



February 2019, Volume 26



What is the FANS Network and how can I get involved?

The FANS Network is a group of people who are committed to enhancing the lives of individuals with developmental disabilities.

FANS stands for Friends, Allies, and Neighbors. The program helps in a variety of ways, big and small, and its members believe that the journey of life is better when people help support each other. The FANS network consists of four key programs: *Make Someone's Day*; *Game Nights*; *Goodwill Vouchers*; and *Golden 'Furniture' Retrievers*.

Program Descriptions

Make Someone's Day!

Through the *Make Someone's Day!* program, FANS Network staff and volunteers do just what the name implies: *Make Someone's Day!* Small teams create care packages for individuals with disabilities. These packages may include tickets to sporting events or concerts, restaurant or grocery gift cards, and much more. They can be customized based on what the FANS staff and volunteers learn about what activities the individual likes or what they would like to experience in the community. One time, LCBDD staff even arranged for an individual to ride in a helicopter!

Businesses and those interested in donating or volunteering can learn more at www.lucasdd.info.

Game Nights

Game Nights are designed to bring together various groups and individuals with developmental disabilities around old and new board games that both entertain and help build positive social skills. FANS Network staff and volunteers facilitate game nights around Lucas County with groups of various sizes.

Parents: It is important to create intentional family time where parents bond with their children by playing games. Social experiences such as game nights

can help parents learn positive mentoring techniques, which will shape behavior and lead to an enhanced social life.

Teens: For teens with disabilities, playing games is both entertaining and excellent way to practice positive social skills and make new friends. FANS Network staff and volunteers plan and coordinate teen game nights and each session focuses on a different social or friendship skill.

Donating Board Games

FANS Network staff and volunteers are happy to facilitate events focusing on games that parents already have, but FANS may need to bring games. Some families cannot afford to purchase them. The program relies on the generosity of game donations from the community.

Volunteering

This program requires fun-loving and patient volunteers (over 13 years old) to assist our staff in creating an enjoyable and friendly learning environment.

Goodwill Vouchers

The Goodwill Vouchers program is a partnership with Goodwill Industries of Northwest Ohio, Inc. On specified Donation Drive dates, items may be dropped off at Goodwill donation stations. These donations earn the Board of DD vouchers to distribute to individuals in need. The FANS Network will send out flyers and emails with information about upcoming donation drive dates.

Golden 'Furniture' Retrievers

FANS Network staff and volunteers will:

- pick up and deliver donated furniture and household items to individuals with disabilities in need

- assist individuals with developmental disabilities in their moves from one permanent living location to another within the community. Many individuals with developmental disabilities need assistance moving their belongings and do not have friends or family in the area who can assist.

To get involved with FANS:
Email FANSnetwork@lucasdd.org
Call: 419-380-4070
Visit www.lucasdd.info

ACTIVITY TIP FOR FEBRUARY 2019

Mug Art

Cold weather means it's hot cocoa season!

Get crafty to get ready for the winter! Get ready for the season of hot cocoa or the hot beverage of your choice by decorating white mugs using colorful permanent markers. Allow the marker to dry. To set the mug designs, bake the mugs on 350 degrees for 30 minutes and allow them to cool before using.

1. Buy some white cups or mugs. You can find these in superstores, thrift stores, dollar stores, and online.
2. Pick a Sharpie. For long-lasting results, choose oil-based Sharpie paint markers (\$32 for 15). Regular Sharpie ink can come off even after baking. Pick a color to use on your mug. You can stay simple and stick with one color, or be more ambitious and use multiple colors. If you're sticking to one color, then black is usually a good choice, given its striking contrast to the white background of the mug.
3. Start drawing. Decide what you want to put on the cup, and maybe practice drawing it on a piece of paper before drawing it on the mug. Dry it out. Let your mug dry for a few hours or overnight before placing it into the oven. You can also draw over it again if you'd like to make sure the pattern doesn't come off in the wash. If you draw over it again, make sure

to leave it out to dry again before baking.

4. Bake It. Bake the mug in the oven for 30 minutes at 350 degrees. — *Remember to place the mug in the oven before it heats up and leave it until the oven cools completely so there won't be any cracks.** You can choose to bake the mugs twice to really set in the Sharpie drawings.*

Care and wash: Hand-wash the mug gently instead of throwing it in the dishwasher. A machine washer may ruin the design.



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