

The Crusade

April 2024

Ross County Advocacy Newsletter

Crusader News

Capital City Crusaders met on February 22nd. Pioneer advocates Noah Hiles, Austin Speakman, Anthony Mustard, Conor McMahon and Brice Coey discussed what each of our passion projects are as follows:

- Noah's project is to help promote the Special Olympics for Ross County.
- Austin's project is to advocate for DD members in the school system.
- Anthony's project is to advocate for Mental Health awareness.
- Conor is learning about the DD system and how it works overall.
- Brice's project is to get information out to DD members and others through media sources.

Special Projects Director, Courtney Davis, presented on the People First Respectful Language Modernization Act of 2006 that was enacted by the Council of the District of Columbia that "requires the use of respectful language when referring to people with disabilities in all new and revised District laws, regulations, rules, and publications

and all internet publications.” People First Language (PFL) puts the person before the disability, and describes what a person has, not who a person is. Some examples used were instead of “autistic” use “has autism” or instead of “disabled” use “has a disability.” The group discussed ways people have addressed them incorrectly and how they educate people on how to refer to them.

Josh Claytor from First Capital Enterprises and KNECT came to the meeting to discuss and answer questions on the topic of what KNECT is and how it operates. Our KNECT program is an Adult Day Support based in the community that facilitates fun, engaging activities as suggested by people in their annual ISP’s. The priority is to make person-centered events happen by taking a small group of people with the same interests to specific events they suggest. They also provide many opportunities to try new activities for people who just want to get out and be active. They also have some staples that many people love, such as bowling, swimming, dining out and fishing. To contact First Capital Enterprises and the KNECT program you can call (740) 773-2166. See April’s KNECT calendar below:

April 2024



**Outings Limited to 4 individuals so please RSVP as soon as possible.

| Sunday | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Saturday |
|--|---|--|--|---|---|--|
| | 1 Movies Ghostbusters- Afterlife 3pm - 8pm FREE | 2 Top Golf 12pm - 5pm FREE | 3 Air & Space Museum & Level One Arcade 1pm - 6pm | 4 Clippers Game 5pm - 10pm TBA | 5 Bowling 11am - 4pm FREE Vlog Lunch Pre-scheduled | 6 WWE Pay-Per-View Pre-scheduled |
| 7 WWE Pay-Per-View Pre-scheduled | 8 Gattis & Murals (Portsmouth) 3pm - 8pm | 9 Casino (Miami Valley) 12pm - 5pm | 10 Reds Game 6:40 Game - Brewers \$30.00 | 11 Guy Spa Day TBA | 12 Bowling 11am - 4pm FREE | 13 Ohio State Spring Game FREE |
| 14 Girls Spa Day 11pm - 4pm | 15 Ribber & Murals (Portsmouth) 11am - 4pm | 16 Top Golf 12pm - 5pm FREE | 17 COSI Titanic Exhibit 10am - 3pm \$40.00 | 18 Nellie Dog 3pm - 8pm | 19 Bowling 11am - 4pm FREE Girls Day Out (Salon) 10am - 3pm | 20 Fox Hollow Rodeo 5pm - 10pm FREE Earth Day (City Park) 9am - 2pm |
| 21 Reds Game 1:40 Game- Angles \$30.00 | 22 WWE Monday Night Raw Pre-scheduled | 23 Reds Game 6:40 Game - Phillies \$30.00 | 24 Scene 75 3pm - 8pm | 25 NFL Draft Party 6pm - 11pm | 26 Tribute Night to The Eagles (Majestic) 5pm - 10pm \$30.00 | 27 Monster Truck Show 12pm - 5pm \$40.00 |
| 28 Miner 49er Putt Putt Golf 12pm - 5pm FREE | 29 Columbus Zoo 11am - 4pm \$20.00 | 30 Top Golf 12pm - 5pm FREE | | | | |

Special Olympics News

We also met on March 20th to learn more about the Special Olympics (SO). Ross County's Coordinator and SO basketball coach, Chris Hiles, was the speaker for the meeting.

To be eligible to participate in Special Olympics, you must be at least 8 years old and identified by an agency or professional as having one of the following conditions: intellectual disabilities, cognitive delays as measured by formal assessment, or significant learning or vocational problems due to cognitive delay that require or have required specially designed instruction. The Special

Olympics Young Athletes™ program was created for children with intellectual disabilities ages 2 through 7.

The website to the Ross County SO is <https://rossspecialolympics.org> where you can access the registration form, and the number to get more information is 740-773-8044.



And we can't talk about the SO without giving a shout out to the Trailblazers basketball team. With a final score of 55-30, the Ross County Trailblazers had a decisive win over the Ross County celebrities! It was a great game to watch. Go Trailblazers!

In the News

You may be surprised what the Ross County library can do for you! The advocates met with a member of the library staff and learned some fun and surprising things you can do online and at the library. Not only can you read books online, but you can learn a language, take arts, crafts, and DIY lessons, listen to music, or take online courses.

At the library you can borrow books, videos, borrow the internet, and many tech services. The beyond books services were especially exciting, see list of things to borrow at the end of the newsletter or you can go to this website:

https://static.libnet.info/frontend-images/pdfs/crcpl/LibraryResources_TrifoldJun23.pdf

If you are interested in getting a library card, you can go to the library with your id or something with your name and address on it or follow this link: <https://ohio.ent.sirsi.net/custom/web/registration/index.html?refProfile=chi>

Beyond Books Collection

Adventure Passes:

- **Mighty Children's Museum**

Arts & Crafts:

- **Button Maker**
- **Cake Pans**
- **Calligraphy Pen Set**
- **Crochet Hooks and Needles**
- **Holiday Cookie Cutter Set**
- **Pottery Wheel**
- **Sewing Machine**

Home & Health:

- **Blood Pressure Monitor**
- **Memory Kits**
- **Seed Library**
- **Social-Emotional Learning Kit**
- **UV Therapy Happy Light**

Musical Instruments:

- **Child-size Ukulele**
- **Practice Drum Kit**
- **Steel Tongue Drum**
- **Percussion Set - Tambourine and Bongos**

Tools:

- **148-Piece Tool Set**
- **Collapsible Parking Cones**
- **Cordless Drill Set**
- **Dremel Rotary Tool Kit**
- **Electric Pressure Washer**
- **Endoscope Inspection Camera**
- **Metal Detector**

Technology:

- **Chromebooks**
- **WiFi Hotspots**
- **CD Boombox**
- **DVD Player**
- **GoPro HERO9** (adult checkout only)
- **Turntable/Record Player**
- **Walkie Talkie Set**

Recreation:

- **Book-A-Bike**
- **Binoculars**
- **Candyland Giant Edition**
- **Cornhole Set**
- **Disc Golf Sets with Bag and Water Bottle Holder**
- **Dungeons & Dragons Starter Set**
- **Fishing Rod and Kit**
- **Ghost Hunting Kit**
- **Giant Checkers & Tic Tac Toe**
- **Giant Octopus Kites:**
 - **Kite 1**
 - **Kite 2**
 - **Kite 3**
- **Giant Tower Blocks Yard Game**
- **Inflatable Paddle Board**
- **Kids Play Parachute**
- **Pathfinder RPG Beginner Box**
- **Pickleball Game Set**
- **Retro Game Stick with 20,000+ Classic Games and Two Controllers**
- **Slippery Racer Sled**
- **Spikeball Set**
- **Telescopes:**
 - **Hexeum Telescope**
 - **Orion StarBlast Astro Reflector Telescope**
 - **Orion Skyscanner Telescope**
- **Telescopic Fishing Pole**

Health and Wellness

If you're someone who gets colds frequently, that may be related to your age and how often you're exposed to illnesses in your daily life. Also, a person's immune system can play a major role in how often someone gets sick. If more illnesses are circulating and if those colds are



Person sneezing

particularly easy to spread it's also more likely that you'll get sick.

But whether you're one of those people who can never get sick, or you feel like you're always sick, there are some easy ways to prevent colds and stay healthier.

Below is a list of the best tips for prevention of illnesses.

1. Limit exposure to people who are sick.
2. Wash your hands frequently.
3. Wear a mask in shared spaces.
4. Keep an eye on what illnesses are going around.
5. Get vaccinated for what's available.
6. Maintain a healthy lifestyle generally.

Get to know...



Hello, my name is Conor McMahon and I want to help people with disabilities. I have been working as a self-advocate since August of 2023, and so far, I am enjoying it. I am from Chillicothe, Ohio, and I've been living here my entire life. In my job so far, I have attended conferences and meetings, and I have learned about the company and how to be a better representative for people with disabilities. I find it important that they be heard, and that they will know that I will be defending them if they are treated unfairly by anyone. And finally, the reason why I have this job is because I want to make a difference in someone's life for their good.

We are always looking for articles for this newsletter, if you want to add your birthday to the calendar, or if you'd like me to research and put information into the newsletter. You can contact me by email at bcoey@rossdd.org.