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December Newsletter

Issue #2018-12

*Happy Holidays to Everyone and
Best Wishes for a Joyous and Healthy
New Year!*

Invitation to "A Night to Shine" Prom



Night to Shine

Shine (sponsored by the Tim Tebow Foundation) is an unforgettable prom night experience for people with special needs ages 14 and older. On February 8, 2019, Our Lady of Perpetual Help (4795 Ilchester Road, Ellicott City) will sponsor a Night to Shine from 6:00 - 9:00 p.m.

Night to Shine is complimentary to guests and they enter on a red carpet complete with a warm welcome from a friendly crowd and paparazzi. Once inside, guests receive the royal treatment, including hair and makeup touch-up, shoe shining areas, limousine rides, corsages and boutonnieres, dinner, karaoke, prom favors, a dance floor.

If you are interested in participating, you can register [here](#). Guests must register by January 13th. **Space is limited.**

This event needs lots of volunteers. If you want to be part of making this magical evening a success, click

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A Mommy, a Daddy, Two Sisters and a Jimmy

Our children with special needs have taken us on a life journey we could have never imagined and one that has prompted many "I should write a book about this!" statements. Well, the Bucher family has done just that with a book titled "A Mommy, a Daddy, Two Sisters and a Jimmy." Jimmy is a 42 year

[here](#) to register. Volunteers must register by January 5th and training will be provided and is required.

Follow this [link](#) to last year's video produced by Tim Tebow Foundation.

For more information, please contact Michele Gilmore at nighttoshineolph@gmail.com.

Spring Sports Registration To Open

Registration for spring sports (athletics, bocce, cheerleading, equestrian, swimming and fitness) will open on **January 13, 2019 at 10pm**. Register by going to the web site or [clicking here](#).

Remember that athletes must have a current medical to participate and the medical must be updated every three years.

Corridor Classic Continues Support of SOHO



The Corridor Classic in September was a HUGE success and we recently received a donation of \$30,000 from the event. We are very grateful for all that Corridor Mortgage has done over the past eight years to support our athletes, donating \$184,000.



Corridor Mortgage's Ron Mason and Dave Hudson present check for \$30,000 to SOHO

Leadership U Students Support YAP

old athlete with Autism that has been with Special Olympics Howard County since 1995! [Click here](#) to get more info on Dr. Rich Bucher's new book and links to his Blog on Autism. All profits from the book will benefit the Linwood Center.

Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Friday, January 4th from 7:00 - 8:30 p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for winter sports. Families who are new to our program, including families in the Youth Athletes Program, are strongly encouraged to attend a volunteer orientation. Advance registration is required by contacting Janet at janellarrimore@sonohc.org or calling the office (410-740-0500).

2019 Volunteer Orientations are scheduled for:
Tuesday, February 5th
Monday, March 4th
Tuesday, April 2nd
Thursday, May 2nd
Wednesday, June 12th

Why Volunteer?

Did you know that volunteering two hours a week can boost your well-being. Research shows being a volunteer helps combat loneliness which has been linked to dementia. It doesn't cost anything but your time, and it can reduce stress, improve well-being, and even add years to your life.

A Leadership U team assisted SOHO with our inaugural year of the Young Athletes Program (YAP) by volunteering their time and raising money to cover the cost of equipment and "uniforms" for the young athletes. At their graduation, they presented their "Young Athleaders" project and funds raised through several fundraisers and sponsors they solicited totaling almost \$700.00. Thanks to sponsors **Wegmans, The Woodstock Snowball Stand, Squisito of Ellicott City, Mission BBQ and Idea Crew.**



Donivan Okolita, Justin Kramer, Dylan Henkel (presenting check to Marilyn), Justin Cargiulo, Wande Owens, Grace Garner, Will Sykes, and Julie Hill

Basketball Team Play Agreement

Athlete placement within divisions of Special Olympics team sports is solely the responsibility of the coaches and coordinators of that sport. For basketball, at the end of each season, all athletes are evaluated by the program's coaches and coordinators for possible changes from one division to another and new athletes are evaluated prior to the start of each season. Numerous factors are considered, such as the athletes changes in skill level, mobility, independence, and fitness as the athlete progresses in age. The primary goal is to ensure all athletes are challenged to their highest potential and playing in the most challenging division in which they can safely and meaningfully play. Non-basketball related factors are not considered by the coaches. Early in the season, athlete division changes may be requested by the coaches if an athlete is not ideally placed.

When committing to team play, remember that attendance at practices and competitions is mandatory for athletes who sign up for Special Olympics team sports as the entire team suffers when a spot on a team is accepted, but then vacated. SOMD does not allow roster changes once play has

"At the end of the day, it's not about what you have or even what you've accomplished....it's about who you've lifted up, who you've made better. It's about what you've given back." - (Denzel Washington)

Volunteer! What you get back is immeasurable! Check above for the next Volunteer orientation or contact Janet Larrimore (janetlarrimore@somdnc.org)

Car Donation Program

Through the efforts of longtime coach and volunteer, Duke Silvea, Special Olympics can now accept car donations to benefit our program. If you have a car you would like to donate, please contact the office at 410-740-0500 or email info@somdnc.org. We will come and pick up your car, ready it for sale, and provide you with a tax deduction for the amount the car is sold for at auction. Please help us by donating an unwanted vehicle!

Do you want to be a Global Messenger?

The best ambassadors for Special Olympics are the athletes themselves! If your athlete wants to help spread the word about our great program, then you may want to attend the next global messenger training session. Athletes will learn how to speak in front of an audience, interact with sponsors and be part of the Special Olympics public outreach. We are hoping to

begun leaving the team at a disadvantage. An athlete who vacates a roster spot on a Special Olympics team through lack of attendance will be banned from the sport in the future.

Student Scholarship Information

Through the generosity of four families, Special Olympics Howard County will award four scholarships to outstanding student volunteers who have been committed to the Special Olympics Howard County program as a volunteer and advocate of the athletes. High school seniors and college students are eligible to apply.

The Jackie Burk Memorial Award for Outstanding Student Volunteer for Special Olympics Howard County (\$1500) was created in 2004 by Jack and Linda Burk in memory of their daughter, Jackie, a special friend and volunteer to Special Olympics Howard County. **The Allan Homes Award** (up to \$1,500) was established in 2005 by Allan and Kathy Waschak. Allan is a member of the SOHO Executive management team, Fundraiser Co-Chairperson, and Aquatics Coordinator. **The Kathy Lindner Memorial Award** (\$500), in memory of Special Olympics Howard County's first Volunteer Coordinator, was created in 2012. Kathy was a dedicated volunteer in a number of sports, including the annual Softball Invitational. Added in 2018 is the **Schnorf Family Scholarship** ((\$1,500). Cole is a member of the Executive Management Team and Fundraising Co-Chairperson.

Details on how to apply for these scholarship will be detailed on our website and social media sites in early January 2019.

What is a Coordinator?

When four parents sat down to build this organization over 20 years ago, one thing became very clear. They couldn't run the organization and manage the growing number of sports that were being offered. What came out of that early meeting was the concept of having a sport coordinator for each sport. The Coordinator would function as the sport manager and serve as the main point of contact for families and volunteers. The Coordinator would also:

- handle all communications regarding sport activities,
- develop the sport season calendar,

have a training session later this fall or winter.

If interested, contact our Global Messenger Coordinator, Marian Williams-Cato at vze1ena92@verizon.net and

you will be notified when the next training session will be held.

Sponsors

Are you interested in being a sponsor? Do you want to see your business listed in our monthly e-newsletter or on our web page? Contact info@somdhc.org or call 410-740-0500 to receive a sponsor information package.

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- plan competitions
- encourage parental involvement in helping with uniforms, planning end of season parties, and other activities,
- ensure that all athletes, volunteers, and coaches complete the required paperwork and are registered in sports database
- engage with other parents to delegate some of these tasks

A number of other SOMD county programs have successfully modeled this concept for their county.

This position was considered to be so essential to SOHO's success, it was decided that there would be a Director of Sports Coordinators on the management team to train Coordinators and **most importantly, that if a sport did not have a Coordinator, that sport would be dropped.**

Sports Coordinators can be parents or non-parents. A sport can also have Co-Coordinators who can share the tasks.

We have a number of Coordinator positions that are open and need to be filled by next spring:
Flag Football
Soccer - Player Development

If you have an interest in either of these positions, please contact Volunteer Coordinator Janet Larrimore (janetlarrimore@somdhc.org). Training will be provided.

Support Our World Games Bound Athletes

The Special Olympics World Games 2019 will be hosted in Abu Dhabi, United Arab Emirates in March 2019, where more than 7,000 athletes from over 170 countries will compete in 24 different individual and team sports. Special Olympics USA will send a 300+ member delegation to represent the United States, including four athletes from Maryland, two of which are from Howard County - **Charles Gaines and Jena Jones.**

Charles is a 28-year Special Olympics veteran from Jessup, Maryland who competes in athletics, basketball, and volleyball. He's traveled across the

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Steve Towne (audio)
Walter Larrimore Photography

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country to compete as part of Team Maryland in both the 2014 and 2018 Special Olympics USA Games, most recently earning a gold medal in the 400M run in Seattle this past July. When he isn't training & competing, Charles enjoys attending church, singing in his choir, and working on his computer. He also works as a Courtesy Clerk at Safeway - a job he's held for 17 years. Charles prides himself on being kind to others and loves meeting new people.



Jena Jones of Columbia, Maryland has been training & competing with Special Olympics Maryland for more than 15 years. Jena loves to swim



- her role model is Maryland native Michael Phelps - and she took home a gold and three silver medals in swimming at this year's Special Olympics USA Games in Seattle. She competes in basketball and volleyball with Special Olympics Maryland, as well. Jena is active in her community and was even awarded Sportsman of the Year from her local Parks & Recreation

department. Jena competes in memory of her father, who passed away when she was just 12.

If you would like to support their journey, click [here](#) for Charles and [here](#) for Jena.

Good luck to both of them! We will be rooting for them!

Champions on Patrol

Nick Stewart participated in the Champions on Patrol, He received a tour of the Special Orientations Division Building, the Maryland State Police Waterloo Barracks on Route 1 and participated in a ride along in Elkrige and Columbia with Lieutenant Gary Carpenter and Trooper Zachary Crowe. He then went to Dobbin Center to do some business checks and also to greet individuals in the shopping center. He ended the day having lunch with them at Mission BBQ.

USA Games Sponsors

GOLD MEDAL:

Hayles and Howe

SILVER MEDAL:

John Beakes, Janet and Walter Larrimore, Zachary McKay, Withumsmith and Brown,

Richard Healy, Gary Imm, DDS: (All Smiles Care), Matthew Style

BRONZE MEDAL:

Elliott Assett Management LLC,

Evelyn Bolduc, Ramona Hill, Knights of Columbus, Scott Myers, Lois Smith

Photos of Our Athletes

You can enjoy photos of our athletes at practice, competitions and other events on our photo page.

[Click here.](#)

SOMD News

To see a copy of the November SOMD e-newsletter, IMPACT, click [here](#). There is a great article about the Maryland athletes going to World Games, including SOHO's very own Charles Gaines and Jena Jones.

Lost and Found

If you think you may have left something behind at a competition, be sure to check our lost and found box in the office. If you're missing something, contact the office at

info@somdhc.org or call 410-740-0500.

Big Holiday Sale on SOHO Merchandise

You don't want to miss these incredibly low prices on SOHO merchandise. Contact



Special Needs Summer Camp Fair

If you are looking for camps for your child with a disability, there will be a camp fair on Monday, January 28, 2019 from 6:30-8:30 p.m. at Cedar Lane School (11630 Scaggsville Road, Fulton). Choose from dozens of camps with a focus on the arts, nature, science, sports, and much more! Both day and residential camps will be represented, as well as camps specifically for individuals with special needs, and general camps that include campers with disabilities. This event is appropriate for families of children with a variety of special needs/disabilities. For more information, please email info@howard-autism.org or call 410-290-3466. If school is closed or after school activities are cancelled due to weather, the event will take place on Monday, February 4.

A Special Program for Parents of Children with Disabilities: January - February 2019

The Howard County Office on Aging and Independence and the Caregiver Support Program is excited to offer Powerful Tools for Caregivers (PTC), an evidence-based program designed with the parent's well-being in mind.

The six-week series of two-hour classes - January 15 through February 19, 2019 from 6:00 - 8:00 p.m. - offers parents opportunities to explore a variety of self-care tools in a supportive environment, designed to help you:

- reduce personal stress

the office if you are interested in any of these items.

Navy Fleece Jacket = \$20.00
 Backpack = \$30.00
 Short sleeve T-shirt = \$10.00
 Long sleeve T-shirt = \$12.00
 Charm Bracelet = \$5.00
 Pen = \$1.00
 Fleece Blankets = \$15.00
 Thermal Bottle = \$10.00
 Baseball hat = \$10.00
 Ceramic Coffee Mug = \$5.00
 Ice Scraper = \$1.00
 Car magnet = \$1.00
 Holiday Ornament = \$1.00
 Heavyweight poncho = \$5.00
 Cooler foldable tote = \$10.00
 Beach towel = \$20.00
 Collapsible chair = \$20.00

Are you interested in other jewelry items?

Special Olympics Maryland athlete Alisa Ogden creates necklaces that symbolize the beauty in differences. \$5 of each purchase is donated to Special Olympics Maryland.

Click [here](#) to shop.

SOMD "Be Brave" Bravelets and other items (necklaces, watches, pillows, scarves) are available [here](#). For each Be Brave item purchased, SOMD will receive \$10.00.

COACHES RESOURCES

Special Olympics requires that all of our coaches be certified by taking training classes at least once every three years.

SOHO will reimburse any coach who wishes to take any of the online training courses offered below.

- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough caregiving decisions

Previous participants have found the learned program tools improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

The fee for the program is \$30 (which covers all materials) and will be held at the Ellicott City 50+ Center (9401 Frederick Road, Ellicott City 21042.) For more information or to register, contact Kathy Wehr at kwehr@howardcountymd.gov or 410-313-5955.

Athlete Leadership Programs Scheduled

SOMD will hold an **Introduction to Athlete Leadership** course on Saturday, January 5th, 2019 from 10:00 a.m. to noon. This 2 hour course will give athletes and Unified partners a basic overview of the many offerings of the Athlete Leadership Program and will explain what options they have to be athlete leaders in their community not just to be public speakers. This includes:

- -Understand the structure of Athlete Leadership
- -Explore roles you might be interested in trying
- -Develop a personal purpose statement
- -Identify the next steps to start your Athlete Leadership journey

To register, email our Athlete Leadership coordinator, Marian Williams-Cato (vze1ena92@verizon.net) by December 1, 2018.

SOMD will also be offering an **Athlete Leadership Technology Course in Social Media** on Saturday, March 23rd, 2019 from 9:00 a.m. - 2:00 p.m. in the SOHO office. Social media is everywhere and many people are on many different social media platforms like Facebook, Twitter, Instagram and Snapchat. To become a better athlete leader you need to understand social media and how to interact with people in a responsible and authentic manner. In this course we will cover the following:



Coaches Training



[Coaches Guidelines](#)

Sports Rules

Protective Behaviors Training

Protective Behaviors Training is required for ALL volunteers (coaches, unified partners, Area leaders, general volunteers, etc.) and needs to be renewed every three years. It is typically completed at the same time volunteers update their volunteer applications.

Taking the protective behaviors "course" and quiz is fairly quick (10 minutes or so depending on reading speed) and SOMD is sent a notification from SOI for anyone who completes it online.

Concussion Training

ALL Special Olympics coaches (head coaches and assistant coaches) must complete a concussion training certification process prior to starting coaching and once every three years. [Click here for more details.](#)

Newsletter Information

If you are an athlete, parent or caregiver, we highly recommend that you do not Unsubscribe from this newsletter. You will miss valuable information about seasonal sports registration,

- Why would you use Social Media?
- What are the different types of Social Media?
- What kind of Social Media do you use?
- Improve your use of Facebook, Twitter, and Instagram
- How to create and maintain a Page
- How to create Groups
- Difference between Page / Groups
- Discuss Social Media Safety

To take the Social Media course, you must have completed the full day beginner Global Messenger courses.

To register, email our Athlete Leadership Program coordinator, Marian Williams-Cato (vze1ena92@verizon.net) by January 15, 2019.

Athlete Leadership Registration System

***NEW**

VolunteerHub is an exciting new system that will allow athlete leaders to see a schedule and sign up for a variety of athlete leadership opportunities that happen all the time including talking to the media, speeches, advocacy, state championships, special events, and local program events in their area! Just to name a few. It will also allow athletes to build a personal schedule of events and offers immediate confirmations when you sign up. (To sign up, click [here](#).)

Because it is a new system, new users will be asked to build a volunteer/Athlete Leader profile. It only takes a minute or two to fill out so even if you do not see an event for you now feel free to get ahead of the game and build your VolunteerHub account.

Join us now on VolunteerHub and take advantage of all the great ALP-ortunities ahead of you.

You DO NOT have to be certified in any athlete leadership classes to join this new system. Just interested in sharing your story and leading Special Olympics Maryland into the future.

Carnival Cruise to Benefit SOMD

Don't miss the chance to join Carnival Cruise for their first ever 7-day cruise to the Eastern Caribbean aboard the Carnival Pride to benefit Special Olympics

policies, highlights, activities and other relevant information. Please add info@somdhc.org and bobbaker@somdhc.org email addresses to your address book so that this letter does not go into your Junk Mail folder. If you have any suggestions or questions about the newsletter, please let us know at info@somdhc.org.

Maryland. (A portion of the proceeds from each cabin will be donated to SOMD.)

Departing on May 12, 2019, the weekly itinerary includes stops in Grand Turk, Half Moon Cay, and Freeport. Guests of Special Olympics Maryland will have access to additional, custom events all in celebration and support of the athletes.

If you are interested in booking this cruise, **contact Janice Colbert directly at janice.colbert@yahoo.com or 410-446-7465.** A limited number of cabins are available for this once-in-a-lifetime adventure.



SOHO Office, 8970 Route 108 Suite A1, Columbia, MD 21045

Hours: Monday, Wednesday & Thursday 8:00 - 1:00, Tuesday 1:30 - 6:30

Phone (410) 740-0500 | Fax (410) 740-2388 | www.somdhc.org | info@somdhc.org

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