



Donate Today

Volunteer With Us

November 2020 Newsletter - Issue #11

We give thanks to all our volunteers and sponsors as well as our athletes, all of whom make up our Special Olympics Family!

#GIVINGTUESDAY
Benefitting Special Olympics Howard County

December 1st
is Giving
Tuesday

Giving Tuesday is the global day dedicated to giving back to the non-profit community. On Tuesday, December 1st, please join others in celebrating generosity! **CLICK HERE** to donate. While we know that the pandemic has restricted our ability to have in-person training and competition, we hope that you will consider supporting our organization and the efforts we are making to keep athletes involved and fit during this time and our overall mission of creating a world where opportunity is not limited by disability!

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.

Newsletter Scavenger Hunt

Congratulations to **Lisa Skaggs** who correctly identified the October Mystery Question "In What Year was the First Inspiration Walk?" The answer was "**two thousand two**" (2002) and was found in the article "Note From SOHO Representative to SOMD Athlete Council". To keep everyone's interest in reading the newsletter and not missing important information, we have hidden a clue in one of the articles. The first person to find the clue and email info@somdhc.org with the answer as it's written in the article and in which article it is found will win a restaurant gift card. **FIND::** In what year was our Director, Bob Baker, inducted into the



Registration for for Alpine Skiing Remains Open

Registration for alpine skiing is open until December 15. Exact details of the season are still being worked out, but a Sunday morning practice at

Centennial Lake will take place and possibly another evening virtual fitness session. **CLICK HERE** to register. Snowshoe registration is now closed.



Ever Thought of Plunging? New Ways to Plunge Without Leaving Home!

Plunge 2021 represents the 25th Anniversary of the Special Olympics Maryland/Maryland State Police Polar Bear Plunge. Not only is this a Maryland state tradition but it is the largest Plunge in the world.

SOMD will provide safe options for those that want to keep the tradition alive by plunging into the water at Sandy Point State Park. SOMD is also promoting a **Virtual Plunge** concept where individuals and teams can participate at home or other off-site location of their choice.

Virtual Plungers can participate by recording their "at home plunges" beginning December 21, posting to social media using hashtag #PlungeMD. Virtual Plungers will be rewarded with surprise bonuses from sponsors and potential to be highlighted on weekly WBAL-TV news segments. And if you are one of the first 400 Virtual Plungers to reach a fundraising level of \$150, you will receive an inflatable Plunge pool! You can use this pool to plunge at home. (Don't forget to show off your pool by filming your at-home Plunge!)

Whether participating in the in-person or virtual plunge option, register with our **SOHO Team** by **CLICKING HERE**. SOHO will receive **70%** of the funds raised on this page.

We are anxious to see the various ways that Virtual Plungers will "take the plunge" (e.g. bathtubs, outdoor pools, pouring cold water over heads, etc.). If you've never wanted to actually jump into the waters at Sandy Point but wanted to be involved in the plunge, virtual plunging is just for you. Have some fun! PLUNGE!

Dances, Dances and More Dances in December

SOMD Saturday night dances with DJ Kris Stone. To register, **CLICK HERE**. Dances run from 7-8:30 p.m. December's dance themes are:
December 5th: It's a **Sock Hop**. Get your poodle skirts and leather jackets for 50's theme. Music from the early days of Rock and Roll.
December 12th: Ugly Sweater Night. Say No More!
December 19th: **Holiday Theme**. No matter what holiday you celebrate this time of year, come decked out.

Recreation and Parks:

December 11th, 7-10 pm: Ugly Holiday Sweater Virtual Dance **REGISTER HERE**. Note that registration for January through March dances begins on December 2nd. See article below.

December Social Clubs and Virtual Movement Activities

Social Clubs: The December schedule is filled with holiday themes. Please register in advance for these events.

Howard County Community Sports Hall of Fame?



SOHO Athlete Receives Service Award from Harris Teeter

Harris Teeter (Turf Valley) recently recognized **Andy Young** with the "Service Hero Award." The award is for service excellence and is given to employees who best demonstrate "Ownership – Engagement – Empowerment – Empathy". Congratulations, Andy!

New SOHO Website

Because of some issues with the new website and our on-line registration system, the rollout of our new website has been delayed. We hope to have it out by mid-December. We think the new site will showcase our organization, our athletes and all the volunteers who make this organization what it is. It will feature lots of information about our organization, sports programs, policies, resources and lots more.

Volunteer Orientations

The next virtual Volunteer Orientation will be on December 21. For 2021, we are suspending virtual Volunteer Orientations until March. Anyone who

Tuesday, December 1st, 7-8 p.m.: Holiday Traditions.

Whatever holiday you celebrate share what those traditions involve. Share with your fellow athletes how you celebrate the holidays this time of year.

Thursday, December 3rd, 7-8 p.m.; Favorite Holiday Movies and Shows

So many movies and shows this time of year. Which is your favorite and why? There will be a chance for everyone to participate.

Tuesday, December 8th, 7-8 p.m.: Holiday Treats

Make your favorite holiday treat in advance of the meeting. Then share the recipe with SOMD so it can be shared with others. Then come to the social club and show everyone what your treat looks like and tell us why you LOVE it so much.

Thursday, December 10th, 7-8 p.m.: Holiday Customs

How do you celebrate the holidays? What are your customs or traditions? Share them with everyone and learn from other people what they do to celebrate.

Tuesday, December 15th, 7-8 p.m.: New Year's Resolutions

2020 has been quite a year. Do you have plans for 2021? Are you making any New Year's Resolutions? Come and learn about the tradition of New Year's Resolutions and why we make them. Feel free to share any of yours if you wish.

To register for any of these Social Clubs, [CLICK HERE](#) and choose each event.

Remember, if you are interested in a topic or want to host an evening or if you know someone who has an interesting hobby or knows a lot about a subject, send an email to Jason Schriml (jschriml@somd.org) with your idea or leads.

In November, SOHO athlete Tripp Logue did a terrific presentation on Hiking the Appalachian Trail and Hiking Etiquette. Tripp shared some stories and photos of his hiking adventures.

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!

YAPpy Hour: Grab your Young Athletes and join in for the half-hour virtual practices based upon SOMD's Young Athlete Program (YAP) curriculum! We guarantee you'll leave #YAPpy
Mondays at 4:30 PM
Wednesdays at 4:30 PM
Friday at 10:00 AM

Don't miss out on these exciting activities!

is interested in obtaining volunteer certification should contact Janet Larrimore (janetlarrimore@somdhc.org) for further information.

All About Maryland ABLE Accounts

On October 20, 2020, Special Olympics Howard County hosted a webinar about Maryland ABLE accounts. Kelly Nelson from Maryland ABLE delivered a very informative presentation. Maryland ABLE is an investment tool for people with disabilities, designed to help beneficiaries save for their everyday needs, save and invest in a tax-free account, and prepare for the future without losing federal, state or local benefits. [Click here](#) to view the presentation. For more information, visit the Maryland ABLE web site [here](#).

Charitable Deductions for Standard Filers

The Coronavirus Aid, Relief, and Economic Security (CARES) Act, passed in March, allows taxpayers taking the standard deduction to claim up to \$300 in charitable deductions as well. To qualify, donations must be given to a 501(c)(3) non-profit, such as Special Olympics Howard County,. Keep a record of your gifts.



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

Holiday Sale on SOHO Merchandise

No need to go out to stores. We are having our own "Black Friday" sale throughout December on SOHO merchandise. These make great gifts for athletes and family and friends who have supported our athletes.

Ice scraper \$1.00
Sherpa blanket \$15.00
Navy short sleeved T-shirt \$10.00 (limited sizes)
Maroon long sleeved t-shirt \$10.00
Foldable umbrella \$15.00
Foldable Chair \$20.00
Small foldable stool with carry bag \$10.00
Seat cushions \$5.00
SOHO Face Mask \$5.00 **

**If you would like to have the mask mailed to you, add \$1.00 for shipping and handling.

Don't miss out on these great prices and show your SOHO Pride with these items!! Contact the office (410-740-0500) or email info@somdhc.org to place and order.

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!

Coaches Training Opportunities

Coaching Special Olympics Athletes (CSOA) -- - ***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 3 business days prior to the course in order for it to be held.*)

Saturday, January 23, 2021, 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, **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*

those that donated or raised \$1,000 or above. Items can be picked up two thousand six 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 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 picked up at the office; items will not be mailed.

Howard Community College Dental Clinic Looking for Patients

Howard Community College Dental Clinic is looking for patients that their students can practice on. The students provide a complete dental evaluation, full cleaning including fluoride treatment, and any x-rays necessary, all under the supervision of a dental hygienist instructor and a dentist. Because this is a teaching environment, appointments last about 3-1/2 to 4 hours. The cost is \$20 for an adult or \$10 for a student. They only do cleanings- no fillings or other restorative work.

They follow all the safety procedures- wait in the car until called and then check in with security to answer COVID questions and get a temperature check. The students wear full PPE including mask and face shield. They are set up for 8 patients but only take 4 to insure proper distancing.

If you are interested in scheduling an appointment or asking questions, call Joann at 301-661-4437.

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

materials to participants in advance of the session, we must have a **minimum of 7 registrants at least 5 business days prior** to a virtual PoC course in order for it to be held.)

Saturday, December 5, 2020, 9:00 a.m. – 2:00 p.m. Virtual Training session (limit of 20 participants). To register, click **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 opportunity to provide tech assistance during the session itself. (Zoom's online help has been fairly solid.)

Recreation and Parks Winter Activities

On line Registration for the following activities starts on December 2nd @ 6:00 p.m. by **CLICKING HERE**. Details of the activities (including dates, number of classes, cost, and registration number) can be found in the Winter Guide located **here**.

Book Club: Participants will read a preselected story or book and participate in a facilitated discussion. Participants may also choose audio book options.

Collectives Club: Be a part of a weekly discussion various topics of interest. Weekly topics are sent out before each meeting.

Come Travel with Us - Virtual Travel Program - Join us for virtual travel and connect with peers who wish to travel (virtually) as well.

Friday Night Bingo: Participants are provided bingo cards before each event.

Get Social Club: Focus of the program is social engagement with peers and weekly games.

Music Bingo: An evening of Music Bingo with Good Vibrations, Inc. where songs are called out instead of numbers. Compete for prizes!

Pot Luck: Scavenger hunts, trivia and bingo!

Supper Club: Develop dinner conversation skills and table manners.

V.I/P (Virtual Interactive Program): More fun, themed trivia and bingo and more scavenger hunting fun!

Disney Trivia: Test out your Disney knowledge in a fun, themed trivia night.

Domesti-Quest-Scavenger Hunt: Participants will seek and find items from around their homes.

Domesti-Quest Sensory Scavenger Hunt: Special sensory edition of Domesti-Quest. Find items that relate to your five senses.

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](#)

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!

List of Fun for Everyone

The "List of Fun for Everyone" is a weekly list of fun activities for athletes and their families. To get an updated list, simply write an email EVERY WEEK to **"ListofFun4everyone@gmail.com"** and you'll get an automated response. There is no email "group" that you need to join.

Photos Of Our Athletes

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

[Event Photos](#)

Dances:

January 8th: Let's Go Sailing

February 5th: Sweet Heart Ball

March 12: St. Patrick's Day

Families Webinar Series

The Developmental Disabilities Administration (DDA) and the Maryland Community of Practice for Supporting Families will be providing a number of webinars:

December 2nd @Noon: DDA's Participant and Family Survey on COVID-19: The Results

DDA sought the input of the people and families it serves to help guide DDA and its provider network in its plans for reopening. Learn about the results of this survey and participate in a dynamic question and answer session with the DDA leadership team.

December 9th @Noon: CtLC Integrated Star

Learn about the Integrated Star and how it can help you and/or your family member to identify potential resources, supports, and services to enable everyone to have a joyful, healthy, and safe holiday season.

December 16th @Noon: Finding and Creating Joy

Katyn Harvey, PhD suggests how participants can find and create joy in the midst of challenges throughout the holiday season.

REGISTER HERE. Once registered, you will receive a "link to join" for all the sessions, one day, and one hour prior to each date.

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](#)

[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.



The Lisa Higgins-Hussman Foundation



Special Olympics Howard County

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Contact SOHC Today

