



NONPROFIT
ORG
U.S. POSTAGE
PAID
MANSFIELD, OH
PERMIT # 678

WINTER NEWSLETTER

INDEPENDENT LIVING CENTER OF NCO



HAPPY NEW YEAR!

2020 YMCA PROGRAM

We have kicked off the 2020 YMCA Program as of January 1st. We want to thank everyone who signed up for this life-changing program— our goal is that this program will help you tremendously with staying active, healthy, and connected to others within our community. Just a friendly reminder, you **MUST** attend the YMCA 2 times per month and scan your card upon arrival at the gate, as we monitor usage quarterly. If you have any upcoming surgeries, or a reason you cannot reach our requirement, please contact us at 419-526-6770 to speak with a staff member. We also want to take some time and thank United Way of Richland County and the community support of their campaign as they have allocated funding which allows us to continue this program.

SEMI-ANNUAL YMCA AUDITS

Due to us being federally funded, it is our job to make sure you are achieving your goals you set for the 2020 YMCA Program Year. With that, we'll tentatively be at the YMCA in June, August, and December to discuss goal progress and potentially set new goals. We will keep you updated with dates and times as it is still being discussed with the YMCA staff. Please plan on attending audits.

On behalf of the Independent Living Center Staff, we would like to wish all of our consumers a Happy New Year! We hope you had a safe and fun-filled holiday season. A New Year means a new you! We want to encourage you to set a few goals for yourself this year. Push through, persevere, and achieve the goals you set—you can do it and we're right here cheering you on! We have a couple exciting programs and events happening this year and we would love to see you there. Please continue to read our newsletters as it will explain in detail what we have going on in the months to come. Remember to stay warm and cozy this winter season and use caution at all times. Be safe and we hope to see you soon!

Website: www.ilcnco.org
Phone: 419-526-6770



| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----|--------|---------|-----------|----------|--------|----------|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

February 2020 FREE MEAL CALENDAR

Compiled by First Call 211

Rev. 12/15/2019



UPCOMING PROGRAMS AND EVENTS

Adult Socialization Program

We are currently in the process of developing a program with 8 monthly events for adults ages 18 and older with disability who are wanting to get out and socialize. We have completely revamped the program this year and we can tell you that it's going to be so much fun— you will not want to miss out! The schedule will be released soon with detailed descriptions of each event.

Summertime Youth Program

We are currently in the process of planning a 10-week program for youth 18 and under. We have made some great changes this year and it is going to be better than ever! A detailed schedule for this program will be released shortly. Be sure to check our website frequently as information will be posted on there.

Future Programs

We will be releasing new programs this year! Watch out for our Spring newsletter. Some of these programs will include transitional services, advocacy, independent living skills training, and summer reading skills. We are thrilled to be offering more services to better serve our consumers!



WINTER PREPAREDNESS TIPS

FOR INDIVIDUALS WITH DISABILITIES

During the winter months, it is important that people with disabilities are educated on what to do when snow comes. People with disabilities may want to take extra care during the cold weather season. Some disabling conditions may limit sensory abilities and the ability to maintain body heat, so be particularly vigilant about staying warm when you are out in low temperatures. Below are a few tips that may help you out.

- Wear multiple layers of clothing, including a scarf around your neck, warm mittens, a winter hat, lined boots and two pairs of socks.
- If possible, wear thermal gloves underneath mittens to keep your hands warm.
- It's also a good idea to carry a cellphone.

If you travel in a wheel chair, wrap a small blanket around your legs, tucking it underneath yourself or around your sides. This will help to maintain body heat. Wheelchair users may consider purchasing pneumatic tires for better traction. Another alternative is to use standard bicycle tires. Use table salt or clay cat litter to clear ramps—rock salt can poison working assistance animals and also may be slippery. Remove tires from your wheelchair and shake debris and ice off them before placing them in your vehicle. Wipe down any metal surfaces as soon as possible after returning home. This will prevent rusting. If you are a wheelchair user and unaccustomed to heavy, strenuous wheeling, be very careful when traveling through snow. The added exertion could lead to a heart attack, or stroke. Freezing rain also will stick to surfaces such as canes, walkers, forearm cuffs and wheelchairs. Use gripper driving gloves to keep your hands warm and to prevent slipping. If you use a working assistance dog, remember that dogs also can suffer from hypothermia and frostbite. Get a dog coat to place under the harness, and consider getting boots for the paws. Also, have a blanket in your vehicle for the benefit of your dog. Being prepared for the winter months is vital and beneficial.