



**Special
Olympics**
Maryland



50
YEARS
1970-2020

July - August 2021 Newsletter - Issue #7



**Special
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Maryland



**USA Games -
Team Maryland**

Nine Special Olympics Howard County athletes have been selected to attend the 2022 Special Olympics USA Games in Orlando, Florida, from June 5-12, 2022 as part of Team Special Olympics Maryland. Congratulations to Charles Gaines, Mark Worley, and Evan Jacobs (athletics); Andy Young (bocce); Gillian Eisenberg and Ryan Thibaudeau (swimming), Alan Conway (golf); Kenny Long (powerlifting); and Colin Saylor (tennis). In addition, Coach Jack Healey has been selected as the Assistant Tennis Coach for Team Maryland.

The Games will unite more than 5,500 athletes and coaches from all 50 states and the Caribbean, 20,000 volunteers, and 125,000 spectators during one of the country's most cherished sporting events.

Over the past week, Area Directors and SOMD staff have been sneaking all around Maryland to surprise a few of Team Maryland nominees. Check out the videos [here](#) and see two of our SOHO athletes being surprised with the news that they will be part of Team Maryland.

Fall Sports Registration; Vaccination Tracking

Registration for cycling, flag football, and powerlifting is now closed. Registration for the following sports is still open; Bowling (deadline 9/18); Distance running (deadline 8/16), Soccer (8/11) and Volleyball (deadline 8/25). [Click here](#) to register.

While COVID vaccines are not required for participation at this time, some of the new guidelines are set by vaccination rate. Programs can continue to operate in a less-restrictive environment if there are 10 or fewer new COVID cases per 100,000 **OR** 80% or more participants are vaccinated.

Because of this, Special Olympics will start tracking the vaccine status of participants (athletes as well as volunteers/coaches) so that we can have an accurate understanding of the vaccination rate for Special Olympics Howard County. Valid proof of vaccine will be required---- at this point, only a valid COVID vaccination card or documentation from a medical professional that

New Office Hours

New office hours will be 8:30 - 1:30 Monday and Thursday, 1:30 - 6:30 on Tuesday. Individuals who are not vaccinated are required to wear a mask when entering the office.

Athlete Feedback Meeting

SOMD is looking to hear from the athletes of Howard County. Come and give SOMD your feedback on how your Special Olympics experience is going in Howard County and with Special Olympics Maryland. Light fare and refreshments will be provided to attendees.

WHEN: Saturday, August 28th, 2021 from 9:00 am to 11:00 am

WHERE: 8975 Guilford Rd Suite 170, Columbia, MD 21046

Space is limited so don't delay and register [here](#).

Volunteer Orientations and Volunteer Opportunities

The next volunteer orientations will be held virtually (Zoom) at 7:00pm on August 16 and September 22. Anyone who is interested in obtaining volunteer certification should contact Janet Larrimore (janetlarrimore@somdhc.org) for

indicates the vaccination date and type will be accepted. Should other forms of proof be made available in Maryland, we will consider those. Note that this information collection is solely for tracking purposes and is not required for program participation. Copies of proof of vaccination should be sent via email to janetlarrimore@somdhc.org.

What if my card is lost or damaged?

If the card is lost or damaged to the point where it isn't readable, replacement cards can be obtained through the Maryland Health Department. We understand that it may take some time to get a replacement, but because a vaccine isn't required for participation at this time, those with lost cards will simply be considered unvaccinated in our counts until proof of vaccination is submitted.

Here are the instructions to get a replacement card:

1. Using Chrome, go to the Maryland Immunization website:
<https://md.myir.net/ro1>
 2. Select "Register Today" and complete the form to create an account
 3. Complete the "find your records" form.
 - Note: There may be a delay while the site links to your health department records. If it does not link immediately, wait a few minutes and select "try again"
1. How to download or print your COVID-19 immunization record:
 - At top of screen select "Go to Documents" to view state certificates
 - Select "Certification of COVID-19 Vaccination". You may print or download your COVID vaccine certificate.

What if I do not want to provide proof of vaccine?

While we hope all our vaccinated participants feel comfortable providing proof of vaccination, we understand some may not. Those who choose not to provide proof of vaccination will be considered unvaccinated but can still participate in programs at this time.

INSPIRATION WALK CHALLENGE: 20 Miles for 20 Years

The 20 Miles for 20 Years Inspiration Challenge has been going on for just over a month (starting July 1st) and will end on September 1st. How are you doing on your walking? Be sure to share your walking adventures on social media. Take photos or videos of your walk and post them on our [Facebook event page](#) and tag us on Instagram ([@special_olympicsmdho](#))



further information. Pre-registration is required.

Volunteers are needed in fall sports, especially in the following sports: cycling, soccer and tennis.

Coordinators Needed

Sport Coordinators are critical to our program. If a sport does not have a coordinator, we will not have that program until someone steps up. Currently, we have coordinator openings in **Softball** and **Snowshoeing**.

Lisa Emmerling has served as Softball Coordinator for five years and is stepping down. Ideally, we would like to have two coordinators, one to cover the Senior Team and one to cover the Rookie Team.

Janet Larrimore has served as the Snowshoeing Coordinator for 10 years. Janet is also our Volunteer Coordinator and Office Manager. We are looking for someone to take her place in a sport that is currently relatively small and which we would like to grow.

Interested individuals should contact the office for more information. (Call or email info@somdhc.org)



Hail and

Farewell

We will be missing a familiar face on the volleyball court this fall (and in bowling, basketball, swimming and kayaking). **Peter Byun**, a SOHO athlete for 15 years, has moved to Florida. He got a job at a Veterans Affairs nursing home in St. Augustine.



You can track your miles on the Strava app (download the free Strava app to your phone and join the club "SOHO Inspiration Walk" OR keep track of your own miles and email your miles weekly to info@somdhc.org. Final numbers must be submitted by September 5th. When you walk 20 miles, you will be entered into a raffle for one of three \$100 gift cards and many other prizes.

Raise funds! You can donate directly to the **IW page on line** or set up **your own fundraising page** and get sponsors to support your 20 mile walk.

Donations can also be made by mailing a check to the office (Special Olympics Howard County, 8970 Route 108, Suite A-1, Columbia, MD, 21045). Those raising \$100 will receive a commemorative t-shirt. (T-shirts will be available to pick up at the office in September.) Also, in honor of our 20th Anniversary, additional prizes will be awarded to the top 20 fundraisers!

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.



We are only two weeks away from our inaugural Over the Edge event where individuals will rappel over the edge of Howard County's tallest building in the Merriweather District. (6100 Merriweather Drive)

On Friday, August 20th from 4-6 p.m., we will be honoring some local heroes such as a teacher, police person, nurses, fire

person. WBAL-TV's Jennifer Franciotti as well as DJ Kopec will be going over the edge along with SOHO athlete Thomas Smith.

On Saturday, August 21st from 9-3, individuals will go over the edge, including rappellers from presenting sponsor Howard Hughes who will be joined by athlete Glenn Donovan as their Team Captain.

Other sponsors include Whiting Turner, Allan Homes, Integrated Waste Analysts, Pioneer Services, Bohler, Manekin Corporation, Mackenzie, HBW Construction, and Downtown Columbia Partnership.

There are still rappelling slots open to those of you who no longer want to sit on the sidelines. You can register and set up your fundraising page [here](#) or support your favorite rappeler.

We will all miss his enthusiasm and dedication to the sports in which he participated. He was a friend to many, and we will all miss him but wish him congratulations and best wishes on this new adventure.



Welcome to our New SOHO Family Member

We welcome a new member of the Special Olympics Howard County family. Tennis, basketball and athletics coaches Kendall Concini and Matt Moore welcome their new baby girl, Alma, on Mothers' Day. Congratulations and best wishes (to our newest volunteer!)

Athlete Medicals and the New Communicable Diseases Waiver Required

Remember that all athletes must have a current medical before they can participate in a Special Olympics program, whether in person or virtual. It's a good time to ensure that your medical will be current once programs open up again. Medicals last for three years. If you are unsure of when your medical expires, contact info@somdhc.org. Don't wait until the last minute to schedule your physical.

All athletes, volunteers and coaches must sign a Communicable Diseases Waiver (CDW) before participating in sports. The form can be signed in advance by reading the fact sheet and signing page 3. The **signed waiver** can be emailed to

info@somdhc.org. If not signed in advance, the CDW can be signed at practice. The CDW will need to be re-signed every 3 years. Those who participated in Spring sports and

Exciting new opportunity.: Want to take a chance on getting a rappelling slot? **Enter the raffle by clicking here** and you could be one of 10 lucky winners to rappel. One entry costs \$25.00 and give you one chance at winning a spot to go Over the Edge. Want a better chance? \$100.00 will give you five entries to win a rappelling spot. You must enter by Wednesday, August 18th, 2021 at 11:59 PM to be included in the drawing. Winners will be announced on Thursday, August 19th, 2021.

Check out our Instagram (@special_olympicsmdhoco) Facebook (Special Olympics MD Howard County) pages to hear short videos of why individuals, such as coordinators and parents Dave Donovan, Clare Colleli, and Dave Eisenberg are participating, as well as our Director Bob Baker and Mimi Goodman.

Volunteers are needed to help at the event on August 21st. Rope volunteers will be trained to assist the rappellers from 8:00am to 2:00pm. Volunteers are also needed for other activities such as registration. If interested in volunteering, send an email to janetlarrimore@somdhc.org. Rope volunteers will also have an opportunity to rappel for free!

Come out and join us to cheer on these brave individuals!

Activities for Athletes

September Athlete Leadership Offerings

SOMD is offering a number of athlete leadership courses in September. Click [here](#) to see the list of course and how to register.

Change to SOMD Saturday Night Dances:

Even though we are slowly opening up to in-person activities, SOMD has decided to continue with Saturday Night Dances on Zoom.

There is a **NEW LINK** to register that will allow you to register once and choose which Saturdays you will attend.

The themes for August and September are:

Aug 14	PJ Party
Aug 21	80's
Aug 28	Cartoon/Anime Night
Sep 04	Ladies Night
Sep 11	NO DANCE
Sep 18	Beach Party
Sep 25	Homecoming Dance

Recreation and Parks:

For a listing of all Therapeutic Recreation programs, click [here](#). This includes the next dance on September 18th. (Theme: Under the Sea)

Brave in the Attempt Talks

Brave In The Attempt Maryland is a series of podcasts that focuses on the athletes of Special Olympics Maryland, their families, and their friends. SOMD's mission is to show that these amazing athletes are not only Special Olympic athletes, but your neighbors, your co-workers, and a part of your community. SOMD talked to athletes from from around the state and learned more about them in their every day lives. They were given the opportunity to

already signed the CDW do not have to sign it again until 2024.

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!

Adult Sibling Support Group

Are you an adult sibling of a brother or sister with a disability or special needs?

Have you ever felt overwhelmed by the need to support your brother or sister?

Have you ever struggled to find appropriate resources for your loved one?

Would you like to connect with other adults who share the same challenges and concerns?

A new Adult Sibling Support Group (21 years old+) has started and is open to those who have siblings with any disability. It's led by Virginia Rodino who has a brother with autism. They are meeting monthly via Webex right now to discuss mutual support and resource sharing. It is free to attend but a one-time registration is required. For further information, contact virginia.rodino@gmail.com.

Photos Of Our Athletes

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

tell their own story, in their own words. Many athletes have taken on our Leadership programs, many work closely with law enforcement around the world for the Law Enforcement Torch Run, and others get involved in many, many more programs that help shape them into model citizens. Nick Stewart gave one of these talks and you can view it [here](#). (go to 33.09 minutes to hear Nick).

Event Photos

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.

Coaches Training and Resources

Principles of Coaching

SOMD is very pleased to announce that coaches can now complete the Principles of Coaching course online on their own schedule via the version of the course available through CoachTube. The course is free and combines both videos and activities that coaches engage in on their own and can be completed in one or more sittings. Coaches who complete the course and pass the course test are provided with a certificate that they can send to coaches@somd.org for course credit and to earn their Advanced Coaching Level status. Specific instructions will be available shortly on the Coach Education & Development section of the [SOMD Coach Coach Resource Page](#)

To get the most current information about scheduled coaches training as well as certification status reports, go to the Coach Resource Page (link above).



The Lisa Higgins-Hussman Foundation



Special Olympics Howard County

8970 Route 108, Suite A-1
Columbia, MD 21045

Contact SOHC Today

Phone (410) 740-0500

