

HOPE Round Up

News from HOPE Services

Seeing Potential ~ Inspiring Opportunities

November 2023



22ND ANNUAL TOLEDO

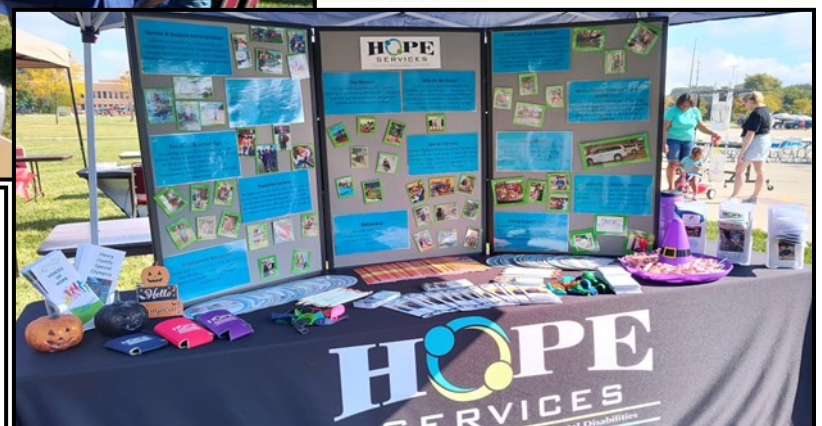


HOPE Services participated in the 22nd Annual Buddy Walk at Owens Community College on October 1st. The Buddy Walk is a fundraiser for the Down Syndrome Association of Greater Toledo (DSAGT). DSAGT serves Northwest Ohio and Southern Michigan. The funds raised provides various programs and services for individuals with Down Syndrome and their families.



**Office
CLOSED**

November 10th to observe Veteran's Day .
November 23&24 to observe Thanksgiving



Soaring Arts Studio

Congressman Bob Latta was presented this piece by Filling Home which was created by Marissa who attended Soaring Arts Studio. Congressman Latta proudly displays this artwork in his Bowling Green office.



Let's get cooking

Cook Night sponsored by HARC Inc.

After taking a break due to the building renovations, we are once again back in the kitchen! This month we prepared another great meal. The menu consisted of a meatball sub casserole, green beans and pumpkin bread prepared by Kateena, Linda, Christina, Abbie and LaNae. WE added the new recipes to our cookbooks and discussed what types of recipes the group would like to make the upcoming

year. If you are interested in joining our group on November sign up by contacting Randy Barnes at 419-591-6498 or 419-599-2892.





Volunteer Opportunity

Do you love Christmas? Are you between the ages of 16 and 21? Do you want to work on your retail/customer services skills and build your resume? Come volunteer with us at the Christmas Exchange Store on December 7th, 8th and 9th. For more information or to sign up to volunteer contact Melinda Camp or Tiffany Swihart at 419-599-2892.

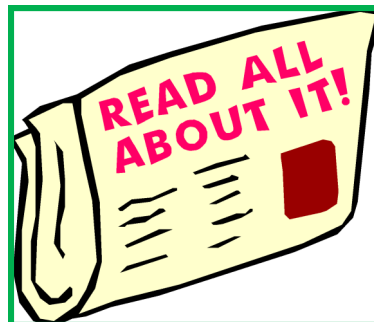
Monthly Movie Quote



Meet Jessica, Jessica enjoys writing movie quotes. She will be submitting quotes monthly for the newsletter. This month she submitted "Luke, you've switched off your targeting computer, what's wrong? Nothing, I'm all right! – Commander Luke , Star Wars

We look forward to next month's quote.

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



Do you have an article to submit or pictures to share? We are always looking for stories . Submit items of interest to:
tswihart@henrydd.org



Sensory Processing and Early Childhood Development

Sue Leopold, OTR/L, Occupational Therapist

Children learn about their environment through their senses. We are familiar with the five senses- taste, touch, smell, hearing, and sight, but there are actually two other senses that are very important to a child's development. Those senses are proprioception (muscle-joint awareness) and vestibular (movement awareness). All of these senses are critical in

the development of motor skills, eye-hand coordination, language development, social skills, play skills, feeding skills, attention span and behavior.

When a child's touch system is not working properly, he may show signs of being overly-sensitive to touch. This can lead a child to not wanting hugs or being held, being a picky eater, struggling with wearing specific clothing textures, or having difficulty sleeping. A child can be under-responsive to touch, which may be seen in a child who craves touching people/objects, doesn't seem to notice if someone touches him, or may play roughly with toys or his peers.

If a child's vestibular system is over-sensitive, she may dislike swinging, having her head positioned at an angle or upside down when being moved, or riding in a vehicle can be upsetting to her. If the vestibular system is under-aroused, a child may constantly be moving, climbing, and/or jumping off of furniture in order to meet her body's need for increased movement sensation.

Oversensitivity to sounds and visual input can cause a child to want to hide or seek out a quiet area, especially during social gatherings or community outings. Under-reaction to this input may be seen as a child ignoring you or seeking out loud sounds or a lot of visual stimulation from fast-paced TV shows.

Motor skills development and coordination are affected by a child's visual, touch, vestibular, and proprioceptive system. This can impact a child's gross motor skills of sitting, crawling, walking as well as fine motor skills of finger feeding and using utensils, and picking up and manipulating toys.

A child's language development is impacted not only his hearing and sight, but also by the vestibular, touch, and movement systems. All of these systems work together to allow a child to hear sounds and words, as well as to see and feel how the mouth and lips move to form sounds and words.

If you have any questions or concerns about your child's sensory processing and development, please contact Early Intervention locally at 419-599-2892. If you would like to refer your child for Early Intervention services, please call Early Intervention Central Referral at 1-800-755-4769.



We are accepting gently used Christmas decorations for our Christmas Exchange Store. Contact Tiffany Swihart at 419-599-2892 to arrange for drop off. The store will be December 7th and 8th 10:00am-7:00pm and December 9th 10:00am to 3:00pm at 232 W. Washington Street, Napoleon



The next Board meeting will be held November 15th at 4:00pm in the activity center. 135 E. Maumee Ave.

Ryan's Restaurant Review

Hello restaurant fans! This month I chose to review Fired Stone Tavern, located at 211 Carpenter Road in Defiance, at the Eagle Rock Golf Club.

They feature a big variety of delicious wood-fired pizzas, snacks, sandwiches, subs, wings, salads, and burgers. They have a kids menu, and a soft serve ice cream sundae bar.

What is one of my recent favorites from the menu?

I really enjoy the nacho turkey burger. It is a juicy turkey burger topped with a black bean corn relish, pepperjack cheese, lettuce, salsa, tortilla chips, cheese sauce and garlic mayo. I really like the southwest flavors in every bite of this burger. My favorite side is the cheesy macaroni and cheese! YUM!

What are some favorite menu items of my friends and family?

There are so many choices on the menu, and you can find something for everyone in your group. My family likes the Southwest Eggrolls appetizer with a zesty chipotle dipping sauce, and the Buffalo Chicken Nachos. My dad and brother like the smoked wings. My mom loves the Big Tex Pizza, topped with BBQ sauce, smoked brisket, mushrooms, jalapenos, onion straws, and mozzarella cheese. There are SO many interesting and flavorful specialty pizzas! I would like to try the Aloha Pizza next time.

What else makes Fired Stone a great restaurant?

If you bring your kids with you, there are arcade games and board games to keep everyone busy while you wait for your order. They also have a special for families- kids eat free Sunday through Thursday with adult meal purchase.

Fired Stone also has a nice outdoor covered patio with a great view of the awesome golf course. It's nice to sit outside when the weather is warm.

Check out Fired Stone's website for the great menu and more pictures: firedstonetavern.com

Till next time- bye! Thanks for reading my restaurant reviews! Talk to you later or even sometime soon fans and friends and restaurant review readers. – Ryan Moore



Meet the Author Event!

If you have enjoyed Ryan's restaurant reviews and want to meet the man behind the recommendations, please join us on Wednesday November 29th from 5:30pm-6:30pm.

Ryan will be at Eddie J's in Napoleon for dinner and trivia and he would like to meet his faithful readers. He will have recommendations for his favorites from the Eddie J's menu. He invites you to stay for trivia (7pm) as well, which is one of his favorite things!

We can't wait to see you there!



Ohio SIBS Mission is to empower siblings and advocates to create a better world inclusive of people with disabilities.

Ohio SIBS is a grassroots organization of siblings of people with disabilities that came together in 2000 to acknowledge the sibling role in the life of a person with a disability. We support siblings throughout the lifespan by connecting them with resources and creating a community of siblings that support the disability community. Throughout the United States, there are programs and

support groups that address the issues, concerns and emotional support of *school-age* brothers and sisters of people with disabilities. In fact, The Ohio State University Nisonger Center in Columbus, Ohio has offered such support groups for almost 30 years. These groups have helped hundreds of young siblings share their concerns, gain information, and connect with others experiencing similar life circumstances.

However, as siblings become adolescents and adults, their concerns and family circumstances change. Clearly the issues concerning the 8-year-old brother are not the same as the 48-year-old brother. New issues such as the long-term care of their sibling, their sibling's eligibility for programs, and support services are more prominent in the minds of adolescent and adult siblings. Recognizing that adult siblings could greatly impact not only their sibling's quality of life, but the entire family's life as well, Dr. Fish and a small group of volunteers set out to establish Ohio SIBS and build an organization dedicated to serving the needs of adult siblings of people with developmental disabilities. Ohio SIBS was one of the first organizations of its kind in the country to singularly focus on the needs of adult siblings and has served as a model for other state adult sibling programs across the country and around the globe.

Join a *virtual sibling* community with *SIB Talks*. Siblings across Ohio can receive support from one another as they share experiences with one another. The next Sib Talk is scheduled for November 30 on Aging & Disability. These discussions are casual virtual discussions and information sessions about sibling life. You can register today at www.ohiosibs.org or at eventbrite.com.



Kelly's Column

Happy Thanksgiving! One thing I am thankful for is technology. Technology has been a game-changer for people with disabilities. It has opened up new possibilities and improved the quality of life for many people. Assistive technologies like screen readers, speech recognition software, and smart home devices enable individuals with visual or physical impairments to navigate the digital world and control their environment. Communication apps and devices facilitate effective communication for those with speech or hearing impairments. Overall, technology empowers and enhances accessibility for people with disabilities and continues to break barriers to create a more inclusive world for everyone.

Thank you, Henry County, for your continued support of HOPE Services!

VOICES of HOPE

The Voices of HOPE group met on October 30th and welcomed Nicole Shank from the Henry County Health Department. Nicole talked to the group about cold/flu and covid prevention. The group had many great questions for her. Vaccinations were then offered at the end of her presentation. Thank-you Nicole for the informative presentation.

Our next meeting will be held November 28th from 5:30-7:30. We will be working on a community service project. Watch for your invitation in the mail.



September 2023

Well-Informed



Promoting the health and welfare of people with developmental disabilities wherever they choose to live, work, and spend their day.

Know the Facts About Gambling Risks

Opportunities for gambling have grown significantly over the years, making it easier to gamble wherever you are. Some common forms of gambling include lottery tickets, games of chance, slot machines, online gambling, and legalized sports betting. According to the National Council on Problem Gambling, approximately 85% of U.S. adults have gambled at least once in their lives; 60% in the past year. Some form of legalized gambling is available in 48 states plus the District of Columbia. Other statistics estimate between 1% and 2% of the U.S. adult population, or 2 to 4 million adults, will experience a gambling disorder in their lifetime.

Despite its prevalence, little is known about problem gambling among people with developmental disabilities. A publication titled "Problem Gambling and Disabilities" by the Oregon Health Authority outlined:

- People with intellectual disabilities, cognitive impairments, and acquired brain injuries are particularly vulnerable to problems with gambling.
- The relationship between some cognitive disabilities is suggested to be due to problems with budgeting, spending, and maintaining control.
- Individuals most at risk of developing problem gambling often have pre-existing vulnerabilities in information processing. Further, they are often individuals who make impulsive decisions due to an interaction of cognitive and neurological factors.



If you or someone you know has a gambling problem, help & hope is available.

Call the Ohio Problem Gambling Helpline 24/7

1-800-589-9966

Get the Facts:

- Gambling can interfere with relationships, work, and being able to pay bills.
- According to the American Gaming Association, an estimated \$6.8 billion was bet on Super Bowl LIV, 95% of which is estimated to be illegal.
- Gambling addiction is a contributing factor to thefts against people with developmental disabilities.
- Attempted suicide and suicidal ideation are both strongly associated with gambling disorders.

Signs someone may have a gambling problem:

- Spending lots of time on line or in casinos betting.
- Borrowing money and stealing to gamble.
- Not meeting financial obligations.
- Preoccupation with gambling that impacts other areas of their lives, including relationships.

If you believe someone you work with has a gambling problem:

- Talk to the person and offer to help.
- Let the person know that they are not alone.
- Engage the team to discuss needs supports.
- Seek out professional help.

Resources:

<https://www.oregon.gov/oha/HSD/Problem-Gambling/Documents/Disabilities.pdf>

Time Out Ohio is proud to partner with Gamban to offer complimentary one-year subscriptions for individuals who wish to block access to internet gambling websites and applications worldwide, including legal and illegal sports betting, online poker, and social casinos. Please direct individuals interested in a complimentary subscription to <https://www.TimeOutOhio.com/Gamban>

November Birthdays

Christopher Scarberry

Carrie Fuller

Abbie Hinkleman

Jessica Harmon

Jacob Heath

Cody Steen

Robin Sinn

LaNae Thompson

Johnathon Ickes

Vanessa Lanzer

Vincent Smith

Kenny VanPelt

Andrew Hoagland

Ed Baser

Caryn Lulfs



November Anniversaries:

Sue Hartsworm - 29 years at HOPE Services

Heather Obermyer - 15 years at HOPE Services

Ryan Moore - 7 years at Burger King

Liberty Kern - 5 years at American Diner

Gabrielle Heckler - 4 years at Walmart

Jacob Parry - 3 years at Burger King

Lance Van Zandt - 2 years at Mama Roses

Stacy Jackson - 1 year at HOPE Services

Tracy Deblin—1 year at HOPE Services

Nick Wainscott - 1 year at Henry County Courthouse

Domenik Salinaro —1 year at Henry County Courthouse

Congratulations!

Trunk or Treat





October is the full start of Winter sports season. Basketball season has started for all our teams. This is all while we are still training and competing in the final flag football games and getting ready for state flag football tournaments. If you are still interested in playing any winter sports including basketball, swimming, or joining the esports team, please contact Zach or Renita as soon as possible.

Our Athlete Committee has been working hard on several projects. They have been creating items for three different trunk or treats we will be participating in as a group, as well as decorating our office wall for the door decorating contest. **Athletes...our first meeting for our Relay for Life committee will be in December. There's always room for more athlete involvement.** Contact Zach or Renita for more information. Notes will be passed out at practices.

On October 9, 14 athletes and coaches accepted the Special Olympics Ohio Fall Fitness Challenge. For six weeks they will be tracking their water intake and of course working on getting in shape. Our first week ended on a great note. We have been averaging weekly totals of nearly 3,000 minutes of exercise and 6,500 ounces of water!! Good luck Cougars on this challenge. We know that you all will be doing your very best!

There is still time to order Cougars spirit wear! We also have lawn/wall signs that you can order. All proceeds stay in Henry County to support our athletes. Order early to give as gifts. Order forms can be picked up at the HOPE office. We hope everyone is enjoying the fall colors and the last of the warmer outside weather. Have a great Thanksgiving with your family and friends. **Coach Zach Coach Renita**

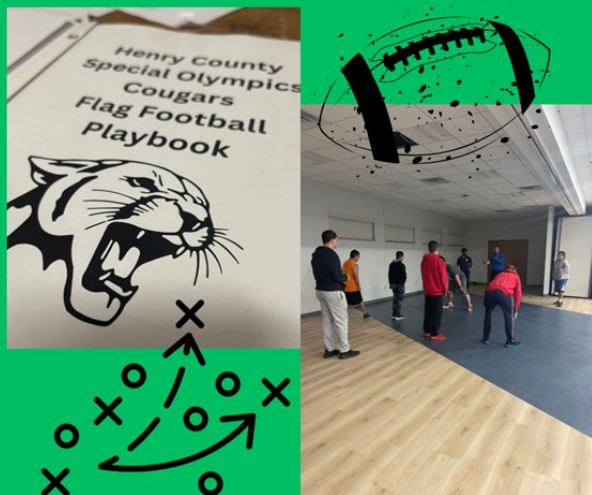


We have a HUGE shoutout to give to Skylar Miller. At our bowling league on 10/17, he scored 296! A near perfect score. We want to give him big congratulations for this feat!!



Young Athletes

Young Athletes keeps us busy on Saturday mornings. This sports-based play program is available for all children the ages of 2-7 in Henry County. We meet at the Filling Home Gym at 10 am. If you interested in more information about this program, please contact us. We run a session in the fall and spring. There is no cost to participate.



We have been working hard learning this new sport, and we want to thank Jackson Seesholtz (and the entire Seesholtz family) for being such big supporters. Jackson has brought his experience in flag football to our team. He has helped our athletes create a playbook and he is there to always help explain plays.

We were able to play some flag football games versus the Williams County Sharks. It's always a great time when we can get together with other counties. Since we are all new to flag football as a competitive sport, we can work with each other to learn the rules.



On October 11, we were able to travel to Wauseon and scrimmage with Fulton County Special Olympics during one of their practices. It was a great practice.



There is still time to sign up for our Community Inclusion Basketball games that are being held on Saturday, December 2 from 10 am – 2pm. There is no charge for this event. It's a great way to get to know everything about Henry County Special Olympics. You can sign up to play against our Henry County Cougars basketball teams. The age limit is 8 and up to participate, and all skill levels. What a great way to open our 2023/24 basketball season, playing the game we love with friends, family, and neighbors! All participants will receive a souvenir uniform shirt to commemorate our first annual event. Please call/text us to get signed up.

HENRY COUNTY SPECIAL OLYMPICS COMMUNITY INCLUSION BASKETBALL EVENT

**ALL AGES WELCOME
ALL ARE WELCOME TO COME AND PLAY**

SIGN UP

OPEN REGISTRATION
UNTIL NOVEMBER 25
NO COST TO PARTICIPATE
ZACH 419-260-2176
RENITA 419-601-2372

**SATURDAY, DECEMBER 2
10 AM - 2 PM
FILLING HOME GYM
NAPOLEON, OHIO**



Contact Us

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

