

HOPE ROUND UP

NEWS FROM HOPE SERVICES

Seeing Potential ~ Inspiring Opportunities



Join Our *Newsletter*

Subscribe to our newsletter to get our latest news and updates

Scan the code below to sign up!



How Are We Doing? Your Feedback Matters!

Thank you for being a valued member of our newsletter community. Please feel free to reach out at any time to provide your feedback, it matters! 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: Keri Bunke, Community Relations Coordinator at: kbunke@henrydd.org

Happy Holidays from HOPE Services!

As the year comes to a close, we at HOPE Services want to express our heartfelt gratitude to everyone who has supported our mission throughout 2024. From our dedicated staff and volunteers to our community partners and advocates, your contributions have made an incredible impact on the lives of individuals with disabilities in Henry County.

This year has been filled with growth and achievement. From welcoming new team members and board members to hosting community events like the Trunk or Treat and BBQ fundraiser, together we've created opportunities for inclusion, advocacy, and support. Thank you for being part of these successes.

From all of us at HOPE Services, we wish you a joyous holiday season and a wonderful New Year. May 2025 bring even more opportunities for us to connect, collaborate, and celebrate the incredible individuals we serve.

Warm regards,
HOPE Services Team

"Serving the community, inspiring HOPE."

Board Meeting
Reminder

There will not be a
Regular Board
meeting in December.

The office will be closed December 24th & 25th. The office will reopen Thursday, December 26th at 8am.

The office will also be closed December 31st & January 1st. The office will reopen Thursday, January 2nd at 8am.

Welcome TO THE TEAM



Caleb Wiseman

Caleb is a Service & Support Administrator in our Adult SSA Department. Caleb lives in Napoleon and enjoys sports, music, and spending time with family and friends. Welcome Caleb!

GOT QUESTIONS ABOUT MEDICAID? WE'VE GOT ANSWERS!

GOT QUESTIONS ABOUT THE MARKETPLACE? GET THEM ANSWERED HERE!

Local County Health Department Days

Come See Katarina
Ohio Licensed Insurance Navigator

to help educate, navigate, and assist with all Medicaid and Marketplace insurance needs.

Phone: (419)967-7907
Email: katarina@nwocarenet.org



Henry County Health Dept.
1843 Oakwood Ave Napoleon, OH 43545

December 11th
830 AM - 2PM

December 16th
830 AM - 2PM

Scan the QR code to schedule an appointment.



QUESTIONS ABOUT OPEN ENROLLMENT? YOU'VE CAME TO THE RIGHT PLACE!



Kelly's Column

Looking back on the past year, the Henry County Board of Developmental Disabilities is thrilled to celebrate the milestones achieved through the hard work and dedication of our board, staff, and community partners. Our collective efforts have resulted in significant advancements in improving the lives of individuals with disabilities.

We are proud to share that we received a three-year accreditation from the Ohio Department of Developmental Disabilities, recognizing our ongoing commitment to upholding high standards in the services and supports we offer. This accreditation is a testament to the unwavering dedication of our teams who strive daily to fulfill our mission of promoting happy and fulfilling lives for those we serve.

Our partnerships within the community have been a key driver of success this past year. Our collaboration with the Henry County Fair Board, granted the introduction of the Momentum Refresh vehicle at the fair, equipped with a universal, adult changing table and the installation of a viewing platform offering individuals with disabilities more options for community involvement. The River City Bowl-A-Way was able to install ramps to enter the building making a community event more accessible. Several parks have installed accessible park equipment for community use.

Additionally, our focus on assistive technology has led to the creation of an assistive technology resource and lending library at HOPE Services. We have also started driving classes with our on-site driving simulator. This will provide hands-on experiences for individuals to explore various options for increasing their independence.

The support from the American Rescue Plan Act (ARPA) funding has been instrumental in driving these inclusive initiatives forward.

We are grateful for the commitment and passion of our team and look forward to another year of growth and impact in serving individuals with developmental disabilities in Henry County.

Sincerely,

Kelly Rieke

Early Intervention

DECEMBER CHRISTMAS PLAY GROUP!

Join us at Hope Services in the Activity Center
135 E. Maumee, Napoleon
for an Early Intervention Christmas Party!

TUESDAY, DECEMBER 10TH
5:30PM - 7PM

There will be crafts, cookies, and holiday activities!
Please RSVP by 12/2/24 by letting your provider
or service coordinator know!

See You There!

Follow Henry County Board of Developmental Disabilities on Facebook to keep up
to date with all the latest updates and information!





16 Gestures by 16 months

Research shows the development of gestures predicts language skills 2 years later. Children should be using at least 2 new gestures each month from 9 to 16 months. By 16 months, children should have at least 16 gestures.

9 months: Give, shake head

10 months: Reach, raise arms

11 months: Show, Wave

12 months: Open hand, point, tap

13 months: Clap, blow a kiss

14 months: Index finger point, Shhh gesture

15 months: Head nod, thumbs up, hand up

16 months: Other symbolic gestures (I don't know, where is it?)

For more information on milestones and 16 gestures by 16 months, please visit FirstWordProject.com. Here you can print, download, and share the complete 16 gestures by 16 months and explore the lookbook.

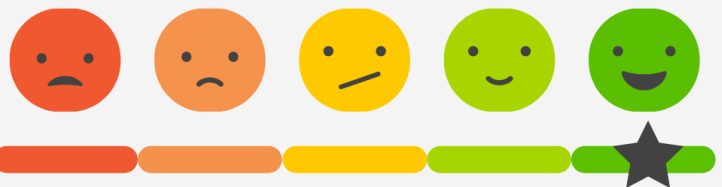
Know someone who would make an awesome volunteer?

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.



HELP US IMPROVE!

WE WANT YOUR FEEDBACK



Voices of HOPE is a self-advocacy group in Henry County. We would like your feedback! We are looking to engage more individuals in advocacy!

Scan the code or visit the link to complete the short survey today! We HOPE to hear from you!

<https://www.surveymonkey.com/r/8K8PTCM>



NSCC

Our Community Relations Coordinator, Keri Bunke, and Christina Clark, HOPE Services Receptionist and President of the self-advocacy group Voices of HOPE, delivered an inspiring presentation Northwest State Community College Students! They shared information about the services provided through the Board of DD, highlighting the many ways we support individuals and families.



Christina also shared her personal journey, "My Life, My Story," which she developed through advocacy training. Her story powerfully showcased her dedication to self-advocacy and the importance of empowering others to find their voices.

Thank you, Keri and Christina, for spreading awareness and inspiring others to make a difference!

BRING OUT THE POPCORN!

VOICES OF HOPE AND HARC MOVIE NIGHT

Voices of HOPE and HARC shared a movie night on November 21st! Shannon Allen and Keri Bunke shared more on how to become involved in the Self-Advocacy Group. Votes were taken on what movie to watch. Majority ruled that Beetlejuice Beetlejuice would be the one! To learn more about joining, contact Keri Bunke at HOPE Services today!





Cook Night sponsored by HARC Inc.

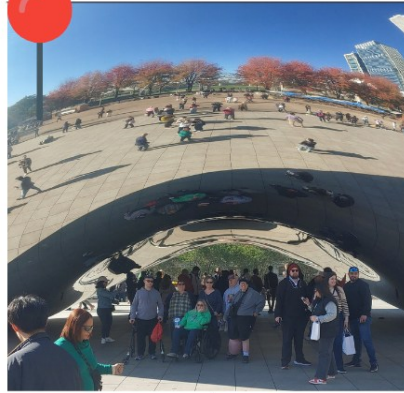
This month the group prepared Incredibly Easy Chicken & Noodles, Mashed Potatoes, Green Beans, Rolls and 3 ingredient Pumpkin Cookies. These recipes were prepared by Ricky, Abbie, Derrick and Ted. This was another quick, easy and filling meal! We added the new recipes to our cookbooks and discussed our thoughts about the meal. If you love trying new recipes, have a passion for cooking, and 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!



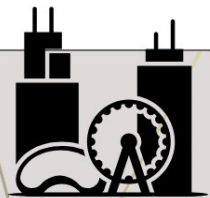
HARC Recreation Events December 2024

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
Wednesday, December 04,	BINGO	6-8pm	\$5.00	HOPE Activity Center
Friday, December 06, 2024	Zoo Lights	5-10pm	\$25.00	Toledo Zoo
Friday, December 13, 2024	Snowflake Gala	6-9pm	Free Dinner & Activities	Filling Home Community Center
Saturday, December 14, 2024	Disney On Ice	1-6:00pm	\$30.00	Huntington Center
Wednesday, December 18,	Cook Night	5-7pm	\$5.00	HOPE Activity Center
Friday, December 20, 2024	MIS Lights	4-10:00pm	\$5.00+ money to eat	MIS Speedway MI
Sunday, December 29, 2024	Walleye	3-9:30 pm	\$25.00	Huntington Center
Tuesday, December 31, 2024	NYE Party	6-1:00 am	Potluck, bring a dish	Filling Home Community Center



Henry County Abilities Resource Council (HARC) Recent Activities Recap



On Nov. 6, HARC Rec. took 5 individuals on the Lakeshore Limited to Chicago. We left from Bryan at 7:30am and arrived at Union Station in Chicago at 10:33, Chicago time.

We took taxis to our Hotel, the LaQuinta Inn. The Willis Tower (tallest building in Chicago) was 2 blocks away, so we walked there and visited the Ledge on the 103 floor. Everyone walked out into space. From there it was one block to the On/Off bus stop.

We got on the bus to take a 2 hour tour and chart our options for the next day. We returned to La Quinta exhausted. We ordered Chicago Style pizza to our rooms.

The next day (Nov. 7) we had a big breakfast and departed to the On/Off bus to take in some sights. We stopped at the BEAN, Saw Soldier Field and spent quite a bit of time at Shedd Aquarium. We ended our day back at Union Station for supper. Loaded the Lake Limited at 9:45pm and arrived back in Bryan at 2:00am What a trip!

Youth Services



To bridge the gap between education and real-world experiences, students from Four County's Work Transition Class recently embarked on an enlightening tour of a local residential home, the World of Work program (WOW), a Day Hab program, Top Dog Restaurant, and Mya's Sweet Treats.

This initiative aimed to expose students to diverse career paths and foster a deeper understanding of community engagement.



Students spent time at each location to learn about the program and services offered. They were able to ask questions and talk to individuals that currently participate in the programs. It was a long day, but very informational.





Special Olympics

Special Olympics and Community Inclusion Bowling News

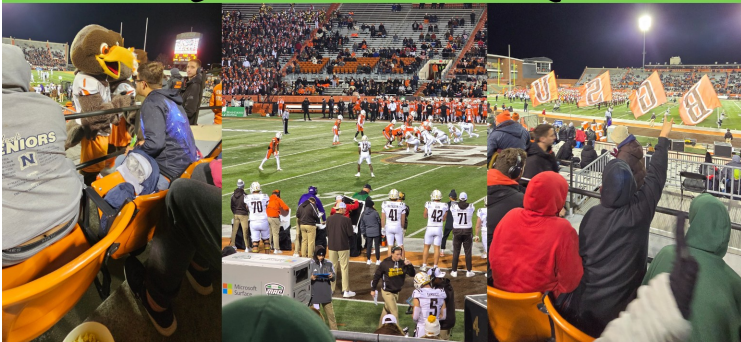
Winter sports are now in full swing. December bring the start of our basketball games, both home and away. This year we have 48 basketball players divided into 4 teams. Our teams range from a School-age/Skills team which has players up to the age of 21, an all-ladies team which picks up at 18/19 through adulthood, and two divisions of men's teams. The Special Olympics gives us the freedom to division our players according to their skill and abilities levels. That doesn't mean that you will always be on that team, but as your skills improve, players can move between levels. Our teams do change year to year depending on who is moving up to



COUGARS ESPORTS Team

a different team. This is something that we reassess on an ongoing basis and talk about throughout the season as we make notes of each player. We also watch players between basketball seasons and assess at the start of the next season to see what team they will be on.

Our Esports team attended the Def-Com 9 put on by Defiance Public Library. It was a fun day, with many of them dressing up as their favorite anime or movie characters. They made some new friends, played games, and even got to see a great presentation by Nature's Nursery. Our esports team is in need right now. We are looking for new series Xbox game systems, Nintendo Switch game systems, and even laptops that are capable of gaming. Our team has grown, and we currently have outgrown our equipment needs. If you are purchasing new systems this holiday season and would like to donate systems/equipment, please contact Special Olympics. You can call HOPE Services at 419-599-2892 and just as for our department. We can let you know if this is something the athletes can use.



BGSU FALCON FOOTBALL

Continued...

Cougars Continued...

Our weekly Fall/Winter session of Young Athletes program has been a hit. Young Athletes is a sports-based play program that is open to ALL kids and ALL abilities ages 2-7 in Henry County. It's an inclusive play program that Special Olympics created this program to not only help children develop physical skills, but also to learn about inclusion. We offer this program weekly at no charge. You do not need to be at every session, it's a drop in as you can program. We have two more sessions in our Fall/Winter meet up, December 7, and December 14. We meet at HOPE Services, 135 E. Maumee Avenue. This session, we were able to purchase some new equipment courtesy of a grant from the Napoleon Elks #929. The kids love the new climbing toys and sensory items. We will start our Spring Session in March. Watch for more information.

Our Community Open Gym basketball night held on Wednesday, November 6 was a lot of fun. We



COUGARS COMMUNITY BASKETBALL



Young Athletes
Sponsored by:
Henry County Special Olympics

Special Olympics Young Athletes is a sports based play program for children with and without intellectual disabilities, ages 2 to 7 years old. Young Athletes introduces basic sports skills like running, kicking, and throwing. Young Athletes offers families, teachers, caregivers, and people from the community the chance to share the joy of sports with children.

Benefits of Young Athletes

- Motor skill development
- Social, emotional, and learning skills
- Fun learning environment
- Inclusive play builds acceptance
- Weekly physical activity

When & Where
SATURDAY, NOVEMBER 2
SATURDAY, NOVEMBER 9
SATURDAY, NOVEMBER 16
SATURDAY, NOVEMBER 23
SATURDAY, DECEMBER 7
SATURDAY, DECEMBER 14

Sessions are from
10 am - 11 am

**HOPE SERVICES
135 E. MAUMEE AVE.
NAPOLEON, OHIO**

Questions? Call or Email:
Zach Meister 419-962-2116
zmeister@henryoh.org
Brenda Kuehner 419-962-2372
bkuehner@henryoh.org

**STILL TIME TO JOIN
YOUNG ATHLETES**



not only had community members come out and enjoy some low-key basketball fun, but our teams had the opportunity to mingle and play together. The cheerleaders did a great job performing their routines. We want to thank our two refs, Faith Houck and Dean Rose, for coming out to help us.

The Flag Football team got to do one more team activity together to finish their season. They attended a BGSU Falcons football game on 11/12. They had friends from Wood County Special Olympics that joined in on the fun. They were able to see Freddy and Frieda and cheered the Falcons on to victory.



Cougars Continued...

**ATHLETE
LEADERS
IN ACTION -
SYMPHONY OF
TREES**



We have a great group of Athlete Leaders that are working hard to make a difference in the community that has supported them so much. For their 4th quarter community project, they chose to decorate and donate a tree to the Symphony of Trees auction.

Community Inclusion Bowling has been back in session since October. This year we are averaging 90 athletes bowling on Tuesday afternoons. We have had several athletes that have been making improvements in their game. This month we had two athletes reach new achievements. Jaeson Donnett bowled his first 224! Bob Rosebrock was literally on a roll with 4 strikes in a row. Congratulations on these achievements.

A date to mark on the calendar Henry County gets the opportunity to host the River Rivalry this year versus Defiance County Special Olympics. It will be held on Wednesday, January 15 at the Filling Home Gym on SR 108, between Napoleon and Holgate. The game will start at 6 pm. As always, there is no charge to come out and cheer on the Cougars. It will be a great night of

basketball competition showcasing all the basketball teams.

As always, keep up to date on the Cougars by checking out the monthly newsletter from HOPE Services, and our Facebook Page Henry County Special Olympics and Young Athletes. Make sure to Like/Follow that page. If you have any questions about Special Olympics, the opportunities that we provide, or volunteering to help at sports, please contact Zach (419-260-2176) or Renita (419-601-2372).

Everyone have a safe and wonderful holiday season with your family and friends.

Coach Zach and Coach Renita



Do you have an article or photos to submit? We are always looking for stories. Submit items of interest to Keri Bunke:

kbunke@henrydd.org

Cougars Continued...

Cougars - Mens Team 1 Home Game Schedule

November 6 - Community Game
 January 8 - Marion Cty - 7 pm
 January 14 - Hancock Cty - 7 pm
 January 15 - River Rivalry vs Defiance - 6 pm
 January 21 - Lucas Cty - 6 pm
 January 22 - Paulding Cty - 7 pm
 January 28 - Fulton Cty - 7pm



All Home Games are at
 Filling Home Gym
 Sr 108
 Napoleon, OH
 Doors open at 5:30



Cougars - Mens Team 2 Home Game Schedule

November 6 - Community Game
 November 20 - Defiance Cty - 7 pm
 December 11 - Allen Cty - 6:30 pm
 January 15 - River Rivalry vs Defiance - 6 pm
 January 21 - Lucas Cty - 7 pm



All Home Games are at
 Filling Home Gym
 Sr 108
 Napoleon, OH
 Doors open at 5:30



Cougars - Lady Cougars Home Game Schedule

November 6 - Community Game
 January 8 - Marion Cty - 6 pm
 January 14 - Hancock Cty - 6 pm
 January 15 - River Rivalry vs Defiance - 6 pm
 January 28 - Fulton Cty - 6pm
 January 29 - Williams Cty - 6 pm



All Home Games are at
 Filling Home Gym
 Sr 108
 Napoleon, OH
 Doors open at 5:30



Cougars - School Age Team Home Game Schedule

November 6 - Community Game
 November 20 - Defiance Cty 6 pm
 January 15 - River Rivalry vs Defiance - 6 pm
 January 22 - Paulding Cty - 6 pm
 January 28 - Fulton Cty - 6pm
 January 29 - Williams Cty - 6 pm

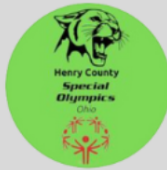


All Home Games are at
 Filling Home Gym
 Sr 108
 Napoleon, OH
 Doors open at 5:30



COUGARS BASKETBALL





Henry County Special Olympics & Young Athletes

1K likes · 1.2K followers

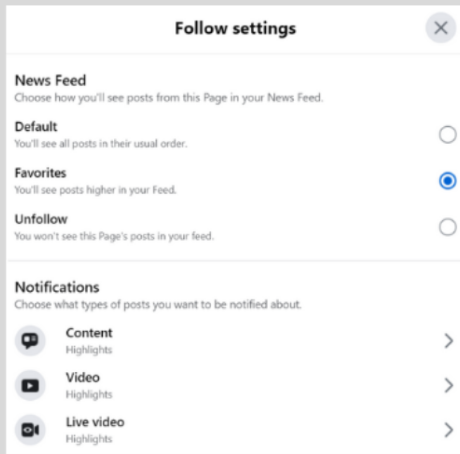
Message

Liked

Search

Did you know that the easiest way to keep up on all the prowling of the Henry County Special Olympics Cougars....is to simply "Like" our Facebook page!!

Our page will feature the current Home game schedules, scores, and any weather cancellations.



When you Click the "Like" button, you can select how you want the posts to appear in your feed. You can mark at Favorites and all the posts will show up for you. You can also turn on Notifications for when we post any type of content.

SEEKING VOLUNTEERS

BE THE LIGHT FOR SOMEONE'S DAY
MAKE A DIFFERENCE
CONTACT ZACH (419-260-2176) OR RENITA (419) 601-2372



RIVER RIVALRY



HENRY COUNTY COUGARS

VS



DEFIANCE COUNTY TIGERS

WEDNESDAY
JAN 15

FILLING HOME GYM
SR 108
NAPOLEON, OH

6:00 PM
TO
9:00 PM

Doors open at 5:30 pm
No Admission Fee

Snack Bar
Open



Celebrating in December

December Birthdays

Blake Stambaugh
 Christopher Bitzinger
 Tyra Knepper
 Virginia Michael
 Jeremiah Sgro
 Kathy Bishop
 Ricky Adams
 Noela Knepper
 Beau Beech
 Ryan Moore
 Michael Wing
 Clarence Rohdy
 Chris Barnes
 Samantha Dorrington
 John Hoover

Employment Anniversaries

- Theresa Baser is celebrating her 21st anniversary with McDonald's
- Nathaniel Vogelsong is celebrating 10th anniversary with Lowe's
- Shannon Allen is celebrating her 4th year anniversary with Arby's



Seasonal Affective Disorder

Seasonal Affective Disorder, or SAD is a type of depression that start in the late fall or early winter and go away during the spring or summer, known as winter-pattern SAD or winter depression. Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.

Studies indicate that people with SAD, especially winter pattern sad, have reduced levels of the brain chemical serotonin, which helps regulate mood. Research also suggests that sunlight affects levels of molecules that help maintain normal serotonin levels. Shorter daylight hours may prevent these molecules from functioning properly, contributing to decreased serotonin levels in the winter.

Vitamin D deficiency may exacerbate these problems in people with winter-pattern SAD because vitamin D is believed to promote serotonin activity. In addition to vitamin D consumed in food, the body produces vitamin D when exposed to the skin. With less daylight in the winter, people with SAD may have lower vitamin D levels, further reducing serotonin activity.

This information was found at: www.nimh.gov/health/publications/seasonal-affective-disorder

Submitted by: Stephanie Jones



QUOTE OF THE MONTH FROM JESSICA

"YOU CAN'T SEPARATE PEACE FROM FREEDOM BECAUSE NO ONE CAN BE AT PEACE UNLESS HE HAS HIS FREEDOM."

- MALCOM X

We look forward to next month's quote!

Please Circle Shirt Color Desired

All Prices Include Tax

Can also order at
www.companycasuals.com/hopeservices

Community Order Form



color		YM	YL	YXL	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL	EACH PC PRICE	TOTAL
Bella Canvas T-shirt Solid Color	Black														\$15.60 Ea YM-XL \$17.60 Ea XXL \$19.79 Ea XXXL \$21.45 Ea XXXXL \$23.92 Ea XXXXXL	
	Silver															
Bella Canvas T-shirt Heathered Color	Black														\$15.96 Ea YM-XL \$17.30 Ea XXL \$18.60 Ea XXXL \$20.01 Ea XXXXL \$21.41 Ea XXXXXL	
	Deep Heather															
Sportek Baseball T-shirt	Grey/Black														\$17.85 Ea YM-XL \$20.60 Ea XXL \$23.72 Ea XXXL \$24.65 Ea XXXXL \$25.60 Ea XXXXXL \$26.98 Ea XXXXXXL	
	Grey/Blue															
Bella Canvas Crew Sweat 3901	Black														\$36.74 Ea XS-XL \$37.33 Ea XXL	
	Grey Tri															
Bella Canvas Crew Sweat 3945	Dark Heather														\$36.90 Ea YM-XL \$37.33 Ea XXL	
	Mauve															
Gildan Crew Sweat	Black														\$23.92 Ea YM-XL \$27.72 Ea XXL \$28.88 Ea XXXL \$29.50 Ea XXXXL \$30.11 Ea XXXXXL	
	Dark Heather															
Bella Canvas hoodie Sweat 3719	Athletic Heather														\$40.46 Ea YM-XL \$44.55 Ea XXL \$45.22 Ea XXXL	
	Black Heather															
District dt1100 Full Zip Hoodie	Black														\$24.58 Ea YM-XL \$26.63 Ea XXL \$27.73 Ea XXXL \$29.58 Ea XXXXL	
	Dark Heather Grey															
Baseball Hat	Black														\$16.74 Ea	
	Khaki															

TOTAL DUE

MAKE CHECKS PAYABLE TO AVINA'S
 ANY QUESTIONS CALL Keri Bunke 419-599-2892

Payment Must Accompany Order

Name _____

Phone Number _____

Contact Us

Seeing Potential – Inspiring Opportunities

www.henrydd.org

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



**Scan Code to sign up
for the newsletter!**



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.

