

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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July Newsletter

Issue #2019-07

Registration for Fall Sports is drawing to a close. Deadlines for registration are below:

Bowling (recreational): September 17th
Bowling (League play): September 17th
Cycling: August 4th
Distance Running: August 21st
Flag Football: August 3rd
Powerlifting: closed
Soccer (skills): August 14th
Soccer (Player Development): August 10th
Soccer (Team): August 7th
Tennis (skills): August 8th
Tennis (Player Development): July 31st
Volleyball: August 22nd



[Click here to register](#) or go to the website, www.somdhc.org and click "Become an Athlete / Register for a Sport". If you do not receive a confirmation email, contact the office. Be sure to save your confirmation email. A reminder that all athletes must have a current medical on file in

order to participate in any SOHO activity. These must be updated every 3 years.

If you are new to tennis, you must register for the skills program. Reminder that there is an age requirement of 16 for Flag Football, Powerlifting, and Volleyball. Powerlifting and tennis are limited on the number of athletes we can accommodate. Once the number is reached, all subsequent registrants will be placed on a waiting list.

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9th Annual Corridor Classic Golf Tournament



Mark your calendars!
The 9th
annual
Corridor
Classic Golf

Tournament will take place on September 11th and 12th. Foursomes to this event go quickly so check out the [website](#) for further information. Since its inception, SOHO has received nearly \$200K from this tournament!!

Summer Office Hours

The fall online registration includes the fall session of bowling, which will run from October to December. Registration for the winter session of bowling (January to March) will open in October, along with other winter sports (basketball, alpine skiing, snowshoe, fitness). Due to capacity at the bowling alley, each bowling session will be capped at 120 athletes (we have 115 registered so far!) As in past years, to provide the opportunity for as many athletes as possible to bowl, athletes can only bowl in one session. Athletes whose parents are bowling volunteers or coordinators [for any sport] may bowl in both sessions.

Hail and Farewell: Diane Mikulis

It was with a heavy heart that we bid farewell to long-time volunteer Diane Mikulis. Diane and her husband, Dwight, have moved to Colorado, and our loss is definitely Special Olympics Colorado's gain. Diane is already getting involved with that organization.



Diane's journey as a volunteer with Special Olympics began in college. She served Special Olympics Maryland as a volunteer to several World Games in the 1980's, then took a break in the 1990's to raise her family, and returned to Special Olympics in 2001, becoming SOHO's Public Relations Director. She joined the Executive Management team in 2004, providing an excellent

perspective to our management, offering sound advice, awesome networking connections, and a great strategic vision. She revised our Volunteer Orientation and for many years, conducted 8-10 orientations a year. She was a member of the Inspiration Walk planning team since it began in 2002.

She was the tennis Assistant Coach from 2006-2018 and ran the SOMD Tennis competition at Fall Fest at Mt. St. Mary's University for many years. She was also the Assistant Alpine Ski Coach for many years, becoming the Head Coach in 2013. She served as a ski coach at Special Olympics World Games in Idaho (2009), South Korea (2013), and Austria (2017). In 2014, she was SOMD's Head of Delegation for the Special Olympics USA Games in Princeton, NJ and in 2018, was the Assistant Head of Delegation for SOMD's delegation to the USA Games in Seattle.

Former Columbia Flier sports columnist, Stan Ber, noted that "Special Olympics has one of the very best

Office hours from June 24th to August 16th, will be:
Monday: 8:00 - 1:00
Tuesday: 8:00 - 1:00
Wednesday: 1:30 - 6:30
Thursday: 8:00 - 1:00
After that, office hours will return to Monday, Wednesday and Thursday 8:00-1:00 and Tuesday 1:30-6:30.

Soccer Skills Coach Needed

We are currently in need of a coach for our soccer skills program this fall. The coach will help athletes learn to follow directions, gain independence and work on soccer and social communication skills. If interested, please contact Soccer Skills Coordinator Sarah Sommerville (sommerville.sohc@gmail.com) or Janet Larrimore (janetlarrimore@somdhc.org) Please help ensure that this program continues.

Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Thursday, August 8th from 7:00 - 8:30 p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for fall 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

volunteers in Diane Mikulis.....She has shared her passion for sports with a group of individuals that have historically been left on the sidelines. She has impacted and transformed countless lives and built inclusive communities of dignity and respect in Howard County and across the state."

Diane and Dwight have been Legacy Sponsors for SOHO every year.

At a small farewell, SOMD CEO Jim Schmutz gave a [moving tribute](#) to Diane which was followed by a [poem](#) written by Barbara Evans, who has known Diane for 40 years.



SOMD CEO Jim Schmutz, Dwight and Diane Mikulis, Asst. Director Marilyn Miceli and Director Bob Baker honoring Diane's service and wishing her all the best in Colorado.

Young Athletes Program Returns



We are happy to announce the return of the Young Athletes Program (YAP) this fall. The program is a free of charge sport and play program for children *with and without* intellectual disabilities ages 2 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing, and supports the growth of important motor, social and learning skills. Parental engagement is required. (This is not a drop off program!)

contacting Janet at janetlarrimore@somdhc.org or calling the office (410-740-0500).

Future volunteer orientations are as follows:
Thursday, September 5th
Tuesday, October 15th
Wednesday, November 20th
Monday, December 16th

Recreation and Parks Dance

There is one more Howard County Recreation & Parks dance scheduled for this summer.

RP4301.402
August 17th: Toga Party
The dance will take place at the Roger Carter Community Center in Ellicott City from 7:00-10:00 p.m. and cost \$20.00.

Registration for all these activities can be found [here](#).

Registration for fall programs will begin on July 31st at 6:00 p.m.

Swim Team Merchandise

We have a limited number of Swim Team T-shirts left in the following sizes:
Youth: Medium (2), Large (1), XL (2)
Adult: Small (3), Medium (2), Large (2), XL (3), 3XL (1)

We also have 2 swim backpacks (\$25.00) and 2 large towels. (\$20.00)

Car Donation Program

Through the efforts of longtime coach and volunteer, Duke Silvea,

Registration is now open and limited to 20 athletes. The season will run from September 28th to November 16th from 9:00 - 10:00 a.m. at Rockburn Elementary School.



Click [here](#) for the registration form which can be mailed or brought to the office.

Changes in Bowling and Tennis Programs

A few new offerings in bowling and tennis this upcoming season.

Tennis: We will offer a skills development level through Recreation & Parks on Thursday evenings as well as our traditional player development tennis on Tuesday evenings. The program is limited to 20 athletes.

Bowling: A competitive league option will be offered for those meeting the following criteria:

- Minimum Age of 14
- **Bowls at a pace that enables three games to be completed within the 2 hour period**
- **Committed to attending every week**
- Understands to count pins knocked down
- Recognizes strikes and spares
- Maintains knowledge of own score
- Knows which lane to bowl on when it is their turn
- Understands not to cross the foul line when bowling
- Knows to only bowl when pins are free standing
- Demonstrates good sportsmanship
- Consistently demonstrates a competitive effort
- Waits for bowlers on adjacent lanes to finish before bowling
- Bowls cooperatively with other bowlers
- Observes lane courtesy when retrieving their ball
- Approaches the ball return from the correct side
- Identifies and selects their own ball
- Ramp Bowlers who are able to aim the ramp on their own

Celebration of Sports Photo Contest

Think you've captured what it means to be a good sport? Enter up to three photos of your own that represents respect,



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!

Inspiration Walk Sponsors

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positive leadership, team ethics and/or dedication in community sports. The deadline is September 20, 2019. Winners will receive two complimentary tickets to Celebration of Sports on October 29, 2019 at Turf Valley Resort and have their photos on display at the event.

For details and also the winners of previous years' contests, including one of last year's winners, a photo of athlete Aaron Thornton taken by our own Marie McGing, click [here](#).

New Bocce Courts Open!



SOHO Bocce Coach Chris Thiem cuts the ribbon to open the new state of the art bocce courts.

Howard County Executive Calvin Ball, Senator Clarence Lam, Delegate Terri Hill, Recreation and Parks Chief Raul Delerme and his staff joined Special Olympics Howard County Maryland to cut the ribbon on new Bocce courts in Cedar Lane Park West. These courts will be the home of the SOHO Bocce team, and for public use at other times. Guests received a commemorative coins.

Bob Baker gave a little history of how our original courts were built in 2007 as an Eagle Scout project by Andrew Byun, brother of SO athlete Peter Byun.

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Drug Takeback Day

There will be a Drug Take Back Day on October 26, 2019. Dispose of your unwanted or expired medications at Howard County's Drug Free's one-day convenient drive-thru drop-off location (accepting over-the counter and prescription medications, needles, syringes, and EpiPens) at the Wilde Lake Village Center parking lot from 10 a.m. - 2 p.m. For details, click [here](#).

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

Some of these items are in short supply so get them while you can!

Navy Fleece Jacket = \$20.00

Short sleeve T-shirt = \$10.00

Long sleeve T-shirt = \$12.00

Pen = \$1.00

Fleece Blankets = \$15.00

We are extremely grateful to the county as well as the students of Glenelg Country School who raised over \$5,000 in support of this project and the bocce team. These funds will be used for bocce uniforms and a future bocce inter-county competition next spring.



County Executive and Recreation and Parks Chief try out the new courts

Swimathons Raise Funds for SOHO

Two Columbia Neighborhood Swim League (CNSL) programs - Phelps Luck and Pheasant Ridge - selected the SOHO swim program to be the recipient of funds raised at their swimathons. Caroline Lewis, coach of the Phelps Luck swim team (and the 2018 Jackie Burke Memorial Scholarship recipient), and her swimmers raised \$855. Thanks to Pheasant Ridge Team Manager Jeanne Samuels and her swimmers who raised \$770.

We have been fortunate to be the recipient of funds raised at previous swimathons from both these swim teams. Thank you to all the swimmers and their families for supporting our athletes and invite them to come out and watch our amazing swimmers during their training season next spring.

The Power of the Pen - DDA Responds to Proposed Amendment Feedback

Thanks to the many people who sent letters to the Developmental Disabilities Administration (DDA) regarding the proposed serious limitations on Self-Directed Services in Amendment 2 of the current HCBS Waivers that govern both self-direction and traditional services. If Amendment 2 was approved by the Federal Center for Medicaid and Medicare Services, SD participants would be unable to access staff supports or transportation funding for any activity specifically designed for people with disabilities. This would have

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 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

meant that there would be no supports for most Special Olympic activities, for classes at the Hussman Center for Adults with Autism, and for so many other activities that have evolved to meet the special needs of people with DD.

On July 26, the DDA acknowledged the recommendations, concerns, and feedback from individuals, families, advocates, partners, and providers during the public comment period for Community Pathways Waiver- Amendment #2 2019.

DDA continued: "The mission of DDA and the basis of the amendment is to support the full integration of people with disabilities in community settings and activities of their choice and to pilot the new Long-Term Support Services system that starts in December. Based on the helpful feedback received, the DDA has adjusted the amendment's disability-specific activities language to better reflect the intended purpose of encouraging, supporting and promoting the integration, inclusion and independence of people with developmental disabilities."

"Services can be provided in a variety of community settings and activities that promote opportunities for increased independence and inclusion. Through the person-centered planning process, all opportunities should be explored based on the person's preferences and support his or her desired outcomes and goals. The setting should not have institutional qualities. Considering the person's overall person-centered plan, activities should not isolate or segregate. If the individual chooses any disability specific classes, activities, events or programs, the choice must be documented in the person-centered plan."

"The DDA will not restrict participation in disability-specific activities when other community opportunities have been explored based on the person's preference and supports and is documented in the person's plan. The adjusted amendment language makes this clear. "

The Peanut Butter Falcon

The **Peanut Butter Falcon** is an adventure story set in the world of a modern Mark Twain that begins when Zak (22), a young man with Down syndrome runs away from a nursing home where he lives to chase his dream of becoming a professional wrestler and attending the wrestling school of The Salt Water Redneck. Through circumstances beyond their control Tyler (32), a small time outlaw on the run becomes Zak's unlikely coach and ally. Together they wind through deltas, elude capture,



[Coaches Guidelines](#)

Sports Rules

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.](#)

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

drink whisky, find God, catch fish, and convince Eleanor (28), a kind nursing home employee with a story of her own to join them on their journey. Written by Lucky Treehouse.

Check out the trailer for The Peanut Butter Falcon on IMDB [here](#). The film will be released on August 9th in NYC, LA, Boise, and Austin, with a plan to go wide release on August 23rd.

Voluntary "Flagging" Program for Calls to 911

The Howard County Police Department is expanding its voluntary 911 flagging program, which allows households to "flag" their address in the county's 911 database if a person living in the home has a disability. Families can note if someone in the home may have special needs or circumstances that could affect how first responders react in an emergency situation.

For example, if someone living with autism has sensory sensitivity, an officer could be mindful of the possible effects of police lights or sirens when approaching that household.

The program was established in 2012 through a partnership between the department and the Howard County Autism Society to help alert first responders if someone at an address had autism or a similar disability.

Now in the program's expanded form, families can also flag their home if a person has Alzheimer's; physical, intellectual, developmental or degenerative disabilities; mental health diagnoses; or other behaviors that could affect an emergency response.

All information submitted as part of the 911 flagging program remains confidential and will only be used by emergency dispatchers and responders.

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.



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

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