

Providing Help. Creating Hope.



December 2016

Disability Services & Ministries E-Newsletter

Celebrating 50 Years of Serving Persons with Disabilities

1966-2016

#DisabilityServices50years

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OLA/St. Joseph Center

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Greetings!

Welcome to the December edition of the Disability Services & Ministries E-Newsletter. Hard to believe it is the end of 2016 and almost 2017!

Remember to check our [website](#) for more information and be sure to click on "[News & Events](#)" for more upcoming events. And don't forget to "Like" us on Facebook and "Follow" us on Twitter.

Celebrating 50 Years of Disability Services

Dennis C. McNulty, Director

It's hard to believe that 2017 is almost here and that our 50th Anniversary is almost over! We cannot thank you enough for the great memories and the incredible progress that the world of disabilities has gone through! Think of it!

50 years ago. What a different world it was in 1966! No public school laws. The County Boards of DD had not been formed yet. The concept of routinely seeing and knowing a person with a disability in our community was pretty rare! The great progress is due to you and the Grace of God! We stand on the shoulders of so many advocates who fought for the freedoms that people with disabilities enjoy today.

There is still much to do. Going into the future, we will still need advocates to continue the progress. It has always been our mission to "Integrate persons with disabilities into the life of Church and society."

Please join us in fulfilling the dream of the 1978 Pastoral Statement of U.S. Catholic Bishops on People with Disabilities:

"We look to the future with what we feel is a realistic optimism. The Church has a tradition of ministry to people with disabilities, and this tradition will fuel the stronger, more broadly based efforts called for by contemporary circumstances. We also have faith that our quest for justice, increasingly enlisted on the side of individuals



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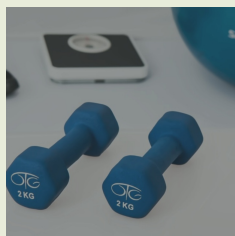
with disabilities, will work powerfully in their behalf. No one would deny that every man, woman and child has the right to develop his or her potential to the fullest. With God's help and our own determination, the day will come when that right is realized in the lives of all people with disabilities."

(1978 Pastoral Statement of U.S. Catholic Bishops on People with Disabilities, paragraph 35, United States Catholic Conference of Bishops, 1978)

God bless for what you have done, who you are and who we will be... TOGETHER! Here's to another 50 years!

Adapted Activities Demo Day - January 28

Catholic Charities Disability Services is excited to enter into a new program area. We will be offering community-based, adapted activities to persons of all abilities on a regular rotating schedule, based on interest.



But before we set a schedule of activities, we will be offering a FREE Demonstration Day so you can get a feel for what types of activities we would like to offer.

Demo Day will be on Saturday, January 28, 2017 - the time and location will be determined. The following activities will be taught to you for FREE for 20 minutes each. This will give you an opportunity to see which of these you may enjoy - one or two or maybe all three! Look for more info about registering for this Demo Day after the new year. Please [email](#) us if you are interested or have questions.

Adapted Jazzercise

Adapted Jazzercise will be taught by Patty McGuire, a certified Jazzercise Instructor. She currently instructs a Jazzercise adapted class for the clients with intellectual and developmental disabilities (I/DD) throughout Cuyahoga County at their Adult Activity Centers.

- She adapts each routine in an easy to understand format while making exercise enjoyable and fun for everyone.
- Jazzercise offers an exercise program set to music, with elements of dance moves. The class will begin with a warm up, aerobic routines with muscle toning, and a cool down.
- Jazzercise combines music and movement and not only are there physical benefits, but the pairing is helpful with cognition as well.



Tai Chi and Qigong

Tai Chi and Qigong will be taught by Jeannie Koran, a certified Tai Chi and Qigong instructor since 1998. She currently teaches at Euclid Hospital Rehabilitation Department, the CCBDD Adult Activities Centers, UCP Centers, and many Community, Recreational and Senior Centers throughout Northern Ohio.

Tai Chi and Qigong (TC & Q) are powerful health maintenance practices steeped in 2000+ years of body-mind wisdom. Practicing TC & Q provides you with an ingenious 2 -for-1

reward: you accumulate the benefits of both physical exercise and meditation within one form of movement. TC & Q is fun, relatively simple and gentle yet very powerful. Studies show the health benefits include: to increase relaxation, to balance blood pressure and cholesterol, to improve joint mobility, general balance, coordination, stamina, bone density, immunity, memory, focus, and sleep quality.

Music Enrichment



Music Enhancement will be taught by Lisa Ligus. Lisa is a board certified music therapist who works with adults with developmental disabilities and seniors throughout Cuyahoga County.

Lisa's music enrichment class will offer an opportunity for people of all abilities to participate and utilize their strengths through singing, moving, listening and the playing of instruments.

2017 Dance Schedule

These dances are for persons with and without disabilities, ages 16 and over. All dancers pay \$3 - Staff/Caregivers are Free. Everyone gets a



pop, a bag of chips AND two hours of entertainment! We also have a dance contest where you can win different prizes each month! It is usually held on the 2nd Friday of the month from 7-9pm at OLA/St. Joseph Center, 2346 W. 14th St., Cleveland, OH 44113 - in Tremont!



There will be no dance in January. The next dance is Feb. 10. Click [here](#) for a flyer of 2017 Dates.

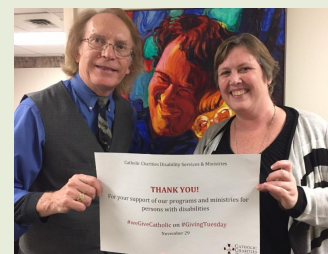
Due to weather, there are times we have to cancel - for last minute updates call 216-334-2963 or 2962 - we will change our voice mail; email [Marilyn](#) or [Dennis](#); or check our [website](#).

Special Thank You's

Disability Services & Ministries recently participated in #weGiveCatholic, hosted by The Catholic Community Foundation. #weGiveCatholic was the Diocese of Cleveland's first online day of giving, part of Giving Tuesday!

Giving Tuesday is a day of giving back, which takes place after Black Friday, Small Business Saturday and Cyber Monday!

With much assistance from the Catholic Community Foundation, over 150 Catholic Charities offices, Catholic organizations, schools and parishes participated and raised over \$400,000 in 24 hours! That is commendable and



something to be proud of!



Disability Services & Ministries was excited to participate and your support will help us to continue to provide our

programs and ministries to persons with disabilities.

Over the last few months, we have had multiple donations to Disability Services. We are so grateful at this time of year for the support from these individuals, families and organizations. Their support will allow us to continue providing quality programs which bring persons with disabilities together as community and as Church.

Some donations have come to us from many people who wish to remain anonymous and we thank you! Others have come from: the Giant Eagle Foundation; the Conway Family Foundation, the Baird Family Fund; the U.S. Charitable Gifts Trust; the Karthan family; the Mintz family; the International Order of the Alhambra; and the Knights of Columbus.

We are deeply thankful for your support!

A Christmas Gift

As we get closer to Christmas, we may find ourselves searching for that perfect gift for someone. Or maybe you yourself have told your family and friends you don't want gifts this year, but to make a donation on your behalf to a non-profit.

Consider a donation to Disability Services in honor of your family or friends. Your gift will help an adult with a disability attend our Continuing Adult Education Program or will help a child with a disability go to Camp Happiness.

Donations can be made payable to "Disability Services" and sent to: 7911 Detroit Ave., Cleveland, OH 44102

Thank you for your dedication and support to persons with disabilities.

*We Wish You and
Your Family a
Blessed Christmas
and a
Joyous New Year!*



Sincerely,

Dennis McNulty & Marilyn Scott
Catholic Charities Disability Services