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August 2020 Newsletter - Issue #8

Virtual Sports Skills Registration Open

Special Olympics Howard County is launching a new **Virtual Sports Skills** program. There will be four different skill competitions during the season. The season will begin with an online pep rally on September 11th at 7pm. Athletes will then complete skills practices at home and submit a log of their accomplishments. Get ready to show off your skills live via Zoom or submit videos! The program will be run by coaches Barbara Baker and Stacy Valentine. The first session will be held on September 11th. To sign up, send an email to info@somdhc.org. Registration limited to the first 20 athletes..

Office Hours

The office is open from 4:00-7:00 p.m. on Tuesdays and 10:00 a.m.-1:00 p.m. on Thursdays. Individuals entering the office are required to wear a mask and to use social distancing.

Volunteer Orientations

The next **virtual** volunteer orientation is scheduled for Monday, September 14th. Anyone wanting to volunteer in the future should attend. Families who are new to our program are strongly encouraged to attend a volunteer

orientation. Advance registration is required by contacting Janet at janetlarrimore@somdhc.org or calling the office (410-740-0500). Orientations for the remainder of the year are scheduled for:



Cycling Into a Virtual Season

New Head Coach for Cycling Marissa (Parlock) Christensen is holding virtual cycling practices this season. There will be virtual Zoom meetings where the cycling coaches (Marissa, Allyson and Bob

Parlock, Bill Parlock, Bryana Parlock, Zach Decker, Elizabeth Yao, and Dave Fagan.) will be leading activities. The meetings will take place every Sunday at 10 a.m., starting August 23rd through September 27th. We are going to see who can bike the most miles during that time period using the app Strava to record the miles they ride. **If interested in participating, whether or not you have done cycling before, email info@somdhc.org.**

Specific details about the program and tracking miles can be found by emailing cycling coordinators Zach and Cheryl Decker (zachandcheryl@verizon.net) and Marissa. (Marissa.parlock91@gmail.com) At the end of the six weeks, the participating athletes will receive prizes. Prizes will be awarded to the first, second and third place finishers.

**Special
Olympics**
Maryland



Celebrating 50 Years of SOMD: 50 for 50 Walking Challenge

The 50 for 50 Walking Challenge is drawing to a close (ends on August 31st). We have a number of teams in the top 20 and a few in the top 10. We currently have five individuals in the top 20 with Tom Logue in the lead with 496 miles (and son Trip currently in the 20th spot at 261 miles) and Jena Jones a close second at 408 miles. You can see the totals to date (for both individuals and teams) [here](#). Finish out the month strong and get those final miles in. We hope to have a total number of miles for all SOHO participants in the next newsletter.

Saturday Night Dances

Many of our athletes have been enjoying the Saturday Night Dances with DJ Kris Stone. You can register for these dances [here](#). Every dance now has been assigned a theme. The themes coming up are:

August 29th: Beach Party/Under the Sea

September 5th: Working for the Weekend (Dress like you were going to work.)

September 12th: Sports Gear. Wear your favorite sports jersey clothing, etc.

September 19th: 80's Night. Do we need to say more?

September 26th: Cartoon/Anime Night. Dress as your favorite cartoon or animal character.

For the dance themes for the rest of the year, click [here](#).

Thursday, October 8

Wednesday, November 18

Monday, December 21

SOMD News

To see the latest issue of IMPACT, SOMD's e-newsletter, click [here](#).

For more information and resources regarding Return to Activities, check out the [website](#).



Inspiration Walk Shirts And Incentive Prizes

The Inspiration Walk shirts and incentive prizes are available in the office. All those who donated \$50 are eligible for a IW long-sleeved t-shirt. Other incentive prizes are available for those that donated or raised \$1,000 or above. Items can be picked up at the office during office hours (10:00 a.m. - 1:00 p.m. Thursdays and 4:00 p.m. - 7:00 p.m. Tuesdays. Send an email to Janet - JanetLarrimore@somdhc.org - in advance to let her know when you plan to arrive and what size shirt(s) you need so that she can have items ready for you. Shirts and prizes must be

Social Clubs and Virtual Movement Activities

The September schedule for **Social Clubs** is [here](#) and **Virtual Movement** [here](#). Note that SOHO athlete and SOMD Health Messenger, **Corissa Anderson**, will be leading one of the sessions, demonstrating how to make Baked Hawaiian kabobs (options for chicken, seafood or tofu, pineapple, bell peppers or other favorite veggies) Also check out this week's Member of the Week **Charles Gaines** [here](#).

Is there a topic you want to learn more about? Do you want to host an evening on a Tuesday or Thursday? Maybe it's not you, but you know someone who has an interesting hobby or knows a lot about a subject. Are there any parents, siblings, etc. that would be interested in hosting one of these social club nights?

Send an email to Jason Schriml (jscrhiml@somd.org) if you have any ideas or leads.

What Are You Doing?

For Next Newsletter, What Mask are you Wearing?

Our athletes have been keeping busy and fit with lots of activities during this pandemic. Below are what some of our athletes have been doing while missing their sports.

Wearing masks is part of our everyday life these days. Do you have a favorite mask that you wear? Send a photo (close up) of you in one of your favorite masks to info@somdhc.org. (Coaches, too)



Kaitlyn Valentine has been taking family walks when the weather cooperates, helping in the kitchen, and attending virtual hip hop practice. She spends time having virtual visits with her friends, swimming in a friend's pool and catching up on Disney movies.

picked up at the office; items will not be mailed.

Recreation and Parks Virtual Therapeutic Recreation Programs

New to Therapeutic Recreation are the following virtual programs .

Book Club: Participants will read a pre-selected story or book and participate in a facilitated discussion online through the WebEx system. Participants may also choose audio book options.

Supper Club: Designed for adults with intellectual disabilities participants will develop dinner conversation skills and table manners. Participants will meet weekly virtually and engage peers through facilitated conversation, Program will be facilitated using conversation cards and guided conversations

Pot Luck: An online potluck of Scavenger Hunt, Trivia, and Bingo programs.

The Safety Project. Topics to be covered include: Healthy relationships and boundaries, nature, types, and warning signs of abuse, trauma and other effects of abuse, coping and help-seeking skills, safety planning skills, and disability rights.

These programs take place via Webex through your device in a quiet area of your home. Each virtual program consists of open dialog and guided interaction among participants in groups of varying sizes. To register and for more information, click [here](#).

To keep fit and sharpen his skills, **Jason Song** plays basketball for a few hours every day. He is keeping busy by working 4 days a week at Giant. He enjoys Special Olympics Maryland Zoom webinars, especially ones with the Ravens coordinators and anything sports related. He became an uncle in January and is spending lots of time perfecting the “best uncle” status.



To get outside and keep fit, **Nathan Kornreich** has been primarily shooting baskets in front of his house. He participates in a number of on-line activities: a social group, a work skills class and a fitness class provided by his day program; social groups hosted by the Hussman Center; and virtual campfire programs provided through Camp Greentop. He has done a little traveling, both in Maryland and to North Carolina and also enjoys going on Google Maps and planning out trips to exotic locations all over the world.

Monet Lewis has been doing YouTube videos (Zumba, yoga, dance classes, walking and body toning). She reads daily and uses workbooks to maintain her skills. Monet loves to use the computer to shop and is excited when Amazon delivers her purchases, and has also been doing her own manicures and pedicures. Once a week, she cooks dinner for the family. And, her day would not be complete without a few games of UNO.



Helpful Hints If Your Athlete Needs To Go To Hospital

Are you worried about what would happen if your child/adult with special needs was admitted to a hospital while COVID 19 restrictions are in place? Would you be able to stay with them to advocate for their needs? The answer is YES. The state of Maryland has put guidelines in place allowing parents or guardians of individuals with intellectual and developmental disabilities to stay at the hospital even though that privilege is not allowed to the general public.

[Click Here For Info](#)

Support Our Restaurant Friends

While Maryland has now moved into Phase 2 and restaurants are open for indoor (as well as outdoor) dining at 50% capacity, many are still providing curbside and delivery services. We are so grateful for the support these restaurants have given to us in the past through donated

gift cards for our Walk raffle prizes as well as supporting our softball tournament and end of season parties. When planning for a takeout meal, please consider one of these SOHO supporters: Outback Steakhouse, Stained Glass Pub, Ledos, Jersey Mikes, Bertuccis, The Ale House, Coal Fire, Silver Diner and Charter Deli..



To keep fit, **Matthew Na** walks almost every day around 1.7 miles with his family around Centennial Lake on Sundays. When he's bored, he rides his bicycle. He does lots of chores at home such as lawn mowing, vacuuming the house, weeding, setting the table, cleaning it up and washing the dishes. He participates in the SOMD Saturday night Dance Parties. Matthew has also been fishing and crabbing and went to the beach a few times. He misses all his Special Olympics Sports friends and volunteers and hopes to see his friends in person as soon as possible with big smiles and thumbs up.

Ahleyah Abdul-Rahman has been practicing tennis during the Special Olympics sports suspensions. She also keeps fit through daily walking on a treadmill and doing exercises shown in the Leslie Sansone videos. Although all her volunteer sites where she usually works are closed, she remains active at home doing a variety of what she calls “artsy and craftsy” stuff along with some science projects.



In July, **Trip Logue** and his Dad hiked the Appalachian Trail in North Carolina and Tennessee, completing more than 100 miles in 10 days. He learned how to set up a tent, prepare meals over a cook stove, and filter water from a stream. He and his Dad have completed almost 1300 miles of the 2200 mile trail. Trip has been working part time at Whole Foods, and in May, he received his Certificate in Entertainment Technology from H.C.C. and is looking for a job in that field. He is also keeping in touch with some of his Cross Country buddies through the Zoom meetings sponsored by Coaches Ann and John Worley.

Basketball Uniforms

Basketball uniforms can be returned to the office at any time (8970 Route 108, Suite A-1, Columbia, 21045). Leave the uniform in the secure black mailbox outside the office door. If the mailbox is full, come back at another time.

SOMD 50th Anniversary Merchandise

Special Olympics Maryland has a new merchandise website which includes some 50th Anniversary gear (including face masks!), Law Enforcement t-shirts, and other items. Check it out [here](#). A portion of every sale will be donated back to SOMD.

SOMD Virtual Movement

If you haven't done so already, join the **SOMD Virtual MOVEMENT!** This is an online community of athletes, staff, and volunteers sharing what they're doing to stay active, stay healthy, and stay connected while we can't have in-person programs! Click [here](#) for more information.

Don't have Facebook? No problem! Visit this [new website](#) for archived workouts, social clubs, and a calendar of events. Don't miss the virtual block party section!



Chris Schoenbrodt has enjoyed all his virtual meetings and activities, especially the one on the WWE, as well as the Saturday night dances and face-timing with friends. He continues his LeadAbility (Police) and EMT Training as well as Best Buddies events such as movie and painting nights and Cookie Baking/Decorating get togethers. He walks on cooler days and loves his Corn-Hole and Bocce games outside and lots of table games inside.



SOHO Athlete Selected for The Arc Maryland Award

Every year, The Arc Maryland identifies community leaders who make outstanding contributions toward their mission of creating a world where children and adults with intellectual/developmental disabilities for outstanding participation in or contribution to their community. This year, Christine Towne has been selected to be the recipient of the "Stanley S. Sidle/William Ohge, Jr. Memorial Citizenship Award". The awardee usually receives recognition at The Arc Maryland Annual Convention and Awards Banquet. However, since the pandemic has cancelled the convention, The Arc Maryland will hold a Virtual Awards Celebration on September 17th to present Christine with this award. Congratulations, Christine!



2020 Virtual Law Enforcement Torch Run in Celebration of SOMD's 50th Anniversary

Beginning the week of October 12th, runners across the state will keep the **Flame of Hope** burning by running, walking, and biking in their communities with a goal of completing a total

of 2,020 miles for the year 2020! Help us reach our goal of \$50,000 raised in support of the 8,716 Special Olympics Maryland athletes across the state of Maryland. Fundraising is encouraged but not required! SOMD's goal is to raise \$50,000 with the first-ever Virtual Torch Run in celebration of SOMD's 50th Anniversary. Help us achieve our goal and sign up on the Special Olympics Howard County team page today by clicking [here](#). SOHO will receive 70% of the net revenue raised.

- Aug 1st – Oct 8th: Register, fundraise, recruit teammates, and encourage others to join you.
- October 9–11th: Check your email for a link to the Strava group link, race bib, and printable torch! You will need all three to participate the following week!
- October 12–16th: Log the miles you run, walk, or bike in the 2020 Virtual LETR group on Strava. Share photos and videos of your miles using the hashtag #VirtualLETR
- October 17th: Join us virtually for our 2020 LETR Final Mile, where LETR officers will be running the torch to the cauldron and lighting the Flame of Hope

This is a good way to show our appreciation to the Law Enforcement community that has supported our athletes in so many ways - raising funds, being present at our competitions, presenting medals, deputizing our athletes, etc.

Amazon Smile

Did you know that you can donate to Special Olympics Maryland simply by shopping on Amazon? Sign up for Amazon Smile and 0.5% of your eligible purchases will be donated to Special Olympics. Simply use this link

to designate Special Olympics Maryland as your charity. Then be sure to use the same link every time you shop at Amazon. It's that easy to make a difference!

[Shop Here](#)

Coaches Training Opportunities

Coaching Special Olympics Athletes (CSOA) -- SOMD is pleased to offer in-person training sessions for Coaching Special Olympics Athletes, a requirement for all Coaches. *(Due to the conversational and interactive nature of this course, we must have **a minimum of 7 registrants at least 2 business days prior** to the course in order for it to be held.)*

Saturday, September 26, 2020, 9:00 a.m. to 1:00 p.m. In-person Training session at SOMD HQ (limit of 20 participants) *(Note: We will make a determination no later than September 14, 2020, whether this session will be held as an "in-person" or "virtual" course.)*

Sunday, November 15, 2020, 9:00 a.m. to 1:00 p.m. In-person Training session at SOMD HQ (limit of 20 participants) *(Note: We will make a determination no later than November 2, 2020, whether this session will be held as an "in-person" or "virtual" course.)*

To register for either of the above sessions, please click [here](#).

Principles of Coaching (PoC) - SOMD is pleased to host additional sessions of the Principles of Coaching course, necessary for all coaches wishing to take teams/athletes or serve as a coach to any competition above the state level (including USA Games, World Games, NITs, NIRSA events, etc.). This free course is intended for coaches with a *minimum of two years coaching experience* and, along with appropriate sport-specific training, serves to certify a coach as an Advanced coach. *(Due to the conversational and interactive nature of this course, and the need to send "hard copy" course materials to participants in advance of the session, we must have a **minimum of 7 registrants at least 4 business days prior** to a virtual PoC course in order for it to be held.)*

Saturday, September 12, 2020, 9:00 a.m. - 2:00 p.m. at SOMD HQ (limit of 20 participants; 13 spots remaining) *(Note: We will make a determination no later than August 31, 2020, whether this session will be held as an "in-person" or "virtual" course.)* To register, please click [here](#).

Important Note On All Virtual Training Sessions: *Given the interactive nature of these courses, if a course gets changed to a virtual training session, participants **MUST** be able to join the Zoom meeting with a webcam, speaker and microphone so we can see and hear everyone during the course. Please also check in advance of the session that Zoom works properly for your computer (with webcam, microphone and speaker) as we will have limited*

Car Donation

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. 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!

Photos Of Our Athletes

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

[Event Photos](#)

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.

opportunity to provide tech assistance during the session itself. (Zoom's online help has been fairly solid.)

Pals in Production

Glenelg Country School student, Hannah Quigley, combined her passion for musical theatre with her interest in special education when doing her Girl Scout Gold Award service project. Inspired by her Uncle Chris, who has Down syndrome and is passionate about athletes, Hannah wanted to create a similar program for students who love the performing arts.

The plan was to have students work toward a final musical with classes teaching them how to audition, make sets and costumes, and rehearse. Hannah asked for our help in advertising to our athletes about this opportunity. Athletes Sammy Kelsey, Maia Dang, Ella Penny, and Jada Benditt-Goldstein became part of this troupe of performers who were going to put on Winnie the Pooh. From January to March 2020, they met almost every weekend to prepare for their final performance scheduled for June.

Then the pandemic struck. With schools closed indefinitely, there was no longer a place to practice or to have the final performance and so it was eventually cancelled, even after trying to do practices on line. Not to be deterred, Hannah changed the plan to a virtual cabaret summer program which allowed students to improve performance skills, build relationships and have fun from the safety of their own homes. Along the way, they had a pen pal system, an ice cream social a movie night, and a performance master class. The students performed 10 songs around the theme of "New Horizons." To view the performance, click [here](#).

Hannah is hoping to expand Pals in Production into a statewide project and turn it into a non-profit so students in a much wider community can get the chance to shine. She notes that she is so proud of all of the performers. Forming relationships with the five girls, learning from them, and helping them grow in something they love as much as she does was the most rewarding part of the program. Hannah said, "I will always value and cherish the friendships and memories we've made along the way, and I know our GCS peers will too. We certainly became "better performers and better friends" together, " which met one of her original goals that she set back in 2018.

[Coaches Training](#)

[Coaches Guidelines](#)

Concussion Training

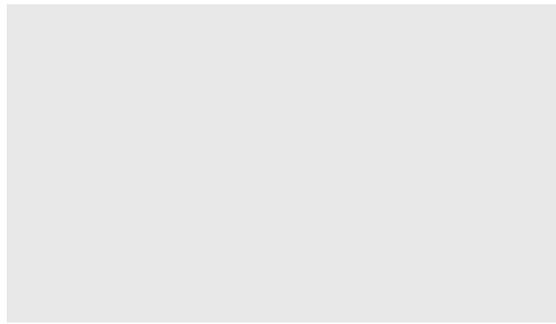
ALL Special Olympics coaches (head coaches and assistant coaches) must complete a concussion training certification process prior to starting coaching and once every three years.

[More Info Here](#)

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 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.

Hannah's hard work and that of all the other GCS students and actors/singers was evident in watching the performance as was the pure JOY exhibited by the participants. Everyone should be incredibly proud of what they accomplished



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Contact SOHC Today

