

**CATHOLIC CHARITIES**  
Diocese of Cleveland

**Providing Help. Creating Hope.**



January 2019

## Disability Services & Ministries E-Newsletter

Over 50 Years of Integrating Persons with Disabilities into Church and Society  
1966-2019

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### Upcoming Events

**February 16**

Summer and Beyond Fair

**March 8**

Dance at OLA/St. Joseph Center

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### Greetings!

Happy New Year! Welcome to the January 2019 edition of the Disability Services & Ministries E-Newsletter.

For more information about our services check out our [website!](#) Also don't forget to check out our upcoming events by clicking "News & Events" and following us on Facebook and Twitter!

### *Healthy Lifestyles at Catholic Charities*



We are so excited to announce that Catholic Charities Disability Services will be hosting *Healthy Lifestyles*, a social and educational workshop for individuals with disabilities and their caregivers. This workshop series is grant funded through The Arc of Greater Cleveland and part of a greater effort to improve the lives of individuals with disabilities through health education.

#### Participants will learn about:

- Nutrition
- The importance of friends
- Physical activity
- Illness Prevention
- Goal Setting
- and other health topics!

Our first workshop series is being held this Spring at our Saturday program for our CAEP participants.

*Stay tuned for future opportunities for individuals and families in*

Headstart  
Mary Baran

Services & Ministries

[Continuing Adult Education Program](#)

[Monthly Dances](#)

[Beatitudes Program](#)

[Ministries for Persons who are D/deaf or Hard of Hearing](#)

[Ministries for Persons who are Blind or Visually Impaired](#)

[Ministries for Persons with Mental Illness](#)

[Community Respite](#)



Join Our Mailing List

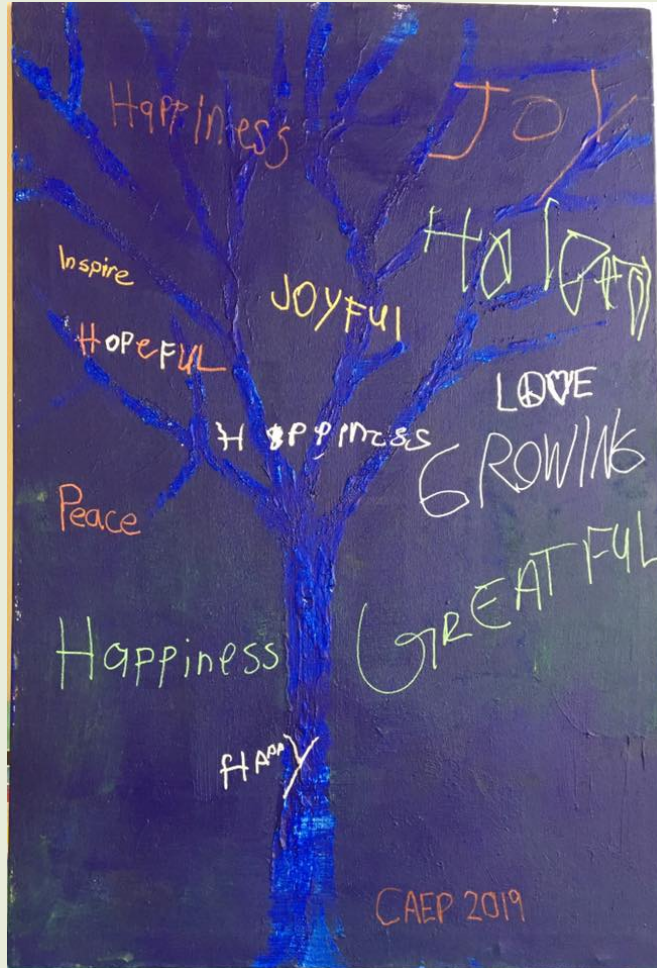
Forward to a Friend

### Saturday Program

This past month our Saturday program participants have really kicked off the new year right! Participants picked inspirational WORDS for 2019 and then created inspiring collages and a group painting (see tree of words below!).

Also this month we started our new program *Healthy Lifestyles*, led by Dr. Carl Tyler of the Cleveland Clinic!

We are excited about our upcoming activities and outings we have planned; for example a trip to the Aquarium, a yoga class at Studio 11 in Tremont and paper making at the Cleveland Public Library!



If you or someone you know may be interested in joining us on Saturdays, you can [email](#) or call Lauren for more information.



The Saturday program is an educational and social program for adults with cognitive disabilities, ages 18 and over. Participants attend on Saturdays between September and May.

A typical day includes time in the morning for talking and sharing; participants then spend time doing math and reading; they break for lunch; and spend time in the afternoon creating science or art projects or welcoming speakers from the community to discuss jobs, safety and health. Other Saturdays we spend out in the community on

field trips to local museums or less fun activities!

Cost if \$88/month or \$792 plus a one-time fee of \$60/year. The Saturday program is Waiver Certified.



### Camp Happiness 2019

In the middle of a cold and snowy January, it is nice to think about summertime! And that is what we have been doing in the offices...planning for a summer of fun-filled activities!

Soon we will be bringing back staff and maybe hiring new staff; registering returning and new campers; planning field trips and activities; and so much more!



Lauren Mailey, our new Program Administrator, is excited to be involved with Camp Happiness again. As you may remember from the last newsletter,

Lauren worked at Camp Happiness during college!

Camp Happiness will be accredited by the American Camp Association (ACA) this summer. Being accredited by the ACA means that we undergo a review of our operations to assure that our current practices are up-to-date Basically, it means that we are providing the best camp for you. If you want to learn more about the ACA and what it means for a camp to be accredited, check out their [website](#).



Look for registration material soon! We can mail a packet to you if you'd like - call 216-334-2963 or email [Lauren](#). Or check our website in February where you can print out the registration material.

### Summer and Beyond Fair 2019

The ESC of Northeast Ohio will hold their 21st Annual Summer and Beyond Fair on Saturday, February 16, 2019 from 10:00am to 1:00pm at Woodside Event Center at St. Michael's (5025 Mill Rd., Broadview Hts., OH 44147).

This FREE event offers families and those who support children and youth with disabilities an opportunity to talk to agencies and organizations who offer academic, social-emotional, therapeutic and recreational supports year round in order to assist in developing independence, enhance growth and development, and prepare for post secondary options of students with disabilities. You can also pick up your free copy of the 2019 Summer and Beyond



2018 Summer and Beyond Fair with Slider from the Cleveland Indians

Directory - a wonderful resource for families.

Go to their [website](#) for more information or see flyer below.



# Summer and Beyond 2019

Education, recreation and independence year round:  
*Exploring camps, activities and much more at the*

## 21st Annual Summer and Beyond Fair

For Children and Youth with Disabilities



Saturday, February 16, 2019

Woodside Event Center at St Michael's

5025 Mill Rd, Broadview Heights, OH 44147

10:00 a.m.—1:00 p.m.

- Visit and talk to representatives from camps and organizations from around Ohio
- **FREE** fingerprint ID cards will be available
- Browse the information tables
- Pick up your free copy of the "2019 Summer and Beyond Directory"
- Have fun with Face Painting by Dixie; Flower Clown Entertainment
- For further information contact Theresa Richardson at 216-446-3818 or [Theresa.richardson@esc-cc.org](mailto:Theresa.richardson@esc-cc.org)

This activity is funded in whole or part by IDEA, Title VI B, and Grants to States through Ohio Department of Education grants to Educational Service Center of Cuyahoga County, Fiscal Agent for SST Region 3

## 2019 Dance Schedule



Disability Services

# Dance Night 2019

**OLA/ST. JOSEPH CENTER**  
2346 W. 14TH ST, CLEVELAND, OH 44113

**FOR PERSONS WITH AND WITHOUT  
DISABILITIES**

**AGES 16+ | \$3 | 7-9PM**

March 8	Sept. 13
April 12	Oct. 11
May 10	Nov. 8
June 7	Dec. 13

### Please join us at our dances in 2019!

- Don't forget that all dancers should bring identification (ID or nametag with telephone number)
- For sensory sensitive individuals, please be advised that our dances do have flashing lights and loud music



- Supervision of dance participants must be provided by a family member or direct care staff

Email [Lauren Mailey](#) or call  
(216) 334-2963 with any questions.

*Happy New Year and many  
blessings to you and your family!*



*Sincerely,*

Marilyn Scott & Lauren Mailey  
Catholic Charities Disability Services