



What Are You Doing This Summer?

This summer is going to look a little different than previous summers and many plans have already been canceled or just uncertain. Let's look at some ideas of things we can make this summer fun!!

**As always these are suggestions – please make sure to determine the current status of COVID-19 restrictions and safety before traveling or doing an activity in public. Abilities First provides these resources for informational purposes only. Updates come from a variety of external sources. The inclusion of this external information does not constitute an official endorsement or approval by Abilities First of any information, policy, product, or service offered by an external source.

The Major Questions

What kinds of summer experiences did you have with your family as a child?

What do you like to do?

Anything is Possible!

With the right amount of research, planning and creativity, you have the opportunity to do almost anything!

Life Course Questions for Individuals to Think About Before Entering the Summer:

- Are you looking for typical summer experiences to explore?
- What are the current health and safety guidelines currently where you are living?
- Do you want to travel? What are the guidelines there?
- How are you supporting me or what supports do I have to stay busy during the summer?
- What supports will I need to participate in inclusive activities?



As our lives look very different right now it is very difficult to keep track of our schedules. As COVID-19 continues to evolve how our daily life is looking here are some tips to assist.

How to make a virtual schedule -https://theinspiredtreehouse.com/how-to-make-a-visual-schedule/?fbclid=IwAR1z9kq0l4ZA+QAHxgOHC8rLraAPEh0xv7h6eKZBx_gfp3Gosc6a8SaE17s

Learning can be fun too!!



50 Science games - Provide exciting ways to learn about how the world works. And if you're wondering how to make learning science fun, the answer is through games, of course! <https://kidsactivitiesblog.com/129093/50-science-games-for-kids/>

Employment

This is to prepare for employment!

State Parks Youth Corps: Think Outside (Someone who really likes nature!)

<http://thinkoutside.mo.gov/>

Missouri Career Center: <https://www.springfieldmo.gov/1007/Workforce-Development>

- Provides workshops, classes and programs to build skills for all ages and experiences.
- Summer Job League - The Summer Job League is a workforce placement program that helps emerging workers (ages 16-24) earn workplace skill certificates and connect with area businesses. Youth gain real-world work experience while earning a paycheck, and supporting businesses access high-quality candidates at NO cost! <https://jobs.mo.gov/summerjobs>



Socialization

Getting together with friends and family is really tough right now

How about making a card or post card and sending it through mail

Organize a neighborhood teddy bear, garden gnome, or heart hunt. Have people place items in their window or on their porches so when you talk walks it's a scavenger hunt to find them.

Stay in touch with friends and family or even reconnect with those you have not seen in years through Social Media platforms such as Facebook, Twitter, or Instagram.

You can also use video platforms to see the faces of your family and friends.

Updates daily - AARP - Across the country, people are informally organizing online mutual aid groups to stay connected, share ideas and help those most affected by the global coronavirus pandemic. The new AARP Community Connections website can help individuals start a group, join a group, or find support in their community.

https://aarpcommunityconnections.org/?utm_source=aarp&utm_medium=newsletter&utm_campaign=livable&utm_term=communityconnections&utm_content=032520&cmp=EMC-DSM-NLC-LC-HOMFAM-20200401_LivableCommunities_899300_1315603-040120-F3-CommunityConnections-Text-CTRL-4474631&encparam=GtD79%2BL7x5sRZFXeFZDymekX%2BsvAjKvNZK4V%2FDatP1I%3D



Communication

APPS for virtual communication

- Facetime
- Whatsapp
- Skype – group chats
- Marco Polo – for sending videos or messaging
- Facebook Messenger
- Google Hangouts

Host a Dinner Party or House Party – to play games;

<https://www.goodhousekeeping.com/life/entertainment/g32098665/best-games-to-play-on-zoom/>

Jumpstart memories/story telling - Encourage individuals to share stories with the people they live with, in writing, in pictures, or by phone or video call. Think about the stories that make up your life. Which ones would you like to share or connect with an older family member or friend and interview them about their life. Here are some questions that might get you thinking:

- What would you like to tell your 5 year -old, 22-year-old , 30 year-old self ?
- What do you think your 5 year -old, 22-year-old , 30 year-old self would want to tell you?
- What are the best and worst pieces of advice you've received?
- What's your hidden talent?
- What are you most proud of?
- Looking back, is there something you wish you had done that you did not?
- What do you most admire about your best friend?
- What do you wish the world knew about you?
- Was there a time when an older adult helped you feel strong in a tough time?
- What does it mean to be a caregiver? What did you learn from the experience?



Amusement Parks/Museums

**Currently none of these activities are open but information is provided with the hopes they will be open later this summer



Example 1: Silver Dollar City

- Go to file: <http://Downloads/Silver-Dollar-City-Rides-Guide.pdf>
- Click on any ride

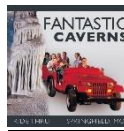


- A Ride Accessibility Guide should be linked. It is a document that is a ride guide for guests with Disabilities and is also on SDC app
- All games in Grand Exposition area
- Request for Interpretation needs to be made minimum 14 days in advance



Example 2: Wonders of Wildlife

- Go to <http://www.wondersofwildlife.org/faqs.html>
- Click on any questions
- Information about accessibility, seating, service animals



Example 4: Fantastic Caverns: <http://www.bransonplanner.org/fantasticcaverns/>

- Fantastic Caverns is an all-weather attraction. The temperature inside the cave hovers at a comfortable 60 degrees ... **warm in the winter & cool in the summer!**
- Because you ride through the cave and never walk, it is especially convenient for parents with small children, seniors and visitors with limited mobility to experience the natural beauty of Fantastic Caverns.

This information can be found online for most amusement parks and museums

There are currently hundreds of virtual trips that can be viewed online.

Why not make it an adventure? If you have data plan you can make a picnic in your yard or go to the park and watch it in a different setting than inside your home. Below are some links but many virtual tours can be found by searching You Tube.

National Parks

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=8&cad=rja&uact=8&ved=2ahUKEwig-p29vMzoAhVLXq0KHZMADLsQFjAHegQIBBAB&url=https%3A%2F%2Fwww.travelandleisure.com%2Ftrip-ideas%2Fnational-parks%2Fvirtual-national-parks-tours&usg=AOvVaw1MSHNh73Ni0rvFfkVi7fnx>

Museums, Zoos, Theme Parks



https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=7&cad=rja&uact=8&ved=2ahUKewjd7_LovMzoAhVDgK0KHVPcD1cQFjAGegQIARAB&url=https%3A%2F%2Fwww.goodhousekeeping.com%2Flife%2Ftravel%2Fa31784720%2Fbest-virtual-tours%2F&usg=AOvVaw218ou3YN5rG1Ab-0HnCFkl

Epic Hikes around the World https://www.lonelyplanet.com/articles/virtually-hike-the-appalachian-trail?utm_campaign=ENL-AMERICAS-ENGAGED-20200407&utm_source=sfmc&utm_medium=email&stuid=a9e7762ae5d39c26f071eb07e8622042&utm_content=144799&utm_term=

Buckingham Palace - <https://www.youtube.com/watch?v=gen0NgJjry4>

Stonehenge - <https://www.youtube.com/watch?v=RyqU1r1Fmk>

Edinburgh Castle - <https://www.youtube.com/watch?v=Zu-KVWSqJlI>

Tower of London - <https://www.youtube.com/watch?v=yelQVare-3k>

Farmer's Markets: *Some are currently doing drive through service. A Couple are open for walking with social distancing precautions. Take a friend and stroll around the market that offers, fresh veggies, meats, art and drinks.*

- o C-Street Market: Located at the Jefferson Street Footbridge on Commercial Street.
- o Farmer's Market of the Ozarks / Farmer's Park: Located 4139 S Nature Center Way Springfield MO
<http://www.farmersparkspringfield.com/parties/>
- o Greater Springfield Farmer's Market: Located in the Battlefield Mall parking lot. .



Head Outdoors



The Springfield-Greene County Park Board encourages participation by everyone in all activities. If you have a disability and need activity modification to participate, contact Sheri Davis at the Northview Center. Please call at least one week prior to the date of participation. The Springfield-Greene County Park Board will work with individuals to meet their needs and enable them to participate.

The Springfield-Greene County Park Board strives to provide quality recreational programs to individuals of all abilities. If you or anyone you know has a disability and



would like more information on the accessibility of our programs or facilities, please call the Springfield-Greene County Park Board at 417-864-1049. We want to work with you to continue to improve accessibility for all patrons.

<http://www.parkboard.org/Facilities> - This website link allows you to filter to be able to locate a city park that meets your specific needs.

<http://www.parkboard.org/civicalerts.aspx?AID=234> – This website link allows you to access daily updates about openings.

[Parkboard.org](http://www.parkboard.org) – This website provides daily park pick me ups - They are sharing fun things to do and see in the Springfield parks. It includes health and wellness tips, park stories, cool places to walk or hike, kids' activities and photos. They also have downloadable content for families.



Missouri Conservation Department is working towards accessibility! They have a citizen's accessibility advisory council to assist them in making everything in their parks as accessible as they can. Also, they host accessible hunts during the fall.

<http://www.mdc.mo.gov>

Missouri State Parks meet all ADA requirements for accessibility and there is an individual brochure that is available for each park that is available online.

<http://www.mostateparks.com>

Adaptive Recreation - Get Moving

- Biking (Consider getting a – tandem bike – specialized tandem tricycle – (These could be applied for through the Midwest Special Needs Trust – great resource for those type of things.)

<http://mdc.mo.gov/>

Check out trails – looking for flat, paved, easily accessible and information regarding length and difficulty

ozarkgreenways.org

friscohightlineatrail.org

Fishing

- If you have a permanent disability and a resident of Missouri you can get a permit exemption <https://huntfish.mdc.mo.gov/permits/hunting-and-fishing-permit-exemptions>
- Other options to think about: Boating, Golf, Swimming, Water Skiing, Tennis



Special Olympics -Online trainings in health and wellness and leadership and lifeskills for Special Olympics Missouri athletes, coaches, families and volunteers. The health and wellness portion of #SOMOatHome goes live at 10 a.m. and 4 p.m. every day on our [Facebook channel](#), while the Lead-At-Home programming will offer a class every weekday, but the times may differ depending on who's leading that session.

<https://somo.org/athome>

Special Olympics – School of Strength [exercise video program](#)

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



Learn Something New

With more than 2500 free courses explore new interest from computer science to art and even foreign languages <https://www.edx.org/>

Make a Difference – Volunteer

United Way - Operates a Volunteer Center – You can go and get matched to opportunities based on your skills and interests. Kids, Groups, Teenage, Families, & Adults Or go to: Volunteermatch.org

JustServe - <https://www.justserve.org/> JustServe.org is a website where the volunteer needs of organizations may be posted and volunteers may search for places to serve in the community, providing opportunities to help those in need and enhance the quality of life in the community. JustServe is a service to help link community volunteer needs with volunteers and does not discriminate based on race, religion, gender, ethnicity, or sexual orientation in posting projects or in encouraging volunteers to serve according to our guidelines.

Document Adapted from: <http://www.mofamilytofamily.org> - Susan Bird, M.S. and Rachel Hiles, B.A., UMKC-IHD

