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October 2020 Newsletter - Issue #10



Law Enforcement Torch Run Travels Through Howard County

As you all remember, the annual Torch Run which is run in conjunction with the June Summer Games was a Virtual Event due to the pandemic and cancellation of Summer Games in Towson. SOMD extended the Virtual Torch Run and on October 9th at City Dock in Annapolis, the Flame of Hope was passed to law enforcement officers from around the state. Over the next week, these officers visited their local communities to visit athletes at their

practices to show their support.

We were fortunate to have our local officers and SOMD CEO Jim Schmutz bring the Flame of Hope to our distance running practice on the next day. According to Distance Running Coordinator, Ann Worley, "The athletes eagerly anticipated [their] visit and were not disappointed! The ceremonial run around the pond with the torch was indeed memorable. Everyone (athletes, volunteers, and families) were grateful for the words of encouragement and the athletes were thrilled that the officers ran alongside them. Among their practices this season, that day was truly a highlight." Click [here](#) to listen to the post-event interview with Distance Running Coach John Worley. To enjoy photos of this events, click [here](#).

Registration for Snowshoeing and Alpine Skiing is Open

Registration for the **snowshoe** season will be open from November 1st through November 20th, with practices beginning the first week of December. On Sunday mornings, athletes will put on snowshoes and run on the grass (or snow!) at Centennial Park. Online fitness sessions will be held on Wednesday evenings via Zoom. Please note the following requirements:



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.

On Line Scavenger Hunt

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 the first Inspiration Walk?

New SOHO Website to Be Unveiled Soon

We have been working hard on our new website and hope it will be ready for "prime time" in mid-November. The new site will feature lots of information about our organization, sports programs, policies and resources and lots more. Special thanks to Mimi Goodman and Janet Larrimore who have been working with our web developer Mays and Company to produce what we think will really showcase our organization, our

- Athletes must be at least age 12
- Parents/caregivers must remain at practice and will be required to assist their athletes in putting on snowshoes. Coaches will show you how.
- Athletes must have access to a computer to participate in the Zoom exercise sessions.
- Athletes must be able to:
 - Follow directions.
 - Actively participate.
 - Maintain social distancing.
 - Demonstrate appropriate behavior
 - Withstand cold weather.
 - Pass COVID-19 screening protocol at in-person practices (temperature checks and screening questions).

Click here to register. Note that registration will be limited to 20 athletes. Volunteers are needed. If you are interested in volunteering for snowshoe, send an email to janetlarrimore@somdhc.org.

Registration for alpine skiing is also open at this time. Exact details of the season have not been worked out, but a Sunday morning practice at Centennial Lake will take place and possibly another evening virtual fitness session. The next newsletters will have final details.

Dances, Dances and More Dances in November

DJ Steve Towne will be "spinning" the tunes for our **virtual Fall Dance on Friday, November 6th** from 7:00-8:00 p.m. To register, email info@somdhc.org. You will receive log on information by email.

SOMD Saturday night dances with DJ Kris Stone. To register, click [here](#).

Dances run from 7-8:30 p.m. November's dance themes are:

November 7th: 70's Night. It's a flashback to SOMD's 50th Anniversary celebration.

November 14th: Country Music Night. Spurs, Boots, Hat? Check! All tunes will be from country artists.

November 21st: Pajama Party. Get your comfy clothes on as we host a PJ Party.

November 28th: Musical Movie Soundtrack night. Grease, Frozen, and High School Musical. Dance and sing along.

Recreation and Parks:

November 13th: Boot Stompin Boogie – Click [here](#) to register.

athletes and all the volunteers who make this organization what it is.

Volunteer Orientations

The next **virtual** volunteer orientation is scheduled for Wednesday, November 18th 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 janetlarrimore@somdhc.org or calling the office (410-740-0500). The final orientation for 2020 will be on Monday, December 21st.

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.

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

The November schedule for **Social Clubs** and **Virtual Movement** activities is [here](#). Very exciting this month will be our very own **Tripp Logue** who will talk about **Hiking the Appalachian Trail and Hiking Etiquette** on November 19th at 6:00 p.m.. Be sure to tune in to hear Tripp. Other topics this month include Easy Crafts from Home, Being Thankful Mindfulness Technique, Genealogy, and others.



Social Clubs: Is there a topic you want to learn more about? Do you want to host an evening on a Tuesday or Thursday like Tripp will be doing? 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.

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!

Jena Jones Top Female SOHO Athlete in Walking Challenge



Last month, we highlighted many of the SOHO athletes and teams that exceeded the **50 for 50 Walking Challenge** celebrating Special Olympics Maryland's 50th Anniversary. One of the athletes that we missed highlighting was **Jena Jones** who was listed as a member of the 100 Mile Club logging in 407.9 miles! Asking Jena about her walking program,

she noted that she walked in her neighborhood Monday through Friday three times around listening to music. When it rained, she worked out on the stationary bike and with a workout video. Adding to her workouts, she concentrated on her eating habits and worked on portion controls. All this



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 - 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.

resulted in her losing 50 pounds - a good way to celebrate SOMD's 50 years!
Good work, Jena. Keep it up!



Bryan Bourdon Speaks at Golf Tournament

On Friday, October 30th, Jimmy's Famous Seafood hosted a Golf Tournament at the Bel Air Golf Center benefiting Special Olympics Maryland. SOHO Golfer Bryan Bourdon gave a speech welcoming the golfers and telling them about his involvement in Special Olympics. He was supposed to participate in a putting competition, however, due to the inclement weather, the putting competition was cancelled.

Athlete Leadership Town Hall Meetings

Many of our athlete leaders have attended social clubs, leadership trainings, Boot Camps, Saturday Night Dance Party and fitness trainings. They have been active on social media and had a very positive influence for other athletes and families.

WHAT IS NEXT? SOMD would like to develop their plans for the first six months of 2021.

Jason would like to hear from all of you - parents, other family members, caregivers and staff as well. Please think about the following questions and join Jason Schriml for one of these meetings.

1. What should we continue to offer?
2. What should we stop offering?
3. What is something we can offer that is not currently offered?
4. How can you help? (Teaching, hosting, etc.)
5. Anything else?

FACEBOOK

Monday, November 2nd, 5 pm, Facebook LIVE. Click [here](#).

Thursday, November 5th, 8 am, Facebook LIVE, Click [here](#)

ZOOM

Tuesday, November 3rd, 12 pm, click [here](#).

Saturday, November 7th, 9 am. Click [here](#).

If you can't make any of the meetings, send a note to Jason Schriml at jschriml@somd.org.

Note from SOHO Representative to SOMD Athlete Council

"Hi! My name is Christine Towne and I'm one of the representatives on the Special Olympics Maryland athlete input council. I want to do a good job sharing with the council ideas and concerns that you have. Right now, many

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 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](#)

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.

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!

of our regular events have needed to be cancelled to keep us safe from the virus. But many of you have found two thousand two ways to stay connected with other athletes. What ways work best for you to keep in touch virtually? You can share your thoughts with me via email by contacting me at ctowne2005@gmail.com. Thanks!"

General Physical Preparedness

SOMD Powerlifting Director, Derek Willis, continues to provide high quality content for all SOMD athletes. Note that his content is not only for Powerlifting athletes! The information provided in this email below shows that no matter what sport athletes are playing, powerlifting plays a developmental role in each of your passions.

Words for multi-sport athletes

"Powerlifting is very unique in its ability to aid in the General Physical Preparedness (GPP) Powerlifting, CrossFit, and Bodybuilding all have a high rate of transferability to other sports, but absolute strength has the most carry over.

A few examples:

Soccer: Stronger hamstrings from squatting and deadlifting will allow you to run faster and jump higher. Your knees will also be stronger and less prone to injury from fast changes in direction.

Skiing: Powerlifting will aid in developing the athlete's quads to help maintain a nice low stance during a ski session. The lats and triceps also tend to get very powerful while powerlifting, which will allow for more powerful strokes with the poles.

Swimming: Stronger lats, hips, and shoulders can only aid to swimming performance.

Golf: A stronger back and hips will provide a more powerful swing while making you less prone to injury.

Kayaking: This is a great sport for powerlifters to do off season, and vice versa. Both sports require very strong upper backs and will aid each other in developing the body year round. These of course are just a few quick examples. If you have an athlete that is only interested in one or two sports and is unsure of what to do in their off season, you should absolutely contact myself, or your local powerlifting coach (if your county has one).

What should athletes be eating for dinner?

According to Derek, "The best diet out there, is the diet that you are ACTUALLY going to do." Through this [video](#), Derek provides us multiple options when preparing our plates, which will help each of your athletes reach their peak potential in their powerlifting aspirations.

What can you do to build your deadlift at home?

This [video](#) shows some at home remedies that can be used when deadlifting, along with helpful reminders regarding form. Tired of the typical deadlift? Variants are also shown in this video!

Coaches Training Opportunities

[Coaching Special Olympics Athletes](#) (CSOA) -- - *Coaching Special Olympics Athletes* (CSOA) -- SOMD is pleased to offer in-person training

[Shop Here](#)

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](#)

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.

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.)

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.)

Saturday, December 5, 2020, 9:00 a.m. – 2:00 p.m. Virtual Training session (limit of 20 participants)
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.)



Recognize SOHO Athlete Jimmy Bucher at University of Maryland Games? Go Terps!

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



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Contact SOHC Today

