



www.socil.org



[Facebook](https://www.facebook.com/socil)

SOCIL Mission Statement

Our mission is to offer opportunities to consumers with disabilities that will maximize their choice to live in accessible communities.

We are dedicated to eliminating all barriers to access in the community, including housing, employment, transportation and recreation.

Achieving Healthy Weight and Obesity Prevention



People with disabilities may have difficulty achieving and maintaining a healthy weight. Healthy weight is the weight appropriate for person's height and is based on a balance of calories consumed and calories used. Some of the higher risk of obesity may be due to:

- Prescription drug use that leads to weight gain;
- Difficulties in finding ways to remain physically active;
- Challenges in maintaining a proper diet/healthy eating that go beyond challenges faced by the general population.

Unfortunately obesity itself may also lead to a disability as well as exacerbate an existing disability.

Contact SOCIL to learn about community resources that promote physical activity and healthy eating. Call us at 740.689.1494 or 740.380.1475.



No Limits Athletics - will provide your son or daughter, regardless of skill level or disability, with a positive experience in learning the **FUNDamentals** of inclusive athletics.

No Limits Basketball Camp is an inclusive camp for athletes, boy/girl, ages 9-21. Over the past three years 60 campers have participated in camp. The volunteer staff of nearly 20-30 members consist of high school and college coaches, teachers and students from around the county. This years camp will be July 21 thru July 23, 2014.

The No Limits Athletic program is excited to announce that it will now include adaptive tennis with director Rachel Berens.

No Limits Tennis Camp set for Saturday, July 12, July 19, July 26, August 2, 2014.

Visit www.nolimitsathletics.com for more information and to register for these fun camps.

Kids is College - Ohio University-Lancaster, June 16-20, June 23-27, July 7-11

SOCIL has once again reserved funds to **assist students with disabilities** to attend Kids in College. If you or someone you know will be a student in the 4th-8th grades and are interested in expanding your educational horizons, watch for the scholarship application to be posted on our website www.socil.org on the "News" page. Deadline to apply will be Friday, May 16th.



APP CORNER

Welcome to App Corner! This section will feature highly recommended apps. All apps are under three dollars. Today we are looking at apps for sensory issues. All apps, as well as reviews of the apps are available at:



<https://www.apple.com/ipad-mini/app-store/>

Touch and Learn - Helps children identify and name emotions, facial expressions, and body language. It has an average 4 star rating from 144 users in the app store. Four images of real people appear on the screen and a voice says an emotion such as "frustrated". Children tap on the image of the person they think looks frustrated. Parents, teachers, or therapists can customize the images using their own voices and by adding images to the app.

Cost: Free **Device:** iPad, iPhone, iPod touch

The Phonics Studio app receives 4 and 5 stars from speech pathologists. It helps to pronounce words correctly and has over 2500 flashcards. A sound is selected to practice at the beginning, middle, or end of words. The app gives the sound and the user repeats the sound which is recorded by the app. The app then gives feedback as to whether the sound is correct. This is a multi-user app that records progress and is highly customizable.

Cost: Free **Device:** iPad, iPhone

TECHNOLOGY NEWS

[GW Micro](#), in collaboration with Microsoft, is excited to provide people who are blind, visually impaired, or print disabled with a completely functional and free license of GW Micro's [Window-Eyes](#) screen reader. Microsoft is offering customers who have a licensed version of Office 2010 or later the ability to download Window-Eyes, a screen reader for Windows PCs, free of charge.

Download at: <http://www.windoweyesforoffice.com/>

FACEBOOK

Be sure to check out SOCIL's Facebook page at www.facebook.com/socilohio. It is updated regularly with pertinent information on all types of issues related to disabilities.



Our new **Interchange "College Prep"** includes discussions and resources to help prioritize tasks to attend college. Check out the "Notes" section of the page for the entries.

While you are there be sure to check out previous Interchange topics and entries.

Be sure to "Like" the page and feel free to comment on the posts.

SAFETY

You know how severe our weather conditions can be. It is always a good idea to plan for the unexpected. Possible tornados, flooding and even winter storms can cause people to be stuck in their homes for days at a time. ***Police, fire and rescue workers may not always be able to reach you quickly in an emergency or disaster.*** The most important way you can help your local responders is being able to take care of yourself and those in your care. Visit Ready Ohio at www.ready.ohio.gov to find resources to be prepared for all weather emergencies.

You can learn how to make an emergency kit and develop an emergency plan.



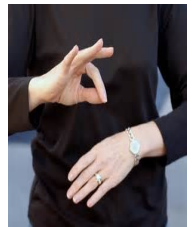
WORKING TOGETHER

SOCIL and the **Deaf Services Center**

have teamed up to conduct a 10 week American Sign Language Class (March-May). Participants will learn the manual alphabet and fundamental

conversation of ASL. Lori Woods, M.A will be

instructing the class and is a well-respected leader in the Deaf Community. If you are interested in participating in future classes please contact Pam Patula at SOCIL 740.689.1494 ext. 11



EDUCATION



High School Transition

SOCIL has been conducting an **independent living skills series** with several high schools called **“My Life After High School”**. To

date 60 students in Fairfield and Hocking Counties have participated in this six session series which focuses on employment and self-advocacy. As part of the series students are given access to online tools which they can personalize and use at a later date.

The online tools are websites such as www.youthhood.org. There is so much to do on this website it is difficult to summarize. This website was built to help teens plan for the future. Topics such as employment, independent living, and community are covered. The best thing about this website is that it is customizable with a login. Teens can keep a personal journal or set personal goals and track their progress on those goals.

At www.careeronestop.org people can explore careers, learn how to create a resume, and learn specific information about different jobs. Things like education and skill requirements, local trends, and the state of the job market.

Another website used in the series to explore careers is www.mynextmove.org. This discusses different categories of requirements for working in a specific career. The topics discussed for each career are: knowledge, skills, abilities, personality, technology, education, and job outlook.

These are great tools for personal exploration for what you want your future to be.

For additional information contact Scott Campbell at SOCIL 740.689.1494 ext. 15



Also check out the **High School Transition Guides** for both Fairfield and Hocking Counties that are posted on our website at www.socil.org under the “School Transition” tab.

SOCIL's Educational Series

Tuesday, March 11th - 6:30-8:00pm

“Managing Challenging Behaviors”

Presenter Jacqueline Wynn, Ph.D, Director, Center for Autism Spectrum Disorders, Nationwide Children’s Hospital

Behavior management strategies for the classroom and at home.



Tuesday, April 8th - 6:30-8:00pm

“Interacting with Law Enforcement - Special Education Law and Advocacy”

Presented by Andrea Trail Ryley/Ohio Bar Association

Help juveniles with disabilities understand their rights and responsibilities and generally make their way through the court system.

Thursday, May 1st - 6:30-8:00pm

“Autism Spectrum Disorders: What’s Included, Removed and Changed”

Presented by Brenda Smith Myles, Ph.D., OCALI, International Speaker

This program will provide parents and professionals an overview of recent changes in the diagnostic characteristics of autism spectrum disorders with the introduction of the DSM-5 (The Diagnostic and Statistical Manual of Mental Disorders - 5th edition) and better understand how the new changes will affect their son, daughter, student or patient. In addition, the program will briefly highlight new neurological and interventions research on ASD.

Tuesday, May 13th - 6:30-8:00pm

“Life Skills-Assessment-Intervention”

Presented by Ruth Aspy, Ph.D., co-author of *The Ziggurat Model*, International Speaker

Dr. Aspy specializes in assessment and intervention for individuals of all ages with ASD. *The Ziggurat Model* - 5-levels of intervention - promotes collaboration and communication among parents, adolescents and adults with ASD, and professionals; identifies deficits and strengths to better understand behaviors.

Program Location: Ohio University-Lancaster Brasee Hall - Wilkes Gallery, 1570 Granville Pike

All programs are free. Registration is required.

Call Linda McDonald, SOCIL 740.689.1494 ext. 12



418 South Broad Street
Lancaster, OH 43130

ADDRESS SERVICE REQUESTED

SOCIL is funded by a grant from the Department of Education, however the contents of this newsletter does not necessarily represent the policy of the Department of Education and you should not assume endorsement by the Federal Government.

ADVOCACY & SUPPORT GROUPS

Abilities United....*is an advocacy group for individuals of all ages and all disAbilities. Our mission is to empower 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 us:

Thursday, March 27, 2014

- Speak Out! Share Your Story!

Thursday, April 24, 2014

- RESPECT

Thursday, May 22, 2014

- Life Plan 101

Thursday, June 26, 2014

- Have Fun in Your Community!

AU meets at: 1369 East Front Street, Logan
3:00pm - 4:30pm

Contact Mary Clark at 740-380-1475 with questions or to register to attend.

Fairfield County Parkinson's Support Group

Meets the 3rd Wednesday of every month at 1:00pm
Facilitator: Sharon Waldo, Central Ohio Area Agency on Aging (COAAA)
Call Diane Palmer at 740.653.0332, for more info.
Caregivers, individuals with Parkinson's, family members - anyone that would like to learn more about Parkinson's is welcome to attend.

Fairfield County Alzheimer's Support Group

Meets the 2nd Wednesday of every month at 2:00pm
Facilitators: Sharon Waldo and Karrol Walters, COAAA
Sponsor: Central Ohio Chapter - Alzheimer's Association
Gives family members an opportunity to meet and talk with others to share experiences, feelings and practical solutions of caregiving.
Call Sharon Waldo at 800.589.7277, ext. 2448

Free Respite is available for **both** support groups at Salvation Army Samaritan Center, call Kelley Bauman 740.687.1921, ext. 110 to schedule.

Support Groups meet at SOCIL's Lancaster Office
418 South Broad Street (across from Estep's Towing)