

# **The Crusade**

**September 2024**

**Ross County Advocacy Newsletter**

## **Crusader News**

The first meeting of the month was held on August 8<sup>th</sup>. The meeting was opened by Advocate Austin Speakman who asked new attendees to introduce themselves before requesting fellow Advocate Brice Coey to review the previous week's meeting notes. After this the group watched a few videos by the We Thrive Together organization.

These videos included a Ted Talk by an individual who detailed their struggles in school and talked about different forms of intelligence. After this a discussion was held amongst the group about our experiences in school. The meeting was then adjourned.

The second meeting was held on August 25<sup>th</sup>. Advocates Noah Hiles and Anthony Mustard were asked to share about a meeting the Advocates had with Clint Boggs and one of his associates from the city of Chillicothe. They shared what appeared to be a positive outcome and the potential addition of handicap parking spaces in the downtown area.

The meeting was turned over to guest speakers from the Board of Elections. These speakers discussed several things including at home voting, sample ballots, candidates/issues on the ballot in upcoming votes as well as registration for voting.

After the guest speakers were wrapped up Austin Speakman and attendee Lori Graves discussed future events like Legislative Day and the two advocacy meetings in September.

You can follow the Capital City Crusaders on Facebook at:

<https://www.facebook.com/share/mD9MMveNnzcjDNc3/?mibextid=qi2Omq>

## **Sports News**

Columbus hosted the State Summer Games for Ohio's Special Olympics that was held from June 28 to 30. Here are the results by division for Ross County:

- JJ Barnhart, Andrew May, TJ May, and DJ Neff: fourth in 4x100m relay capturing a personal record time of 1:01.8
- Samuel Landon: second in shot put and fifth in the 100m dash
- Bailey Markko: 3rd in softball throw and fourth in 50m dash
- Sabrina Neff: second in softball throw, third in standing long jump, and fifth in the 100m dash

- Sara Hicks: first in softball throw, first in 25m wheelchair race, and fourth in 50m slalom
- Logan Winegardner: first in softball throw, fifth in 50m dash, and sixth in 100m dash
- Patrick Glandon: fourth in softball throw and second in 100m dash
- Chris McLaughlin: second in softball throw and first in the 100m walk
- Eli Bollinger: fifth in the 400m dash, third in the standing long jump, and fifth in the 200m dash
- Andrew May: sixth in the 200m dash, first in the running long jump, and second in the 100m dash
- TJ May: first in the 200m dash and first in the 100m dash
- Bobby Malone: third in the mini javelin throw and sixth in the 100m walk
- Gale McKee: first in the mini javelin throw and second in the 100m walk
- Jamaine (JJ) Barnhart: fourth in the 100m dash and second in the 200m dash
- Dale (DJ) Neff: second in the 200m dash

### **In the News**

The U.S. Department of Justice is finalizing a new rule to increase availability of medical examination tables, weight scales and diagnostic equipment for people with disabilities. Attorney General Merrick B. Garland signed the final rule on July 26th, but the agency did not release it, but said that

the rule and a fact sheet will be made available for review soon.

The rule is part of the Title II of the ADA, which requires state and local government services, programs and activities to be accessible to people with disabilities.

Federal officials are trying to adopt accessibility standards created in 2017 for exam tables, chairs used for eye and dental exams, weight scales, mammography equipment, x-ray machines and other diagnostic tools.

## September KNECT Calendar



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

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
1 Shopping at Beavercreek Mall 10am - 3pm	2 Reds Game 4:10 Game - Astros \$30.00	3 Highland County Fair Auto Cross 6pm - 10pm FREE	4 Highland County Fair Derby 6pm - 10pm FREE	5 Casino 3pm-8pm  Highland County Fair 10am - 3pm FREE	6 Bowling FREE - 4pm - 9pm Football Friday Night (Greenfield vs PV) 5pm - 10pm Football Friday Night (Southeastern) FREE 5pm - 10pm	7 Movies "Beetle Juice" FREE TBD
8 Sunday Football 12pm - 5pm  Movies "Beetle Juice" FREE	9 Air and Space Museum 12pm - 5pm  Rule 3 (Arcade & Bowling) 3:30pm - 8:30pm	10 Top Golf TBD FREE	11 Scene 75 3pm - 8pm	12 Movies TBD - FREE  Thursday Night Football JV (Southeastern) FREE - 4pm - 9pm	13 End of the Summer Bash 5pm - 10pm	14 Renaissance Festival (Pirates Weekend) 1pm - 6pm \$20.00
15 <del>Miami University Casino</del> 11am - 4pm Sunday Football 12pm - 5pm	16 Hyper Bowling 11am - 4pm 4pm - 9pm	17 Reds Game 6:40 Game - Braves \$30.00	18 Jackson County Apple Festival 3pm - 8pm	19 Jackson County Apple Festival - 12pm - 5pm Ohio History Center 11am - 4pm FREE	20 <del>Reds/Molly Concert</del> \$30.00 - 6:40 Game Comedy Night Football Friday Night (Metro vs Huntington) 5pm - 10pm	21 Reds Game 1:10 Game \$30.00 Mothman Festival 11am - 4pm
22 Football Sunday 12pm - 5pm  Backwoods Festival 9am - 2pm	23 Game Night at Grandpa Joe's 3:30pm - 8:30pm	24 Top Golf TBD FREE	25 Nellie Dog 3pm - 8pm	26 <del>Rock Around the Fall of Fame</del> 9am - 5pm \$20.00 Thursday Night Football JV (Southeastern) 4pm - 9pm	27 Bowling 4pm - 9pm Football Friday Night (Unio to vs Piketon) FREE - 5pm - 10pm	28 Renaissance Festival 1pm - 6pm
29 Locamedia Saturday Night Fever \$20.00	30 Blue Jackets 5pm - 10pm \$35.00					

## **Health and Wellness**

### **Leading a Long and Healthy Life from the CDC**

Although people with disabilities sometimes have a harder time getting and staying healthy than people without disabilities, there are things we can all do to get and stay healthy. Tips for leading a long and healthy life:

- Be physically active every day.
- Eat healthy foods in healthy portions.
- Don't get too much sun.
- Don't smoke.
- Use medicine wisely.
- If you drink alcoholic beverages, drink in moderation.
- Get help for substance abuse.
- Stay in touch with family and friends.

If you need help, talk with your health care professional.

### **Get to know...**



My name is Molly, and I have been working with the Ross County Board of DD since April 2021. I am the Administrative Assistant to the Superintendent. I love this job because it allows me to contribute in a positive way to our community. I have had opportunities with this job to get more involved in the

community such as being a guest on the Handi-Capable cooking show, being a secretary for the Kiwanis Club of Chillicothe, and being a member of EPIC.

When I am not working, I enjoy being outside. I like to bike, hike, take walks, and I like to read. I have a dog named Charlie and spend a lot of time hanging out with him.

### **Positive quote for September**

There are five important things for living a successful and fulfilling life: never stop dreaming, never stop believing, never give up, never stop trying, and never stop learning.

*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 through email at [bcoey@rossdd.org](mailto:bcoey@rossdd.org).*