

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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March Newsletter

Issue #2019-03

Inspiration Walk Just 27 Days Away!!



Special Olympics provides great opportunities for all of our athletes. By participating in sports, SOHO athletes have: increased physical fitness and sports skills, increased self-confidence and social competency, greater readiness for employment, improved friendships and family relationships

You can't put a price on the positive impact that Special Olympics sports has on athletes. We are very proud that we have been able to provide quality programs for our athletes without cost to families. All of our expenses for facilities, uniforms, equipment, competitions, etc. are covered through the generosity of individuals and businesses who believe in the program and its results.

The Inspiration Walk is our annual fundraiser, critical to our program, raises about 50% of our annual operating budget. With our increased number of athletes and costs, we rely heavily on funds raised at the Walk so that we can provide sports programs free of charge for our athletes. (For example, our costs for basketball training facilities increased 50% this year.)

The Inspiration Walk brochures have been mailed. Please help us continue to provide sports training and competition opportunities for the over 800 Special Olympics Howard County athletes by raising funds. Come out to the walk to enjoy the festivities and show the Howard County community the strength of our athletes and organization. There will be lots of activities, including new games, dancing, raffles and much more.

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HCAS to Host Meeting in Spanish

The Howard County Autism Society will be conducting a meeting for families whose primary language is Spanish on April 10th from 7:00-8:30pm at the HCAS office, 9770 Patuxent Woods Dr. Columbia, MD 21046. [Click here](#) for more details and agenda for the event.

Volunteer Orientations

The next Volunteer Orientation will be held at

Also Wegmans, Canada Dry Potomac, Body Armor, Rethink Water and Jersey Mikes will once again provide refreshments.

You can register for the walk by clicking [here](#) by setting up a fundraising page. (You can also register the morning of the walk and bring funds raised.) You can also make a general donation by clicking [here](#).

Every year, we have posters of our athlete lining the walkway at the event. If you would like to showcase your athlete, posters can be purchased for \$40 each or three for \$100. See [attached paper](#) for further details.

If you are interested in helping with this event, contact Janet Larrimore (janetlarrimore@somdhc.org)

Don't miss this exciting and important event!

Scholarship Applications Deadline Nears

The deadline for the Jackie Burk Memorial Award and the Kathy Lindner Memorial Award is tomorrow **April 1st!!**.

The Jackie Burk Memorial Award for Outstanding Student Volunteer for Special Olympics Howard County (\$1500) was created in 2004 by Jack and Linda Burk in memory of their daughter, Jackie, a special friend and volunteer to Special Olympics Howard County.

The Kathy Lindner Memorial Award (\$500), in memory of Special Olympics Howard County's first Volunteer Coordinator, was created in 2012. Kathy was a dedicated volunteer in a number of sports, including the annual Softball Invitational.

The application for both these awards can be found [here](#).

Howard County Athletes Shine at Special Olympics World Games in Abu Dhabi

Four athletes represented Maryland as part of Team USA at Special Olympics World Games in Abu Dhabi and two of them were from Howard County!

the SOHO office on Thursday, April 4th from 7:00 - 8:30

p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for spring 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 or calling the office (410-740-0500).

Future Volunteer Orientations are scheduled for:
Thursday, May 2nd
Wednesday, June 12th

Did you know.....

The majority of our Inspiration Walk contributors (75%) are from Maryland. However, we have also received contributions from 40 of the 50 states, as well as DC, the UK, Canada and the Netherlands.

Amazingly, about 10% of our families (~85) contribute over 80% of the funds raised at the Inspiration Walk.

We need more of you to get involved with this important fundraiser!!!

Did you know that SOHO receives no funds from the Federal, State or Local governments and no direct funding from Special Olympics Maryland? We must raise all the funds needed to run our county's



Track athlete Charles Gaines and swimmer Jena Jones returned last week sporting medals and ribbons for their hard work. Charles won two 4th place ribbons in Shot Put and 200m run. He also won a Bronze Medal in the 4x100m relay. Charles' sister, Sonja, who went to the Games to support her brother, made this [fabulous video](#) of his time there.

Jena earned two Bronze Medals - one in the 50m freestyle and one in the 50m backstroke. To see Jena competing in the backstroke, click [here](#). Jena really exhibited a "never give up" attitude. She also earned a Silver medal in the 4x50 freestyle relay.



Congratulations to all the Maryland athletes and especially our very own Charles and Jena. You represented us and the USA well, and we are very proud of you!

sports programs. Please help by attending and contributing at the Inspiration Walk.

Upcoming Recreation and Parks Dances

Howard County Recreation & Parks is offering a number of dances this spring. The dances will take place at the Bain Center and cost \$20.00.

To register, click [here](#) and register for any of the following dances.

RP4301:301

80's Flashback - 4/11

RP4301.302

Spring Fling - 5/11

RP4301.303

Come Fly with Me - 6/8

Car Donation Program

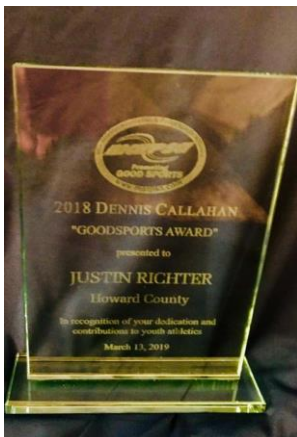
Through the efforts of longtime coach and volunteer, Duke Silvea, Special Olympics can now accept car donations to benefit our program. If you have a car you would like to donate, please contact the office at 410-740-0500 or email info@scmdhc.org. We will come and pick up your car, ready it for sale, 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



Justin Richter Honored as Youth Player of the Year Good Sports Winner



Congratulations to Justin Richter who was selected by Howard County Recreation and Parks as their Youth Player of the Year Good Sports winner at the Mid-Atlantic Recreation and Sports Alliance awards on March 13th at Quiet Waters Park in Annapolis. This is the first time any of our Good Sports winners have been

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-Cato at 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@somdhc.org or call 410-740-0500 to receive a sponsor information package.

PRESENTING SPONSORS

- Car Max Laurel Toyota
- Corridor Mortgage Group
- Lisa Higgins Hussman Foundation

LEGACY SPONSORS

- Allan Homes
- Brunswick Normandy Lanes
- Canada Dry Potomac
- Dwight and Diane Mikulis Integrated Waste Analysts
- Outback Steakhouse
- Quest Fitness
- Timbers at Troy Golf Course
- Wegmans

selected by the county to represent them at the next level.

Justin was our Youth Good Sports selectee at the Howard County Recreation and Parks Celebration of Sports last fall. (See October SOHO newsletter [here](#).)



Proud parents Jason and Alesia with Justin at the event.

Personnel Changes, Coordinators Needed

We have some changes to our organizations' management staff. **Mimi Goodman** will be replacing **Diane Mikulis** (who will be moving to Colorado this summer) on the Executive Management Team. Diane's other position as Public Relations Director will be filled by **Jack Burk**. **Sarah Swiger** will be our new Finance Coordinator.

Zach Decker has replaced **Dave Fagan** (who will also be moving to Colorado later this year) as the annual Softball Invitational Coordinator. **Cyndi Song** will take over **Robin Phillips** position as Flag Football Coordinator.

Tom Yarrish has joined the swimming program as co-coordinator. Group coordinators for swimming include **Eric Snyder**, **Excel Roybal**, **David Eisenberg**, and **Debbie Holfelder**.

Thank you to everyone for stepping into these roles. Our organization is volunteer-run, so it's critical to have people get involved.

Current Needs: We are in need of a coordinator for **Soccer Player Development, Kayaking, and Softball (under 22 team)**. Remember, [if a sport](#)

Photos of Our Athletes

You can enjoy photos of our athletes at practice, competitions and other events on our photo page. [Click here](#).

SOHO Merchandise For Sale

You don't want to miss these incredibly low prices on SOHO merchandise. Contact the office if you are interested in any of these items.

Navy Fleece Jacket = \$20.00

Short sleeve T-shirt = \$10.00

Long sleeve T-shirt = \$12.00

Charm Bracelet = \$5.00

Pen = \$1.00

Fleece Blankets = \$15.00

Thermal Bottle = \$10.00

Baseball hat = \$10.00

Ice Scraper = \$1.00

Car magnet = \$1.00

Heavyweight poncho = \$5.00

Cooler foldable tote = \$10.00

Beach towel = \$20.00

Collapsible chair = \$20.00

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

does not have a coordinator, that sport will be cancelled until someone takes the position.

Coordinator Training will be provided. If you have any further questions about the position, contact Russ Young (russtace@comcast.net).

Medical Coordinator: The Medical Coordinator is in charge of all medical related activities. Specific duties include arranging for onsite medical support for all local competitions, ensuring medical kits are filled with supplies prior to the start of each season and attending monthly general meeting with management team and coordinators. This is a position that can be shared.

Individuals interested in any of these position must be (or become) a certified Special Olympics volunteer. Interested individuals should contact Janet Larrimore (janetlarrimore@somdmc.org).

Planning for a Loved One with Special Needs

Elville and Associates' principal and lead attorney Stephen R. Elville, J.D., LL.M. will present What Families Need to Know About Planning for a Loved One with Special Needs on April 24th. Attendees will learn what is involved in the planning process for an individual with special needs and their family, and the importance of preserving the loved one's financial security and quality of life. For locations, details and registration information, click [here](#)

In Memoriam



Don Smith: A true friend of Special Olympics Maryland and Howard County, Don passed away on March 17th. For over 20 years, Don was involved in the swimming community, not only in Howard County but at the state, regional, and nationals levels. In addition to his efforts with the Columbia Neighborhood Swim Leagues and the Columbia Clippers, Don gave of his time to help Special

Olympics at both the state and local levels. He was instrumental in connecting the officials from Maryland Swimming with Special Olympics, recruiting and organizing the certified volunteer officials for Summer

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



[Coaches Guidelines](#)

Sports Rules

SOMD Introduces Coach Resource Page

SOMD recently added a Coach Resource Page to SOMD's public website (click [here](#)). The Coach Resource Page currently includes such things as the SOMD Sports Calendar, links to register for various coach webinars, links to webinar recordings and slide decks, the SOMD

Games as well as the Howard County competition. As an official, he balanced the standards of the FINA swimming rules with the diverse physical and behavioral issues of Special Olympics athletes. As former and long time swimming coach Becky Lessey said, "He was always so kind with the athletes, very fair and so easy to work with." We are honored that the family requested that in lieu of flowers, memorial donations may be made to Special Olympics Howard County.

Madhu Thibaudeau. Mother of SOHO athlete Ryan Thibaudeau, Madhu passed away on March 20th. An incredible volunteer, Madhu volunteered with the Howard County Autism Society for over 10 years, providing support for families and organizational programming. She assumed a Group Coordinator position in our swim program this year. In lieu of flowers, memorial donations may be made to the Howard County Autism Society or the National Kidney Foundation.



Our deepest sympathies to the Smith and Thibaudeau families.

Hail and Farewell

In February, Special Olympics Howard County joined the Howard County Police Department in bidding farewell to Pfc. Bonita Alicea who retired. Bonita has been a close friend of Special Olympics athletes, whether with the Howard County leg of the Torch Run, Chick fil-a and Red Robin events. She took great joy in presenting medals at Summer Games in Towson. We wish Bonita and her family all the best and thank her for her dedication to the athletes of Special Olympics.



Nick Stewart and Bonita Alicea's retirement

Camp Inclusion Registration Open/ Kickball Tournament on April 13th

Code of Conduct, and Coach Training and Education opportunities. The page is rudimentary and SOMD will be developing/expanding it and several other resources for coaches over the next several months. Check back regularly and let SOMD know if you find this resource helpful and how they can continue to improve its value. In the very near future, SOMD will begin launching sport-specific and event-specific (e.g., Winter Games) pages focused on the information needs of coaches, athletes, Unified partners and families.

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.](#)

Camp Inclusion is a summer day camp in Howard County for any student (12-21) with or without a cognitive, social, or physical disability. At Camp Inclusion, campers participate in group games and sports including soccer, kickball, and handball. Campers also participate in arts & crafts activities such as tie-dye and painting, as well as developmentally appropriate board games, which are adapted for campers as needed. Click [here](#) for more information.



Camp Inclusion's Inclusive Kickball Tournament will take place on April 13th at Dayton Elementary School (4695 Ten Oaks Road, Dayton.) Cost is \$15.00 in advance or \$20.00 on the day of the event. Individuals can register [here](#) and Teams can register [here](#).

Upcoming Events

There are a number of events coming up. If you are interested in volunteering at any of the events marked with an asterisk (*), contact Janet Larrimore (janetlarrimore@somdhc.org)

April 27: Annual Inspiration Walk @ Centennial Park 7:00 a.m. - 12:00 p.m.*

April 28: SOHO Swimming Competition, HCC, 8:00 a.m. - 2:00 p.m.*

May 4: SOHO Track Competition, Wilde Lake HS, 8:00 a.m. - 2:00 p.m.*

May 19th: SOHO Softball Competition, Kiwanis Wallis Park, Ellicott City, 9:00 a.m. - 4:00 p.m.*

June 1: Equestrian Competition, Therapeutic and Recreational Riding Center, Glenwood, MD

June 7: MATP Challenge Day, Cedar Lane School, 8:30 a.m. - 2:00 p.m.*

Jun 3 7-9: Summer Games, Towson University

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.



SOHO Office, 8970 Route 108 Suite A1, Columbia, MD 21045

Hours: Monday, Wednesday & Thursday 8:00 - 1:00, Tuesday 1:30 - 6:30

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