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## September 2020 Newsletter - Issue #9

### Fall Sports Activities Review

#### Cycling:

New coach, Marissa Parlock Christensen has done an amazing job preparing and leading a program designed to keep our cycling athletes active. For six weeks, Marissa has led weekly Zoom meetings that really got the athletes moving! Themes included Let's Get Physical, Cardio Dance, Tae Bo Time, and Dance Party. Participating athletes included Daniel Larrimore, Kevin Fagan, and Zach Decker. Marissa also promoted the use of the Strava mobile app for athletes to track their cycling activities.



#### Distance Running:

The Cross Country program this Fall is a "hybrid" program with Saturday "in-person" practices combined with Wednesday ZOOM meetings. On Saturdays, in addition to running either the 2K and 5K course, the athletes compete in a "touchless" relay. We have divided runners into 2 evenly-matched teams in the 5K to provide competition (since we have no Fall Fest or inter-county meets). The Wednesday ZOOM meetings are devoted to discussion of improving times, recognizing accomplishments, and encouraging active sport participation during the week. In addition to funny



### 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.

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### SOHO Web Site

For those of you who may have gone to our web site recently, you will notice that it is undergoing a complete revision. The revised site will contain more information and be easier to navigate on both computers, laptops and phones.

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### Volunteer Orientations

The next **virtual** volunteer orientation is scheduled for Thursday, October 8th at 7:00 p.m. 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

running cartoons, we have been screen-sharing an instructional warm-up video with Olympic track star Mo Farah!

### **Golf:**

SOHO has been able to offer a limited modified golf program this season. (No more than 10 participants per site and team members had to live in the same household.) Thanks to Bob and Peggy Baker, Jack Healey and Beth Greenberg, a small group of Level 2-5 unified partners and athletes have been able to have a weekly practice and a few have participated in out-of-county golf opportunities through SOMD. They have all had to adhere to the strict rules set up by SOMD due to COVID 19. Thanks to Timbers of Troy and Fairway Hills courses, teams rotate practice locations and go out on the course for a few holes each week.

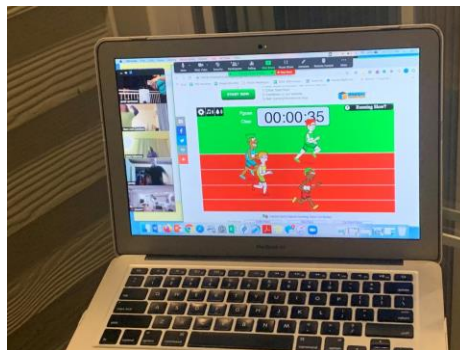
### **Skills Training:**

Coach Barbara Baker has put a lot of energy into a virtual skills program for our athletes. The program was kicked off with a virtual Pep Rally. Through weekly virtual practices she has led fitness challenges, social time and the ability for each athlete to show off their skills and see who is working hard to improve their skills and fitness.



### **Soccer:**

Coordinator Shirley Duhaney noted that they have been having Zoom meetings with the Soccer team. Everyone seems to enjoy the interactive session. Coach John and Coach Russ have been reviewing Covid practices each week, healthy eating, and reviewing soccer skills with a short video. We play question games to keep the team excited and engaged.



### **Powerlifting:**

With the limited opportunities that present themselves this year for powerlifting specifically, the SOMD Sports Management Team and coaches came to the conclusion that having a specific place to be able to post challenges, form advice, etc. is crucial and so a Powerlifting Facebook page was created. To join the page, you can request access [here](#). If you do not have Facebook, click [here](#) to see weekly summaries that we have received to date.

[janetlarrimore@somdhc.org](mailto:janetlarrimore@somdhc.org) or calling the office (410-740-0500). Orientations for the remainder of the year are scheduled for:  
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 [JanetLarrimore@somdhc.org](mailto: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.

## **Recreation and Parks Virtual Therapeutic Recreation Programs**

New to Therapeutic Recreation are the following virtual programs .



## Promoting Independence and Financial Stability for People with Disabilities

Join us on October 20<sup>th</sup> at 7pm on Zoom as Kelly Nelson from Maryland ABLE shares an overview of how ABLE accounts can help people with disabilities and their families to save and invest for the future without jeopardizing federal, state, and local benefits such as SSI and Medicaid. Families will learn about tax-advantaged savings and investment options as well as how to use the ABLE account to pay for qualified disability-related expenses. Join us to learn about the eligibility criteria, enrollment process, features of a Maryland ABLE account and the account management process. Pre-registration is required by emailing [info@somdhc.org](mailto:info@somdhc.org) by October 17th. Information on logging into the event will be sent to registrants prior to the event.

### County Shines in 50 for 50 Walking Challenge Celebrating 50 Years of SOMD

Special Olympics Maryland



The **50 for 50 Walking Challenge** celebrating Special Olympics Maryland's 50th Anniversary closed on August 31st with participants logging in 25,475 miles! The **Top Individual** was **Tom Logue** (father of athlete Trip Logue) who walked 579.3 miles. In 7th place was athlete **Jena Jones**, walking 407.9 miles. In 10th place with 358.93 miles, was SOHO Executive Team member and SOHO photographer, **Mimi Goodman**, In the **Team category**, SOHO teams finished in second and third place. In second place was **Team Swimmer Jason** (made up of athlete **Jason Kauffman, Assistant Director and Jason's Mom Marilyn Miceli, Coach Jack Kuhn, Karen Greene and Kristen Werner.**) They logged in a total of 1,324.68 miles. In third place was **Team Logue (Tom, Patti and Tripp)** who logged in 1,260.9 miles.

Here are the mile totals of SOHO individuals who participated: *(Let us know if we missed anyone.)*

#### 50 MILE CLUB:

- Mary Condron (86.7)
- Glenn Donovan (80)

#### 100 MILE CLUB:

- Tom Logue (579.3)
- Jena Jones (407.9)
- Mimi Goodman (358.93)
- Patti Logue (348.8)
- Trip Logue (332.8)
- Kristin Werner (330.1)
- Karen Greene (287.32)
- Sara Reams (278.2)

**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 for the above programs and for more information, click [here](#).

**Dance: Halloween Bash** -Virtual Program RP4301.102 Oct 23. Register [here](#).

**Dance: Boot Stompin Boogie** – Virtual Dance RP4301.103 Nov 13, 2020, Register [here](#).

**Dance: Ugly Holiday Sweater** Virtual Dance RP4301.104 Dec 11, 2020. Register [here](#).

**Saturday Night Bingo** RP4315.101 Nov 14, 2020. Register [here](#).

### 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

Jack Kuhn (261)  
Marilyn Miceli (232.54)  
Jason Kauffman (213.72)  
Pat Condron (168.7)  
Christine Reno (133.09)  
Susan Buningh (124.25)  
Christine Towne (104.25)

The **Logue family** enjoyed the 50 for 50 Challenge. Dad Tom was already in the habit of walking, but Mom Patti didn't walk much at all. Trip had fallen out of his running habit since SO track practices were canceled because of Covid. The challenge gave them the incentive to exercise regularly and the motivation to keep going even when they were less than enthused about it. Seeing their total miles add up on the 50 for 50 web site served as a great reinforcer. Mom and Dad would often go out for a five mile walk on the Columbia paths very early in the morning.

Sometimes Tom and Trip would get in some miles hiking in the mountains. All three of them hiked together on the Appalachian Trail (AT) in Tennessee, and Trip and Tom continued the excursion, completing a 100 mile section hike of the AT with full packs and multiple overnight camping. Walking in nature, seeing the wildlife, and having time to talk helped the Logue's mental and emotional well-being just as much as their physical health. It was the perfect way to de-stress and get in shape. They have continued Their walking habit, though maybe not as many miles each day.



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](#)

## 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.

## Behind the Masks

In last month's newsletter, we asked athletes and coaches to send in a photo of their favorite masks.

Do you recognize  
Cycling  
Coach  
Marissa  
Christensen  
behind that  
mask?



## Saturday Night Dances - October Themes

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:

**October 3rd: Group/Line Dance Night.** Participants will learn some group/line dances to do together.

**October 10th: LETR Night.** All Law Enforcement Torch Run members are being invited to join the athletes for some part of the evening.

**October 17th: Ladies Night.** All songs this night will be chosen by female athletes. (Submit requests online.)

**October 24th: Prom/Homecoming.** (extended evening) Get in your best clothes and join in for a longer Dance Party.

**October 31st: Halloween.** (No explanation needed.) Some of Michael Jackson's Thriller Dance moves will be learned as a bonus.

For the dance themes for November and December, click [here](#).

Daniel Larrimore in his Grateful Dead mask.

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## Social Clubs and Virtual Movement Activities (and Don't Forget YAPpy Hour!)

The October schedules for **Social Clubs** and Virtual Movement activities is [here](#).

**Social Clubs:** 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](mailto:jscrhiml@somd.org)) if you have any ideas or leads.

**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!

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## Athlete Leadership Boot Camps

SOMD is conducting Boot Camps - short, one hour courses focused on developing skills that will help athletes improve in communication skills (Written and verbal), presentation skills, social media skills and some adaptability skills through improv. No previous training is required and you do not have to be an existing Athlete Leader. To see the list of boot camps and registration information, click [here](#).

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## 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



• Jason

Kauffman in his Star Wars Mask.

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## 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.

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## 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

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. **The Flame of Hope will be joining our distance runners at their practice on October 10th.**

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 SOHO 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.

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## 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.)*

**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, 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 5 business days prior** to a virtual PoC course in order for it to be held.)*

sure to use the same link every time you shop at Amazon. It's that easy to make a difference!

[Shop Here](#)

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## 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](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!

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## 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"](mailto:ListofFun4everyone@gmail.com) and you'll get an automated response. There is no email "group" that you need to join.

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## Photos Of Our Athletes

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

[Event Photos](#)

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**Tues & Thur, October 27 & 29, 2020**, 6:30 – 9:00 p.m. each evening; Virtual Training session (limit of 20 participants) (**MUST ATTEND BOTH SESSIONS TO COMPLETE COURSE**) To register, 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.)

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## THANK YOU MARILYN!!

Special thanks to Marilyn Miceli for her efforts in creating this monthly newsletter. Hours of her time are spent writing articles, gathering pictures, and doing the final edits for this publication that goes out to over 3200 recipients. This organization is forever grateful for all that you have done to make Special Olympics Howard County truly special!! Well done Marilyn!



P.S. I know you would have never approved of this recognition, but I have last edits before sending!!

## 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](#)

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## 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](#)

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## 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).



## The Lisa Higgins-Hussman Foundation



### Special Olympics Howard County

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Columbia, MD 21045  
Phone (410) 740-0500

Contact SOHC Today



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