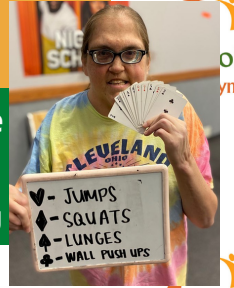


My Choice News

January Edition

Due to the rise in Covid cases, we suspended all community outings for the month of January.

Written by Deanna Dilley



My Choice Council

My Choice Council is back in session.

Our officers are as follows:

President: Kevin

Vice President: Christina

Secretary: Deanna

Treasurer: Billy

During My Choice Council we composed our January and February Calendar. We came up with activities to do in house while waiting to go back out into the community,

Cooking Club

Cooking club consisted of a group of 10 individuals. The group meet to plan their meal, they explored sales ads, and then meet to make the food. Due to shortages, we couldn't find any chicken to bread our own nuggets. We used frozen panko chicken nuggets instead. We were able to cut potatoes and air fry our own fries. Everyone enjoyed their lunch that they helped make!



Computer Club with Collin

Every Tuesday and Thursday we hold a computer class for all interested. This month they downloaded codakid studio and created an account on their website. They discussed how to create a secure account including a safe password and verifying your email. Started the codakid program using the videos on their website and following along in the studio. They created a character model (the spaceship). This involved shaping the pieces and anchoring them together. They picked the colors: red and orange and name of the game: spaceforce. They turned the spaceship into a character model so it could move/jump. They will continue to create a "game space" around this character model and eventually have a fully functioning game.



Rec 2 Connect

Since we haven't been able to go into the community during January, our recreation therapist Erin has been coming to us on Tuesday mornings. Erin has us do some stretching, and then we play fitness games. We had an obstacle course that helped with balancing. We also used a deck of cards and assigned a different exercise to each suit. We then had to pick a card and do the number of exercises for that suit.

I also had the opportunity to interview Erin for our DSP series from last season. This was an interesting interview since she started out with my Special Olympics team in Strongsville when she was a teenager.

Interview with Erin:

D: Have you always been into fitness?

E: Yes! I played sports growing up. I started weight lifting in college.

D: Are you or have you ever been an athlete?

Yes, I played soccer for 13 years. However, I admit to being the little girl doing cartwheels on the field in the beginning.

D: What's your favorite exercise?

E: I enjoy lifting weights and yoga.

D: How did you get involved in working with people with disabilities?

E: When I was 14, I began volunteering with the Strongsville Special Olympics track team.

D: Have you always wanted to work with people that have disabilities?

E: No. When I was little, I thought I wanted to be a firefighter. Later on, I wanted to be a hairdresser. At 16, I realized that I loved working for and helping people with disabilities.

D: What's your favorite winter activity?

E: I love going snowboarding.

D: What's your favorite food?

E: I can't get enough tacos or nachos.



Mornings with Pam

Pam is an Occupational Therapist whose sister had Cerebral Palsy which led to her passion to work with individuals with disabilities. This month we are making journals to document our year. Each month has a different theme. For example, January was a winter theme. February will be about love. March will probably be focused on Saint Patrick's Day and so on.

