

**CATHOLIC
CHARITIES**
Diocese of Cleveland

Providing Help. Creating Hope.



January 2017

Disability Services & Ministries E-Newsletter

Celebrating 51 Years of Serving Persons with Disabilities
1966-2017

In This Issue

[Adapted Activities Demo Day](#)

[2017 Dance Schedule](#)

[Camp Happiness Summer
2017](#)

Quick Links

[Disability Services & Ministries
Website](#)

Upcoming Events

January 28
Adapted Activities Demo Day

February 10
Valentine's Dance at
OLA/St. Joseph Center

Our Staff

Disability Services
7911 Detroit Avenue
Cleveland, OH 44102
(216) 334-2963
Fax (216) 334-2905
Ohio Relay Number (TTY) ~ 711
[Dennis C. McNulty](#)
Director
[Marilyn Scott](#)
Program Director

Disability Ministries
2486 West 14th St.
Cleveland, Ohio 44113
(216) 781-5530 Voice/TTY
[Fr. Joseph McNulty](#)
Director

Greetings!

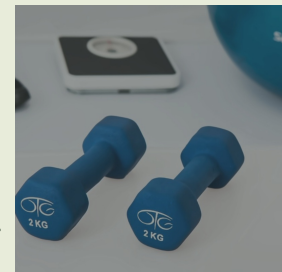
Happy New Year! We hope that you had a wonderful Christmas and New Years. Welcome to the January edition of the Disability Services & Ministries E-Newsletter.

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.

Register Now

Adapted Activities Demo Day January 28 from 3-4:30 at OLA/St. Joseph Ctr

FREE Demonstration Day!!! Catholic Charities Disability Services is excited to begin 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, from 3-4:30 at OLA/St. Joseph Center (2346 West 14th St., Cleveland, OH 44113). This is open to persons of all abilities and ages.

You can Register for this Free event [Online](#) or by [Emailing Marilyn](#) or by Calling 216.334.2963. If emailing or calling, please leave the name of all attending and a phone number and/or email so we can contact you. *If you are under age 18, you must have a family member with you the entire time.

Sr. Corita Ambro, CSJ,
Program Director
[E-Mail Disability Ministries](#)
[Terry Hogan](#)
Coordinator Special Religious
Education

Employment & Training
[Autumn Winfield](#), Director
(216) 391-4415 x21

Supported Employment
[Tracee Ingram](#), Vocational
Rehabilitation Coordinator
(216) 426-9870 x13

Summit County
[Tess Flannery](#)
(330) 762-2961 x224

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!



Join Our Mailing List!

The following activities will be taught to you for FREE for 20 minutes each.

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 our Valentine's Dance on 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](#).

Camp Happiness Summer 2017

Look for registration material to be mailed and on our website soon. We are excited for another fun-filled summer for those who attend and work at Camp Happiness!

Camp Happiness Dates are from June 19 to July 28, 2017. If you would like to learn more about Camp Happiness please visit our [website](#).



Sincerely,

Dennis McNulty & Marilyn Scott
Catholic Charities Disability Services

**We wish you a Joyous and
Healthy New Year!**