

The Crusade

May 2024

Ross County Advocacy Newsletter

Crusader News

The Crusaders met 2 times in the month of April led by advocate Austin Speakman. On April 11th, following introductions, the team talked about the different services the library offers such as online language courses, sewing materials and streaming services. Those in attendance at the prior meeting each mentioned their favorite things about the meeting such as Ross County Board Member Hunter Robinson who enjoyed the archive section of the library. Advocate Brice Coey enjoyed the online language courses brought up in the meeting. Special Projects Coordinator and Special Olympics Director Courtney Davis enjoyed the Beyond Books section of the library (see April newsletter for more information). Hunter Robinson spoke about the ease with which he obtained a library card.

Hunter also discussed his time doing stand-up comedy at Shawnee Lanes Bowling Alley. He discussed the length of his set being 5 minutes, the positive reception of the set and how Ross County Employee Lori Graves helped him achieve this performance.

Advocate Noah Hiles was asked to speak about a recent event in which he recruited high school aged Special Olympics volunteers. He spoke to students about the different sports that are offered such as Powerlifting and Track/Field.

Guest Speaker Brian Park from Goodwill spoke about advocacy and how he advocates for himself. He broached the topic of advocacy in relation to transportation with Kinect and Goodwill, his job at a local movie theater, his family, and his ISP meetings with his SSA. He spoke about his relationship and his living alone.

Board Member Hunter Robinson and Advocate Brice Coey spoke to a shared experience at the Cheesecake Factory where the restrooms were not easily accessible, and the doors were not easily operated by those in wheelchairs.

The second meeting in April was held on the 25th. After reading previous meeting minutes, introductions and an ice breaker, Noah Hiles spoke about recruiting Special Olympics athletes and volunteers at Paint Valley Highschool, Southeastern Highschool and Ohio University Chillicothe as well as spending the previous day with Representative Mark Johnson at the Ohio Statehouse.

Anthony Mustard spoke about meeting with the National Alliance of Mental Illness (NAMI) and creating his own support group soon. Board Member Hunter Robinson and guest attendee JP Swinton introduced themselves.

Sara Hicks from Easter Seals spoke about advocacy and how she advocates for herself. She spoke on advocating for herself in several different situations including rights to not sign ISP, transportation, and other situations. Sara also spoke about Special Olympics.

The group's second set of guest speakers, Kraig and Michael Richards from People First. They talked to the group about how to be an advocate. Michael spoke on how he advocated for the expansion of his business and working with the OOD organization to help him do so. He also spoke on how he advocated to move from an apartment to his own house.

Kraig spoke about going from simple self-advocacy to advocating at the state level. Several laws and bills that affect the disabled were discussed such as having someone who receives County Board services being required to be hired onto the County Board, an Autism bill that has to do with Applied Behavior Analysis documentation and add-ons to the ISPs of those with autism. Kraig also spoke about a much harder bill to pass which was House Bill 174 which would give Universal Medicaid Healthcare to all those in the state as well as House Bill 427 which has to do with the amendment of a previous law that has allowed employers to pay those with disabilities sub minimum wage by simply getting something called a 14 C certificate.

You can follow the Capital City Crusaders on Facebook at:

<https://www.facebook.com/share/mD9MMveNnzcjDNc3/?mibextid=qj2Omg>

Sports News

The iCan Swim Camp is open again this year. The Pioneer Center and the YMCA have partnered and have adaptive instructors who will work with people with disabilities ages three and up.

When: July 8th – 12th, 2024

For information or questions about this camp, please e-mail Trish at twallace@rossdd.org or call 740-253-8419.

In the News

Communities across Ohio are getting extra money to help them become more accessible. The state is sending a total of \$15 million to counties that applied for the funding. The funds will go to supported connections (which includes summer camps and after school programs), accessible communities (examples are curb cutouts, ramps, wheelchair accessible swings), increased community engagement (community events), outreach to non-English speaking communities, accessibility for meetings and conferences (examples include offering pamphlets in braille or having a sign language translator), and implementation of universal changing tables- In partnership with the Ohio

Department of Transportation, Gov. Mike DeWine has committed to adding adult changing tables to rest stops across the state to make it easier for those with disabilities to travel. All of the projects that are receiving funding are expected to be completed by next March.

Health and Wellness

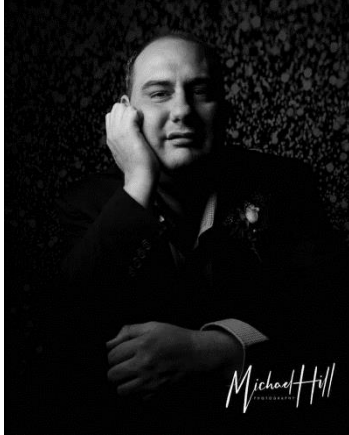
With summer coming, The CDC has the following recommendations for being outdoors.

1. Use shade, wide-brimmed hats, clothing that covers, and broad-spectrum sunscreen with at least SPF 15 for sun protection.
2. Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.



3. Apply sunscreen before insect repellent. After you come indoors, check your clothing, body, and pets for ticks. Reapply sunscreen after 2 hours and after swimming, sweating, or toweling off.
4. Keep Cool in Extreme Heat
Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions.

Get to know...



This is a bio of Anthony, who is an advocate for SOCOG focusing on mental health awareness.

Hi, my name is Anthony Mustard. I was born with developmental disabilities. I've been through several psychologists throughout my life. when I got older, I started getting developed with more conditions it was hard at the time I remember saying there's got to be an easier way I was in and out of psychiatric hospitals. I meet two people and they have changed my life Brittany and her sister Brandie the both help me with what I was going through they gave me guidance they gave me a new outlook on life and they help me I just think we all need a little bit of guidance in life no matter who you are we all need a good support system we need someone that is there for us that is what helped me that is why I am starting a support group .

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.