

Family Health Forum

Saturday March 23rd, 2024

**Special
Olympics**
Minnesota





9:00-9:15	Welcome/Introductions
9:30-10:00	Lions Club Presentation
10:00-10:30	Unlabeled Theater
10:30 -11:30	Disability Hub MN
11:30-12:30	Self Advocacy/Stress Management
12:30-1:00	Lunch
1:00 – 2:00	Physical activity and Fitness Demo
2:00-3:00	Nutrition
3:00	Wrap up

Lions club

**Special
Olympics**
Minnesota





Committed to Inclusion

**LCIF-Special
Olympics**

LCIF–Special Olympics

A Steadfast Partnership

- ▶ The Lions Clubs International Foundation–Special Olympics Opening Eyes Program began 2001. Since then, LCIF has awarded more than US\$28 million to Special Olympics for activities that include Opening Eyes, Family Health Forums, Healthy Hearing, Special Smiles and inclusive sports.

Special Olympics
Lions Clubs International
Opening Eyes[®]



Lions Clubs International
FOUNDATION

LCIF–Special Olympics

Mission Inclusion

- ▶ Since 2001, the Lions Clubs International Foundation has provided generous support to the Special Olympics movement, expanding the reach and scope of key programs in the areas of health, inclusive sports and community building through inclusive development through service worldwide. Through the “Mission: Inclusion” partnership platform, the Lions Clubs International Foundation and countless Lions Clubs have become a pivotal global partner in the lives of athletes with intellectual disabilities throughout the world.

LCIF–Special Olympics

Importance and Impact

- ▶ What began as a partnership to address the urgent need for health services for individuals with intellectual disabilities has expanded to create one of the most impactful service platforms in the world.
- ▶ Opening Eyes examinations have found that a large percentage of Special Olympics athletes in the U.S. have untreated eye problems.
 - * 4% have never had an eye exam
 - * 17% have an eye disease
 - * 48% need new prescription glasses



LCIF–Special Olympics

Financial & Volunteer Partnership

- ▶ The Lions Clubs International Foundation not only provides critical financial support to the movement, but makes available tens of thousands of volunteers locally for National Special Olympics Programs. Through the activation of individual Lions Clubs volunteers, and Leo youth members, the Lions Clubs International Foundation has provided key capacity building and community development, from developed to developing economies alike.

LCIF–Special Olympics



Purpose and Goals

- ▶ Providing vision exams, refractions, and dispensing of appropriate eyewear to athletes during Special Olympics events.
- ▶ Making permanent changes in the attitudes of the optometrists/eye care practitioners and optometry students who volunteer to participate in the Opening Eyes vision exams.
- ▶ Educating athletes, their guardians, coaches and administrators about the importance of vision to the performance of athletes in sports, school and work.
- ▶ Providing continuing education to our volunteer optometrists/eye care practitioners in order to familiarize them with the best techniques for testing this patient population.
- ▶ Collecting and analyzing screening data in order to raise awareness and to advocate for improved eye care for people with intellectual disabilities.

LCIF–Special Olympics A Steadfast Partnership

- ▶ From Brazil to Malaysia and from Great Britain to South Africa, the Lions Clubs International Foundation and Special Olympics continue to make inclusive development through service a reality for athletes with intellectual disabilities, their families and their communities.

Changing Lives Through Opening Eyes

- ▶ <https://www.youtube.com/watch?v=4sal9eGTsg8>
- ▶ Created in 2011



The Special Olympics Lions Clubs International Opening Eyes program is changing lives in communities across the globe by providing comprehensive eye assessments, prescription eyewear, sunglasses and sports goggles to Special Olympics athletes. After going through 12 testing stations, exam information is reviewed and a decision is made as to whether the athlete needs a new pair of prescription glasses or sport goggles – all at no cost to the athlete.

Real Impact: By the Numbers

Over the years, LCIF and Special Olympics have proudly partnered to create tremendous impact worldwide and achieve multiple successes, including:

455,000

Special Olympics athletes have received free vision screenings through LCIF's and Special Olympics' Opening Eyes program

265,851

Special Olympics athletes have received free prescription eyeglasses at Opening Eyes events

22,000+

Lions have volunteered with Special Olympics since 2000

29,000

Eye care professionals have volunteered their services

2,400+

Active nations of "Mission Inclusion" platform worldwide

50,000+

Families provided with family health education through the LCIF-support Family Health Forum model

500

Community leaders trained through the LCIF-supported Special Olympics Leadership Academy

20

Creation of Champion Lions Clubs, providing direct support to Special Olympics organizations worldwide

Lions and Special Olympics: Partners in Unity

https://www.youtube.com/watch?v=yuY5_msAZOk

Lions Clubs International and Special Olympics

- ▶ **Invite a Special Olympics Athlete and their family**
If you are already a Lion, consider inviting a Special Olympics athlete and their family to become a member of your Lions club. Provide them with the opportunity to give back and help others in the community.



***Special
Olympics***



A few photos from the 2023
Minnesota Special Olympics
Opening Eyes
held at the Stillwater High
School









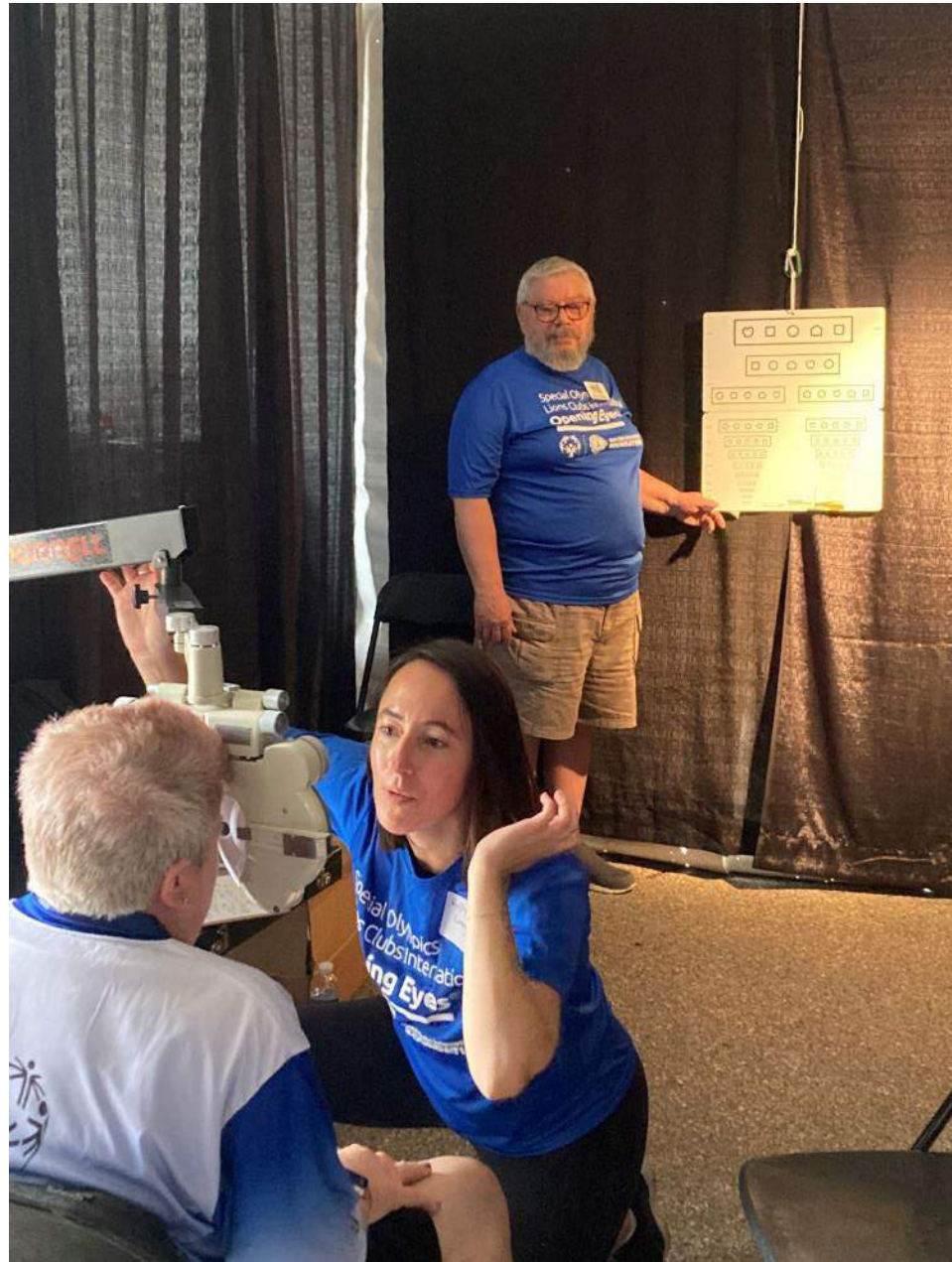


















Thank You

Lion Laura Maki
MD5M Lions Special
Olympic Program Chair



*Special
Olympics*



Unlabeled Theatre Co.

How the arts can increase skills in communication, life skills, vocational, health/wellness, interpersonal relationships, and independence.

**Special
Olympics**
Minnesota



Disability Hub

**Special
Olympics**
Minnesota



Disability Hub MN™: A Resource Network

Jack Gordon
Community Capacity Builder
March 23rd , 2024

Disability

HUB

MN

What is Disability Hub MN™?

- Free statewide resource network
- A simple, single access point
- Safe, neutral, and trusted resource
- Comprehensive—puts the pieces together

Our Team

- Person Centered Trained Options Counselor
- Some OC's have additional credentialing in other areas of expertise
- In multiple communities across Minnesota



Contacts: 2023 Data



74,610 contacts
which served
25,567 people



Phone calls: 58%



Emails: 16%



Chats: 8%

Who We Help...

- Case Managers and Social Workers
- Education professionals
- Employment support professionals
- Anyone in a support role
- Family, Friends, Neighbors, etc.
- Self-advocates
- Anyone regardless of disability

You can ask us anything!

- What are my health insurance options?
- Support in finding community resources.
- Can I live where I want and get the help I need?
- Support in understanding what person centeredness means to me.
- Can I work, or work more?
- Troubleshoot issues with benefits and understand them

Frequent Topics: 2023 Data



Health Benefits



Cash Benefits



Health &
Wellness



MA Programs
& Services



Disability Hub
MN / DB101 /
HB101



Housing /
Shelter

How We Might Help...

- Contact information for a needed agency or service
- Support in contacting an agency or organization
- Understanding available options so a decision can be made
- Work 1:1 with an Options Counselor to meet goals
- Build knowledge around benefits, programs and tools for personal and professional success

Hub Helpful Tools

- DisabilityHubMN.org
- [DB101](#)
- [HB101](#)
- My Vault
- MinnesotaHelp.info
- [Direct Support Connect](#)

MinnesotaHelp.info

How to find local services that meet your needs



Give Feedback

☆ Add to favorites

[MinnesotaHelp.info](https://www.minnesotahelp.info) can help you find the community services you need to live your best life. You can search for services by keyword or browse popular topics. MinnesotaHelp.info provides details about more than 12,000 service providers offering services at more than 27,000 locations across the state.

Through [MinnesotaHelp.info](https://www.minnesotahelp.info), you can search for services or providers in nearly any area, including:

- Assistive technology
- Transportation
- Health and wellness



Go to MinnesotaHelp

Direct Support Connect

How to find PCAs and other direct support workers

[f](#)
[t](#)
[p](#)
[e](#)
[Give Feedback](#)

[☆ Add to favorites](#)

Direct Support Connect is Minnesota's dedicated job board and hiring resource for direct support workers, such as personal care assistants (PCAs). Direct Support Connect makes it easy to find direct support workers to help with daily needs, whether you use state-funded services or pay for services yourself.

Through Direct Support Connect, you can:

- Create a profile and be connected with workers who may be compatible with your needs
- View worker profiles to assess training, educational background, work experience, special skills, availability and more
- Contact potential workers through private, secure messaging until you're ready to schedule an in-person interview



[Go to DirectSupportConnect.com](https://DirectSupportConnect.com)

Disability Hub MN™: Website Tour

- Top Topics, Your Options, Hub Tools, Get Involved
- News Highlights, Newsletter
- For Families and For Professionals (Youth in Transition Tool Kit)
- My vault: Best Life Path, Work Path, Communication Profile, What help do I need, How do I get started, How can sharing a place work for me

Activities and Guides

[Charting the LifeCourse](#)

The [Charting the LifeCourse](#)[™] framework and tools can be used in your own life, for your family members or in your work.

Use Charting the LifeCourse to:

- Learn more about yourself, and set your goals and vision for your best life.

- Plan the best life with your child at any age. See [Charting the LifeCourse tools for families](#).

- Problem-solve and build a plan for a specific goal like employment, housing or healthy living.

- Organize your thoughts and speak up for what you want.



Watch an introductory video about
 Charting the LifeCourse

Activities and Guides: Person Centered Guidebook

Talking about your wants, hopes and needs

Person-centered planning is all about you — living, learning, working and enjoying life in the way you choose. The person-centered planning guidebook will help you talk about what you want with the people who support you.

Using the person-centered planning guidebook, you can write down:

- The things you're good at

- The people you trust

- What you like about where you live, or what you would like to change

- What you like about your work, or what you wish your work could be

- Places you like to go

- Things you like to do



[Download the guidebook \(PDF\)](#)

[Person-centered Guidebook](#)

Youth in Transition Toolkit

Disability **HUB** MN

Chat is Online | 1-866-333-2466 | Email

Sign in to My Vault

Top Topics Your Options Hub Tools Get Involved

For Families For Professionals Search

[For Professionals](#) > Youth in Transition

Youth in Transition Toolkit

[Facebook](#) [Twitter](#) [Print](#) [Email](#) | [Give Feedback](#)

[Add to favorites](#)

You play a critical role in helping youth envision, plan and prepare for their best lives as adults.

This toolkit will introduce you to Minnesota's youth in transition framework. Explore tools and resources you can use with the youth you support to plan for their best lives.



DB101

- Benefits Planning Estimators
- Find the right health coverage for you
- Programs
- Youth

HB101™ Tour



HB101 Vault Activities

- I Get to Decide: How do I get started?
- Housing Needs and Wants: What do I want in a new place?
- My Day, My Life: What help do I need?
- Housing Budget: Does the money add up?
- Present Myself: How can I make a good impression?
- Live with Someone: How can sharing a place work for me?
- Housing Sustaining Plan: How do I keep my place?

Vault Activity: Communication Profile

Anita

MY COMMUNICATION PROFILE

- I prefer: English
- Pictures help me understand



HOW TO REACH ME

CONTACT ME BY:

- Text message
- Email

IF SOMETHING IS URGENT OR DIFFICULT:

- Put it in writing
- My staff should be present

HOW I USUALLY COMMUNICATE

I MAY:

- Have a hard time expressing myself
- Sometimes get negative
- Ask lots of questions

HOW I COMMUNICATE WHEN I'M UPSET

Vault Activity: My Day, My Life – What if?

What If? Results

Print this out and keep it somewhere easy to find. And make sure to talk with the people who will help you before there's an emergency. Together, you can plan for these situations.

Home or Apartment Problems

You can't get in (locked out, jammed door)	Landlord/manager	Phil Landlord	651-555-6666
Major repair needed (no heat, no power)	Landlord/manager	Phil Landlord	651-555-6666
A fire or fire alarm	I'll use an agency	911	911
You smell gas or hear a carbon monoxide alarm	Family/friends help	Bob Test Gina Test	651-111-2222 651-222-3333
Plumbing (toilet overflow, water leak)	Family/friends help	Gina Test	651-222-3333
Small job needed (change lightbulb, shovel snow)	Family/friends help	Bob Test	651-111-2222
Pests (mice, rats, roaches, ants)	I'll use an agency		
Repairs force you to leave your place	Family/friends help	Bob Test Gina Test	651-111-2222 651-222-3333

Health or Personal Problems

Vault Activity: Roommate Agreement - Rules

Rules

The following things are not allowed in your home or apartment due to allergies: Scented laundry soap

Smoking or vaping are: not allowed.

Drinking alcohol is: allowed.

Air conditioning and heat rules: Keep use of air conditioning to a minimum to defray costs. Using windows and fans is preferable

Lighting rules: Lights out in common areas by 10 on weekdays and 12 on weekends

Quiet hours: Quiet time after 10 pm weekdays and 12 am weekends

Guests are: allowed.

Rules about guests:

- Guests are allowed to visit during the day
- Guests are allowed to stay overnight
- Advance notice has to be given when guests will be visiting
- Guests don't have to be introduced to guests before visiting
- Parties are not allowed

Dakota & the Disability Hub MN

Dakota in School

Family wants to be sure their voice is heard as they start planning for Dakota's school experience.

- Charting the LifeCourse [School Age Life Stage guide](#)
 - One Page Profile
 - Life Trajectory
 - Integrated Supports Star
 - [Charting the LifeCourse for families](#)

Dakota in School

Dakota's family uses [My Vault](#) to securely store and organize files and share completed CtLC tools with the entire support team.

Dakota's entire support team uses My Vault accounts to 'favorite' useful resources and articles to share with each other and others they support.

Dakota in High School

Starting 9th grade.

Dakota and family want to be sure their voice continues to be heard as they start planning for life after high school.

- They continue to use CtLC tools as part of the IEP and other program support processes.
- They refer to Disability Hub MN [Transition to Adulthood articles](#)

Exploring work is part of Dakota's chosen plan.

Exploring Work

- Disability Hub MN: Your Options > Work
 - [Youth and work](#)
- [DB101](#) (Disability Benefits 101)
 - Articles for Young People
 - [Start Planning Now](#)
 - Articles for Parents
 - Parent Focus: [Work is Possible](#)

Dakota Graduates

Will graduate this spring!

Dakota's family has questions about the need for guardianship.

Dakota's family is concerned about maintaining healthcare.

Dakota and their family are concerned about how working will impact benefits.

Dakota would like to have a place of their own to live.

Support for Transition to Adulthood

Disability Hub MN Top Topics:

[Guardianship and alternatives](#)

Disability Hub MN For Professionals:

[Informed Choice Toolkit](#)

Disability Hub MN Your Options:

[Health](#)

DB101:

[Going to Work articles](#)

[Try Its](#)

[Benefit Videos](#)

HB101:

[My Vault](#) Activities

DB101 for Dakota

- [Managing Your Benefits While Working](#)
- [Job Supports and Accommodations](#)
- Vault Activities:
 - Benefits Lookup
 - [DB101 Estimator](#)

Questions?

How to reach us?

Contact a Hub expert.

Our experts are here to help you get answers to your questions, so you can live your best life, your way. Chat, call or email us today!



Chat with us. Monday to Friday, 8:30 am to 5 pm.



Call 1-866-333-2466. Monday to Friday, 8:30 am to 5 pm.



Email us. Emails are answered Monday to Friday.



Now on Facebook!



1-866-333-2466
disabilityhubmn.org



Disability Hub MN
@disabilityhubmn · Non-Governmental Organization (NGO)

Contact Us

We appreciate your time!

Please consider sharing your thoughts on today's presentation.

Click [here](#) to begin.

We appreciate your time and opinion!



Thank you!

Your best life, your way.

Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system, or plan for your future. Our team knows the ins and outs of community resources and government programs, and has years of experience helping people fit them all together



How to Advocate For Your or Your Family Member's Health needs!



Special Olympics
Health
FOUNDATION
MADE POSSIBLE BY **Golisano**



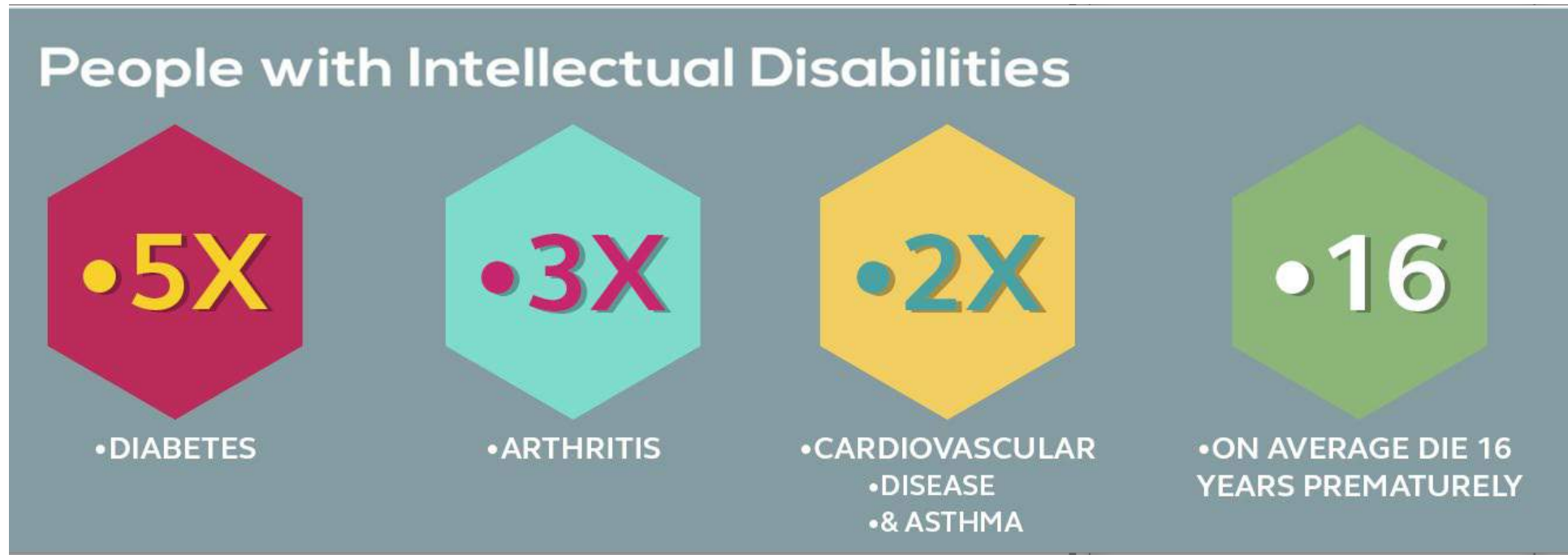
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What is Health Advocacy to you?

Why is it Important to Speak Up for Your or your Family Member's Health?

What People with Intellectual Disabilities Experience



Barriers to Good Health



Health Is A Basic Human Right

Everyone has the right to high quality, equitable,
accessible health care and services.

Why Is It Important to Speak Up For Your Health?



Why Is It Important to Speak Up For Your Health?

1. It is your body.
2. You are the one who knows how you are feeling or what you need.
3. You should have a say in decisions being made that directly impact your health.

Some people just need help communicating.

What is Family Health Advocacy?

1. Supporting your family member with intellectual disabilities (“family member”) in speaking up for themselves and their health needs.
2. Speaking up for your family member who can’t speak for themselves.
3. Standing up for your family member’s right to be healthy.

Having your voice heard!

Who Should You Speak Up To?

Decision makers = anyone who can impact your family member's health.

Health care providers and workers

Fitness and wellness professionals

Businesses

What Should You Speak Up For?

1. Knowledgeable health care team.
2. Equitable treatment.
3. Effective communication.
4. Accessible facilities
5. Partnership in decision making.

How to Advocate for Your or Your Family's Health

1. Say what you want.
2. Be persistent.
3. Be polite and respectful.
4. Be assertive and calm, not aggressive.
5. Communicate in the way that works best for you.
6. Be patient.
7. Be prepared.
8. Practice.

How to Talk to Your Health Team

Who

- Your name, where you live, challenges you have being healthy, if you make your own health decisions.

What

- What are some of things that health providers do that you like and do not like? What can people do to make you feel more comfortable?

Why

- Describe the reason for your appointment or meeting.

How

- How can your health team communicate better with you, be more inclusive and give you the best care possible?

Health Decision Making Tool

Prepare to talk to a health decision maker by creating 3 Ws and an H.

1. Decide which health decision maker you are going to speak to.
2. Create 3 Ws and an H for that conversation:
 - WHO: Describe who your family member is.
 - WHAT: Explain some of the challenges your family member faces being healthy, and the impact that being excluded has on their health.
 - WHY: Describe the reason for your appointment, conversation or meeting.
Why are you there?
 - HOW: Give ideas for what can be done so that your family member is included, comfortable, gets the best care or has the best experience possible.
3. One person pretends they are the health decision maker; the other is a family health advocate.
4. Practice what you would say.

When Can You Start?

TODAY!



QUESTIONS?

Managing Stress

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Family Health Forum

Caregiver Support: Managing Stress & Building Resilience



Lions Clubs International
FOUNDATION

Deep Breathing Practice



- Breath in: 1..... 2..... 3.....
- Hold: 1..... 2..... 3.....
- Breath out: 1.... 2.... 3.... 4.....

Created by Narakom Chanchittakam
from Noun Project

Overview of the Forum



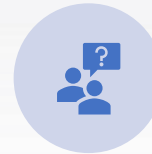
1. Understanding stress and wellbeing
2. Strategies for managing stress and regulating emotions
3. Action planning for a regular self-care routine

Welcome and Reflection

- What are your successes relating to stress and stress management?
- What are your challenges or areas of concern relating to stress and stress management?

Small Group Activity

- Group 1: You are alone in the wild and being chased by a lion
- Group 2: You walk into your class and find out that there is a surprise test that you are not ready for
- Group 3: You are a manager for a high-pressure company with no work-life balance



What would you do?



Stress Response Card Game



What is Stress?

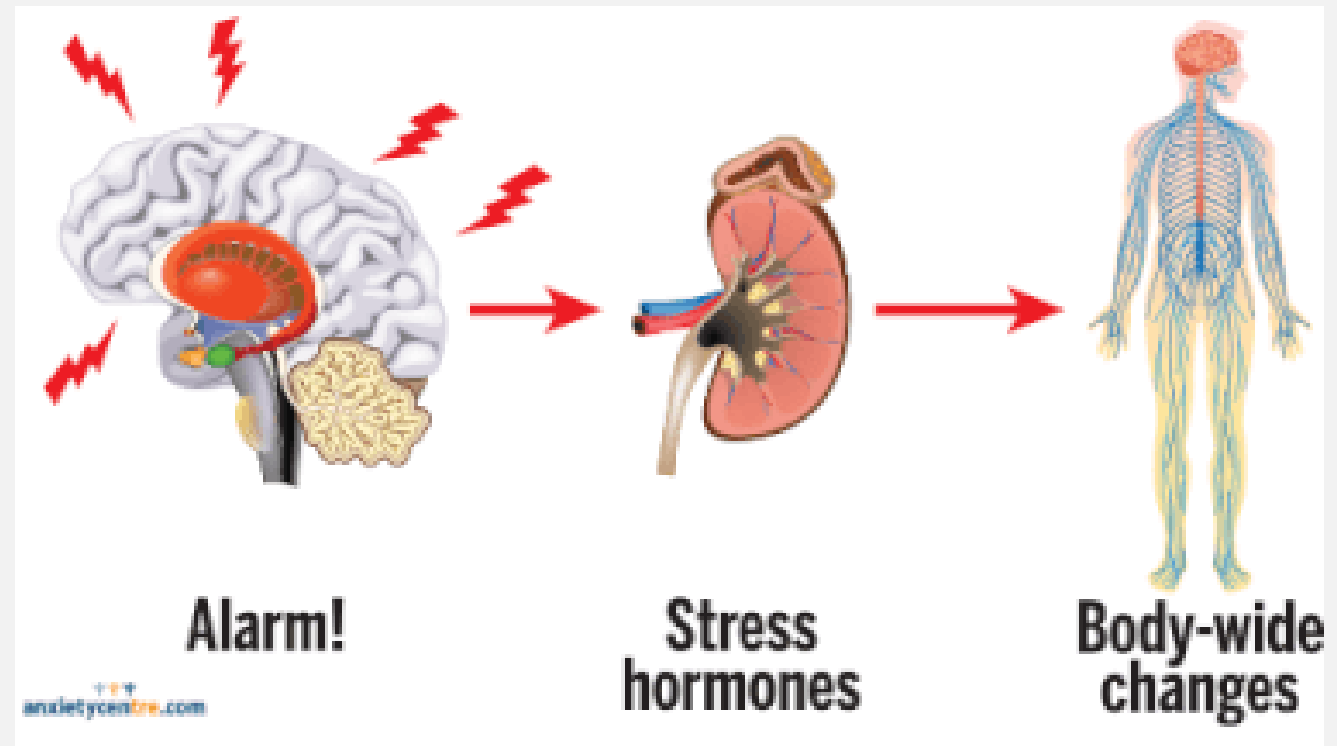
Stress is normal

- A natural human response to address perceived challenges and threats
- Hormonal changes and physiological responses that help us:
 - To fight a threat
 - To flee to safety
 - To freeze if we think danger is imminent

The Stress Response System



1. Distress signal sent across the body
2. Rest and digest



Chronic Stress is Harmful

- Repeated and prolonged activation of stress response system
- Stress response system does not restore to balanced
- Results in a range of health problems



Chronic stress can look like...



Difficulty
concentrating



Changes to
your appetite



Trouble
sleeping



Feeling
tearful



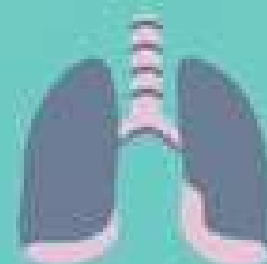
Snapping
at people



Drinking or
smoking more



Feeling
unwell



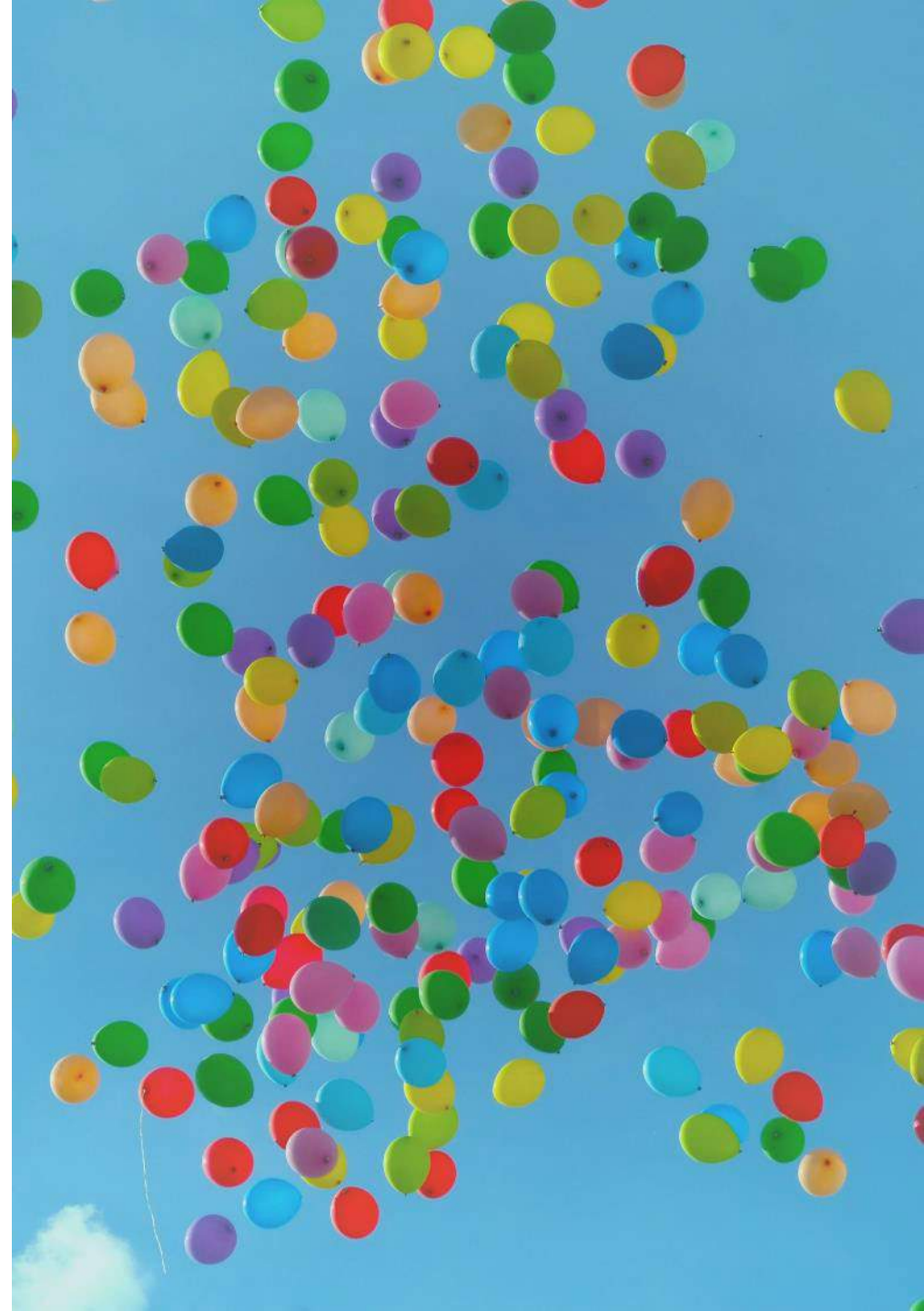
Shallow
breathing

Individual Reflection

Finding joy

What nourishes you?

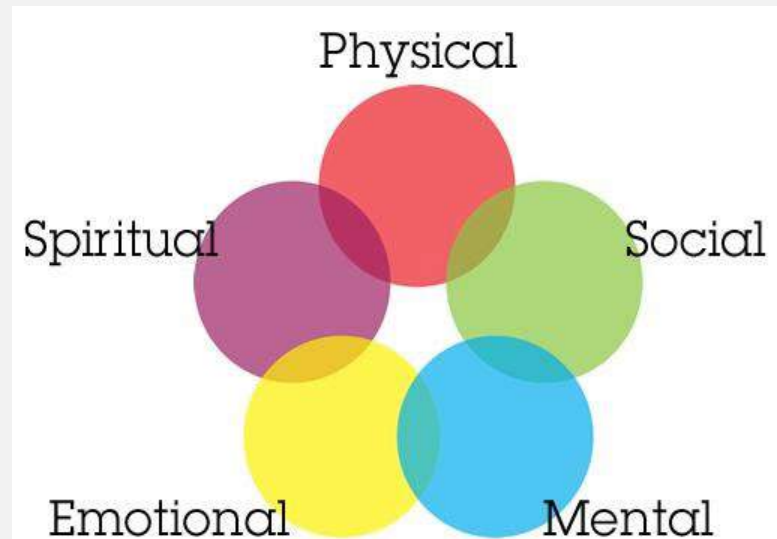
What depletes you?



Managing Stress with Self-Care



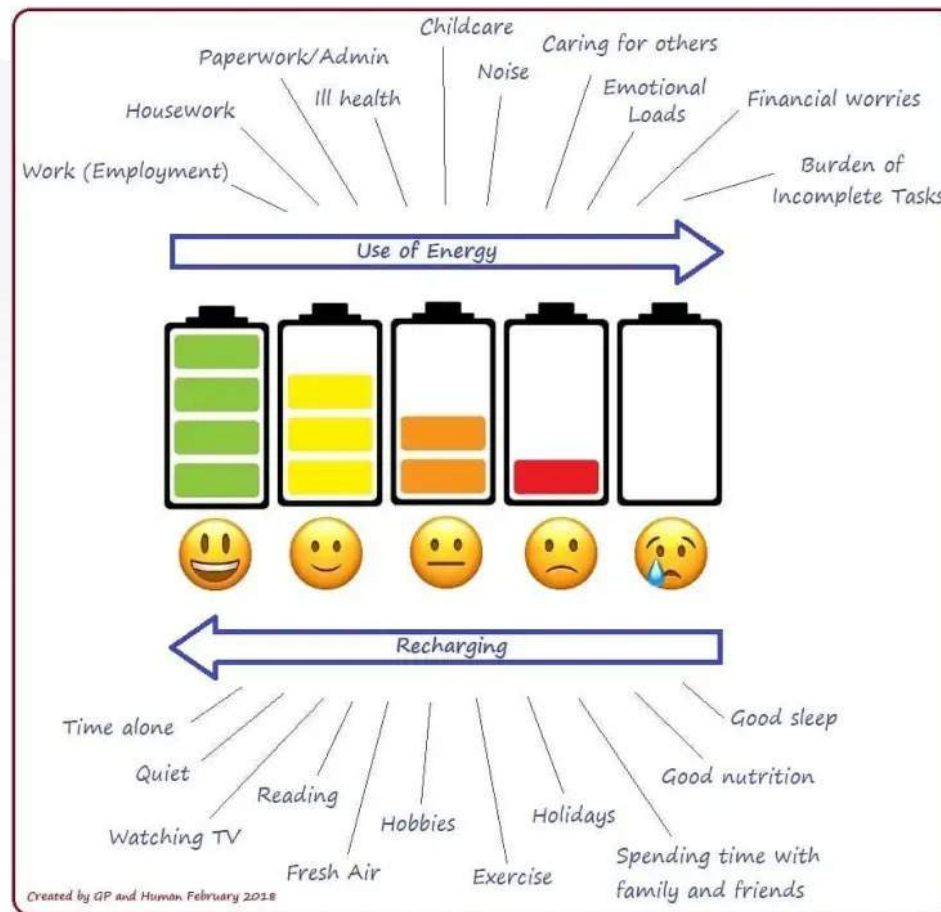
- Self care helps to restore balance in our bodies
- Self care is about being kind to ourselves



Check Your Self-Care Battery



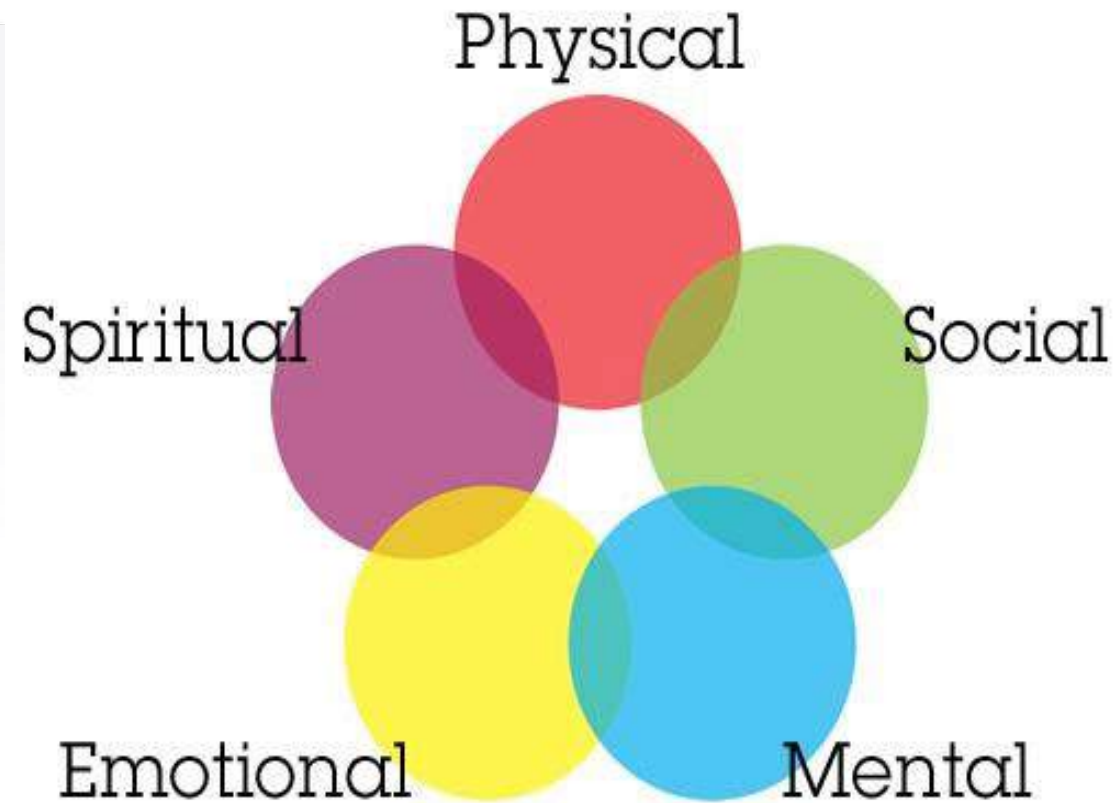
We cannot care for others if we have nothing to give



Small Group Activity



Recharging
our self-care
batteries



Self-care Activities from Strong Minds



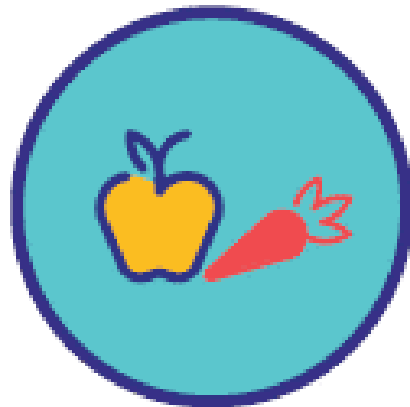
Mindfulness



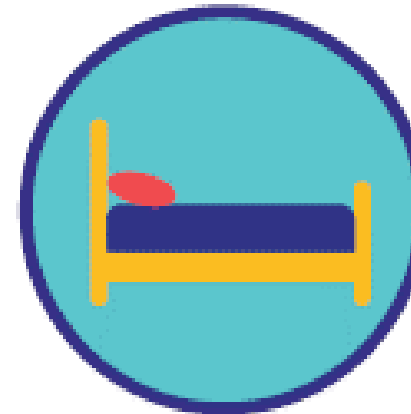
Physical fitness



Creative
Self-expression



Healthy Eating



Sleep

Individual Reflection

What self-care strategies will you try at home?

- What self care strategies are resonating with you? Is there something new you would like to try?
- Select 1 strategy to try the next month that will be a specific self care strategy **JUST FOR YOU** and fill out the Commitment Cards



Questions



Closing



Gratitude
Share



Fitness

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Types of Fitness



ENDURANCE/CARDIOVASCULAR



STRENGTH



FLEXIBILITY



BALANCE



TOGETHER, WE GET
FUNCTIONALITY!

Benefits of Fitness for Athletes

- Enhanced sport performance through improved
 - Endurance/stamina.
 - Speed and agility.
 - Strength and power.
 - Flexibility.
 - Healthy weight.
- Increased energy level, improved focus, and better recovery after practices & games.
- Reduced risk for sport-related injuries.
- Decreased risk for illnesses and chronic diseases.
- Improved quality of life.



Endurance/Cardiovascular

Cardiovascular exercise improves the health of your heart, lungs, and circulatory system

-> think cardio as your body moving air in and out and blood around your body

To work your cardiovascular system ->

You have to breath a little harder and get your blood moving around your body

-> Think walking, running, dancing, skiing, snowshoeing, basketball, biking, Zumba, rollerblading, arm bike, high intensity interval training, stair climber, boxing.



Strength

- Regular strength training develops strong muscles and bones, reduces risk of osteoporosis, and can make everyday tasks a little easier
- Lifting weights
- Bodyweight movements (squats, lunges, push-ups, etc.)
- Climbing stairs
- Walking up hills
- Biking/Cycling



Flexibility

Flexibility refers to your body's ability to move freely in various directions. Working on flexibility can improve range of motion, posture, circulation, muscle tension, and breathing patterns.

- Yoga
- Seating stretching (touching your toes, reaching overhead, etc.)
- Standing stretching
- Tai chi

Balance

Balance training helps to prevent falls and can increase confidence in doing daily activities.

- Heel to toe walking
- Standing on one foot
- Sitting down in a chair and standing up without using your hands
- Walking and lifting your knee with each step
- Yoga
- Doing exercises on unstable surfaces such as a Bosu ball
- Core exercises



Staying Committed To Fitness

- Fitness should be a seamless part of **what you already do**.
- Small, simple efforts can have a **big impact**.
- Set **SMART** goals
- Be a **role model**.

School of Strength



This is your introduction to the School of Strength. Use the stretches in this video to warm-up before every workout. Warming up prepares your muscles for exercise. That helps you perform better, and keeps you from feeling sore after your workout. You'll increase your flexibility, and protect yourself from getting hurt.

This video covers:

- Arm Circles
- Leg Swings
- Standing Rotations

For even more stretches you can do as a cool-down, check out the Fit 5 Flexibility Series.

[MORE FLEXIBILITY VIDEOS](#)

Welcome to the School of Strength

Watch on YouTube

Video 1: Welcome and Warm Up

Want to get right to the exercises? Start at 1:56.

<https://www.specialolympics.org/school-of-strength>

Lets get up and Move!



**Fitness Questions or
comments?**

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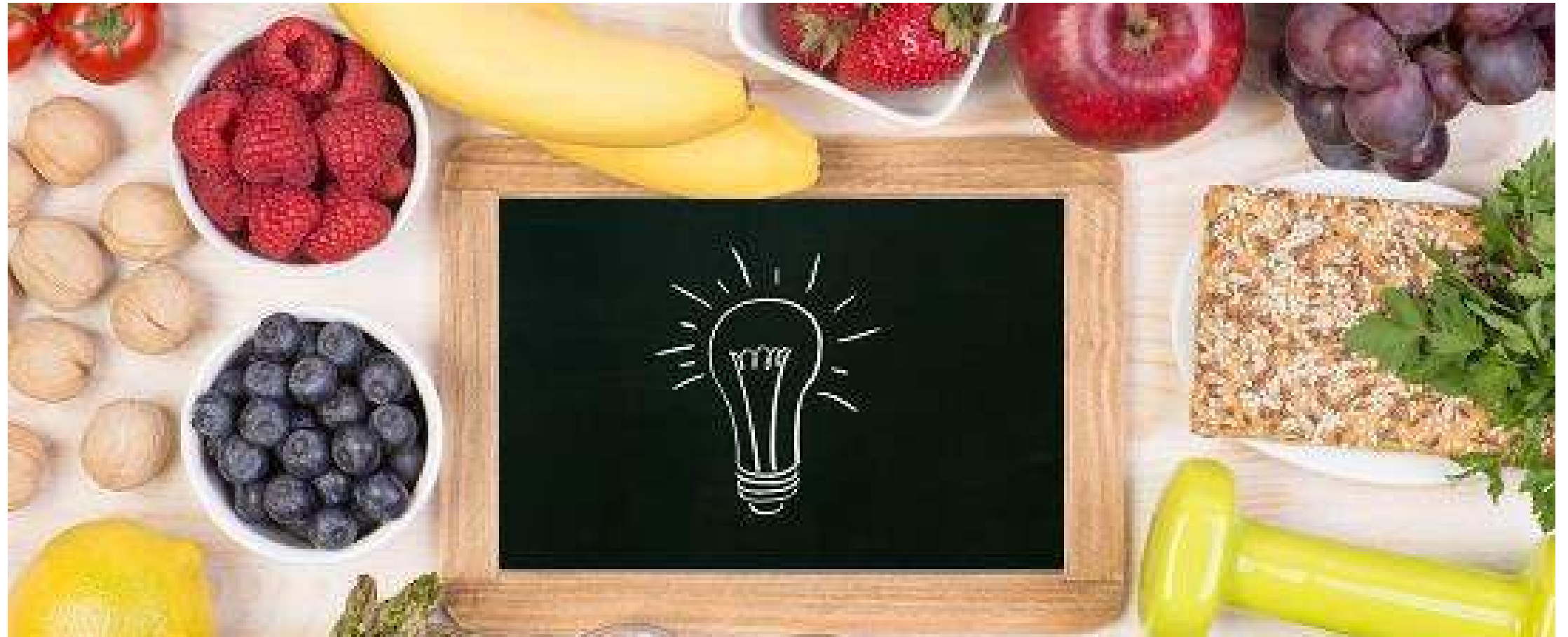


Nutrition

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NUTRITION



Healthy Eating Quick Tips



Variety is key

eat a variety of fruits, vegetables, and lean proteins



Half & Half

eat half whole grains and half refined grains



More fruits & vegetables

have more fruits and vegetables throughout the day



Cooking together

engage the whole family in meal preparation and cooking



Balance is key

some foods have more benefits than other foods find the balance that works for you



Healthy can be affordable

eating healthy doesn't have cost money

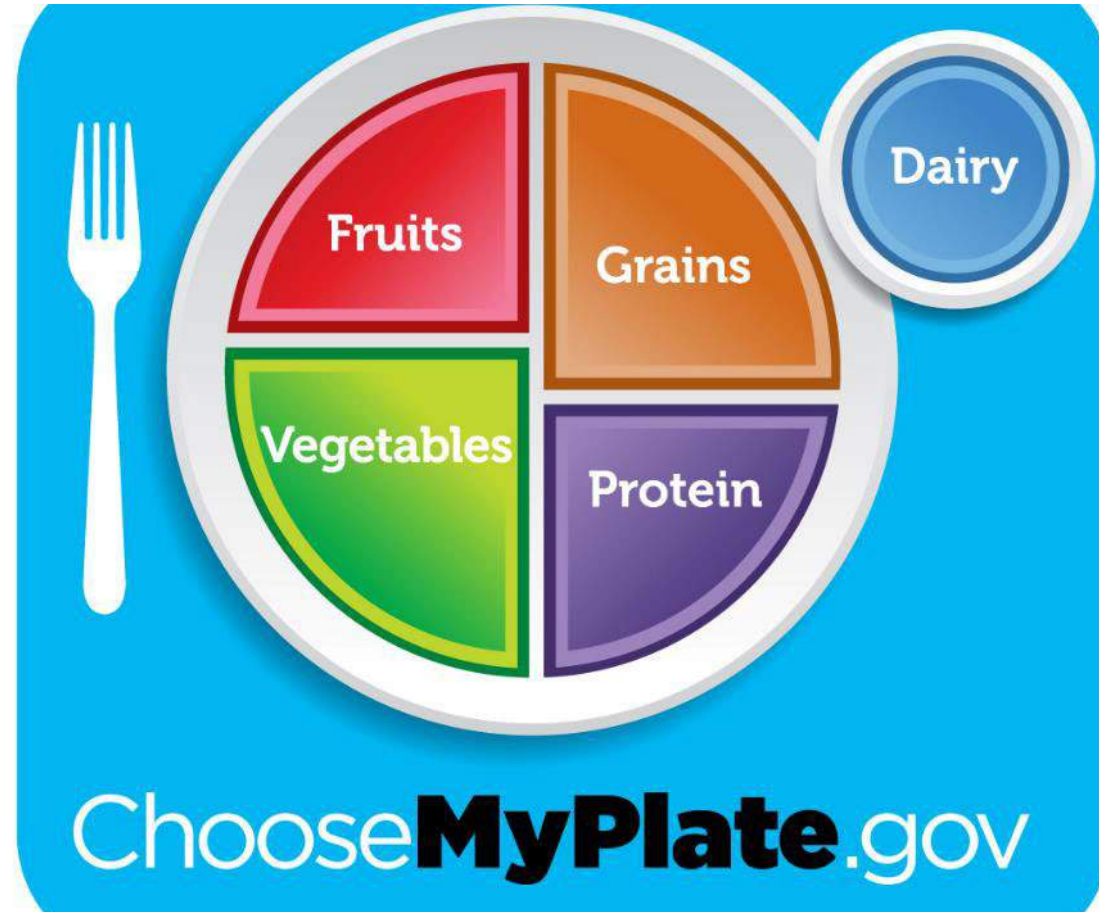


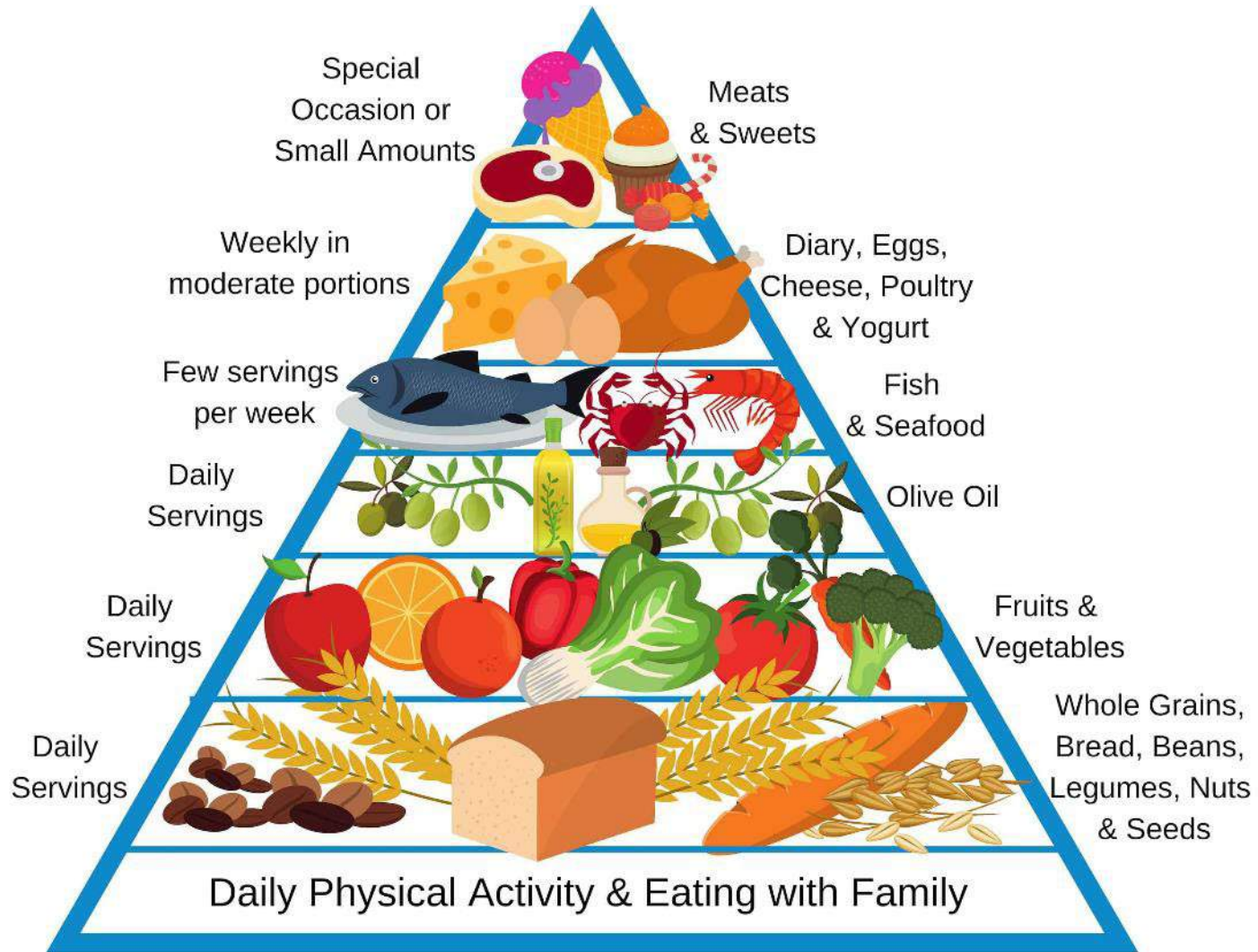
Show & tell

model health eating for others in the family

2011: MYPLATE

MyPlate shows us how much of each food group we should eat





MEDITERRANEAN DIET

STRATEGIES TO TRY AT HOME

Eat more fruits & vegetables every day

Keep snacks healthy

Mix 2 food groups for snacks.

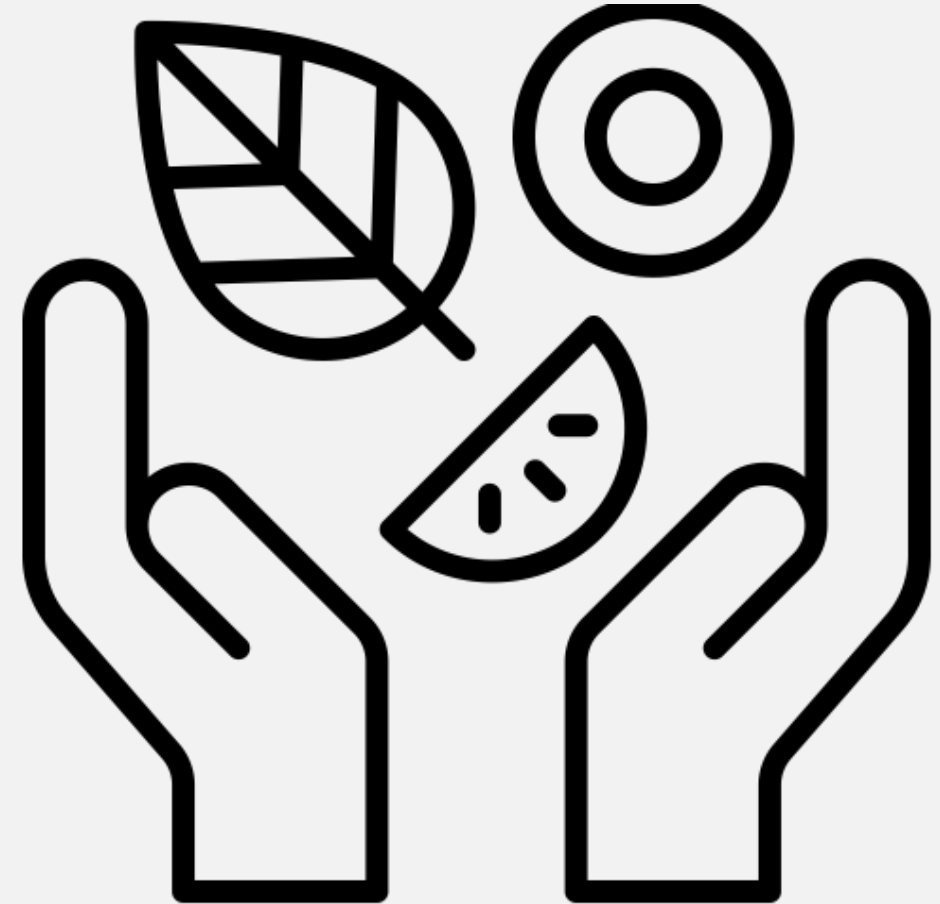
Watch the amounts of food you put on your plate

Reduce sugar intake

Reduce sodium intake

Eat meals together to model healthy eating

Involve family members in all aspects of food preparation and cooking



Recommendations for Healthy Eating

Eat a variety of fruits and vegetables

Consume a variety of proteins (including lean protein)

Eat half whole grains and half refined grains

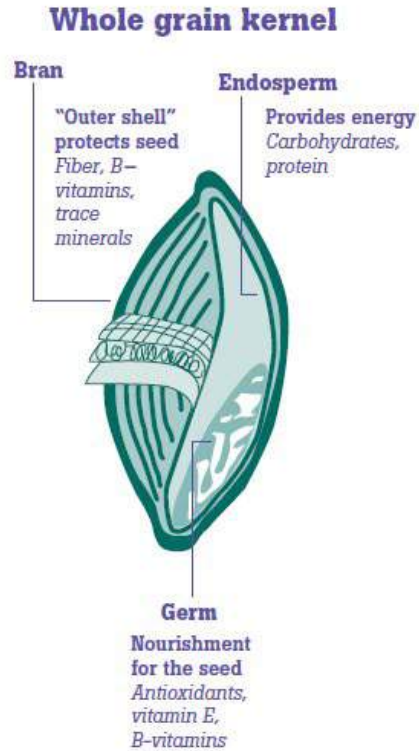
Use unsaturated vegetable oils

Have more low fat or non-fat dairy options






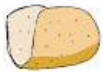



Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.



Some Examples of Whole Grains:

- brown rice 
- buckwheat
- bulgur (cracked wheat)
- oatmeal 
- popcorn 
- whole-wheat cereal
- muesli
- whole-grain barley
- whole-grain cornmeal
- whole rye
- whole-wheat bread 
- whole-wheat crackers 
- whole-wheat pasta
- whole-wheat sandwich buns and rolls
- whole-wheat tortillas 
- wild rice 
- whole cornmeal
- shredded wheat cereal

Whole Grain Tips— Check the ones you already do:

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for up to half of the flour in a recipe.
- Eat whole-grain crackers.
- Once a week or more, try a lowfat meatless meal or main dish that features whole grains (such as red beans and brown rice).





Within 10 minutes 10 teaspoons of sugar hit your system!

Within 20 minutes your blood sugar spikes.

Within 60 minutes you will start to have a blood sugar crash and likely reach for another pop or other sugar source.

Diet pop is no better than regular pop!

Artificial sweeteners actually PROMOTE HUNGER!

The brain registers that you drank something sweet, however, your stomach says, "Where is it?"

Many people feel hungry within an hour of drinking a diet soft drink.



Coca-Cola

12 fl oz can



nutrition ingredients varieties

VERY LOW SODIUM 35mg OR LESS PER 240 mL (8 fl oz)

Nutrition Facts

Serving Size 1 can
Servings Per Container 1:

Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat	0g 0%
Sodium	45mg 2%
Total Carbohydrate	39g 13%
Sugars 39g	
Protein	0g

Not a significant source of fat calories, saturated fat, trans fat, cholesterol, fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

Diet
Coca-Cola

VERY LOW SODIUM, 30 mg OR LESS PER 240 mL (8 fl oz)

Nutrition Facts

Serv. Size 1 Can

Amount Per Serving	
Calories	0
% Daily Value*	
Total Fat	0g 0%
Sodium	40mg 2%
Total Carb	0g 0%
Protein	0g

*Percent Daily Values are based on a 2,000 calorie diet.


CARBONATED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID, CAFFEINE.

CANNED UNDER AUTHORITY OF THE COCA-COLA COMPANY, ATLANTA, GA. BY A MEMBER OF THE CCE BOTTLING GROUP. ATLANTA, GEORGIA 30339.

PHENYLKETONURICS: CONTAINS PHENYLALANINE
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CONSUMER INFORMATION CALL 1-800-438-2653

Daily intake of sugar: 25 grams for women and 28 grams for men

HOW MUCH WATER SHOULD I DRINK?



Women

2.1 Litres OR 6 glasses

Men

2.6 Litres OR 6 glasses

*Information should be based on individual needs and health conditions.

The infographic features a teal background with a yellow sun icon in the top left and a grey circle in the bottom left. It uses icons of a water bottle and glasses to represent the recommended intake for women and men.



MISSING SPORTS? NO SWEAT.

Drink in this competition as two of the biggest names in hydration compete head to head*:



Trademarks are property of their respective owners.
*Comparison based on 16 fl. oz. bottle of Gatorade and 16 fl. oz. of prepared *Sustain Sport* drink mix.

Nutrition Facts

About 9 servings per container
Serving size 1 slice (22g)

Amount per serving
Calories 90


% Daily Value*

Total Fat 7g	9%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 145mg	6%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0.2mcg	0%
Calcium 156mg	12%
Iron 0mg	0%
Potassium 15mg	<1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: rBGH-BST HORMONE FREE PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO.
CONTAINS: MILK





Nutrition Facts
 About 6 servings per container
Serving size 6 crackers (28g)


Amount per serving
Calories 120

% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 163mg	7%
Total Carbohydrate 23g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 116mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE GRAIN WHEAT, CANOLA OIL, SEA SALT.
BUT ADDED TO THE PACKAGING MATERIAL TO PRESERVE FRESHNESS.
CONTAINS: WHEAT.



Nutrition Facts
 about 8 servings per container
Serving size 16 pieces (31g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 5g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 90mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENHANCED WHOLE GRAIN WHEAT, CANOLA OIL, SEA SALT, BUT ADDED TO THE PACKAGING MATERIAL TO PRESERVE FRESHNESS.
CONTAINS: WHEAT.

ChooseMyPlate.gov

Nancy.paradeise@somn.org

Additional Resources

- Healthy Athletes
- Fraser
- MN Disability Law
- NAMI
- Special Olympics Center for Inclusive Health.
- Special Olympics Coaches resources

Healthy Athletes



FIT FEET
(podiatry)



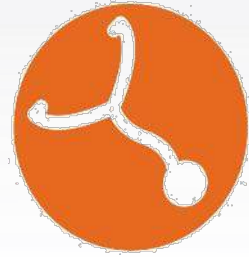
funFITNESS®
(physical therapy)



HEALTH PROMOTION
(better health & well-being)



HEALTHY HEARING
(audiology)



MedFest®
(sports physical exam)



OPENING EYES®
(vision)



SPECIAL SMILES®
(dentistry)



STRONG MINDS
(emotional wellbeing)

Minnesota Disability Law



mylegalaid.org

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Fax: 612.334.5755

Intake: 612.334.5970

mndlc@mylegalaid.org

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Duluth

403 Alworth Building

306 W. Superior St.

Duluth, MN 55802

Mankato

11 Civic Center Plaza

Suite 402

Mankato, MN 56001

What is the Minnesota Disability Law Center?

Minnesota Disability Law Center (MDLC) is the federally-designated network of lawyers and advocates providing free legal help to people with disabilities in civil cases in Minnesota. We help people with any type of disability, of any age, and at all income levels. MDLC is a statewide project of Mid-Minnesota Legal Aid.

What are MDLC's main areas of focus?

ABUSE AND NEGLECT *We work to eliminate abuse and neglect, including physical abuse, financial abuse, neglect of health care and safety needs and improper use of seclusion or restraints*

ACCESS *We help people access health care, employment, educational programs, assistive technology and other services needed to live in the community*

DISCRIMINATION *We fight discrimination in access to voting, government services and public businesses*

INTEGRATION *We advocate for integration in education, housing, community activities and employment*

SYSTEM IMPROVEMENTS *We work to improve funding for and efficacy of the service system to better meet people's needs*

For a full list of current guidelines and priorities, please visit www.mndlc.org.

Fraser Festival

Saturday April 6th ST. Paul RiverCentre.



FRASER
FESTIVAL
PRESENTED BY **CENTRAL**
ROOFING COMPANY

SATURDAY, APRIL 6, 2024

Saint Paul RiverCentre • 10 a.m. – 2 p.m.

Join us for this fun, community fundraising event that raises funds to help support individuals with autism and disabilities. Enjoy music, movement, games, food and entertainment that engages each of the body's eight senses.

VOLUNTEER SPONSOR **us bank** fraser.org/festival

Courage Kenny Discover Abilities Expo

Saturday April 20th 10 am to 3 pm University of Minnesota Recreation & Wellness Center

Discover Abilities Expo

A showcase of adaptive sports and recreational



University of Minnesota Recreation & Wellness Center, What it is

Join us at the University of Minnesota Recreation and Wellness Center for an exciting day of exploration and empowerment of all things adaptive sports and recreation! The Discover Abilities Expo is a one-of-a-kind event where individuals of all abilities can come together to celebrate their unique talents and strengths. This event is hosted by Courage Kenny Rehabilitation Institute's adaptive sports and recreation department.

At this in-person event, you'll have the opportunity to discover a wide range of sports and recreational programs, resources, adaptive equipment and more specifically tailored to support individuals with different abilities. From traditional competitive sport offerings to recreational programs such as theatre and dance, there's something for everyone.

Throughout the day, you can participate in interactive workshops, equipment demonstrations, and engaging presentations led by experts in the field.

Whether you're looking to network, learn, or simply have fun, the Discover Abilities Expo promises to be an unforgettable experience. So, mark your calendars and join us for a day filled with inspiration, connections, and the celebration of abilities!



Leadership University Save The Date

July 12-14 at Bethel University.

- More info to come soon!
- With questions or to learn more you can reach out to melinda.guajardo@somn.org or louann.kelly@somn.org



Interested in Coaching?

“As a coach, I get to witness the magic happen! I get to see the friendships that are built, the awareness that is spread into the larger community and the pride when athletes feel their worth.”

<https://specialolympicsminnesota.org/become-a-coach/>

How do you become a coach?



Step 1: Submit the coach interest form

Just [fill out the interest form](#) and a Special Olympics Minnesota staff member will be in touch within 48 hours to learn more about you and discuss next steps.



Step 2: Complete the online Level 1 training

This online training includes all the information you need to become a Special Olympics Minnesota coach. [Complete the Level 1 training](#)



Step 3: Complete a background check

A background check is required for all coaches and Unified partners who are 18 or older.

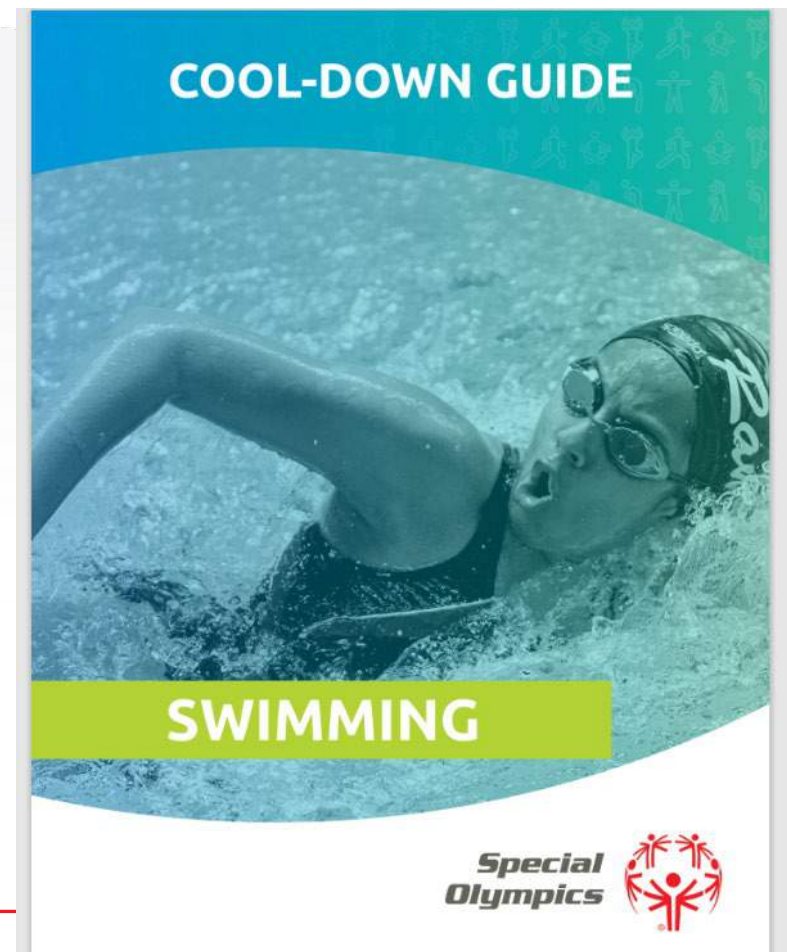
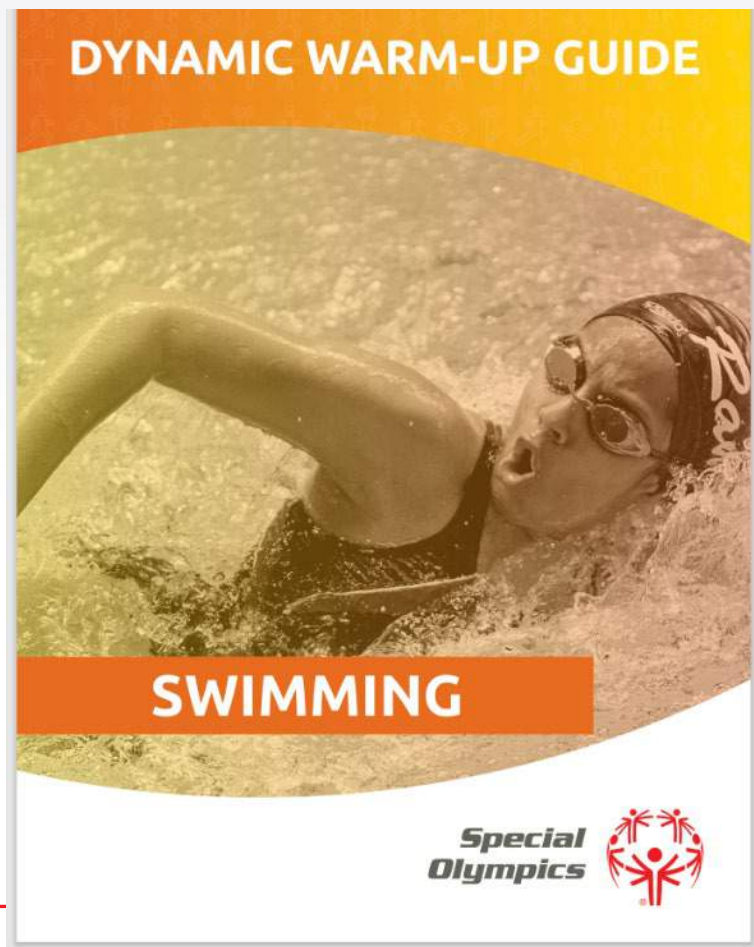


Step 4: Connect with your team

Time to start coaching! Get to know the athletes, Unified partners and team assistants in your delegation.

Warm up/warm down guides

https://specialolympicsminnesota.org/wp-content/uploads/2023/02/Swimming_WU-Guide.pdf



Spring Fit 5 Challenge

We are doing a “get ready for Summer Games fit 5 Challenge”

Start 6th of May finishes 24th of June

What you get if you complete?

A unique Fit 5 bag tag that you can use on your gym bag. As well as the chance to win some of our mini challenges that we will do throughout!

What will I get if I sign up?

Each week there will be strategies and tips for the week sent to you. There will also be virtual classes for 4 weeks to get some extra fitness/fun in the lead up to Summer games.

Where can I sign up?

<https://specialolympicsminnesota.org/2024-spring-fit-5-challenge/>

Post Event Survey

- Please take a few minutes to complete this survey from the Minnesota Governor's Council on Developmental Disabilities.
 - Virtual participant? We will email you a copy of the survey to complete.

THANK YOU!

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Jack.dobbs@somn.org

Nell.coonen-korte@somn.org

***Special
Olympics***
Minnesota

