

# FAMILY VOICES of Ohio

## Family 2 Family Health Information Center

Family 2 Family Health Information Center (F2FHIC) is uniquely able to help families because we are staffed with family members that have firsthand experience in navigating the maze of health care services and programs for children with special health care needs.

### How does the F2F HIC assist families?

- o They provide assistance to families and professionals in navigating the health care system
- o They provide information, education, support and community referral services
- o They offer support to families that feel “lost” in the everyday struggle of providing for children with special health care needs.

## Quick Links

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[Family Voices](#)

[Family Voices of Ohio](#)

### Topics:

[Winter Activities](#)

## Contact your Health Information Specialist

<p>SW Ohio</p> <p>Kamesha Anderson <a href="mailto:kamesha.anderson@yahoo.com"><u>kamesha.anderson@yahoo.com</u></a></p> <p>513-693-0208</p>	<p>NW Ohio</p> <p>Diane Frazee <a href="mailto:findiane@yahoo.com"><u>findiane@yahoo.com</u></a></p> <p>419-666-1445</p>	<p>NE Ohio</p> <p>Jennifer Wolford <a href="mailto:JWolford@udsakrn.org"><u>JWolford@udsakrn.org</u></a></p> <p>330-762-9755 ext. 226</p>	<p>Central Ohio</p> <p>Carole Kozicki <a href="mailto:tkozi98765@aol.com"><u>tkozi98765@aol.com</u></a></p> <p>740-625-5673</p>
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# Fun Winter Activities for Kids and Adults

The weather outside may be frightful, but we've come up with a list of **fun activities** so you can still have a blast this winter.



**GLIDING STARS** is an organization provides individuals with disabilities the opportunity to increase their personal potential through development of ice skating skills in a regular program of instruction and practice in their own local community, culminating in the demonstration of those skills publicly in an end-of-season on-ice choreographed performance, which itself serves as a source of motivation, teamwork, increased self-esteem and the 'magic' that results from transcending one's barriers in order to accomplish one's dreams. For information about opportunities to participate contact **Findlay** Gliding Stars Cindy Bregel: 419 423-4536 or email [fndoha@glidingstars.org](mailto:fndoha@glidingstars.org) [www.glidingstars.org/findlay.html](http://www.glidingstars.org/findlay.html)  
**Toledo** Bill Himmel: 419 882-1582 or email [glidingstarstoledo@frontier.com](mailto:glidingstarstoledo@frontier.com) [www.glidingstars.org/toledo.html](http://www.glidingstars.org/toledo.html)

**SLED HOCKEY** was invented in the early 1960's in Stockholm, Sweden, by a few hockey players who would not let their disability get in the way of doing what they loved. They modified a metal frame sled with two regular-sized hockey skate blades that allowed the puck to pass underneath. Using round poles with bike handles for sticks, the men played without any goaltenders on a lake, south of Stockholm. However, it was not until 1994 at the Winter Paralympics Games in Lillehammer, Norway, that it became an official event. It is now practiced in 12 countries and is governed by the International Paralympics Committee (IPC). There are many similarities between sled hockey and "stand up" hockey, with just a few differences. It's great when you can take a sport that so many people love and adapt it with very few modifications for people with disabilities. For information about opportunities to participate contact:

**Columbus** Ohio Blades, Kelly Fenster at: (614) 206-8831 or email [kfenster45@gmail.com](mailto:kfenster45@gmail.com);

**Cincinnati** Icebreakers Renee Gaines Loftspring or email: [sledhockey@zoomtown.com](mailto:sledhockey@zoomtown.com)

**Cleveland** Mighty Barons Brian Knotts at: (440) 942-4665 or email [clevemightybarons@yahoo.com](mailto:clevemightybarons@yahoo.com);  
<http://pointstreaksites.com/view/ohiosledhockey/#.VFc02iib5SW>

**Toledo** Walleye Adaptive Sports Program of Ohio at 330-262-1200

**Wayne County** Wildcats Adaptive Sports Program of Ohio at 330-262-1200

**Youngstown** Boom Adaptive Sports Program of Ohio at 330-262-1200

<http://adaptivesportsohio.org/sports/sled-hockey>

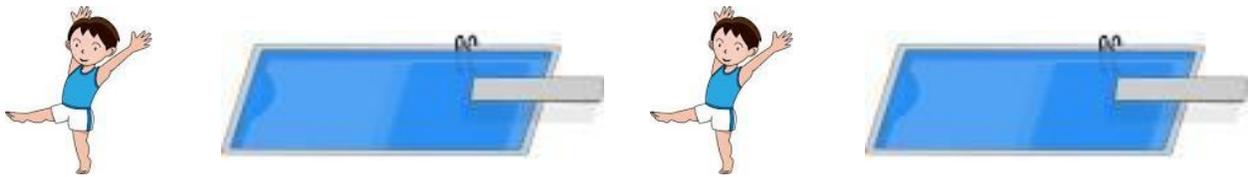
**Ohio United Sled Hockey (For Adults)** Nick Calabrese at: (440) 935-5935 or email [scarynick88@aol.com](mailto:scarynick88@aol.com)



**OHIO STATE UNIVERSITY ADAPTED RECREATION** offers adapted recreation for children in the areas of adapted aquatics and gymnastics. Children's adapted aquatics (CAA) follow the American Red Cross Learn-to-Swim guidelines. This curriculum teaches skills in a logical progression, allowing participants to swim and play safely in and around the water. Participants, with one-on-one instruction, will be individually assessed of their swimming skills and instructors will create weekly lessons to work with each child on water safety and swimming skills. They will also learn social skills during partner activities with classmates and group games.

**OSU Adapted Gymnastics** is a one-on-one introductory class focuses on motor skill development, body awareness, hand-eye coordination, socialization, listening and fun for ages 3 and older. Participants progress through fundamentals of basic tumbling and gymnastics skills. For information about opportunities to participate contact The Ohio State University – Recreational Sports at 614-292-7671 or email [recsports@osu.edu](mailto:recsports@osu.edu)

<https://recsports.osu.edu/community-programs/youth-family-programs/adapted-recreation>



**YMCA ADAPTIVE SWIM CLASS** has participants working with an instructor to learn how to enjoy the water, develop motor skills, and practice personal safety skills. One parent or aid may be required to participate in the water. All ages. Swim lessons are available across the YMCA of Central Ohio. Contact your local Y for more information. For more opportunities to participate register your child today online at your local YMCA.

<http://www.ymcacolumbus.org/swim-lessons>

**SPECIAL OLYMPICS** provides year-round sports training and competition opportunities for children and adults with intellectual disabilities. For more opportunities to participate contact Special Olympics Ohio Headquarters at: 614 239 7050 or email [mallen@sooh.org](mailto:mallen@sooh.org)  
[www.sooh.org/index.php](http://www.sooh.org/index.php)



**GOALBALL** is a competitive sport played three-against-three, indoors on a gym floor—primarily by blind and visually impaired athletes. A rubber ball with bells inside is used so that the players can track the ball. This game is played at the local school gym level, all the way up to the Paralympic level—internationally by Team USA. Even if you don't have a visual impairment, you can participate in this amazing sport! Come out and give this awesome game a try. For more information about opportunities to participate contact Adam Ayers at: 513-352-46-29 or email [adam.ayers@cincinnati-oh.gov](mailto:adam.ayers@cincinnati-oh.gov)

[www.cincinnati-oh.gov/recreation/linkservid/F69AC7A7-9BA7-A0C4-B2BB5D01D8200D6/showMeta/0/](http://www.cincinnati-oh.gov/recreation/linkservid/F69AC7A7-9BA7-A0C4-B2BB5D01D8200D6/showMeta/0/)

**TAASC ALPINE SKIING** has a wide variety of adaptive equipment for stand up, sit skiers, and snowboarders. Lessons and open skiing are held on Saturdays in January and February at Snow Trails in Mansfield and Mad River Mountain in Zanesfield. Evening lessons are held on Tuesdays and Thursdays and daytime lessons are by appointment. Sessions are 2.5 hours long. TAASC will try to accommodate special situations such as school ski trips. For more information for opportunities to participate contact TAASC at: 614-389-3921 or email: [info@taasc.org](mailto:info@taasc.org)

[www.taasc.org](http://www.taasc.org)



**ADAPTIVE SPORTS PROGRAM OF OHIO** is an organization established to promote the health and wellness of individuals with physical disabilities by providing competitive and recreational adaptive sport opportunities throughout Ohio.

**Drop-in wheelchair basketball** in Wooster is offered September through March.

**POWER SOCCER** is a team sport played by individuals with various disabilities. It is unisex by design, and male and female participants are often on the same team. The game is played in a gymnasium on a regulation basketball court. Two teams of 4 power chair users attack, defend, and spin-kick a 13-inch soccer ball in an attempt to score points on a goal. The game is similar to the nonstop action seen in a typical soccer game. For more information about opportunities to participate contact ASPO at 330-262-1200

<http://adaptivesportsOhio.org/>



**ACHIEVEMENT CENTERS FOR CHILDREN** offers an **indoor adapted soccer clinic** for children and young adults 7 years and older with physical limitations and/or cognitive/developmental delays. The clinic will be adapted for every skill level. Wheelchair power soccer is also available. For more information about opportunities to participate contact Mike Urban at 440-238-6200 ext. 245 or email [mike.urban@achievementctrs.org](mailto:mike.urban@achievementctrs.org).

**Adapted Aquatics** is a program designed for children with neurological, developmental, and cognitive challenges, and teaches them independent swimming and water safety. By introducing students to the water gradually in a quiet setting in private lessons, they are better able to focus their attention. Each child receives individualized, progressive lessons by qualified, experienced instructors that make learning achievable, sensory integrative and fun. For more information about opportunities to participate contact Karyn Kaschalk at 440-250-2520.

[www.achievementcenters.org/](http://www.achievementcenters.org/)

**THE CINCINNATI RECREATION COMMISSION'S DIVISION OF THERAPEUTIC RECREATION** offers a continuum of leisure services for individuals with disabilities that promote a healthy lifestyle as well as the opportunity to participate in high-quality recreational and cultural experiences in the community.

Recreational programs for person's with physical disabilities allow participants to have opportunities to learn new leisure activities, challenge themselves, make new friends, and build their self-confidence—overall, enhancing their quality of life.

<http://www.cincinnati-oh.gov/recreation/linkservid/F69AC7A7-9BA7-A0C4-5B2BB5D01D8200D6/showMeta/0/>

**TR SHARKS INCLUSIVE SWIM TEAM** is a program for advanced swimmers, ages six and older, that are typically developing, or that have cognitive and/or physical disabilities. Swimmers must be able to swim the length of the pool on front and back, and work in small groups of three – five. Each swimmer will be evaluated on the first night of practice, and if they do not meet the skill requirements, they will be offered an opportunity to swim in our Adapted Aquatics Program. This fun program is a great opportunity for swimmers to continue to perfect their skills and to improve their fitness! For more information about opportunities to participate contact Kristen Clatos at: 513-352-4055 or email [kristen.clatos@cincinnati-oh.gov](mailto:kristen.clatos@cincinnati-oh.gov)

<http://www.cincinnati-oh.gov/recreation/linkservid/F69AC7A7-9BA7-A0C4-5B2BB5D01D8200D6/showMeta/0/>

**ADAPTED AQUATICS LEARN TO SWIM PROGRAM** is an individualized Adapted Aquatics Program designed to include all ability levels by incorporating the Red Cross Swim Progression and the TR Sequential Swim Progression for individuals with physical, neurological, developmental, and cognitive impairments. Participants, are taught learn to swim skills, water safety and independence. Children and adults can be successfully included in traditional swim programs if they are introduced to the water with positive experiences, dedicated staff, and structured lessons allowing for maximum attention. When enrolled in our Adapted Aquatics Program, swimmers learn American Red Cross Aquatics Levels I, II, and III swim skills—while the ultimate goals include: Participation in traditional, inclusive swim lesson programs; competitive/non-competitive participation on the TR Sharks Swim Team or other swim team in the community; safe, independent play in the water. Each swimmer receives individualized, progressive strategies and teaching methods that make learning achievable, sensory integrative, and fun for all. We will take specific learning types and considerations in mind while structuring lessons, and will provide visual, auditory, and sensory stimulation based on the needs of the individual. For more information about opportunities to participate contact Kristen Clatos at: 513-352-4055 or email [kristen.clatos@cincinnati-oh.gov](mailto:kristen.clatos@cincinnati-oh.gov)

<http://www.cincinnati-oh.gov/recreation/linkservid/F69AC7A7-9BA7-A0C4-5B2BB5D01D8200D6/showMeta/0/>



**WHEELCHAIR BASKETBALL** is back in Cincinnati! Come be a part of the Cincinnati Royals Basketball Team! This year, we will be a part of the National Wheelchair Basketball Association (NWBA). Weekly practices begin in the fall for individual's ages 16 and older that have physical disabilities and independent functioning skills. Motorized chairs will not be allowed in this program. For more information about opportunities to participate contact Adam Ayers at: 513-352-46-29 or email [adam.ayers@cincinnati-oh.gov](mailto:adam.ayers@cincinnati-oh.gov)  
[www.cincinnati-oh.gov/recreation/linkservid/F69AC7A7-9BA7-A0C4-5B2BB5D01D8200D6/showMeta/0/](http://www.cincinnati-oh.gov/recreation/linkservid/F69AC7A7-9BA7-A0C4-5B2BB5D01D8200D6/showMeta/0/)



**WHEELCHAIR FOOTBALL-NEIGHBORHOOD PICK-UP GAME** Just about anyone can play this sport—a person who has a physical disability and uses a wheelchair (manual or power), persons with physical disabilities who don't use a wheelchair, and family and/or friends. We have six extra wheelchairs available for anyone to use to make this pick-up game fun and inclusive for all. Each Saturday the rules will be adapted to fit the group that comes to play, allowing everyone to be included. Games are played in the gym at the LeBlond RecPlex. For more information about opportunities to participate contact Adam Ayers at: 513-352-46-29 or email [adam.ayers@cincinnati-oh.gov](mailto:adam.ayers@cincinnati-oh.gov)  
[www.cincinnati-oh.gov/recreation/linkservid/F69AC7A7-9BA7-A0C4-5B2BB5D01D8200D6/showMeta/0/](http://www.cincinnati-oh.gov/recreation/linkservid/F69AC7A7-9BA7-A0C4-5B2BB5D01D8200D6/showMeta/0/)

**ADAPTED STRENGTH TRAINING GROUP** program provides an on-site trainer to introduce participants to the equipment, and to help with adapting exercises for individuals with disabilities. For more information about opportunities to participate contact Adam Ayers at: 513-352-46-29 or email [adam.ayers@cincinnati-oh.gov](mailto:adam.ayers@cincinnati-oh.gov)  
[www.cincinnati-oh.gov/recreation/linkservid/F69AC7A7-9BA7-A0C4-5B2BB5D01D8200D6/showMeta/0/](http://www.cincinnati-oh.gov/recreation/linkservid/F69AC7A7-9BA7-A0C4-5B2BB5D01D8200D6/showMeta/0/)



**SENSORY FRIENDLY FILMS** provides a special opportunity for families to enjoy their favorite films in a safe and accepting environment. The auditoriums dedicated to the program have their lights up, the sound turned down and audience members are invited to get up and dance, walk, shout or sing!

We are thrilled to now offer the program at many locations nationwide — please see below for a complete list of participating theatres. As a leading theatrical exhibition company, we are so proud to be making a difference in the estimated 1.5 million Americans living with an autism spectrum disorder by offering families a chance to see a movie together — often for the very first time. For more information about opportunities to participate visit one of the following websites:

<https://www.amctheatres.com/movie-theatres/amc-lennox-town-center-24>

<https://www.amctheatres.com/movie-theatres/amc-ridge-park-square-cinema-8>

<https://www.amctheatres.com/movie-theatres/amc-newport-on-the-levee-20>



**STORY TIME AT THE LIBRARY** offers a variety of story time experiences to help children develop pre-literacy skills while having fun at the same time. Story times include stories, rhymes, songs, and craft activities dependent on the child's age and stage of development. Separate story times are offered for babies, toddlers, preschoolers, and multi child families in order to offer the most enriching experience. For more information about opportunities to participate contact your library.

