



Activity & Program Guide

March 2023

Face to Face

SOAR Fox Cities, Inc. ~ 211 E. Franklin Street Ste. A ~ Appleton, WI 54911



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*****Friendly Reminder: DO NOT give coaches, volunteers, or SOAR staff payment, or any SOAR documents that need to be filled out/turned into the office, while at practices or programs! We will NOT accept it!**

All payment and forms must be turned in to the SOAR Office during office hours, mailed in, or dropped off. You can also go to soarfoxcities.com for payment and activity registration, or speak with a staff member on the phone.

As a reminder: voicemails or emails will not be accepted as registration.

Office Hours: Monday through Thursday, 9:00am-4:30pm (Closed on Fridays)

***Phone: 920.731.9831, *Fax: 920.725.1531, *E-mail: info@soarfoxcities.com,**

Website: www.soarfoxcities.com



Policies

To be considered as a participant of SOAR Fox Cities, Inc.'s programs and/or services, the following forms will need to be filled out, updated and kept in the participant's file:

- Participant Information Form
- Acknowledgement Form from the Participant/Guardian Handbook

Note: ***The Participant Information Form needs to be updated annually.*** Throughout the course of the year changes may occur with conditions, behaviors, etc. and it is very important that SOAR Fox Cities, Inc. staff is aware of all of these changes. It is a safety precaution for all involved including the participant, staff and volunteers. Please call the office (920-731-9831) with any changes.

Parking When parking at our building during business hours, please use the parking stalls designated for 211 E. Franklin Visitors. If you park in other companies' stalls you risk being towed.

Inclement Weather Policy Out of concern for safety, bad weather occasionally forces the closing of a SOAR Fox Cities, Inc. program or service. If it becomes necessary to close SOAR Fox Cities, Inc. for any reason, SOAR FC staff will attempt to notify all participants who are signed up for the program or service of the closure **via email & Facebook post**. **Please understand that in many instances we cannot call everyone that is registered for an activity—there are simply too many. This is why it is vital that you have an up to date email on file with us we will ONLY post cancellations to Facebook or email about them.** The program or service may be re-scheduled. Please watch local news channels (WBAY, WFRV, WLUK), check your emails and Facebook pages for real time updates on cancellations. Most day-of cancellations will be made by 2:00pm the day of the activity.

Payment Policy We **DO NOT** and **WILL NOT** be able to collect payments at activities. Do not give staff your payment—we need to collect it at the office, via mail, or via our website, PRIOR to all activities. If you visit our office before/after hours, please deposit your labeled payments in the mail slot. We encourage your use of envelopes. For any questions regarding bills/invoices, please ask for extension 109. If you are registering for an activity and tickets need to be picked up, feel free to send a self-addressed stamped envelope along with your payment, or pay an extra \$1.00 to have the tickets mailed to you, or stop by our office. Watch our online calendar for advance planning of activities to fit your budget, and meet registration deadlines.

Cancellation Policy If you are unable to attend an event, you must cancel at least **5 days in advance**. If you do not cancel in advance you will be liable for the program fees - Please see enclosed notice regarding cancellation policy.

Volunteering

Did you know that the volunteer opportunities with SOAR are almost endless!? Aside from volunteering at programs, we LOVE it when members help out at special events. Occasionally we also have special office projects, like folding and stuffing mailings, that we need help with! If you want to learn about these and more opportunities, please call Ashley Gustafson, Community Engagement Director, at 920-731-9831, x114 or Volunteer Coordinator Angie Petit, x126

Some current needs are: Special Olympics Swimming Volunteers AND *CAMP ONAWAY COUSELORS*****



Volunteer with SOAR today!





SOAR Fox Cities Board of Directors

Laura McCormick, *President*
Heather Sorebo, *Vice President*
Gary Weber, *Treasurer*
Leigh Bolender, *Secretary*

Polly VandenBoogaard Paul Meyer Reg Wydeven Jonathan Pitzen Bryan Mueller Julie King



Hello Friends of SOAR!

Here we are...March! Who is ready for St. Paddy's day!?

Things are really moving along this year. I can hardly believe it's almost March. What I can believe, though, is that I am more than ready for the snow to end and Spring to come. I need sunshine!

As we look ahead to March, I don't have a lot of new updates. We're still hiring for a few positions to include an SRR aide! If you know someone that is interested, please feel free to have them submit their application to me via email at erin@soarfoxcities.com.

I also want to remind folks of few things again:

- Please, please, please pay close attention to your emails!!! Especially on bad weather days! We will **ONLY SEND CANCELTION NOTICES VIA EMAIL!** We apologize for any inconvenience, but we do not have the ability to call everyone when something is canceled. Email is the fastest way for us to get the message out quickly.
- When registering **you must include an active email address that you or someone checks regularly.** If an activity is going to be cancelled, we will send the cancelation notice via email.
- Where else can you see if an activity has been canceled? Follow us on **Facebook** as we post all cancelations on Facebook. If the cancelation is because of a weather closure, we will post the closure to **Channels 5, 11 and 26**. Lastly, you can always call our offices and ask – We will make the decision to cancel an evening activity by no later than 2pm the day of the activity.
- Please pay close attention to the "register by" dates in the newsletter. **We will NOT register anyone for any activity after the register by date.** This includes dances, family events, and other activities.

If you have any questions regarding where to learn more about activity cancelations and/or how we will notify you of cancelations, please feel free to contact us!

In closing, I wish you all the Luck-o-the-Irish and a great spring season!

~ Erin Schultz-Wege, Executive Director

SOAR Fox Cities Staff can be reached at 920.731.9831

Erin Schultz-Wege, Executive Director, x116
Ashley Gustafson, Director of Community Engagement, x114
Jolene Verstegen, Financial Administrator, x115
VACANT TBI Support Program Coord.
LeeAnn Stein, Director of Adult Programs, x112
Lindsay O'Brien, Fundraising & Grant Manager, x127
Clare Buckley, TBI Support Program Navigator, x118
Angie Petit, Volunteer Coordinator, x126

Heidi Zick, Family Programs & Community Resource Coordinator, x111
Leah Quinn, Member and Office Support Specialist, x100
Kari Much, Accounting Clerk, x109
Lisa McCallister, Youth Services Manager, x110
Jen Kalishek, Special Olympics, x122
Amy Uecke, SRR Program Coordinator x113

Registering for all activities is required!

1. Select the activities that fit your schedule.
2. **Be sure to register for each activity that you want to attend by the "register by" date listed, unless there is no specific registration date noted in the description of the activity.**
3. Complete the enclosed registration form and return it to our SOAR office with payment, or you can pay and register online at www.soarfoxcities.com, send a check, or stop at our office. Payment must be made prior to an activity.

A FEW ANNOUNCEMENTS AND UPDATES (last updated June 2022)

Cancellation Contacts

To make sure we are able to get ahold of the appropriate individual(s) to the best of our ability when a program or activity is cancelled we have added a section to the online jot form, the yearly membership form, and the paper registration slip on the last page of the newsletter that asks for an e-mail and/or phone number specifically for when a cancellation occurs. This is important because a participant's emergency contact listed on file at SOAR is often different than the contact needed to notify for a cancellation as participants frequently have more than one housing staff, ride arrangement, or caregiver that they spend time with on a daily basis. In addition, some individuals are easier to get ahold of via e-mail, while others prefer a phone call. Let us know which communication platform works best for you in the event of a cancellation by filling this new section out when signing up for activities. We thank you for your help and understanding in advance!

Online Activity Sign-Up

We're encouraging everyone to sign up to receive the online newsletter! We always try to plan the delivery of the mailed newsletter to coincide with the delivery of the online newsletter, but we can't predict how long the postal service will take to deliver bulk mailings such as the newsletter. Unfortunately, it sometimes takes longer than preferred. When/if this is the case we encourage you to utilize the option of signing up for programs online through the SOAR website. If you need help with this process contact Leah by calling (920) 731-9831, ext. 100, or email leah@soarfoxcities.com and she can send you an e-mail of a document containing step-by-step written instructions with picture references. OR stop by the office for a hard copy during office hours M-TH 9am-4:30pm. These instructions are also on our website!

Activity Arrival Time

Please do not arrive for activities more than 15 minutes before the activity is scheduled to start! If you do, we cannot guarantee the front doors of the building will be open, especially if the activity is after 4:00pm or on a weekend, or that someone will be available to let you in. As it gets colder outside, this is IMPORTANT as we don't want you waiting out in the cold! We understand those taking Valley Transit cannot always control this so please contact us with any questions! Thank you!

Calendar-at-a-glance

March 2023

Turn to the specific page number listed under the "page column" for all details needed for each activity.

Program Type KEY

Youth Programs=TnT/Y , Adult Programs =AE/SRR,
Advocacy Programs/TBI =ADV ,
Family Programs =FAM, Community Ed =CE,
Aging/Intellectual Developmental Disability=AGI

March	Program Choice	Time	Page	Cost: member/ non-member/ caregiver	IRIS Code	Staffed by:	Type KEY
1	Coffee Connections	10:30am-11:30am	6	FREE	-	Heidi	FAM
1	Bingo	5:00pm-7:30pm	10	\$20/\$30	F	Amy	SRR
2	TnT	6:30pm-8:00pm	9	FREE	-	Lisa	TnT
3/1, 3/8, 3/15, 3/29, 4/5, 4/12	Safe and Free	5:30pm-7:30pm	10	FREE	-	Ginger/ LeeAnn	AE
8	SOAR Memory Cafe	3:30pm-5:00pm	7	FREE	-	Heidi	AGI
8	Virtual BISG (Brain Injury Support Group)	5:30pm-6:30pm	10	FREE	-	Clare	ADV/ TBI
9	People First-Thursdays Edition	6:00pm-7:15pm	10	FREE	-	LeeAnn	ADV/ PF
10	Dance	6:00pm-8:00pm	11	\$10/\$20	F	Amy	SRR
13	No-Bake Class	10:00am-11:30am	11	\$30/\$60	F	LeeAnn	AE
14	Happy Hour/Parent to Parent Night	6:00pm-7:00pm	6	FREE	-	Heidi	FAM
14	Craft	5:00pm-7:30pm	11	\$20/\$40	F	Amy	SRR
15	Memory Café-Oneida Heights	3:30pm-5:00pm	7	FREE	-	Heidi	AGI
15 or 16 (choose one or the other)	Baking Class	15th-10:00am- 12:00pm, 16th-1:00pm- 3:00pm	11	\$30/\$60	F	LeeAnn	AE
16	TnT	6:30pm-8:00pm	9	FREE	-	Lisa	TnT
16	In-Person BISG (Brain Injury Support Group) at Neuroscience Group	5:00pm-6:00pm	10	FREE	-	Julie Fiel and Clare	ADV/ TBI
21	Dinner and Board and Brush	5:00pm-7:30pm	11	\$40/\$80	C	Amy	SRR
3/21, 3/28, and 4/4	Healthy Cooking Series	4:00pm-5:30pm	11	\$60/\$120	F	LeeAnn	AE
25	Maple Syrup Family Event	10:00am-1:00pm	7	\$5 per person	C	Heidi	FAM
27	Make and Take	10:00am-12:00pm	11	\$30/\$60	F	LeeAnn	AE
27	In-Person BISG (Brain Injury Support Group) at St. E's	6:00pm-7:00pm	10	FREE	-	Clare	ADV/ TBI
29	Dinner and Movie	5:00pm-7:30pm	11	\$30/\$60/\$15	F	Amy	SRR
30	TnT	6:30pm-8:00pm	9	FREE	-	Lisa	TnT

Coffee Connections with Heidi

Wednesday, March 1st, 10:30am-11:30am, Fee: FREE

Join us for the March Parent Support Group Meeting will be at the SOAR Building, lower level!

Did you know that the state reimbursement aid for special education has declined from 66% in 1980 to 30% today? Presenters from Fox Cities Advocates for Public Education (FCA4PE) will break down some of the complexities of K-12 school funding and show you why your voice is needed to improve state budgets for our local schools. This session will not be dry, focusing only on budgets; the realities behind the numbers will be addressed. Come prepared to feel empowered with knowledge. More about FCA4PE's issue and advocacy work can be found at: <https://bit.ly/3DqpDUj> or on Facebook. Join us while enjoying hot coffee, a pastry and fruit.

We kindly ask that you RSVP for this morning event.

Please do so by calling SOAR at (920)731-9831, ext. 111 , or via email at heidi@soarfoxcities.com by February 28th.

Happy Hour/Parent to Parent Night with Heidi

Tuesday, March 14th, 6:00pm-7:00pm, Fee: FREE

Enjoy an evening out with other parents and caregivers at **Meade Street Bistro** as we support each other and discuss issues we are facing and successes we have had. We will be discussing grief in all its forms with a guest speaker, Amy Reed.

She shares, "I received a degree in Thanatology (the science of grief and bereavement). I pursued this as I was finding few resources for my grieving students with disabilities. Through the program, I focused almost exclusively on research pairing the two, and found some good stuff. I would love to talk about what resources and strategies I have found."

This is the only opportunity we have to speak with Amy as she is unavailable during the day to speak with us.

Feel free to purchase a drink and/or food to enjoy while we chat! We kindly ask that you register with SOAR by March 13th, for this evening so we have enough seats reserved, by calling SOAR at (920)731-9831 ext. 111 , or e-mailing heidi@soarfoxcities.com.

Meade Street Bistro: 2729 N Meade St. Appleton, WI 54911

Maple Syrup Family Event with Heidi

Saturday, March 25th, 10:00am-1:00pm

\$5.00 per person, plus brunch cost

Join Heidi at **1000 Islands Nature Environmental Center** in Kaukauna to learn the process of collecting tree sap and turning it into maple syrup. We will get to witness the entire process from start to finish. We will have a guided walk and tapping demonstration on our way to the Sugar Shack. Then we will head to

Chefo's for brunch and a stack of pancakes if you choose!

Register by March 23rd. See insert for details.



SOAR Memory Cafe with Heidi

Wednesday, March 8th, 3:30pm-5:00pm, Fee: FREE

Our specialized memory café is a place for individuals 35 and older with intellectual and developmental disabilities and memory problems, or dementia, and their caregiver, to meet others in their similar situation. Let's share experiences, make friends, find support, and enjoy fun activities. Held at the

SOAR Building, lower level. See insert for details!

**Call or e-mail Heidi to RSVP at (920) 731-9831, ext.111,
heidi@soarfoxcities.com to register by March 1st.**

Memory Café-Oneida Heights with Heidi

Wednesday, March 15th, 3:30pm-5:00pm, Fee: FREE

Our specialized memory café is a place for individuals 35 and older with intellectual and developmental disabilities and memory problems, or dementia, and their caregiver, to meet others in their similar situation. Let's share experiences, make friends, find support, and enjoy fun activities. Held at the

Oneida Heights. See insert for details!

**Call or e-mail Heidi to RSVP at (920) 731-9831, ext.111,
heidi@soarfoxcities.com to register by March 8th.**

SOAR Camp Onaway Announcements!

Camp Onaway Applications have been made **available beginning Monday, February 6, 2023.**

Stop by the office or call (920)731-9831 for an application.

Camp Onaway 2023 dates will be **Tues., June 6th through Sat., June 10th.**
Please contact LeeAnn or Lisa if you have questions.

LeeAnn Stein: (920)731-9831, ext. 112, leeann@soarfoxcities.com

Lisa McCallister: (920)731-9831, ext. 110, lisa@soarfoxcities.com



Have you turned in your 2023 SOAR Membership Renewal Forms and payment yet? If you have not and would like to obtain 2023 Membership:

Leah can send you the 2023 Membership Form and 2023 Participant Information Form to fill out and return to SOAR with the annual \$25.00 membership renewal fee.

(\$25.00 per 1 member, or \$65.00 per family membership-up to 4 people-please note: this must be 4 family members and cannot be 4 members of a group home, etc.)

Call (920)731-9831, ext. 100, or email leah@soarfoxcities.com for questions!

OR go to soarfoxcities.com, click on "Member Info.," and then click on "Become a Member," to submit your updated forms through our website. You can also pay online but clicking on "pay for activities in the top right corner of the home page of our soarfoxcities.com.

****Obtaining SOAR Membership allows you to sign-up for activities (INCLUDING CAMP ONAWAY) at a lower "member rate" compared to a higher "non-member rate" for the rest of 2023!**

Did You Know!?

SOAR is still selling Kwik Trip Cards! For every gift card purchased directly from SOAR a percentage of the purchase is donated back to SOAR!

Call us at 920-731-9831 or stop by the office to purchase yours today!

SOAR Fox Cities - where YOUTh fit in!

SOAR Thru Summer Camp—We are so excited to announce that our first SOAR Thru Summer Camp located on the second floor of the SOAR Building in our new Youth Club House has been a success on the “fun-scale!” This is an all day camp held June through August on Mondays through Fridays for youth with varying abilities to meet new friends and have fun with some awesome camp counselors. We filled our time exploring the Appleton area’s outdoor and indoor events such as the zoo, a community drum circle, Altitude Trampoline Park, the outdoor splash pad, Pinot’s Pallet, and so much more! In addition to field trips, we played so many exciting activities in our on-site Youth Club House such as making ice-cream from scratch, cooling down with relaxing movies, and getting messy with science projects and art activities. Check out the SOAR Facebook Page to see lots of fun pictures from the first year of SOAR Thru Summer Camp! We can’t wait to see what is instore for next summer!

Teen Stop—Teen Stop has the same collaboration as described above for Kids Klub, but focuses on Middle School aged children. Neenah School district is currently using this after-school program for middle school. Great games and activities are planned by middle school peers. Held during the school year only.

TnT—Youth ages 13-23 from any Fox Cities school district can come and meet new people, try fun group games, trivia questions and laughs. This positive interaction between peers allows them to gain exposure to each other, which leads to understanding and results in acceptance for each person involved. All teen participants take part in large and small group activities such as singing, sharing and games, engage in cooperative learning experiences and have opportunities for leadership development. There is no cost for this program. This is held 6:30-8:00pm at First Congregational United Church of Christ, 724 E South River St., Appleton. There is no cost for this program.



Quick Reference

Youth Services Manager: Lisa McCallister, 920-731-9831 x110, lisa@soarfoxcities.com

If you are a TEEN or a young adult (through age 23), join TnT! with Lisa

• TnT - In Person - Thurs., March. 2nd

6:30pm - 8:00pm, at The First Congregational United Church of Christ, 724 E South River St., Appleton.

Fee: FREE

~We all hope spring is coming. Come out to TnT this week to play games and work on team building skills for the night.

• TnT - In Person - Thurs., March. 16th

6:30pm-8:00pm, at the First Congregational United Church of Christ, 724 E South River St., Appleton.

Fee: FREE

~TnT is the place to be!

• TnT-In Person-Thurs., March 30th

6:30pm-8:00pm, at the First Congregational United Church of Christ, 724 E South River St., Appleton.

Fee: FREE

~"A sweet friendship refreshes the soul" -Proverbs 27:9



People First –Thursday Edition with LeeAnn

6:00pm-7:15pm, SOAR Building, Lower Level, or virtual on Zoom

Fee: FREE

Thurs., March 9th–We'll have a speaker from Disability Rights talk to us. **Register by: March 7th**

Virtual BISG with Clare

5:30pm-6:30pm, on Zoom

Fee: FREE

- **Wed., March. 8th**– Brain Injury Support Group meetings are for brain injury survivors and supporters.
- Please e-mail Clare with any questions at clare@soarfoxcities.com or call (920) 585-7820
- MARCH IS BRAIN INJURY AWARENESS MONTH! Local businesses are supporting Brain Injury Awareness by displaying our SOAR TBI kites and information about brain injuries and SOAR's services!

In-Person BISG at Neuroscience Group with Clare, and Julie Fiel

5:00pm-6:00pm

Located at Neuroscience Group on 445 W. Calumet St. Appleton 54915

Fee: FREE

- **Thurs. March. 16th**– Brain Injury Support Group meetings are for brain injury survivors and supporters. **Masks are required.**
- Please e-mail Clare with any questions at clare@soarfoxcities.com or call (920) 585-7820
- MARCH IS BRAIN INJURY AWARENESS MONTH! Local businesses are supporting Brain Injury Awareness by displaying our SOAR TBI kites and info. about brain injuries and SOAR's services!

In-Person BISG at St. Elizabeth with Clare

6:00pm-7:00pm, Located at St. Elizabeth Hospital 1506 South Oneida St. Appleton, 2nd Floor Conference Room 1 and 2

Fee: FREE

- **Mon., March. 27th**– Brain Injury Support Group meetings are for brain injury survivors and supporters. Please email Clare with any questions at clare@soarfoxcities.com or call (920) 585-7820. **Masks are required.**
- Please e-mail Clare with any questions at clare@soarfoxcities.com or call (920) 585-7820
- MARCH IS BRAIN INJURY AWARENESS MONTH! Local businesses are supporting Brain Injury Awareness by displaying our SOAR TBI kites and info. about brain injuries and SOAR's services!

Bingo with Amy

5:00pm-7:30pm, SOAR Building, Lower Level

Fee: \$20 member/\$30 non-member

- **Wed., March 1st**– Enjoy bingo and fun prizes.

Register by Feb. 27th

Safe and Free with LeeAnn and Ginger

5:30pm-7:30pm, SOAR Building, First Floor Board Room

Fee: FREE

- **Wed., March 1st, 8th, 15th, 29th, and Wed., April 5th, 12th**– Topics covered: Knowing Yourself and Getting Involved in your Community, Rights, Rules and Responsibilities, Communication, Safety, Abuse Awareness, Dating and Intimate Relationships.
Please note there will be no class on Wed., March 22nd

Register by Feb. 27th

Dance with Amy

6:00pm-8:00pm

******LOCATED AT ST. MARY'S ELEMENTARY SCHOOL MENASHA (SCHOOL GYM)******

528 2nd St. Menasha, WI 54952

Fee: \$10 member/\$20 non-member/\$0 caregiver (no tickets, but you still need to register)



- **Fri., March 10th**-Join us for light snacks and dancing!

Register by March 6th**No-Bake Class with LeeAnn**

10:00am-11:30am SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member

Mon., March 13th— This is a simple recipe and with baking required. You will be making peanut butter pie.

Register by March 6th**Craft with Amy**

5:00pm-7:30pm SOAR Building, Lower Level

Fee: \$20 member/\$40 non-member

Tues., March 14th—Make a St. Patty's Day craft!

Register by March 7th**Baking with LeeAnn**

SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member

- **Wed. March 15th at 10:00am-12:00pm OR Thurs., March 16th at 1:00pm-3:00pm**
(choose one or the other—pick the day that works best for you)
- We will be making Irish Soda Bread.

Register by March 8th**Dinner and Board and Brush with Amy**

5:00pm-7:30pm, SOAR Building, Lower Level, then Board and Brush 109 N. Durkee St. Appleton

Fee: \$40 member/\$80 non-member

- **Tues., March 21st**- We will enjoy a bite to eat at SOAR and then walk to Board and Brush to make a personal wooden design of your choosing. Bring your own money if you'd like to purchase your own soda there. A couple of reminders- this event involves paint so wear appropriate clothing and expect to get paint on your hands. And as with all SOAR sponsored events, alcohol is prohibited. (drop-off is at SOAR, pick-up is at Board and Brush)

Register by March 13th**Healthy Cooking Series with LeeAnn**

4:00pm-5:30pm, SOAR Building, Lower Level

Fee: \$60 member/\$120 non-member

- **Tues., March 21st, March 28th, and April 4th** —A three week cooking series with nutrition education. Each night you will make your own dinner.

Register by March 14th**Make and Take with LeeAnn**

10:00am-12:00pm, SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member

- **Mon. March 27th** —STAFF FAVORITE-You'll be making Kari's Baked Spaghetti to take home and enjoy with your family or friends.

Register by March 20th**Dinner and Movie with Amy**

5:00pm-7:30pm, SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member/\$15 caregiver (if caregiver eats)

- **Wed., March 29th** —Enjoy dinner and a fun movie!

Register by March 24th

Special Olympics Updates

Special Olympics is dedicated to empowering individuals with intellectual disabilities to become physically fit, productive, and respected members of society through sports training and competition. The sports we offer give our athletes a safe and fun environment to grow their self-confidence, keep a steady social life and practice healthy living by being active. We also have opportunities for coaching and volunteering.

For more information on our program, please contact our Special Olympics Coordinator, Jen Kalishek, by e-mailing jen@soarfoxcities.com or calling (920) 731-9831, ext. 122

Basketball season is underway! At the end of January, The Hawks faced off against Appleton North in a fundraiser game – the total donation to SOAR was just shy of \$500! The Hawks beat North by two points in a very close game! Thank you to all those that helped make this event happen, a HUGE thank you to everyone at Appleton North- and Congratulations on the win, Hawks!

All 5 of our basketball teams played the season's first invitational in Neenah. Everyone had a great time on the court and played their hearts out! We look forward to the upcoming tournaments!

If anyone would like to cheer our teams on this season but does not have an athlete involved, contact Jen for the tournament schedule, we will never pass up another cheer leader in the crowd! April 29th the Ravens have their annual Spread the Word game at Kimberly High School against the Kimberly Allstars! This is another fundraising event for SOAR and we'd love to see you there!



Please note: Borrowed jerseys will be distributed for each season (if necessary) but MUST be returned at the end of the season or participants will be charged the full cost of the uniform. If you borrowed one from a previous year, it should also be returned as soon as possible. Thank you for your cooperation!

Participants, Caregivers & Parents - PLEASE BE SURE TO KEEP AN EYE ON YOUR E-MAILS DURING SPORTS SEASONS! Our PRIMARY means of communication are e-mail and social media.

We apologize, but we cannot call every single caregiver, parent, or athlete (there simply aren't enough hours in the day) & email/social media is the quickest way to communicate changes in practices, updates, and more. If your e-mail is NOT up to date, please let Jen know! Athletes that do not attend events/practices/games with a family member should also always carry identification in the event of an emergency.

Is your medical information with SOWI up to date?

-If your medical exam is near expiration or you're not sure, please e-mail Jen to double check.

-You cannot participate in Special Olympics activities if your medical is not up to date or if you cannot prove you have been vaccinated.

- All athletes must also have a COVID-19 Participant Release Form and Communicable Disease Participant Waiver on file with SOWI. If you have not signed each of these please contact Jen. (S.O. medicals expire every 3 years.)

Special Olympics (SO)

Reminder! Our cancellation policy is:

If you are unable to attend an activity, you must cancel at least 5 days in advance to be eligible for a credit. If a participant cancels less than 5 days before the activity or is a no-show, there will be no credit given, only in rare instances will exceptions be granted.

If the activity requires tickets and you cancel more than 5 days in advance, you are STILL fully responsible for the cost of the activity. Possible exceptions exist if we are able to fill the spot that was cancelled. If we are able to fill the vacancy, a credit will be applied to the participant's account.

If cancelling (or no-show) for a part of a series, no credit will be given.

If eligible, only credits will be given. No refunds will be given.

IRIS refuses to pay for services not provided, which includes cancellations and no-shows. If you require IRIS-billing, based on the Cancellation Policy, you are fully responsible for all cancelled (or no-show) activity fees.

In the event of SOAR cancelling an activity due to weather or other reasons, all registered participants will be credited for the activity or refunded upon request via check.

Please understand that the cancellation policy exists for several reasons including:

- 1. Programs can fill up quickly and when this happens we create a waitlist. Canceling in advance allows us to contact those on the waiting list and gives another participant the opportunity to join the activity.
- 2. Many programs require purchases that reflect on the number of individuals participating in that specific activity such as movie/theater/sports game tickets, transportation expenses, arts and crafts supplies, baking/cooking supplies, or meals, where the money cannot be replaced or exchanged when someone cancels without notice. We try to avoid this the best we can by trying to typically buy tickets as close to the date of the activity as possible, but sometimes this is not always an option. **Thank you for your understanding, patience, and support!**



***Email to contact if CANCELLATION occurs:** _____ ***Participant Name** _____

Date of Activity	Activity Name	Cost

Submit total amount due to: **Registration and Payment required prior to activities.** **Total:** _____

SOAR Fox Cities
211 E Franklin St., Suite A
Appleton, WI 54911

Pay by cash, check (# _____), or on-line.

If you use IRIS, Lakeland Care, Includa, CLTS, or Community Care please check this box ☐

Please provide billing name & contact info: _____

March 2023 Calendar at a Glance

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
			<u>1</u> -Coffee Connections -Bingo -Safe & Free	<u>2</u> -TnT	<u>3</u>	<u>4</u>
<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u> -Safe & Free -SOAR Memory Café -Virtual BISG	<u>9</u> -People First Thursday Edition	<u>10</u> -SRR Dance	<u>11</u>
<u>12</u>	<u>13</u> -No-Bake Class	<u>14</u> -Parent Happy Hour -Craft	<u>15</u> -Safe & Free -Oneida Heights Memory Café -Baking	<u>16</u> -Baking -TnT -In-Person BISG	<u>17</u>	<u>18</u>
<u>19</u>	<u>20</u>	<u>21</u> -Healthy Cooking Series -Dinner & Board/Brush	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u> -Maple Syrup Family Event
<u>26</u>	<u>27</u> -Make & Take -In-Person BISG	<u>28</u> -Healthy Cooking Series	<u>29</u> -Safe & Free -Dinner & Movie	<u>30</u> -TnT	<u>31</u>	

-There will be no Safe & Free Class on March 22nd.

-The last two Safe & Free Classes are on April 5th and April 12th.

-The 3rd class of the Healthy Cooking Series that starts on March 21st will be on April 4th.

2023 SOAR Special Olympics Track & Field Registration

Practices: Mondays & Wednesdays 5:30-6:30pm **athletes should attend both weekly practices*

Practice Location: Xavier Middle School (2626 N. Oneida St. Appleton)

Head Coach: Brian G

First Practice Date: Monday, April 10th, 2023

Medical Deadline: April 3

Fee: \$75 Member / \$95 Non-member

PLEASE COMPLETE EVERYTHING BELOW THIS LINE:

Athlete Name: _____ DOB: _____

Athlete Phone Number: _____ Athlete Email: _____

Emergency Contact Name (Required): _____

Emergency Contact Phone (Required): _____

Emergency Contact Email (Required): _____

****Please note: At least one email address is REQUIRED as that is how we will relay information about the season, cancellations, tournament information, etc.***

Uniform Size (Please circle one): XS / S/ M/ L/ XL/ 2X/ 3X/ 4X.

Registration Deadline: March 15

Send form and payment to:
SOAR Fox Cities
211 E. Franklin St. Suite A
Appleton WI 54911



Please check the lines that apply:

___ I **will** compete in the District Meet May 20th.

___ I **will** compete in the State Summer Games June 8-11th in Whitewater if I qualify.

___ I will **not** compete.

___ I would like to do the same events as I have done previously.

List events here: _____

___ I would like to try new events:

List events here: _____

___ I am new and unsure of the events offered.



PiNoT's PALETTE

Fundraiser



Join us for a night of painting at Pinot's Palette, with \$10 of your registration going directly to SOAR! In this two-hour guided class, you will paint this beautiful painting, sure to be a hit in your home, office, or as a gift! Space is limited, don't miss out on this fun night supporting SOAR!

Wednesday, March 15

7:00-9:00pm

Address: 226 E College Ave, Appleton, WI 54911

Price: \$37/Person

Register:

www.pinotspalette.com/appleton/event/671795

or Scan the QR Code

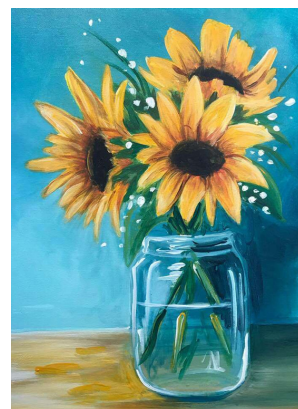


***Please Note this is NOT a SOAR Staffed Event**



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***Please Note this is NOT a SOAR Staffed Event**

Let's stick together like Maple Syrup and Breakfast!



Join us for a morning hike through 1000 Islands Environmental Center to learn the process of collecting tree sap and turning it into maple syrup. We will get to witness the entire process from start to finish! We will have a guided walk and tapping demonstration on our way to the Sugar Shack!

Afterwards, we will head for brunch at Chefo's Pancake House in Kimberly! We will have the back room set up for our group to enjoy each other's company over pancakes or brunch food of your choice!



Date: Saturday, March 25, 2023

Time: 10:00 am

Where: Meet for hike at 1000 Islands Environmental Center,
1000 Beaulieu Ct, Kaukauna, WI, 54130

Brunch after at Chefo's Pancake House, 760 W Kimberly Ave, Kimberly, WI,
54136

This is a family event, so participants must attend with a family member or staff. You must register no later than March 23, 2023 with \$5/person for the Maple Syrup Program at 1000 Islands. Bring your own money to pay for brunch at the restaurant. Dress appropriately for the weather! Masks are optional.

AGING & IDD PROGRAM

HELPING PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES AND
THEIR CAREGIVERS TO NAVIGATE THE DEMENTIA JOURNEY

A partnership between:



For more information, or to
schedule an appointment,
contact Heidi at:
(920) 731-9831 or
heidi@soarfoxcities.com

SPECIALIZED IDD MEMORY CAFÉ –

- SOAR LL Activity Room,
March 8, 3:30-5 pm
- Oneida Heights Community
Room, March 15, 3 - 4:30 pm

EARLY DETECTION SCREEN FOR DEMENTIA (EDSD) TOOL

- Developed specifically for the
IDD population
- Best to do a baseline screen
at 35–40 years old, then
yearly for changes

AGING/IDD RESOURCE HOURS –

- Stop in to get your
questions answered and
discuss concerns
- SOAR, 2nd Floor
Volunteer Room
- March 15, 9–10:30 am;
March 23, 3:30–5 pm

This project is supported, in part by grant number 90ADPI0068, from the U.S.
Administration for Community Living, DHHS, Washington, D.C. 20201, and
through the generosity of the David L. and Rita E. Nelson Family Fund.



MEMORY CAFES TO CELEBRATE THE LUCK O' THE IRISH!



**We will be having fun with two
different memory cafes this
month - so register for one or
both, depending on your
schedule!**





Wednesday, March 8 - 3:30-5:00 pm
SOAR Fox Cities, Lower Level Activity Room-

It ain't easy being green!
Join us to learn all about four leaf clovers and
have fun with things that are green!
Register by March 1.

Wednesday, March 15 - 3:00-4:30 pm
Oneida Heights, Community Room-

Celebrate the Rainbow!
We will complete different activities as we
"taste the rainbow!" Register by March 8.



Each participant should register and attend with a
caregiver that helps them. Register by calling Heidi
at (920)731-9831 or email at
heidi@soarfoxcities.com.

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