

# HOPE Round Up

News from HOPE Services

Seeing Potential ~ Inspiring Opportunities

December 2023



## CHRISTMAS EXCHANGE STORE

Our second-hand Christmas store will be open for **three days** to distribute trees and decorations to families for a free will donation.

The store is located at 232 W. Washington Street, Napoleon (Salvation Army/St. Paul United Methodist Church).

The Salvation Army will be open during store hours for free clothing

### Stores Dates/Hours:

Thursday, December 1—10:00 a.m. to 7:00 p.m.

Friday, December 2—10:00 a.m. to 7:00 p.m.

Saturday, December 3—10:00 a.m. to 3:00 p.m.

All proceeds go to COREE Residential to assist individuals with disabilities to be the best they can be at whatever they choose and to assist the individuals served in becoming as independent as they possibly can be.

COMMUNITY MEMBERS ARE INVITED TO BRING IN THEIR USED DECORATIONS TO COREE RESIDENTIAL 824 E. RIVERVIEW, NAPOLEON FROM NOW UNTIL DECEMBER 1. AFTER THIS DATE, THEY CAN BE DROPPED OFF AT THE CHRISTMAS EXCHANGE STORE.

the joy of



giving



The HOPE Office will be closed on Monday December 25th for Christmas Day and will reopen Tuesday December 26th at 8:00am. The office will also be closed January 1st for New Year's Day and will reopen Tuesday January 2nd at 8:00am. From everyone at HOPE Services we wish you a Merry Christmas and a Happy New Year.



The Board meeting that was scheduled December 20th has been cancelled.



Amber, your hard work and perseverance paid off. Huge congratulations on passing your driving test!



### **International Day of People with Disabilities**

International Day of People with Disabilities on December 3 lets us focus on challenges faced by people with disabilities. The day doesn't discriminate between mental and physical disabilities and the spirit of the day is to ensure that all people in the world have equal opportunities for work, health, play and success.

#### **International Day of People with Disabilities Timeline:**

- in 1933, Franklin D. Roosevelt is elected, becoming the first president living with a disability, and he advocates for the rights of those like him.
- In 1960, the first official Paralympic games were held
- In 1973, the Rehabilitation Act is passed which protects the civil rights of people living with disabilities
- In 1976, the United Nations made the decision that 1981 should be the Year of Disabled People
- In 1992, International Day of People with Disabilities is established by the U.N. General Assembly

-submitted by Stephanie Jones



**PLAY GROUP**

**TUESDAY DECEMBER 5TH**

Located at Hope Services:  
135 E Maumee Ave. Napoleon OH

Park in the back and come in through the doors with the awning

**MORNING GROUP OR AFTERNOON GROUP**  
9-10:30 AM                      5:30-7 PM

Cookie Decorating & Holiday Pictures with Photographer

RSVP with your Primary Service Provider or Service Coordinator by Dec. 4th



Rooted in faith, we support people with intellectual and developmental disabilities, enriching lives full of value, hope, and choice within their community.

Community Worship is held in the Filling Home Chapel located at the base facility in Napoleon, the third Wednesday of every month at 6 p.m. This service is open for anyone in the community with a disability. This is also a wonderful worship opportunity for persons with disabilities and their families to worship together. Chaplin Brown invites anyone interested to attend.

## Monthly Movie Quote

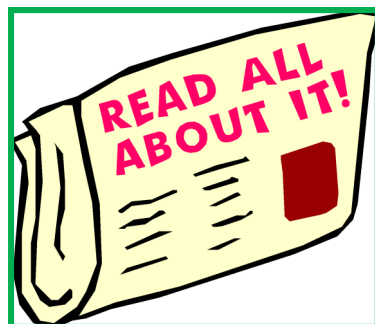


Jessica's quote this month comes from the Movie Miracle on 34th Street.

**" Faith is believing in things when common sense tells you not to."**

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](mailto:tswihart@henrydd.org)

## ***Ryan's Restaurant Review***

Hello! This month my restaurant review is about SamB's. It is in downtown Bowling Green at 146 North Main Street. SamB's is a cozy and trendy eatery for excellent food. They are popular for lunch, dinner, and both weekday and weekend features. With SamB's variety of comfort food and fine dining options, you can go there in jeans, or dress up for a special occasion, and be comfortable either way. It is a great choice for a nice meal!

### **What menu item did I try recently?**

I ordered B's Mac N' Cheese. It was made with Cavatappi pasta and house made cheese sauce topped with bacon, tenderloin tips, and gulf shrimp. I give the dish five stars. My two favorite toppings were the bacon and the gulf shrimp. The cheese sauce was nice and perfectly creamy and delicious.

### **What menu items did my family enjoy?**

My Dad ordered the Philly sandwich. It was topped with shaved ribeye, onions, and cheese sauce. He thought it was an excellent sandwich. My Mom ordered one of the weekend features, which was Confit Airline Chicken. It featured pan seared chicken with fried brussels and bacon, house made pumpkin gnocchi, drizzled with a chicken glaze and pomegranate molasses. The chicken was crispy outside and juicy inside, and the gnocchi was awesome! This dish got 5 stars from my mom.

### **What weekend and weekday features does SamB's offer?**

SamB's chef creates unique features for every weekend (Friday through Sunday) and posts them on their Facebook page. Check out SamB's posts for mouthwatering pictures of the weekend choices! Weekday features include Monday Hot Beef Sandwich, Tuesday Smoked Half Chicken with Mac and Cheese, Wednesday Spaghetti night, and Thursday is Fritto Misto (fresh fried seafood). Hope you visit SamB's soon for a very special meal! ~*Ryan*





## IDEAS FOR A HAPPY HOLIDAY

**The Holiday season is upon us. Here are some tips to help you get through the fun and the not so fun:**

- \* Have reasonable expectations – BE FLEXIBLE!
- \* Every invitation doesn't have to be accepted.
- \* BREATH! – Deep breaths can help reduce stress and tension.
- \* Relax and focus on your priorities.
- \* SLEEP! (The National Sleep Foundation recommends adults get 7 – 9 hours of sleep each night).
- \* Spend time with people who care about you and who you care about.
- \* Try something new. Traditions are great, but something new can be fun and memorable.
- \* Take advantage of free activities (light displays/music/caroling).
- \* Count your blessings, practice gratitude for the people and events in your life.
- \* Take care of yourself.

**Here are some suggestions for meaningful and inexpensive ways to celebrate the holidays:**

- \* Have a cookie baking competition or gingerbread house contest.
- \* Read stories, watch a movie, or check out holiday light displays.
- \* Go caroling with family and/or friends.
- \* Create a playlist of favorite holiday songs that everyone can add to and listen to even if you are not altogether.
- \* Make a homemade gift or decoration.
- \* Look back on family photos and add some new ones to your collection.
- \* Plan a holiday sweater competition.
- \* Play holiday-themed games (ie. charades or find games available for free on line).
- \* Practice gratitude. Have everyone write something he/she appreciates about each family member – take turns reading what you wrote.
- \* Share favorite recipes, write them on pretty cards and mail or email them as gifts.



## HOPE Services Foundation, Inc.

**WE'RE LOOKING FOR  
BOARD MEMBERS!**



Are you passionate about making a difference in your community? The HOPE Services Foundation is currently seeking individuals to join our Board. As a board member, you will play a vital role in guiding our organization and helping us achieve our mission of providing essential services to those in need.

We are looking for individuals who are passionate about our cause and interested in making a positive impact.

The Board meets quarterly on the first Wednesday of the month at 12:15. If you are interested in learning more about this opportunity, please contact Brian Yarnell at [byarnell@corncitystatebank.com](mailto:byarnell@corncitystatebank.com).

### Kelly's Column

As 2023 is coming to an end, I'd like to give a big shout out to the incredible staff at HOPE Services. Their unwavering dedication and support make a world of difference in the lives of individuals with disabilities. Thank you for your selflessness and making a positive impact every day!

"Gratitude can transform common days into thanksgivings, routine jobs into joy, and ordinary opportunities into blessings." – William Arthur Ward

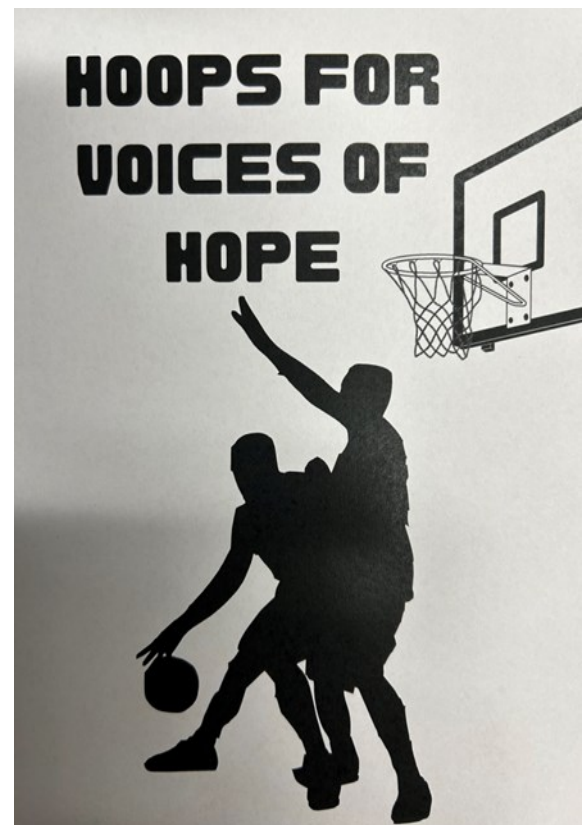
Take a moment to appreciate the incredible work of those in our field who go above and beyond to benefit the lives of others. Their dedication and compassion truly make a difference.

Sincerely,

*Kelly Aldrich*

# VOICES of HOPE

Voices of HOPE will be hosting a HOOPS for HOPE fundraiser on January 27<sup>th</sup> 2024 from 9:00am to 12:00pm at the Filling Home gym. All proceeds go to Project STIR trainings, attending conferences and hosting monthly meetings. There will be prizes for the top 3 people who raise the most money. Please contact Tiffany Swihart for a pledge form and to RSVP by January 2nd!! HOPE to see you all there.



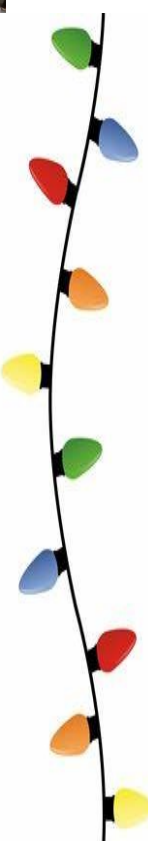
# VOICES of HOPE

## SELF ADVOCACY GROUP



Members of the Voices of HOPE came together to create various treats to pass out at local nursing homes when they go caroling on December 8th. They also made a few extras for staff at HOPE to show their appreciation for all that they do.

Just a reminder the Christmas party is December 15th and the deadline to RSVP is December 8th. For more information or to RSVP contact Tiffany Swihart at 419-599-2892.



## Here are the people who are celebrating birthdays in December

Christopher Bitzinger

Tyra Knepper

Virginia Michael

Jeremiah Sgro

Mia RamirezSandoval

Beau Beech

Michael Wing

Christopher Barnes

John Hoover

Clarence Rohdy

Samantha Dorrington

Ricky Adams

Noela Knepper

Deryck Underwood

Tracy Rose

Ryan Moore

Kathy Bishop

Tiffany Swihart

Blake Stambaugh



Nathaniel Vogelsong - 9 years at Lowe's

Shannon Allen - 3 years at Arby's

Theresa Baser - 10 years at McDonald's

Logan Cavazos - 2 years at Genecross

Robert Bauer - 1 year at Mc Donald's

Kyle Burditt - 4 years at Americold





# Let's get cooking

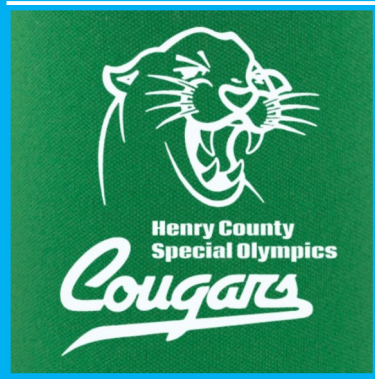
This month we prepared a delicious meal! The menu consisted of Hollywood Chicken Casserole, Easy Garlic Bread, Carrots and Stovetop Peach Cobbler prepared by Pete, Derrick, Linda, Christina, Brayden, LaNae and Ka-teena. We added the new recipes to our cookbooks and discussed a holiday meal for next month. If you are interested in joining the group sign up by contacting Randy Barnes at 419-591-6498 or 419-599-2892. Hope to see you next month!



## HARC Recreation Events January, February, March 2024

Contact Randy Barnes at 419-591-6798 or 419-599-2892 to sign up and Pay **ONE WEEK prior to the event**

	EVENT	TIME	COST	Sign up	Name
Sunday, January 7, 2024	Craft day	3-5:00pm		\$5.00 yes	HOPE Activity Center
Wednesday, January 10, 2024	Cook Night	5-7pm		\$5.00 yesa	HOPE Activity Center
Sunday, January 14, 2024	Out to Eat and Movie	11-4:00pm	\$35+ money to eat on	yes	TBA
Friday, January 19, 2024	Movie Night at HOPE	6:00-9:00pm		\$5.00 yes	HOPE Activity Center
Wednesday, January 24, 2024	Game Night at HOPE	6-8:00pm		\$5.00 yes	HOPE Activity Center
Saturday, January 27, 2024	Circus in Fort Wayne	12:30-7:00pm	\$16+ money to eat on	yes	Fort Wayne
Friday, February 2, 2024	Walleye	5:30-10:30pm	25+ money to eat	yes	Toledo Huntington Center
Wednesday, February 7, 2024	Game Night at HOPE	6-8:00pm		\$5.00 yes	HOPE Activity Center
Saturday, February 10, 2024	Valentine Dance	6-9:00pm		\$5.00 yes	Filling Home Community Center
Monday, February 12, 2024	Craft day	6-8:00pm		\$5.00 yes	HOPE Activity Center
Wednesday February 14, 2024	Cook Night	5-7 pm		\$5.00 yes	HOPE Activity Center
Saturday, February 17, 2024	Kalahari	9am-8:00pm	\$65+ money to eat	yes	Sandusky
Saturday, February 24, 2024	UT at BG basketball	12:30-6:00pm	\$35+ money to eat	yes	At BGSU
Wednesday, February 28, 2024	BINGO	6-8:00pm		\$5.00 yes	HOPE Activity Center
Wednesday, March 6, 2024	Movie Night at HOPE	6-9:00pm		\$5.00 yes	HOPE Activity Center
Saturday, March 9, 2024	Out to Eat and Movie	11:00-4:00pm	\$35+ money to eat	yes	TBA
Monday, March 11, 2024	Craft day	6-8 pm		\$5.00 yesa	HOPE Activity Center
Wednesday, March 13, 2024	Cook Night	5-7:00pm		\$5.00 yes	HOPE Activity Center
Sunday, March 17, 2024	Monster Jam	11:30-5:00pm	\$50+ money bto eat	yes	Huntington Center
Wednesday, March 27, 2024	BINGO	6-8:00pm		\$5.00 yes	HOPE Activity Center
Friday, March 29, 2024	Rock Trilogy	5:30-11:00pm	\$40+ money to eat	yes	Van Wert



Happy December everyone!

November kept us very busy. At the end of October, we wrapped up Flag football season. Our team competed at the Special Olympics Ohio Fall Flag Football State

Championships in Geneva, Ohio. Our team placed with Gold in their Division. We cannot wait until next season. We attended football games at Defiance College and also Bowling Green State University to round out our season.



Our Esports team participated in the Gaming for Inclusion Microsoft Rocket League tournament. They spent a Saturday afternoon paired up with unified partners from across the United States. This year we did not place high in the rankings, but we did have athletes make it to the finals. Our esports team traveled to Columbus to the Torg Gaming Festival. They explored a treasure of forgotten video games, dressed in Cosplay, played experimental and new release games, and met the voice of Mario – Charles Martinet. It was a great time! The same day our Powerlifting team attended a clinic in Celina, Ohio. Mercer County Special Olympics gave us the opportunity to expand on our skills and ensure we are better to able to compete in this newer to us sport.



Now that basketball season is fully underway, we are in one of our busiest seasons of the year. Swimming, cheerleading, esports, and powerlifting are also now practicing. This year we have 4 basketball teams, with roughly 50 athletes completing. Our winter rosters are:

Youth basketball (aka schoolage): Zane Howard, Cora Howard, Luke Chambers, Logan Parker, Lydia Kuehner, Caty Kuehner, Griffn Tanner, Hannah Damman, Adrienne Gerken, Alex Eis, Levi Wallace, Savannah Rose, David Rose, Jordyn Beilharz, and Kaydence Kunsman

Lady Cougars: Lydia Knepper, Sammi Adkins, Tyra Knepper, Krysta Delgado, Bethany Mathers, Caitlin McCafferty, Victoria Michael, TJ Stover, Virginia Michael, Selena Hernandez, and Kathy Michael

Team 1 (D5) Mens: Nate Vogelsong, Robby Bauer, Matt Wright, Andy Ellerbrock, Cody Steen, Domenik Neumeier, Tito Martinez, Joey Kuehner, Juan Delgado, Scott Michael, and Aaron Delgado

Team 2 (D3) Mens: Skylar Miller, Vinnie Simon, Jacob Heath, Anthony Delgado, Job Knepper, Tyler Silveous, Brett Mason, TracyRose, and Josh Babcock

Powerlifting: Anthony Delgado, Job Knepper, Aaron Delgado, and Tyra Knepper

Cheerleading: Adrienne Gerken, Caty Kuehner, Jordyn Beilharz, Carrie Fuller, Linda Baser, Hannah Damman, Jessica Clapp, NolaHoskins, Mia Ramirez and Savannah Rose

Swimming: Domenik Neumeier, Tito Martinez, Tracy Rose, Keith Rose, David Rose, Savannah Rose, Sammi Adkins, Tyra Knepper, Sdena Hernandez, Juan Delgado, Krysta Delgado, Ryan Moore, and Jaeson Donnett

Esports: Griffin Tanner, Tito Martinez, Joey Kuehner, Brayden Kuehner, Derrick Maassel, Caty Kuehner, Lydia Kuehner, ChanceMcDonald, and Zach Hopkins

We have already started playing basketball games. Our first set of games was against our friends the Fulton County Jaguars. We played the games at Wauseon Middle School, and the Cougars were able to show off their new warm-up shirts. It was a great time!

Our schedule is jam packed with Away games during December. Watch and Like our Facebook Page, Henry County Special Olympics and Young Athletes for updates. Our fans are welcome to attend any of the away games, as well as our home games! We hope everyone has a warm and safe holiday season.



## HENRY COUNTY SPECIAL OLYMPICS COUGARS' GAMES

**DECEMBER 2023 HOME GAMES**

**DECEMBER 6 - SCHOOL AGE TEAM VS LUCAS COUNTY LIGHTNING - START TIME 6 PM - FILLING HOME GYM**

**DECEMBER 2023 AWAY GAMES**

- DECEMBER 7 - HCSO VS. WOOD CTY WILDCATS - MENS TEAMS 1 & 2
- DECEMBER 9 - HCSO VS. WYANDOT AND SENECA CTY - MENS TEAM 1
- DECEMBER 11 - HCSO VS PAULDING - SCHOOLAGE AND MENS TEAM 1
- DECEMBER 13 - HCSO VS LUCAS CTY - MENS TEAM 1 & 2
- DECEMBER 14 - HCSO VS. HANCOCK CTY- LADY COUGARS AND MENS TEAM 1
- DECEMBER 18 - HCSO VS WILLIAMS CTY SHARKS - SCHOOLAGE & MENS TEAM 1
- DECEMBER 20 - HCSO VS. DEFIANCE COUNTY - SCHOOLAGE AND MENS TEAM 1
- DECEMBER 21 - HCSO VS. MARION COUNTY - MENS TEAM 2

**Save the Date!!**  
Our biggest fundraiser of the year is fast approaching....

2024

Henry County  
Special Olympics

POLAR

5K Athlete Walk

5K | 1 mile walk | Pancake Breakfast |  
Silent Auction | Music

Saturday, March 16, 2024  
Starting at 9 am

Come and Join

American Legion  
500 Glenwood Avenue, Napoleon, OH

We still have Cougar Gear for sale. All proceeds stay in Henry County to benefit our athletes. If you would like a gift or to gift an athlete with Spirit Wear, just contact us. Zach (419-260-2176) or Renita (419-601-2372).

## Order Form

 Bowling	 Spirit - 1	 Spirit - 2
 Football 1	 Cheer	 Basketball
 Powerlifting	 Football 2	 Spirit 3
 Spirit - 4	 Spirit - 5	 Spirit - 6
		 Basketball - 2
		 Paw Spirit
		 Spirit - 7

### 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

