

# **SPECIAL OLYMPICS – YORK COUNTY**

## **OCTOBER 2020 NEWSLETTER**

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### **Manager's Corner with Andrew Loehwing York County Manager**



**Hello Special Olympics York County! I hope that this newsletter finds you well. Your management team is thankful for the resilience and patience that the entire Special Olympics York County community has shown through the suspension of in-person activities. We all miss the interaction with athletes, volunteers, families and friends, and your management team is optimistic**

**that, if a return to normal is not possible soon, a near normal experience is around the corner.**

**We are happy to report that our Long Distance Running/Walking team has been very successful in their at-home training program. Additionally, a number of athletes in York County have taken it upon themselves to remain active during the suspension. Please look for new opportunities to get involved "remotely" in the future, and check out our Facebook page often for the latest SOPA York County news!**

**SOPA has recently highlighted the Interscholastic Unified Sports programs at Central York High School and Dallastown High School for achieving the National Banner Unified Champion School status in Pennsylvania. This is quite an accomplishment, and we want to congratulate the districts, coaches, athletes, partners and supporters who have made this happen!**

**As we press forward, please remain safe and healthy. Let's all keep looking ahead, working toward greater and choosing to make Special Olympics York County, the best program it can be!**

# **IN-HOME TRAINING**

**Hello SOPA York County coaches!**

**I hope this message finds you safe and well. Recently, SOPA put out guidance regarding an in-home training option. We are reaching out to fall coaches because it is not too late to start your season using this training model. A number of athletes are participating in Long Distance Walking/Running with a lot of success. For coaches, the commitment is minimal, and SOPA provides all necessary resources on their webpage. If you are comfortable copying a SOPA developed weekly practice plan, email blasting your athletes, and collecting their competition results via email, this is a great way to salvage what is left of our fall season and engage our athletes in a different way.**

**For information on how to facilitate “in-home” training, please see the following webinar: <https://youtu.be/YPqTw3luq3k>**

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**Athletes, we encourage you to continue your training, contact your coaches, family members, and friends to stay active. See below as Noah Rinehart continues his practices.**



**Go Noah Go!!!!**

**: Our Special Olympics Family**

**From: Rebecca Rinehart**

**Recall hearing about our own Special Olympics York County Lip Sync team's award-winning performances for the 2018 & 2019 Visiting Angels Sing for a Cure Event, to raise money to end Alzheimer's Disease? The event hosts, Visiting Angels, has put together a lip sync competition for 2020, but it looks a little different, but equally as fun! We would like your help to help support this good cause in raising money to end Alzheimer's, but also to support our own Special Olympics York County Lip Sync team. The event is all virtual this year. On the website you see video compilations of past competitors, including our Special Olympics Lip Sync team. Watch the videos, they are hilarious and immensely entertaining! But better yet, before November 8th, **VOTE** for our Special Olympics Lip Sync team as **your favorite** by donating to Walk to End Alzheimer's. Your vote supports not only ending Alzheimer's, but supports our Special Olympic athletes, and their mission to encourage inclusion of people with Intellectual Disabilities in the life of the community.**

- 1. Here's the link to see the website with all the videos:**  
[www.singforacure.org](http://www.singforacure.org)

**You can vote for our team using the DONATE button below our team video.**

- 2. And if you want to VOTE directly for our Special Olympics York County Lip Sync team by DONATING to the Walk to End Alzheimer's, click here: VOTE FOR OUR TEAM**

**Every \$1 counts as one vote. So the more \$, the higher our score!**

- 3. Forward this email to all your friends!**

**The team has worked tremendously hard over the past two years, to practice and perfect their performance; selecting songs with an empowering message. They are rightly proud of what they have accomplished, and more importantly they have demonstrated to hundreds of people in the community that people with intellectual disabilities have value, can be part of the community enrichment, and participate in meaningful service like ending Alzheimer's.**

## **Special Thanks to our Amazing Lip Sync Dance Team**



**Noah Rinehart, Chance Smith, Michael Plappert,  
Marshall Geesey, Rachel Livelsberger, Brian Honeychuck ,  
Jenny Laudeman, Victoria Seitz , Courtney Kline,  
Paula Pawelczyk, Preslie Pawelczyk , Gary Fissel  
and Kelsey White**

***And our Support Staff, Gale Livelsberger, Joe Honeychuck, Robyn Liggins-  
Smith, John Rinehart, and wonderful parents and guardians.***

***All Led by our Director, Producer, Choreographer, Rebecca “Becky” Rinehart***

*Visiting Angels works in partnership with the Alzheimer’s Association to help build awareness of the needs surrounding this disease which affects 1 in 3 of our older adults. All funds raised go to help fight Alzheimer’s disease through vital research and essential support programs.*

## **WHY we support the Walk to End Alzheimer's?**

## **WHY we participate in the SING FOR A CURE events?**

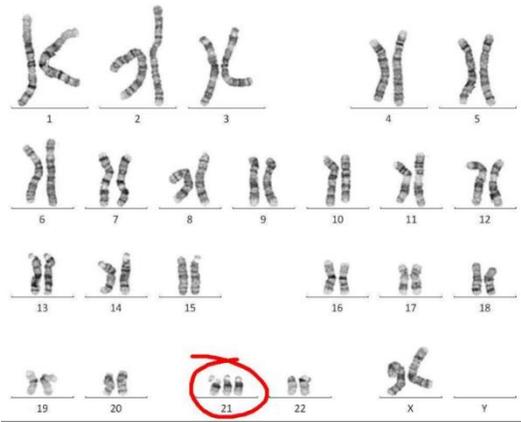
## **WHY is this cause so important to our group?**

**Eight members of our Special Olympics York County Lip Sync team have Down Syndrome. Did you know that Alzheimer research scientists are very interested in understanding Down Syndrome? Many, but not all, people with Down syndrome develop Alzheimer's disease when they get older.**

**People with Down syndrome are born with an extra copy of chromosome 21, which carries the APP gene, generating the APP protein. Too much APP protein leads to a buildup of protein clumps in the brain. By age 40, almost all people with Down syndrome have these plaques, along with other protein deposits which cause problems with how brain cells function and increase the risk of developing Alzheimer's dementia.**

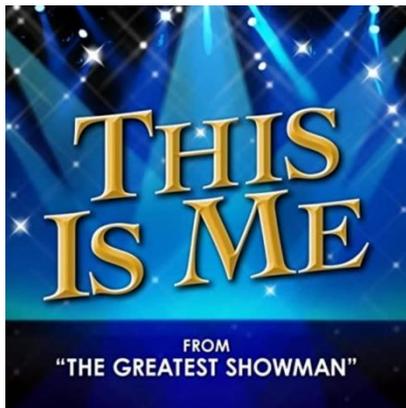
**However, only 50 percent of people with Down Syndrome and these brain**

Down syndrome karyotype



**plaques will develop the symptoms of Alzheimer's. Scientists are working hard to understand why some people with Down syndrome develop dementia while others do not. Understanding this better can lead to the development of drugs or other treatments that can stop, delay, or even prevent the disease process. Just another reason why people with Down Syndrome are amazing!**

**The Special Olympics York County Lip Sync team has worked tremendously hard over the past two years, to practice and perfect their performances;**



**selecting songs with an empowering message. They are rightly proud of what they have accomplished, and more importantly they have demonstrated to hundreds of people in the community that people with intellectual disabilities have value, can be part of the community enrichment, and participate in meaningful service like ending Alzheimer's.**

**Through many years of athletic training in 14 different sports programs in York County, our Special Olympic athletes have learned that if they work hard, their skills improve. They enjoy winning (especially medals), and are highly competitive. Yet throughout their competitions, they demonstrate respect for their opponents and joy in the execution of the event. Even when the event is Lip Syncing. And they always validate the values of the Special Olympics Athletes oath, created by Eunice Kennedy Shriver in 1968.**

**And Special Thanks to Noah Rinehart who started us on this journey. Noah**



**loves to perform. Can you tell? So when he heard about the Visiting Angels Sing for a Cure event to end Alzheimer's, he just couldn't resist the opportunity to be center-stage. Unfortunately, his wheelchair was unable to get up on that stage, so he had to perform as Gene Simmons in the lobby. Not an award-winning performance, but he was undeterred. So the next year, he wised-up and invited some of this friends**

**from Special Olympics York County to join him on the York College Waldner theater stage (yes, the actual stage) for his THIS IS ME routine, and the rest is history. Noah is used to bumping into limits. Having Down Syndrome placed real and imagined limits to his intellectual achievements. After high school, Noah completed a two-year program at Penn State Harrisburg for Career Studies, and now he works at Regal Cinemas. Having quadriplegia resulting from a diving accident in 2006 put plenty of real obstacles in his path, but he finds ways to stay active and involved through Special Olympics, Twin Rose Community Band, and helping to end Alzheimer's with his Lip Sync career. Many of our athletes have similar stories and we will be highlighting our athletes in upcoming newsletters.**



**Noah and the rest of the team  
continue to have  
HIGH HOPES!**

**If you have a story to share, contact Robyn Liggins-Smith, PR Coordinator,  
SOYC at [publicrelation@specialolympicsyorkcounty.org](mailto:publicrelation@specialolympicsyorkcounty.org)**