

# HOPE Round Up

News from HOPE Services

Seeing Potential ~ Inspiring Opportunities



July 2024

**CHECK THIS OUT!**

## Computer Refurbishing Program

### Computers for Ohioans with Disabilities

Assistive Technology of Ohio (AT Ohio) has a statewide program that helps people with disabilities obtain their own computer. Knowledge of how to use a computer, the Internet, e-mail and social networking (examples: Twitter, Facebook, Linked-in) are becoming fundamental basic skills necessary for community living, employment and education. Recent studies have shown that, due to financial considerations, people with disabilities are among the most likely group of people to not own a computer. People with disabilities—those who can benefit the most from owning and using a computer are often the most likely not to be able to afford one.

The cost of the program to consumers is \$60. AT Ohio cannot accept debit or credit cards. Payment must be a check or money order made out to Assistive Technology of Ohio/OSU. A pick-up option is available for \$30. Pick-up must be made at the Assistive Technology Ohio office, 1314 Kinnear Road, Columbus, Ohio 43212 between the hours of 10:30am and 4:30pm. Please note, all paperwork and payment must be received before a computer is processed and is available for pick-up. AT Ohio Staff will notify consumer when computer is ready for pick-up. For more information visit the website at: <https://atohio.org/computer-refurbishing-program>



### Keeping Melissa Mobile

Thank you to everyone who came out in support of Melissa Spencer at her April Fundraiser, "Keeping Melissa Mobile" at Shady Brook Acres Hitching Post. Her family and team of independent providers worked together to plan and execute a very successful fundraising event. They had over 200 people present for the Purse Bingo, raffle, and live band event. They raised over \$17,000 to be used toward purchasing a new van! Melissa recently purchased her new van and is so happy with this upgrade. She can now sit up front and is able to look out all the windows to see where they are going, and she loves to go anywhere in her new van!

Board Meeting  
Reminder

The next Board meeting will be on **Wednesday** July 17th at 4:00pm in the activity center.



The office will be closed on July 4th in observation of Independence Day. The office will reopen on July 5th at 8:00am. Enjoy the day with family and friends.

### Kelly's Column



July 2024

The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990, by President George H.W. Bush.

The ADA is the most comprehensive of the nation's disability laws. It guarantees the right of individuals with disabilities to receive reasonable accommodations to work and participate in all aspects of society. It prohibits disability discrimination.

The Americans with Disabilities Act (ADA) of 1990 is a landmark piece of legislation that prohibits discrimination in all areas of public life, including jobs, schools, transportation and public spaces. The ADA has greatly improved access and opportunities for people with disabilities, ensuring they have the same rights and opportunities as everyone else.

One important aspect of the ADA is the Olmstead decision, which was a Supreme Court ruling in 1999 that stated individuals with disabilities have the right to receive services in the most integrated setting possible. This decision has helped to promote community-based services and support for individuals with disabilities, allowing them to live more independently and participate fully in society.

Overall, the ADA and Olmstead decision have been crucial in advancing the rights of individuals with disabilities and promoting a more inclusive society for all.

The ADA will ensure people with disabilities "the opportunity to blend fully and equally into the rich mosaic of the American mainstream." – President George H.W. Bush

The more you know,

*Kelly Aldrich*



Recently the HOPE Foundation assisted Keon with purchasing a bike so he could participate in Special Olympics cycling. Look at that smile!

Listen to WNDH 103.1 every Thursday at 12:20 p.m. for more information about HOPE Services.



Do you have an article to submit or pictures to share? We are always looking for stories. Submit items of interest to: [mcamp@henrydd.org](mailto:mcamp@henrydd.org)

# Youth Services

## *Gabe's Story: Strengthening Job Skills with CCMEP's Support*



In the pursuit of meaningful employment and professional growth, having the right skills can make all the difference. For Gabe, a determined young individual on a mission to build a brighter future, the journey towards acquiring and strengthening job skills was made possible with the invaluable support of the Comprehensive Case Management and Employment Program (CCMEP).

Like many youths facing the transition from education to the workforce, Gabe encountered various challenges on his path to securing employment. Despite his determination and enthusiasm, he lacked the essential job skills and guidance needed to navigate the competitive job market. Gabe discovered CCMEP, a program dedicated to empowering young individuals like him with the tools and resources to succeed.

CCMEP's approach to skill development is holistic, recognizing the importance of nurturing both technical and soft skills. Through a combination of classroom instruction, hands-on training, and practical experiences, Gabe had the opportunity to strengthen a diverse set of skills as well as soft skills such as communication, teamwork, and problem-solving.

If you're a youth facing similar challenges or know someone who could benefit from the support of programs like CCMEP, I encourage you to explore the resources and opportunities available in your community. Together, we can empower the next generation to unlock their full potential and achieve their dreams.



Hello, I am Phillip Etoll and I am a Service and Support Administrator for HOPE Services. I wanted to share a positive story about Michael Davis. In August of 2023 I was approached by Michael and his provider Easy Living about how Michael could get a new walker. After some brainstorming, I ended up filling out an application for a grant through the HOPE Services Foundation, Inc. I also was able to get an invoice from Tri-State Medical Supply for a walker that would best fit Michael. Both the application and invoice were sent to the HOPE Foundation and were approved. After it was approved, I was able to go and pick up the walker and take it to him.

Almost a year has passed, and Michael has greatly benefited from having his walker. Michael uses his walker when he is out in the community at the store or at his favorite restaurants. He even uses it to take walks outside for some exercise.

# HOPE Services Parade Shirt Order Form

PAID ORDERS DUE TO HOPE SERVICES BY JULY 12

**CUSTOMER INFORMATION**

NAME

ADDRESS

EMAIL/PHONE

**PAYMENT METHOD**



Cash



Checks - made out to HOPE Services



FRONT

**PICK UP**



Pick Up  
Everyone will be called when shirts are available for pick up.

- Toddler**  
Short Sleeve t-shirt  
\$7.00  
2T - 6T
- Youth**  
Short Sleeve t-shirt  
\$8.00 - Small - XL
- Youth**  
Crew Sweatshirt  
\$14.00  
Small - XL
- Adult**  
Short Sleeve  
\$10 - S - XL  
\$15- XXL-XXXXL
- Adult**  
Crew Sweatshirt  
\$15 - S - XL  
\$20 - XXL-XXXXL

All Shirts and Crew sweatshirts will be a light ash gray material.

Item - Shirt or Crew	Size - Toddler, Youth or Adult	Quantity	Cost
Total Quantity of Items and Cost			

QUESTIONS... CALL HOPE SERVICES AT 419-599-2892 AND ASK FOR KELLY VERBEKE OR RENITA KUEHNER.  
OR EMAIL:  
KELLY VERBEKE - KVERBEKE@HENRYDD.ORG  
RENITA KUEHNER - RKUEHNER@HENRYDD.ORG

# VOICES of HOPE

## SELF ADVOCACY GROUP

### "My Life, My Story" Workshop: Learn to Tell Your Story!

Designed to unlock the richness of personal narratives, this workshop invited participants to reflect, share, and connect through their unique life experiences.

The "My Life, My Story" workshop was a sanctuary for personal storytelling. It recognized that each of us carries a tapestry of experiences, memories, and emotions that define our journey. Whether profound or everyday, these stories shape our identities and connect us to others in profound ways.

Participants embarked on a guided journey of self-discovery, facilitated by Dr. Becca Monteleone. Through a series of structured exercises and discussions, they explored:

1. **Finding Your Narrative:** Reflecting on pivotal moments and themes that define personal identity.
2. **Crafting Your Story:** Learning the art of storytelling—how to weave together memories, emotions, and lessons into a compelling narrative.
3. **Sharing and Connecting:** Creating a supportive environment where participants share their stories, fostering empathy and understanding.

The workshop goes beyond mere storytelling; it fosters personal growth and healing:

- **Empowerment through Expression:** Participants gained confidence in articulating their experiences, validating their journey.
- **Building Connections:** By listening and sharing, individuals forged meaningful connections with peers, realizing that despite differences, shared humanity unites us.
- **Healing and Resilience:** Sharing stories can be therapeutic, offering new perspectives and insights that aid in healing past wounds.



Becky, Christina, and LaNae recently attended the My Life My Story Workshop held in Leipsic, Ohio. They presented at the monthly VOH meeting on the purpose of the workshop, what they learned, and their personal experience through their story. If you ever have an opportunity to attend a workshop they highly recommend it!

# Ryan's Restaurant Review



Hello friends! I hope you are having a fun summer so far! This month I decided to review a place that is great for a summer night, Mail Pouch Saloon, located at 100 West Main Steet in Haskins, Ohio. Mail Pouch is a great place to go for tasty wings, huge burgers, steaks, pasta and comfort food, plus live music and a fun outdoor patio. You can sit on a swing at the bar and enjoy some awesome bar food.



When I visited recently, I tried the Hatfield and MacCoy chicken chunks. The chicken chunks were tossed in buffalo sauce and served over a bed of mac and cheese and topped with tomatoes, avocado and fried banana peppers. My favorite part was the mac and cheese. It was perfectly creamy and tasted amazing. I'm not a fan of tomatoes and avocados, so I took them off. I liked the fried banana peppers for a unique flavor addition. I give the dish 5 stars, but I will get BBQ sauce next time. They have other varieties of chicken chunks, such as Hawaiian Chunks and Bacon cheddar chunks.



My Dad enjoyed the traditional wings. You can get them bare or breaded with your choice of sauce. He enjoyed the hot sauce on his wings, but he might try the stingin' honey garlic sauce next time.



We shared a huge pan of brisket nachos that were fantastic. The nachos were topped with smokey and tender sliced BBQ brisket, black beans, corn, tomatoes, onions, and lots of cheddar cheese. They also came with sour cream and a big bowl of salsa. The nacho chips are made fresh daily at Mail Pouch. My Mom loved the brisket nachos and would highly recommend them.

If you are hungry for a big juicy burger, Mail Pouch is the place to go. Their signature burger is called the Mail Pouch Burger. It is an 8 oz. Angus burger topped with pulled pork, drunken onions, mushrooms, bacon, provolone, cheddar, and hot pepper cheeses. It also comes with lettuce, tomato, onion and pickles. They have a great big selection of sides to come with the burgers and sandwiches.

I recommend visiting this honky-tonk hangout for great cowboy and comfort food.

Thanks for reading!

Your friend, Ryan.

# Let's get cooking

Cook Night sponsored by HARC Inc.



This month we again had a new face! The group prepared Easy Fettuccine Alfredo, Peas, Homemade Garlic Bread and S'mores No-bake Cookies for dessert. These recipes were prepared by Zachary, Kateena, Jacob, Derrick and Christina. This was a quick, easy and filling meal! We added the new recipes to our cookbooks and discussed our thoughts about the meal. If you are interested in joining the group sign up by contacting Randy Barnes at 419-591-6498 or 419-599-2892. Hope to see you next month!



## Monthly Movie Quote from Jessica



"The thought of being an instructor sir"  
- Top Gun/Maverick

We look forward to next month's quote.





### Hot Dogs & Brats Bash: A Smashing Success!

The aroma of sizzling sausages and grilled hot dogs filled the air as the community gathered at HOPE Services for a delightful day at the Hot Dogs & Brats Bash on June 14th. It was incredible to see the community come together in support of our mission and to support the Voices of HOPE advocacy group.

To everyone who attended, volunteered, donated, or simply spread the word – your contributions made a significant impact. Your generosity ensures that HOPE Services can continue to provide vital programs and support to those in need throughout the year.

In closing, we extend our heartfelt thanks to each and every one of you. Your participation and support made the Hot Dogs and Brats Bash a resounding success. Together, we are making a difference in the lives of individuals and families in our community. Here's to delicious memories and community spirit – until next year!



### Pool Party Sign-Up Deadline

**This is just a friendly reminder that the sign-up deadline for our upcoming pool party is fast approaching on July 12th. If you haven't already done so, please make sure to secure your spot by contacting Randy Barnes.**

**We're looking forward to a fun-filled event and want to ensure everyone has a chance to join in the festivities. We can't wait to see you there!**

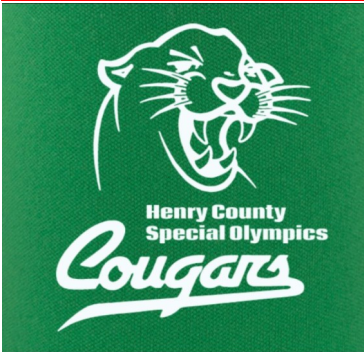
JOIN US FOR A




HEY THERE PARTY PEOPLE! GET READY TO MAKE A SPLASH! A FUN NIGHT FILLED WITH LAUGHTER, FRIENDSHIP AND OF COURSE SWIMMING! HARC HAS GONE ALL OUT AND SECURED THE NAPOLEON CITY POOL JUST FOR US! YOU AND YOUR FAMILY ARE ALL ON THE V.I.P. LIST - NO CHARGE! GRAB YOUR FLOATIES, ROUND UP YOUR LOVED ONES AND LETS DIVE INTO A NIGHT YOU WILL NOT FORGET! SEE YOU THERE!

JULY 20TH, 2024 6:00PM-11:00PM  
 NAPOLEON CITY POOL, 500 GLENWOOD AVE.  
 RSVP TO RANDY BARNES BY JULY 12TH  
 419-591-6798





June has been a super busy month. Just like for most, summer is a busy time for us. We have spent the month preparing for the Special Olympics Ohio Summer State Games. June, we also see the ending of spring/summer sports and the transition to fall sports.

We started the month off by taking our powerlifting team to the Power in the Park lifting event hosted by Mercer County in Celina. It was a beautiful day, and our team

did amazing things. Tyra Knepper (1<sup>st</sup> in her division), Job Knepper (2<sup>nd</sup> in his division), Anthony Delgado (3<sup>rd</sup> in his division), Krysta Delgado (3<sup>rd</sup> in her division), and Vinnie Simon (5<sup>th</sup> in his division) all represented Henry County. Our team will compete again in July at the 2024 USA Powerlifting Alpha Omega Open in Toledo. We will keep you updated on the opportunities this group gets to advance their skill in.



On June 8, we hosted a bocce tournament with Williams, Defiance, and Lucas County at HOPE Services. Eighteen area teams competed in a double elimination style tournament. Even with the warm temps, everyone had a great time. Our bocce teams will be advancing to the State Games at the end of June. It was a great day to practice court skills.

We did start up batting practice early for our softball team. Thank you to the City of Napoleon for letting us use the batting cages for practice. This year we will have a traditional team and a skills team. There is still time to play if you haven't signed up yet. Contact Zach or Renita.



On June 14, we held our 2024 Law Enforcement Torch Run. The Law Enforcement Torch Run for Special Olympics Ohio (LETR) is a volunteer movement that was established by members of the law enforcement community to support Special Olympics. Each year, officers carry the "Flame of Hope" along with athletes into the Summer Games Opening Ceremonies at The Ohio State University. The flame symbolizes courage, perseverance, and the inclusion movement taking place in Ohio and across the globe. Henry County has not had a Torch Run since 2019. We were excited to get the

opportunity to start our march to the Summer Games. We had roughly 60 athletes, law enforcement, and community members walk (and run) from Pocket Park in downtown Napoleon to HOPE Services. Our celebration continued there at the HOPE Services Brats Bash. We want to thank all of Napoleon and Henry County law enforcement and fire departments for setting up crowd control to keep us safe and for running in our event. Thank you to Mayor Joseph Bialorucki and Representative Jim Hoops for opening our event with the athlete oath. Thanks to Damascus Township Fire for bringing over an engine and being so wonderful with truck tours. Everyone did an amazing job making this event a success. It definitely got us ready and hyped up for the Summer Games.

Our day wasn't over on June 14<sup>th</sup> after the Torch Run, our athlete leaders set up a campsite at the Henry County Relay for Life. They went with the theme





"Don't Stop Believing" in a Cure. They created an alien autopsy and had face painting. Rosie's Ponies brought out a miniature horse, a few goats, and a Flemish Giant rabbit for all the fun. The AL also created an egg race car of an alien spaceship and even did karaoke singing "Don't Stop Believing" by Journey. Great job to our Athlete Leaders for all of their hard work making this project possible. Can't wait until next year.

The next morning, June 15<sup>th</sup> we traveled to Stryker to participate in the Williams County Special Olympics Track Meet. Our athletes participated in shot put, running and walking races, mini-javelin, softball throw, and even long jump. It was a great event to get everyone ready for the State Games.

Golf is in full swing (Literally). This year we have many trying to make their way on the links. Our golf team consists of Khristian Miller, Jacob Heath, Dom Neumeier, Bob Rosebrock, Nate Vogelsong, Aaron Delgado, Jessica Clapp, TJ Stover, Robby Bauer, and Juan Delgado. We go out weekly to the driving range for practice and those who are course ready go out weekly on the weekends for a round of 9 in prep for regional golf games. Very excited to see all the progress this team continues to make.



Flag football starts officially in July. Wood County Board of DD hosted a football camp with BGSU on June 18. We took a group of our athletes over to participate in drills with the BGSU football team. It was a great day of inclusive fun! They worked all our athletes hard. They practiced touchdowns, throwing, and passing skills. Let Flag Football season begin.....

We will be headed to Special Olympics Ohio Summer State Games in Columbus, Ohio on June 28-30, 2024. This year we will have our traditional volleyball team, 2 bocce teams, powerlifting team, and track/field team. Representing Henry County will be:

Traditional Volleyball – Josh Babcock, Jacob Heath, Sammi Adkins, Lydia Knepper, Lydia Kuehner, Krysta Delgado, Domenik Neumeier, and Vinnie Simon

Bocce – Women's – Linda Baser and Abbie Hinkleman, Men's – Derrick Maassel and Brayden Kuehner

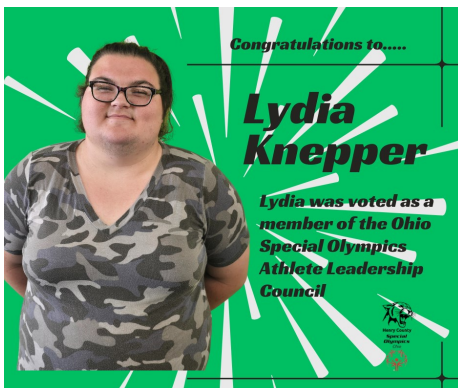
Powerlifting – Tyra Knepper, Job Knepper, and Anthony Delgado

Track/field – Kathy Michael, Scott Michael, Victoria Michael, Virginia Michael, Tracy Rose, Keith Rose, David Rose, Savannah Rose, Elijah Harris, Bob Rosebrock, Caty Kuehner, and Aaron Delgado.



We want to give a BIG Thanks to HAWK'S PIZZA and DRIVE-THRU. On June 8<sup>th</sup>, they hosted us on their Community Days and donated 10% of sales back to our program. Thanks to all the food ordered that day...they raised \$465.53 for us!! Thank you for supporting not only Hawks, but our program also!

Thank you to everyone who purchased raffle tickets for our Summer Games fundraiser to support our athletes heading to Columbus. We were able to raise just under \$2,675.00!!! HENRY COUNTY YOU ARE AWESOME!!! Congratulations to Lois Jones, our winner of the raffle. She will be having some great BBQ's this summer with half a hog from Sattler Family Meats. Thanks to Sattler Family Meats for generously helping us host this raffle.



We love that we get to share such exciting information with everyone each month. All our athletes are amazing, and we are proud of our Special Olympics program in Henry County. We had one of our Athlete Leaders receive a high honor this month. Lydia Knepper was voted to be on the Ohio State Athlete Leadership Council. She will get to work with athletes from other regions at state level to make a positive impact on Special Olympics Ohio and help to guide it with athlete input. We are so happy about this opportunity that Lydia has received! Congratulations Lydia! Way to Represent Henry County!!!

Don't forget the annual Athlete Banquet is on Tuesday, July 9. It will be held 6-8 at the Filling Home Community Center (470 Independence Drive, Napoleon). Doors open at 5:30 pm. This is open to all athletes, their families, friends, and caregivers. Bring a side dish to share, we will be providing the main dish. We will also have an ice cream sundae bar thanks to help from Kurtz Hardware! It will be a night to celebrate all your hard work!!!

We hope everyone has a wonderful summer!!! Stay cool!!! Coach Zach and Coach Renita

### How Are We Doing? Your Feedback Matters!

We strive to bring you informative and engaging content that enriches your inbox every month. As we continue on our journey to serve you better, we value your input and would love to hear from you!

We invite you to share your thoughts, suggestions, and ideas with us. Your feedback is instrumental in shaping the future of our newsletter, ensuring that we deliver the content you want to see.

Here's how you can participate:

**Share Your Ideas:** Is there a topic you're eager to learn more about? Do you have suggestions for new features or columns? Let us know! Your ideas could inspire our next newsletter edition.

**Tell Us What You Like:** Which sections do you find most valuable? Are there specific articles or topics that resonate with you? Your preferences guide us in creating content that aligns with your interests.

**Give Us Constructive Criticism:** Is there something you think we could improve? We welcome constructive criticism as it helps us grow and enhance your reading experience.

Your insights not only help us improve but also foster a sense of community among our readers.

Thank you for being a valued member of our newsletter community. Together, let's make the HOPE Round Up even better!

Looking forward to hearing from you! Ideas, suggestions and constructive criticism can be sent to: [mcamp@henrydd.org](mailto:mcamp@henrydd.org)

## National PTSD Awareness Day

Each year on June 27th, National PTSD Awareness Day recognizes the effects post traumatic stress has on the lives of those impacted by it. The trauma and anxiety associated with PTSD is a constant burden, inseparable from the sufferer. It was once a condition that was attributed only to veterans returning from war, but more and more the condition is diagnosed in those who have experienced violent crime or lived through catastrophic events. 20% of adults in the United States who have experienced a traumatic event suffer from PTSD, according to PTSD United. The observance not only strives to bring awareness to the public, but to also educate and eliminate the stigma associated with PTSD. Many of those people don't seek treatment because they simply fear the labels attached to PTSD. However, with support and understanding, we may all better understand the signs and provide better care. The signs include:

- \*Trouble sleeping
- \*Reliving memories of the event
- \*Anxious or on edge
- \*Avoidance of things or people that remind you of the event

The United States Senate established PTSD Awareness Day in 2010 as a tribute to an Army Staff Sergeant, who took his life in April 2007 after returning to North Dakota following his second tour of duty in the Iraq War.

-submitted by Stephanie Jones

This information was found at: [www.nationaldaycalendar.com/national-day/national-ptsd-awareness-day](http://www.nationaldaycalendar.com/national-day/national-ptsd-awareness-day)



Know someone who would make an awesome volunteer?

Share this opportunity with them and help us reach more individuals who are eager to make a difference!

Are you passionate about creating inclusive and empowering

experiences for individuals with special needs? Do you want to make a positive impact in your community? If so, we invite you to volunteer with us for our upcoming Special Olympics and HARC recreational events!

Contact Zach Meister for Special Olympics at 419-260-2176 or Randy Barnes for HARC Recreation at 419-591-6798.

**SAVE THE DATE**

**COUGARS ATHLETE BANQUET**



**TUESDAY, JULY 9**  
6 - 8 PM  
FILLING HOME COMMUNITY CENTER

BRING A SIDE DISH TO SHARE.



**2024 HARC SUMMER CAMP**  
SCHOOL AGES 6YRS - 15YRS

**AUGUST 4TH - 7TH, 2025 AT CAMP PALMER, Fayette, OH**  
4 DAYS, 3 NIGHTS

ENJOY ALL KINDS OF FUN ACTIVITIES! SWIMMING, CAMPFIRE, SINGING, NATURE HIKES, CRAFTS, CANOEING, ANIMAL STUDY, TALL TALES AND MORE!

THANKS TO AN ARPA GRANT RECEIVED BY HOPE SERVICES, CAMP FEES ARE REDUCED TO \$50.00!!!

**YOUR COST \$50**  
SCHOLARSHIPS AVAILABLE



GET SIGNED UP BY CALLING RANDY BARNES AT 419-591-6798



# What's Happening

**Assistive Technology Hands on Learning Lab**



**Date: July 9, 2024**  
**Time: 10:00 to 12:00**  
**Location: HOPE Services Activity Center**

We believe that by harnessing the power of technology, we can empower individuals to live more fulfilling and independent lives.

Whether you're a student, caregiver, professional or just curious about how technology can improve your life, this event is for you! Your presence at the Technology Lab is crucial as we strive to create an inclusive and supportive environment for all.

**Presenter information:**

Sarah Heldmann, BS, COTA/L, ATP has over twenty years of experience working in the disability community including ten years working as an occupational therapy assistant. Additionally, Sarah is an assistive technology professional. Sarah enjoys having challenging perspectives about disability by encouraging folks to think well beyond a paradigm of low expectations.

Carly Dauch, OTD, OTR/L, Health Supports Coordinator. Carly has worked as an occupational therapist with the Wood County Board of Developmental Disabilities (WCBDD) for 5 years. She is a 2017 graduate of the University of Toledo.

Please RSVP by July 2nd to  
Melinda Camp at  
419-599-2892.



Event made possible by:




**HENRY COUNTY SPECIAL OLYMPICS**

**COUGARS**

**GOLF**  
-scramble-



**4 Person Team Registration \$225**  
Includes 4 box meals

**SUNDAY SEPTEMBER 15**  
2 PM

Ironwood Golf Club,  
1015 W. Leggett Street  
Wauseon

Registration opens at 1 pm

Prizes for - Longest Drive (Male/Female),  
Hole-in-One, Longest Marshmallow Drive,  
Longest Putt

Questions? Want to Sponsor? Want to Sign Up?  
Contact:

Zach Meister 419-260-2176  
Renita Kuehner 419-601-2372



# "Bring a Friend" Program



How it works:

We will announce a "bring a friend" event. The first event will be:

**BRING A FRIEND TO THE HENRY COUNTY FAIR!**

If you are an individual receiving county board services, and you'd like to attend the event, you can go for free if you bring a friend with you. The great news is your friend can go for free too! A friend is anyone that is a support to you.

Just fill out a simple form prior to the event and return it to HOPE Services. You can drop it off at HOPE or email it to [kaldrich@henrydd.org](mailto:kaldrich@henrydd.org).

BRING A FRIEND is made possible through HCBS ARPA Funds, a grant to increase community experiences. These funds are only available for the remainder of the year.



## "Bring a Friend" Request Form

### Event

Location \_\_\_\_\_  
 Date \_\_\_\_\_  
 Time \_\_\_\_\_

### Individual

Name \_\_\_\_\_  
 Phone \_\_\_\_\_

### Friend

Name \_\_\_\_\_  
 Phone \_\_\_\_\_

**By chance we met,  
 by choice we  
 become friends**

**✕  
 MILLIE**



## HARC RECREATION CALENDAR34

July, August, September 2024

Contact Randy Barnes at 419-591-6798 or 419-599-2892 to sign up and Pay **ONE WEEK prior to the event**

DATE	EVENT	TIME	COST	LOCATION
Tuesday, July 9, 2024	Assistive Technology	10am-12:00pm		HOPE Activity Center
Wednesday, July 10, 2024	Cook Night	5-7:00pm	\$5.00	HOPE Activity Center
Saturday, July 13, 2024	VIP OSU Stadium Tour	8am-6pm	\$35 + money to eat on	OSU Columbus
Thursday, July 18, 2024	Little Mermaid Musical	6pm-9:30pm	\$15.00	Napoleon High School
Saturday, July 20, 2024	HARC Pool Party	6pm-11pm	Free	Napoleon City Pool
Sunday, July 21, 2024	Garden/Craft Club	2-3:30pm	\$5.00	HOPE Activity Center
Saturday, July 27, 2024	Ohio State Fair	7am-10pm	\$12 + money eat on	Ohio State Fairgrounds
Wednesday, July 31, 2024	Adult Camp Starts	9:00am	\$250.00	Camp Palmer
Friday, August 23, 2024	Garden/Craft Day	6-7:30pm	\$5.00	HOPE Activity Center
Monday, September 2, 2024	Labor Day Bridge Walk	7am-12pm	Money to eat	Morenci, MI
Sunday, September 8, 2024	Mud Hens, we have a suite	12:30-6:30pm	\$30.00	Fifth Third Field Toledo
Wednesday, Sept. 11 2024	Cook Night	5-7:00pm	\$5.00	HOPE Activity Center
Friday, September 13, 2024	Garden/Craft Day	6-7:30pm	\$5.00	HOPE Activity Center
Friday, September 20, 2024	Harry Potter & Chamber of Secrets	6-11pm	\$60.00	Stranahan Toledo
Wednesday, Sept. 25, 2024	Garden/Craft Day	5-6:30pm	\$5.00	HOPE Activity Center
Saturday, September 28,	Tigers vs. White Sox	11am-7pm	\$30.00	Comerica Park, Detroit
Sunday, September 29, 2024	Mansfield Prison Tour	9am-6pm	\$30.00	Mansfield, OH



**July birthdays**

Kelly Verbeke

Lydia Knepper

Christina Clark

Amanda Goheen

Hunter Rittenhouse

Dana Hockenberry

Lydia Kuehner

Darwin Becker

Matthew Hines

Gavin Goodman

Eric Smith

Amber Pursel

Calvin Sowers

Michael Brubaker

Caitlin McCafferty

Theresa Myles

Lawerence Junge

Jennifer Hartford

Andrew Norden

Vincenzo Simon

Gary Cody

John Stout, Jr.

**Employment anniversaries**

Kelsey Wayne at Clubhouse Pizza - 9 years

Jeramiah Sgro at McDonald's - 6 years

Lydia Kuehner at Taco Bell - 1 year



**YOUR STORY.  
YOUR VOICE.  
YOUR WAY.**

**WGTE podcast *Telling It Our Way* seeks people with intellectual and developmental disabilities to share stories about family, work, advocacy, and more for Season 3**

**Please reach out if interested in telling it your way in Season 3**

To learn more, contact Ally Day (allyson.day@utoledo.edu) and Becca Monteleone (rebecca.monteleone@utoledo.edu) or call (330) 705-5021



**LISTEN TO ALL OF SEASON 1 HERE!**

**This podcast is a part of WGTE's "Voices Around Us"**

**Camp Palmer  
Fayette, OH**



**2024 HARC SUMMER CAMP**

**ADULTS AGES 16 & UP  
JULY 31st - AUG 3rd  
4 DAYS, 3 NIGHTS  
COST - \$50.00 PER PERSON  
or COME FOR THE DAY \$10/DAY RATE**

**THANKS TO AN ARPA GRANT RECEIVED BY HOPE SERVICES, CAMP FEES ARE REDUCED TO \$50.00!!  
\*SCHOLARSHIPS AVAILABLE\***

**GET SIGNED UP BY CALLING  
RANDY BARNES AT 419-591-6798**







Summer is here! We love the sunny days and the freedom that a break from school can bring. While summer break means less rigid and hectic schedules for some, research shows that many children are less physically active in the summer months than during the school year.

You may remember childhood summers filled with activities like riding bikes, walking to the local swimming pool, or playing games with friends. However, for many children today, these types of active summer experiences have become less common.

Regular physical activity helps all of us feel and function better. Being physically active reduces the risk of many chronic diseases and improves sleep quality and mental well-being. Evidence also shows that starting physical activity early helps children develop their gross and fine motor skills, expend energy, and improve their mental health.

Children that develop these healthy habits in their youth are more likely to become active adults. Making physical activity fun ensures that your kids will enjoy the benefits of being active throughout their lives.

### Tips For Keeping Kids Active During the Summer

- For babies, parents can facilitate play that encourages kicking, grabbing, and pulling.
- Babies can explore movement during tummy time.
- Parents with toddlers and preschoolers can engage in play that encourages catching, throwing, hopping, skipping, and kicking.
- Families can visit a neighborhood park and/or
- Families can take a walk around the neighborhood.
- Infuse structure into your child's summer. Set up a routine that gets them moving. This may involve going to summer camp, going to swim lessons, or just having a standing playdate with friends. Also going to bed at a similar time during the summer as during the school year will help your child to be rested and active the next day.
- Be prepared for the weather. Take advantage of mornings before it really heats up. Water activities can help beat the heat, but also have indoor physical activity options ready to go, like board games, puzzles and Play-Doh.
- Place limits on screen time.
- Find a buddy. Kids are more likely to be active when other kids are around. Scheduling playdates, getting involved in a local kid's group like scouts or a sports team are great ways to help kids maintain social relationships and encourage active play during summer.



## Contact Us

[www.henrydd.org](http://www.henrydd.org)

HOPE Services Office	419-599-2892
Special Olympics	419-260-2176
HARC Recreation	419-591-6798

*Seeing Potential – Inspiring Opportunities*



## Our Mission

*HOPE Services is committed to creatively working in partnership with eligible individuals and their families to discover, pursue and achieve what is important to them.*

HOPE Services does not discriminate in provision of services or employment because of disability, race, color, creed, national origin, sex or age.

Napoleon, OH 43545

135 E. Maumee

Henry County Board of Developmental Disabilities

