

# HOPE Round Up

August 2023

News from HOPE Services

Seeing Potential ~ Inspiring Opportunities

## HOPE News

### BGSU Football Camp



Alex Eis was one of 104 participants at the 3<sup>rd</sup> Annual BGSU Football Clinic on June 28. The clinic was sponsored by the BGSU football program along with Wood County Board of Developmental Disabilities assisting with marketing and registration. Every summer, Coach Loeffler ends his team summer program with this clinic. All team members and staff run the seven stations introducing the basics of football. This year the participants' ages ranged from 8 to 71. The clinic ended with everyone receiving a t-shirt and posters which



could be autographed with their favorite players. There were lots of smiles, laughter and memories made during this amazing event.



The fair is coming, it will be held the week of August 10<sup>th</sup> through August 17<sup>th</sup>. HOPE Services will also be walking in the parade, or you can ride your bike in the parade. HARC will also be looking for volunteers to work in the popcorn booth. The hours are 3:00pm to 7:00pm or 7:00pm to 11:00pm.

Please contact Tiffany Swihart if you are interested in volunteering 419-599-2892



**There will be no Board meeting in August.**

**There is also no Voices of HOPE meeting in August.**

**Hope to see everyone at the fair.**



# OPEN HOUSE

An open house was held on July 25<sup>th</sup> along with an Art Exhibit titled "The Art of Big and Little!" featuring artists from Soaring Arts. It was a wonderful evening with many in attendance. If you missed the event the art will be on display until September 25<sup>th</sup> and if you'd like a tour of our recently renovated building stop by and we would be happy to show you around. The remodeling of the building included addition of 10 new offices, renovations to existing spaces, new storage areas, updated restrooms, along with the parking lot being repaved.



Bobby Chupp was the winner of the door prize





## National Wellness Month:

In August, we celebrate National Wellness month, prioritizing self-care, managing stress and promoting healthy routines to create wholesome habits in one's lifestyle to feel like their best selves!

People often put their health and wellness on the back burner due to work deadlines, traffic, family obligations and other stressors. Researchers has shown self-care helps manage stress and promotes happiness. For a happy and healthy life, it is important to focus on wellness and self-care. According to [nationaltoday.com/national-wellness-month/](http://nationaltoday.com/national-wellness-month/), Wellness Month was born out of the idea that in order to build a career, further education, create new ideas, and nurture bodies, it is imperative to take care of oneself. Regardless of these things mentioned, people need to take care of themselves because we were created to thrive and exist and that cannot be done if people don't take care of their own needs and responsibilities.



National Wellness Month was created by Live Love Spa, a place to discover new wellness products. This holiday was created to inspire others to focus on wellness and take time for self care.

\*In the 3rd century, the original wellness spas were the Roman Baths. Bathing was a source of health, luxury entertainment and social gatherings.

\*In the 5th century, Yoga was developed in Northern India by the Indus-Sarasvati Civilization over 5, 000 years ago.

\*In 1948, the World Health Organization, defined health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This set the stage for the broader understanding of wellness.

-submitted by Stephanie Jones



## Resources

Need information? Check out our resource center located in the front lobby where you can obtain information on several topics and/or provider agencies. Let us know if we are missing something by contacting Melinda Camp at 419-599-2892.



OSDA and the COG sponsored a Tech Fest in Tiffin. There were 16 different technology vendors available to visit with and talk about their technology. We learned how innovative technology can lead to empowerment. There were many vendors on hand to provide information. We heard about remote supports, medication reminder devices/dispensers, adaptive equipment, and many other gadgets to assist people with becoming independent.



# VOICES of HOPE



Michael Marshall presented to staff, individual's, providers and community members on Monday July 24<sup>th</sup>. His overall message is to Be Brave and Be Bold, you can do this by speaking up for what you believe in and advocating for your rights.







### Kelly's Column

I can't believe it is August already! We are gearing up for fair season and making the final touches on our parade float. I'd like to encourage everyone to visit the fair on August 15 at 6:00 P.M. to attend the Shine in the Show Ring sponsored by the Henry County Farm Bureau. This is a livestock showmanship opportunity for individuals in our community. The fair is a great opportunity to increase inclusion opportunities within Henry County.

Community inclusion has a positive impact on individuals with developmental disabilities by providing them with opportunities to participate in social, educational, and recreational activities. This inclusion helps to reduce isolation and loneliness, increase self-esteem, and promote independence. When individuals with developmental disabilities are included in their communities, they are more likely to develop meaningful relationships, gain new skills, and contribute to society. Additionally, community inclusion helps to break down stereotypes and promote understanding and acceptance of all people. Overall, community inclusion is essential for creating a more inclusive and compassionate society.

Sincerely,

*Kelly Aldrich*



We would like to congratulate Jessica Harmon on being selected as our new Early Intervention Director. Jessica has worked for our agency for five years as one of our Service Coordinators.

Kristie Humbert is currently the Director in both Henry and Fulton County and is retiring at the end of the year. We would like to thank Kristie for her commitment to Henry County these last six years!

Jessica (left) and Kristie (right) will begin transitioning duties this month.

August birthdays:

JoAnn Elston  
Dawn McBride  
Tony Patterson  
Erika Dehn  
Brandon Smith  
Tyler Silveous  
John Isaksen  
Zachary Kania  
Madison Lutts  
Suzanne Volkman  
Jonathon Fisher  
Kateena Spence  
Kellee Downard  
Jose Sifuentes  
Todd Rothenberger  
Aaron Delgado

August Anniversaries:

Jennifer Hartford - 29 years at McDonald's  
Christina Clark - 6 years at HOPE Services  
Chris Buchhop - 6 years at Keller Packaging  
Job Knepper - 5 years at Sauder Woodworking  
Matt Flory - 5 years at Keller Packaging  
Dana Hockenberry - 4 years at Cooper Standard Automotive  
Renita Kuehner - 2 years at HOPE Services  
Sydney Fein - 1 year at Napoleon Party Mart  
Selena Hernandez - 1 year at McDonald's

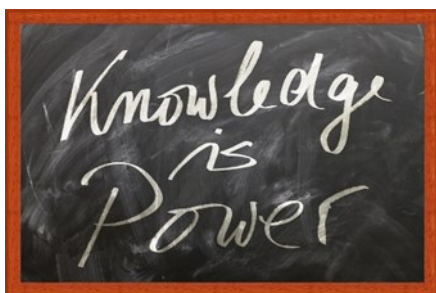
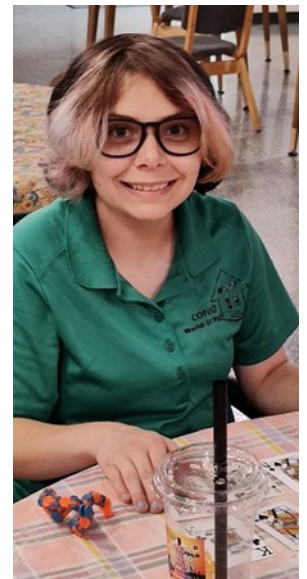




# Youth Services



Participants attending COREe's World of Work have been busy learning new skills to prepare for work in the community. Collin J, Alex S, Julissa J, and Breckin M assist with cleaning at Top Dog. World of Work has been designed to focus on obtaining and improving skills for competitive employment. Both volunteer and paid work experience are offered in this setting. While the focus is on employment, they also incorporate other activities into the day. Lydia K is pictured

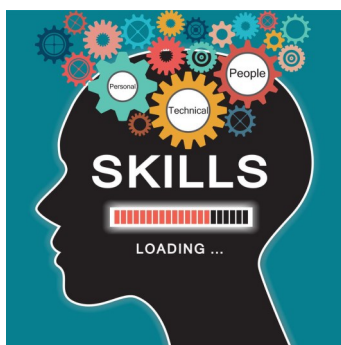




# Youth Services



Brandon is enhancing his employment skills, earning money, creating friendships, and building his resume this summer with assistance from the staff at Triangular Processing Inc. (TPI). He has experienced a variety of job tasks such as recycling, deconstructing car seats, shredding, and general cleaning, among others. This experience helps him discover his skills, interest and values which will be beneficial when considering a career path. Keep up the



Listen to WNDH 103.1 every Thursday at 12:20 p.m. for more information about HOPE Services.

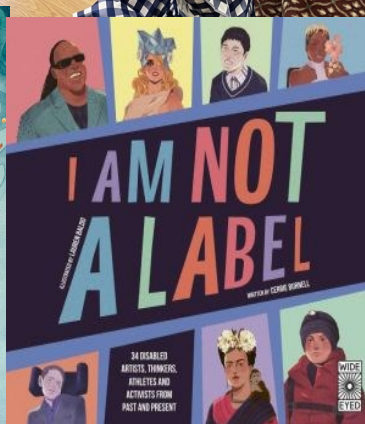
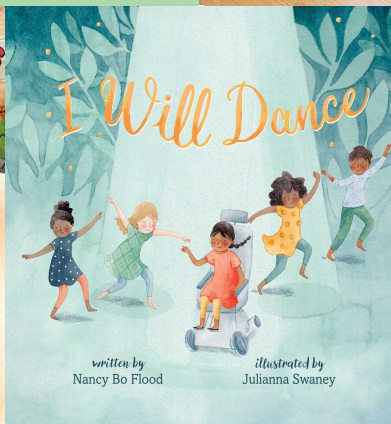
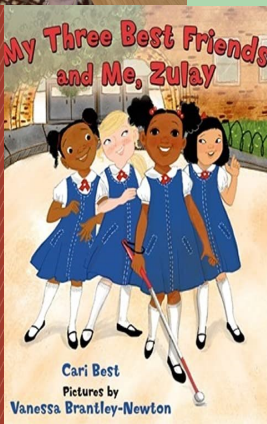
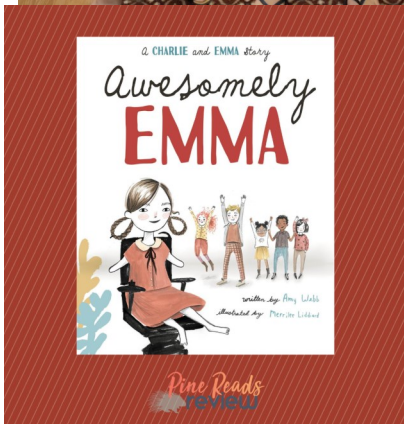


## NEWS FROM EARLY INTERVENTION

Florida Library has received several books from the Ability Center from a grant that they have received. They paired with HOPE Services Early Intervention during the Story Time at Florida Library. Samantha Andonian, a mother of Bristol, a child who was born with Down Syndrome, volunteered to come and read a book funded by the grant. Children and their parents talked about how we are the same and how we are unique and have many different skills. Jessica Clapp, who is very involved in HOPE Services, also volunteered to read during Story Time. Programs that HOPE offered, including Special Olympics and Young Athletes was discussed with the families that attended. The children talked about being kind to everyone and how we are the same and we are different as well. Programs that are offered through HOPE from birth through adulthood were mentioned. The Florida library will be offering Preschool Story Times this summer on Wednesdays from 11:30-12:30 with different agencies and individuals reading books from this grant.



R  
E  
A  
D





# Special Olympics

TAKE ME OUT TO THE  
BALL GAME

## Cougars Home Softball Schedule

8/2 - HC vs Lucas Cty Lightning  
8/8 - HC vs. Wood Cty Wildcats  
8/22 - HC vs Sandusky Cty Raptors  
8/30 - HC vs Williams Cty Sharks

All Home Games held at Oakwood Park, Napoleon.  
Home Games start at 6 pm.  
Snack Stand is available  
Bring a lawn chair

Watch our Facebook page for Updates:  
Henry County Special Olympics & Young Athletes



July is a month set aside for the starting up and practice for fall sports. Fall sports that we start up are softball, bowling, esports, and this year we added Flag football. Softball and Flag Football have had a great start, both sports have more than 20 athletes signed up for each of them. Games for softball start the week of July 24<sup>th</sup>. Softball regionals will be held August 12<sup>th</sup> in Findlay. Lots of work and practice to get ready! The softball team will also be playing at the Mike Piero Special Olympics softball tournament the weekend of August 19<sup>th</sup> in Sandusky. We had a great time last year and cannot wait to get the opportunity to play again this year.

We were invited to a Summer BBQ hosted by Williams County. We had a great time playing some flag football and just having a good time being with our friends. It was a time of friendship and not competition. Although the flag football scrimmage got pretty serious. We cannot wait to do this again in the future!





On July 22 we held our first annual Henry County Special Olympics Cheers to End Cancer Cheer Showcase. The teams showed great spirit with each other as they all showed off new routines to the audience. We also unveiled our new Cougar mascot costume. It was fun keeping this a secret! Between monies collected at the door, the bake sale, and shirt sales, we raised \$660.00 for Henry County Relay for Life. We want to thank all the schools that attended and all the support for our



# UPCOMING EVENTS

Sign-ups for bowling are now open. Bowling will start weekly on Tuesday, September 12 at 4 pm. Registration table will be open around 3:15 pm. We will be bowling at River City Bowl-a-Way in Napoleon. If you would like to join in on this amazing season, please contact Zach ([zmeister@henrydd.org](mailto:zmeister@henrydd.org)) or Renita ([rkuehner@henrydd.org](mailto:rkuehner@henrydd.org)). You can also call/text us.

Fall also brings the next session of Young Athletes. Young Athletes is a sport/play program open to ALL children of Henry County from the ages of 2-7. We offer this program at no charge. The fall dates are Saturday October 14, October 21, October 28, November 11, and November 18. The sessions are from 10 am – 11 am at the Filling Home Gym on SR 108 between Napoleon and Holgate. Questions or if you want to signup, please call/text Zach (419-260-2176) or Renita (419-601-2372).

On July 25, we took a team of athletes to the Henry County Senior Center for a bocce ball lesson. Our portable courts make it nice for us to travel around to locations. We cannot wait though for the courts to be put in at Oakwood Park. It was a warm night, but we did have winners for our small tournament. Abbie Hinkleman and Krysta Delgado dominated the teams. They have been unstoppable all season!



**Bocce at the  
Henry County  
Senior Center**



# What is Bocce



Bocce (pronunciation: baa-chee) is a lawn or yard game that's played with eight weighted balls aimed at a smaller target ball, or pallino. The objective of the game is to earn points by getting your balls closer to the pallino than your opponent does.

**SAVE THE DATE  
YOU'RE INVITED**

**ATHLETE BANQUET**



THURSDAY,  
AUGUST 24  
6- 8 PM  
FILLING HOME  
COMMUNITY  
CENTER

BRING A  
SIDE DISH TO  
SHARE.

Our Annual Athlete Banquet will be held on Thursday, August 24 from 6 -8 pm at the Filling Home Community Center. Families and staff are welcome to attend with the athletes as we highlight all their accomplishments. Please bring a covered dish to share. We will be providing hot beef sandwiches and an ice cream sundae bar. Please RSVP to Zach or Renita so that we can gauge numbers for food.



Communication is key when it comes to teaching internet safety to those with ASD. Having frequent and candid conversations about the risks of using the internet is the best thing you can do to keep the people in your life safe. And remember, it's a group effort. Educating close friends and family members will help strengthen your support network even more.

## Play it Safe

To teach individuals with ASD about internet safety, an acronym called **PLAY IT SAFE** can be helpful:

**P**

**Personal information**  
Don't share it.



**L**

**Let a trusted adult know**  
Tell someone if anyone asks for your personal information.



**A**

**Attachments**  
Beware before opening attachments.



**Y**

**Your feelings are important**  
If something happens that makes you uncomfortable, tell an adult right away.



**I**

**Information**  
Remember that not everything you see online is true. If you are unsure, ask a trusted adult.



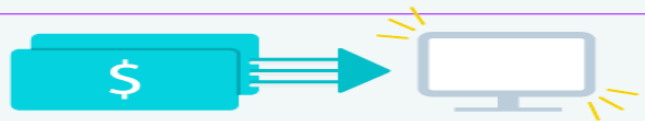
**T**

**Take breaks from the computer**  
Set a timer to ensure you aren't on the internet too long.



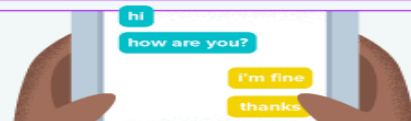
**S**

**Spending money**  
Don't buy things online without permission.



**A**

**Act Politely**  
Don't say anything online that you wouldn't say to someone in person.



**F**

**Friends online should stay online**  
If someone asks to meet you, tell them no and always let an adult know.



**E**

**Enjoy yourself**  
Play safe and have fun!



### Contact Us

[www.henrydd.org](http://www.henrydd.org)

HOPE Services Office	419-599-2892
Special Olympics	419-260-2176
HARC Recreation	419-591-6798

*Seeing Potential – Inspiring Opportunities*



### Our Mission

*HOPE Services is committed to creatively working in partnership with eligible individuals and their families to discover, pursue and achieve what is important to them.*

HOPE Services does not discriminate in provision of services or employment because of disability, race, color, creed, national origin, sex or age.

Napoleon, OH 43545

135 E. Maumee

Henry County Board of Developmental Disabilities

