

# WINTER NEWSLETTER 2021

## People First Ch. 70

### LATEST UPDATES AND NEWS

#### PEOPLE FIRST MEETING OCTOBER 21

We had our most recent people first meeting on October 21<sup>st</sup>. We were able to discuss how the group would like to move forward and proceed with activities, events and fundraisers. We had a great turnout!

#### DECEMBER MEETING AND CHRISTMAS PARTY

Date: December 16, 2021

Time: 5:00PM-7:00PM

Location: 124 Putnam Parkway Ottawa, Ohio

People First will be providing the main dish (ham or turkey) and ask that everyone else please bring a holiday side dish to share. There will be a gift exchange for those who wish to participate. If you would like to participate please bring a gender-neutral gift \$10 and under.

#### PLEASE R.S.V.P. BY DECEMBER 9TH TO CHRISTINE LEATHEM (419-890-2455)

We will be voting on what type of fundraisers everyone would like to participate in along with voting for speakers/presenters for meetings in 2022.

### MORE NEWS

#### SYNERGY

This year we had a great group of individuals who were able to attend Synergy. Due to COVID, it was only a two-day event this year and we are in high hopes that next year it will return to three days!



### UPCOMING EVENTS

NOVEMBER 17<sup>TH</sup>, 2021

Knap Sack distribution

DECEMBER 15<sup>TH</sup>, 2021

Knap Sack distribution

DECEMBER 16<sup>TH</sup>, 2021

People First Christmas Party

FEBRUARY 24, 2022

People First meeting

### CONTACT INFORMATION

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## MORE ON SYNERGY



Some of the speakers that everyone really enjoyed seeing and listening to were Christopher Milo as he spoke and encouraged everyone to "Be the Change".

The other everyone enjoyed was hearing Twitchy' talk as he is living proof that anyone who overcomes overwhelming circumstance tends to develop extraordinary approaches to every day challenges.

## PEOPLE FIRST OF OHIO

The statewide chapter has a Zoom meeting every first Friday of each month at 10am for their People First of Ohio Monthly Chat. To join this Zoom meeting use the link below.

<https://us02web.zoom.us/j/83296748510>

## KNAP SACK

Knap Sack will continue to happen the third Wednesday of each month. November 17<sup>th</sup> and December 15<sup>th</sup> will be the next dates for Knap Sack. This is held from 2pm-4pm at the Putnam County ESC parking lot. If you wish to receive the food distribution please note that you must have a photo ID and proof of residency to be served; and they need to have new proxy forms completed, beginning every September, even if one has been completed in the past. The person must come in person the first time, with their ID and proof of residency. If we receive any changes or additions we will make sure to inform everyone.

## OTHER INFORMATION

### ADVOCACY WEDNESDAY'S WITH OSDA

Each week, OSDA has a zoom meeting. OSDA is Partnering with We Thrive Together EVERY Wednesday at 11am to talk Advocacy! Looking for leadership opportunities for members of the advocacy group in your county or region? Create an opportunity for disability experts (people who live with a disability)! The schedule of sessions will be announced via OSDA's Facebook Page. There is no need to sign up. Come one, come all! You can use the link below for each session.

Join Zoom Meeting


<https://us02web.zoom.us/j/8010396858>

Meeting ID: 801 039 6858

### WE THRIVE TOGETHER

We Thrive Together has free virtual programming funded through the Directions Home of Eastern OH. Programming is available for senior citizens and adults with developmental disabilities throughout Ohio. The programming includes games, educational content, social events and more. Sessions are on zoom and are conducted by the team at We Thrive Together. Individuals and groups can sign up for the sessions using the website here <https://wethrivetogether.org/>. We've also included their calendar below for December.

### Virtual Programming: December 2021

Monday	Tuesday	Wednesday	Thursday	Friday	
 <p><b>WE THRIVE TOGETHER</b> <a href="http://www.wethrivetogether.org">www.wethrivetogether.org</a></p>		9 - Exercise Class 10 - Chair Exercises w/Mona 11 - Self Advocacy w/OSDA 12 - Music Bingo 1 - Virtual Trip: Thurber House 2 - Line Dancing w/Alyssa 6 - Fun Night: Charades	9 - Exercise Class 10 - Body Movin' Basics w/Liz 11 - \$100,000 Pyramid 12 - Trivia (Harry Potter/90s) 1 - Let's Get Crafty (Craft Class) 2 - Balance & Fall Prevention Exercise Class	9 - Exercise Class 10 - Chair Exercises w/Mona 11 - Name That Tune 12 - Leadership Think Tank (Gratitude) 12 - Superhero Social Hour* (Caregivers) 1 - Art Class w/Steve 2 - Line Dancing w/Steve Sat, Dec 4 - Speed Friends 6-8	
	9 - Exercise Class 10 - Chair Exercises Class 11 - Wheel Of Fortune 12 - Music Bingo 1 - Let's Play Cards: Crazy 8s 2 - Get Smart: Presentation	9 - Exercise Class 10 - Exercise Class w/Steve 11 - Pictionary 12 - Trivia (General) 1 - 25 Words or Less 2 - Strength & Flexibility Exercise Class	9 - Exercise Class 10 - Chair Exercises w/Mona 11 - Self Advocacy w/OSDA 12 - Music Bingo 1 - Virtual Trip 2 - Line Dancing w/Alyssa 6 - Share Your Story (Athlete Leaders)	9 - Exercise Class 10 - Body Movin' Basics w/Liz 11 - Taboo 12 - Trivia (Disney) 1 - Let's Get Crafty (Craft Class) 2 - Balance & Fall Prevention Exercise Class	9 - Exercise Class 10 - Chair Exercises w/Mona 11 - Name That Tune 12 - Leadership Think Tank (Recognition) 12 - Superhero Social Hour* (Caregivers) 1 - Art Class w/Steve 2 - TikTok Dancing
	9 - Exercise Class 10 - Chair Exercises Class 11 - Jeopardy 12 - Music Bingo 1 - Let's Play Cards: Crazy 8s 2 - Get Smart: Presentation	9 - Exercise Class 10 - Exercise Class w/Steve 11 - Pictionary 12 - Trivia (2000s) 1 - Let's Make a Deal 2 - Strength & Flexibility Exercise Class	9 - Exercise Class 10 - Chair Exercises w/Mona 11 - Self Advocacy w/OSDA 12 - Music Bingo 1 - Virtual Trip 2 - Line Dancing w/Alyssa 6 - Fun Night: Cardio Drumming	9 - Exercise Class 10 - Body Movin' Basics w/Liz 11 - Who Wants to be a Millionaire 12 - Trivia (General) 1 - Let's Get Crafty (Craft Class) 2 - Balance & Fall Prevention Exercise Class	9 - Exercise Class 10 - Chair Exercises w/Mona 11 - Name That Tune 12 - Leadership Think Tank (Creating Safe and Inclusive Environments) 12 - Superhero Social Hour* (Caregivers) 1 - Holiday Party
	9 - Exercise Class 10 - Chair Exercises Class 11 - Family Feud 12 - Music Bingo 1 - Let's Play Cards: Crazy 8s 2 - Get Smart: Presentation	9 - Exercise Class 10 - Exercise Class w/Steve 11 - Pictionary 12 - Trivia (80s) 1 - The Price Is Right 2 - Strength & Flexibility Exercise Class	9 - Exercise Class 10 - Chair Exercises w/Mona 11 - Self Advocacy w/OSDA 12 - Music Bingo 1 - Virtual Trip 2 - Line Dancing w/Alyssa 6 - Share Your Story (Best Buddies)	9 - Exercise Class 10 - Body Movin' Basics w/Liz 11 - Minute To Win It 12 - Trivia (Holiday) 1 - Let's Get Crafty (Craft Class) 2 - Balance & Fall Prevention Exercise Class	Christmas Eve No Programming