

# **The Crusade**

**August 2024**

**Ross County Advocacy Newsletter**

## **Crusader News**

The Crusaders had 2 meetings this month, the first was on July 11<sup>th</sup>. The meeting opened with advocate Austin Speakman introducing himself along with asking the rest of those in attendance to do so. After introductions Austin Speakman asked advocate Brice Coey to recap the previous in person meeting notes and he did so. After this Advocate Noah Hiles spent some moments speaking about his experiences with the Special Olympics.

Community Connections Coordinator and meeting attendee Lori Graves then shared a video by the We Thrive Together organization about social health and wellness. After the meeting was over Lori Graves and Special Olympics director/Special Projectors Director Courtney Davis asked the advocates and other attendees questions about their social health and wellness. A question-and-answer session was had.

The Crusaders also met on July 25<sup>th</sup>. Advocate Noah Hiles was our first guest speaker at this meeting. Noah gave a passionate description about the movie Crip Camp and encouraged the attendees to watch it. He described the

documentary as a movie about disability rights and how people fought for those rights.

Our second set of guest speakers were two individuals from the LCNB bank who handed out gifts and an activity to test those in attendance's financial habits. After some discussion on financial literacy the meeting was adjourned.

You can follow the Capital City Crusaders on Facebook at:

<https://www.facebook.com/share/mD9MMveNnzcjDNc3/?mibextid=qi2Omg>

## **Sports News**

The Paris 2024 Paralympic Games, which will take place between 28 August and 8 September, will bring together as many as 4,400 athletes from around the world. The athletes will compete in 549 medal events across 22 sports, taking the spotlight at some of Paris' most iconic landmarks, including the Eiffel Tower, the Chateau de Versailles and the Grand Palais.

### **Pioneer Golf Outing**

Friday, September 6th at Jaycee's Golf Course

Registration Opens - 8 AM - Crispie Crème Donuts Served

Shotgun Start - 9 AM Teams of Four - \$300


# In the News

Going to the Ross County fair this year? There is a new, universal changing station now located in the bathrooms near the Bandstand! If you need these stations, we're glad these are available for you!

## New Podcast

The Disability Advocast is out on Spotify! Search for this to hear interesting interviews with people who work in the DD field. This month there are 2 new interviews, with George Meyers and Lori Graves. Find out about these 2 interesting people by connecting to Spotify and searching for The Disability Advocast.

## August KNECT Calendar



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

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
					1 Pike County Fair Auto Cross 4pm - 9pm FREE	2 Wrestling PPV 6pm - 11pm <i>Pre-scheduled</i> FREE
4 Locamedia Wizard of Oz 10am - 3pm \$20.00	5 Ross County Fair Big Time Wrestling 6pm - 11pm \$20.00	6 Columbus Zoo Lantern Festival 5pm - 10pm \$15.00 Ross County Fair 5pm - 10pm	7 Cleveland Trip Guardians of the Rock n Roll Hall of Fame <i>Pre-scheduled</i>	8 Kenny Chesney (Crew Stadium) 5pm - 10pm <i>Pre-scheduled</i> \$40.00	9 Ross County Fair 3pm - 8pm	10 Derby Ross County Fair 6pm - 11pm Cleveland Browns <i>Pre-scheduled</i>
11 JJ & Todd's Pool Party <i>Pre-scheduled</i>	12 Columbus Zoo Lantern Festival 5pm - 10pm \$15.00 Movies TBA FREE	13 Top Golf TBD - FREE	14 Reds Game 6:40 Game - \$30.00 Karaoke Night 5pm - 10pm	15 Rule 3 (Arcade & Bowling) Columbus 11am - 4pm	16 Drive- In Movies (Lancaster) 9pm - 2am Zoombezi Bay 7pm - 12am \$20.00	17 Bowling 1pm - 6pm
18 American Sign Museum (Cincinnati) 1pm - 6pm FREE	19 Air Force Museum 11am - 4pm FREE	20 Game Night 3:30 - 8:30	21 Kassey's Birthday Party Bowling 10pm - 10pm <i>Pre-scheduled</i> FREE	22 Columbus Clippers 4:30 - 9:30 - \$20.00 Columbus Museum of Arts 12- 5pm - FREE	23 Sand in The Streets & Music 5pm - 10pm	24 Traders World 10am - 3pm
25 Medieval Festival (Hocking Hills) 12pm - 5pm Columbus Toy Show 12pm - 5pm FREE	26 Spa Day TBD Jaki's Birthday Party <i>Pre-scheduled</i>	27 Top Golf TBD - FREE	28 Karaoke Night 5pm - 10pm Wormer Golf and Swimming 1pm - 6pm - FREE	29 Reds Game 5:10 Game - Athletics \$30.00 Round One (Gaming) 10am - 3pm	30 Reds Game 6:40 Game - Brewers \$30.00 COSI Titanic Exhibit 10am - 3pm - \$40	31 Bark in the Park Car Show 9am - 2pm

## **Health and Wellness**

This information was taken from the We Thrive Together article. In the era of technological advancements, smart home devices have emerged as a groundbreaking solution to enhance our daily lives. Beyond convenience and entertainment, these devices have the potential to significantly improve our health and overall wellness. Smart home devices are transforming the way we approach health and wellness. By leveraging technology and connectivity, these devices empower individuals to proactively manage their overall well-being. From optimizing sleep patterns and tracking fitness goals to managing nutrition and reducing stress, smart home devices provide comprehensive solutions to enhance health and promote a balanced lifestyle. As technology continues to advance, the potential for smart home devices to positively impact our health and wellness is boundless. Embracing these innovative tools can lead to a healthier, happier, and more fulfilling life. For more on this information visit <https://wethrivetogether.org/2023/06/28/smart-home-devices-revolutionizing-health-and-wellness/>

*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](mailto:bcoey@rossdd.org).*