



THE CRUSADE

BY BRICE COEY



HANDI-CAPABLE KITCHEN LOGO

CRUSADER MEETING NEWS

The Crusader monthly meeting was held November 14th. Advocate Austin Speakman opened the virtual meeting by introducing himself and by telling advocate Brice Coey to recap the last in person meeting. Brice Coey recounted how Superintendent Amy Beeler headed the meeting and the discussion of the Handi-capable Kitchen that ensued.

Austin Speakman continued the meeting by introducing special guest speaker Susan Horn. Susan Horn introduced attendees to several different therapeutic strategies for remaining calm. Some of these strategies included different breathing techniques, sound therapy with instruments as well as some sensory based calming techniques. After Susan Horn was finished with their presentation, they allowed for a short discussion about some of our experiences with stress and calming techniques. Austin Speakman finished the meeting with announcements for upcoming meetings.

IN THE NEWS...

With Christmas just about upon us, it's good to keep the stress down and keep the joy in Christmas. A little preparation can go a long way toward avoiding holiday stress. Planning and shopping ahead helps prevent overspending, last-minute rushes, and the anxiety that comes with how to pay for it all. Before you start browsing online or heading to the mall, create a budget and stick with it. Consider how much you can comfortably spend without creating a financial strain. Remember to keep the holidays happy!

DECEMBER PIONEER CALENDAR

DECEMBER EVENTS

DEC. 4	Family Ice Skating Event Pumphouse Center for the Arts 5 PM - 6 PM, RSVP to Kristen
DEC. 10	Brunch with Friends IHOP 10 AM - 12 PM
DEC. 11	Santa Night Pioneer School 5 PM - 7 PM
DEC. 12	Coffee with the Crusaders Virtual Via Zoom 9:30 AM
DEC. 12	Adult Rec. Christmas Party Creekside Occasions 5 PM - 7 PM


the **PIONEER**
CENTER
Ross County Board of DD

POSITIVE QUOTE FOR DECEMBER

“Try to be a rainbow in someone else’s cloud.”

Maya Angelou

CAPITAL CITY CRUSADERS DECEMBER 2024

TRAILBLAZERS REPORT

Trailblazers have a 4-0 Record! Great job, Go Blazers! Here's this year's schedule. Come out and support your Ross County Trailblazers!!



Ross County Trailblazer – BLACK

2024-2025 | Basketball Schedule



NOV 13 WED 6:30PM	Ross County Trailblazers vs. Madison County Special Olympics OU-Chillicothe Shoemaker Center – Chillicothe
NOV 18 MON 6:30PM	Ross County Trailblazers vs. Columbus Comets OU-Chillicothe Shoemaker Center – Chillicothe
NOV 20 WED 6:30PM	Ross County Trailblazers vs. Fairfield County Special Olympics OU-Chillicothe Shoemaker Center – Chillicothe
NOV 25 MON 6:30PM	Ross County Trailblazers vs. Highland County Special Olympics OU-Chillicothe Shoemaker Center – Chillicothe
DEC 4 WED 6:30PM	Ross County Trailblazers vs. Fayette County Special Olympics OU-Chillicothe Shoemaker Center – Chillicothe
DEC 9 MON 6:30PM	Ross County Trailblazers vs. Pickaway County Special Olympics OU-Chillicothe Shoemaker Center – Chillicothe
DEC 11 WED 6:30PM	Ross County Trailblazers vs. Columbus Comets OU-Chillicothe Shoemaker Center – Chillicothe
DEC 17 TUE 7:15PM	Pickerington Special Olympics vs. Ross County Trailblazers Toll Gate Middle School – 12089 Toll Gate Rd, Pickerington
JAN 8 WED 6:00PM	Highland County Special Olympics vs. Ross County Trailblazers Location TBD
JAN 14 TUE 6:30pm	Fayette County Special Olympics vs. Ross County Trailblazers Div 5 Cherry Hill School – 720 W Oakland Ave, Washington Court House
JAN 16 THU 7:00PM	Clinton County Special Olympics vs. Ross County Trailblazers Blanchester High School – 953 Cherry St, Blanchester
JAN 22 WED 6:30PM	Ross County Trailblazers vs. Licking County Special Olympics OU-Chillicothe Shoemaker Center – Chillicothe
JAN 28 TUE TBD	Madison County Special Olympics vs. Ross County Trailblazers Fairhaven Academy – 510 Elm St, London
JAN 31—FEB 2 FRI—SUN	REGIONAL TOURNAMENTS TBD
FEB 6 THU 6:00PM	Highland County Special Olympics vs. Ross County Trailblazers Location TBD
FEB 12 WED 7:30PM	Pickaway County Special Olympics vs. Ross County Trailblazers 127 E Mill St, Circleville
FEB 26 WED 6:30PM	Licking County Special Olympics vs. Ross County Trailblazers 6565 Summit Rd, Pataskala

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.