

# HOWARD COUNTY

SPECIAL OLYMPICS  
MARYLAND



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October Newsletter

Issue #2018-10

## Registration for Winter Sports

**WINTER SPORTS:** Registration for winter sports (basketball, snowshoeing, alpine skiing and fitness) began on October 21st. To register, [click here](#).



**BOWLING:** There are still openings in the second session. Register [here](#). Volunteers are still needed for both bowling sessions. Interested individuals should contact Janet Larrimore at [janetlarrimore@somdhc.org](mailto:janetlarrimore@somdhc.org).



**IMPORTANT:** If you do not receive a confirmation email after registering, contact the office as soon as possible to ensure that your registration actually went through.

## SOHO Volunteers and Athletes Honored at Annual Celebration of Sports Event



Howard County  
RECREATION & PARKS



Two SOHO athletes and three volunteers received Good Sports Awards at the annual Howard County

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### Mark Your Calendar: Fall Dance

Friday, November 2nd at Harpers Choice Middle School from 7:00-9:00 p.m. Water and light refreshments will be served. Volunteers are needed and should contact Family Coordinator Barbara Stewart ([Stewgarden@aol.com](mailto:Stewgarden@aol.com))

### Mark Your Calendar: SOHO Restaurant at BJ's Restaurant & Brewhouse

Join us on Monday, November 5th at BJ's Restaurant & Brewhouse for a fundraising event. With each flyer presented during this event, BJ's will donate 20% of food and soft

Department of Recreation and Parks Celebration of Sports on October 16th. In addition, a photo of one of our athletes, taken by Marie McGing, was selected as one of the three Good Sports Photo Contest winners. The evening also included keynote speaker, former Baltimore Oriole Joe Orsulak and inductions into the Community Sports Hall of Fame.



2018 Good Sports Award Recipients: (left to right) Michelle Jordan (Sports Administrator); Justin Richter (Youth Athlete); Cara Gregg (Coach); Sean Taneyhill (Adult Athlete); Jim Chinn (Official)

Photos that were selected as Good Sports Photo Contest winners represent respect, positive leadership, team ethics, and/or dedication in community sports. Marie McGing's photo of athlete Aaron Thornton was taken during the Basketball skills competition at the Special Olympics Maryland state games in Frederick earlier in the year. The volunteers in the photo showed each athlete kindness and encouragement to help the athletes do their best.

beverage sales to SOHO. This is from 11:00 a.m. - 10:00 p.m. and is valid for dine in or take out. This [fiver](#) must be printed and presented to the server.

## Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Wednesday, November 7th 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 [janetlarrimore@somdhc.org](mailto:janetlarrimore@somdhc.org) or calling the office (410-740-0500).

The last volunteer orientation for 2018 will be on Tuesday, December 11th.

## 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.

"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



Marie McGing presented her winning photo of Aaron to his parents, Elwood and Jackie Thornton.

## Fall Sports Highlights

**CYCLING:** This year's cycling team included several new athletes along with the veteran cyclists. Coach Bill Parlock pulled the team together to compete successfully in several county qualifiers as well as the State competition at Ft. Ritchie. The season was

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@somdhc.org](mailto:janetlarrimore@somdhc.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@somdhc.org](mailto:info@somdhc.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 have a training session later this fall or winter.

If interested, contact our Global Messenger Coordinator, Marian Williams-



successful on several counts - new athletes, strong competitions, and no injuries! Many thanks to the always reliable coaching staff.



Jeff Krischik and Zach Decker.

**DISTANCE RUNNING:** Thirty-two athletes competed at our home event at Lime Kiln Middle School in Fulton on October 14th which included visiting counties of Montgomery County and Fairfax County, Virginia. Fairfax County athlete Khang Le sang the National Anthem a capella. We were pleased to have 28 volunteers helping with the meet. Fairfax County, which sent five athletes for the 5k, had the first runner, followed by Bruce Worley with a time of 21:52, Nicholas Howard in 21:57, and Mark Worley in 22:50. Malcolm Truett was the first finisher in the 1500m in 7:25, followed by 9-year old Alex Wardell. Erika Hagelis was the 3rd finisher (and first female).



Cato at  
[vze1ena92@verizon.net](mailto: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@somdmc.org](mailto:info@somdmc.org) or call 410-740-0500 to receive a sponsor information package.

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### LEGACY SPONSORS

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### TEAM SPONSORS

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## 2018 Inspiration Walk Sponsors

### PRESENTING SPONSORS

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Corridor Mortgage Group  
The Lisa Higgins Foundation

### LEGACY SPONSORS

Diane and Dwight Mikulis  
Integrated Waste Analysts



SOHO had seven athletes participating in Fall Fest at Mount Saint Mary's University, including one unified partner and three other volunteers! The 5K event was almost a tie, with Nicholas Howard placing second with a time of 20:58. SOHO had one runner in the 3K, and four who ran the 1500m. Notable was 9-year old Alex Wardell who won a gold in the 1500m with an amazing time of

8:52!

**SOCCER SKILLS:** Two soccer skills athletes attended the state soccer tournament - Martin Sommerville and Harris Littman. Both of them scored some of the best scores at the tournament.

We are sorry that Coach Neil Hudson will be leaving our program. Neil has been an outstanding volunteer since 2015 in softball skills, tennis and soccer as well as with our annual Inspiration Walk. He will be sorely missed, and we wish him all the best.



Harris and Martin with Soccer Skills Coordinators Sara and Martin Sommerville and Coach Hudson.

**TENNIS:** Tennis had a challenging start to the season with the first five out of six practices being canceled but we ended it with a bang.. We did rally the last half of the season and continued working with all tennis players on enhancing their skills. Seven athletes and 3 unified partners competed at FallFest and had a strong showing for Howard County. In addition, Colin Saylor won gold at Hilton Head in Level 5 singles. Way to go to all that participated!

**YOUNG ATHLETES PROGRAM:** Our Young Athletes Program has continued throughout the fall on

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Steve Towne (audio)

Walter Larrimore Photography

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Garden, PF Changs, Red

Lobster, Stained Glass Pub, The

Ale House, Touche Touchet

Bakery,

**USA Games Sponsors**

**GOLD MEDAL:**

Hayles and Howe

Saturday mornings under the direction of Katie Boggs and Ashley and Matt Murphy. Members of the Leadership U class have also been volunteering as well as raising funds to cover the cost of the program equipment and t-shirts. The fall program will end on November 17th and registration for the spring program (which will run from March to May) will begin in January.



## Let Your Voice Be Heard!

The Commission on Disabilities invites all Individuals with Disabilities, Non-Paid Caregivers, Education Professionals, Service Providers and Community Members to share their thoughts about the needs of people with disabilities in Howard County.

### 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 September SOMD e-newsletter, IMPACT, click [here.](#)

## 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](mailto:info@somdhc.org) or call 410-740-0500.

## SOHO Merchandise for Sale

Have you started your Holiday shopping yet. There are some great SOHO items that will make some great gifts or stocking stuffers. Contact the office if you are interested in any of these items.

Navy Fleece Jacket = \$30.00  
 Backpack = \$30.00  
 Short sleeve T-shirt = \$10.00  
 Long sleeve T-shirt = \$12.00



To take the survey, click [here](#). For more information about this study, or to request the survey in an alternate format, contact Michelle Henry, [mhenry@howardcountymd.gov](mailto:mhenry@howardcountymd.gov) or call 410-313-6431(voice/relay).

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## Brave in the Attempt Talks Speakers Wanted!

Are you a Marylander with intellectual or developmental disabilities? Do you have a story to tell? Do you want to be a role model for future generations? Are you a case manager, service provider, or family member for an adult with intellectual or developmental disabilities who may be interested in sharing his or her story?

Special Olympics Maryland, the Maryland Department of Disabilities, and the Developmental Disabilities Administration are looking for speakers who want to participate in the 2019 Brave in the Attempt Talks on June 4th, 2019. They are seeking Guest Speakers to share their experiences and perspectives on what the idea of "FOWARD" (this year's theme) means in their lives.

Information and application can be found [here](#). Click [here](#) to see the recruitment video.

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## Parent Resources; Upcoming Events

### TECHNIQUES FOR SUCCESS

The Techniques for Success conference provides practice strategies for educating students with Down syndrome and those with other special needs. The 10th conference will be held on Saturday, November 3, 2018 at the Turf Valley Resort in Ellicott City. The Conference is co-hosted by the Down syndrome Network of Montgomery County, The Family Resource, Information and Education Network for Down syndrome of Frederick County, and the Chesapeake Down Syndrome Parent Group. To register, click [here](#).

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### THE INS & OUTS OF TRANSITIONS

Thursday, November 29, 2018 6:30-8:30 pm. there will be an information session on what parents of students with disabilities want to know about transitioning to middle school and high school.

Charm Bracelet = \$10.00  
Pen = \$1.00  
Fleece Blankets = \$25.00  
Thermal Bottle = \$15.00  
Baseball hat = \$15.00  
Ceramic Coffee Mug = \$5.00  
Ice Scraper = \$1.00

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.



### Coaches Training



Topics include:

Middle School academics (Are the grading standards different at the middle school level? When will my child work on IEP goals? What is double dosing? What are the guidelines in communicating with the 7 teachers? What is Canvas and how do parents access this tool?)  
Middle School social opportunities (Credits, scheduling, electives, assessments, and Bridge Plans are just a handful of the topics covered in this breakout.)  
High School academics (Dances, sports, after school activities, safety, discipline and independence - high schools come with their own set of rules for navigating the social world of these mini cities. How will I understand how to help my student with all this?)  
High School social opportunities  
Work Study, Career and Community Connections and Project Search

- MIDDLE SCHOOL ACADEMICS
- MIDDLE SCHOOL SOCIAL OPPORTUNITIES
- HIGH SCHOOL ACADEMICS
- HIGH SCHOOL SOCIAL OPPORTUNITIES
- WORK STUDY, CAREER & COMMUNITY EXPLORATION, COMMUNITY CONNECTIONS, PROJECT SEARCH

For further information please call the Family Support & Resource Center at 410 313-7161.

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### **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
- 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

## **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, policies, highlights, activities and other relevant information. Please add [info@somdhc.org](mailto:info@somdhc.org) and [bobbaker@somdhc.org](mailto: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](mailto:info@somdhc.org).



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](mailto:kwehr@howardcountymd.gov) or 410-313-5955.

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## **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
- -Identity the next steps to start your Athlete Leadership journey

To register, email our Athlete Leadership coordinator, Marian Williams-Cato ([vze1ena92@verizon.net](mailto: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:

- 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](mailto:vze1ena92@verizon.net)) by January 15, 2019.

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## **Athlete Leadership Registration System**

**\*NEW**

**VolunteerHub** is an exciting new system that will allow athlete leaders to see a schedule and sign up for many 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.

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## **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 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](mailto:janice.colbert@yahoo.com) or 410-446-7465.** A limited number of cabins are available for this once-in-a-lifetime adventure.

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**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](http://www.somdhc.org) | [info@somdhc.org](mailto:info@somdhc.org)

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