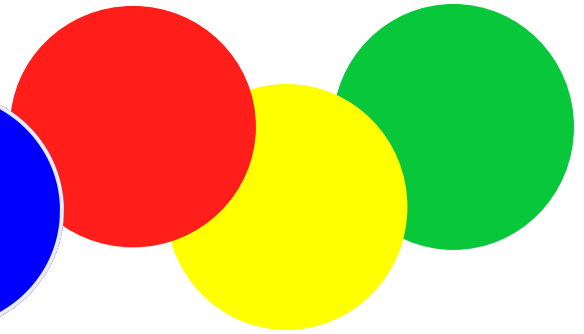


JBSRA

The Jump!



January/February 2010

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Oftedahl Doubles His Fun, Takes Two Golds

Mark Oftedahl is as good as gold, literally, when it comes to Special Olympics events. Oftedahl continued his winning ways at the 2010 Special Olympics AREA Winter Games in Tinley Park on January 9, winning two gold medals in the 200m and 400m snowshoe events.

Oftedahl has qualified to compete in the State Winter Games in Galena on Feb. 2-4.

Mark has won numerous awards in his Special Olympics athletic career, and continues to enjoy success at the highest levels of competition. Those that know Mark aren't surprised, as he can be seen regularly working out,

swimming and practicing his technique at Bolingbrook Park District facilities.

Therapeutic Supervisor Sherrie Izban said the dedication and hard work Mark puts in is no different than that of any Olympic athlete.

"Mark's determination level is outstanding," Izban said. "While he enjoys the camaraderie and the fitness benefits, he really thrives on the competition."

JBSRA programs support a number of Special Olympic sports, including Track & Field, Swimming, Bocce, Soccer and Gymnastics.

Izban has coached at the



highest levels of Special Olympics competition, and encourages more participation.

"There are so many great benefits," Izban said. "It's life changing for many of these athletes."

JBSRA OFFICE

230 E. Briarcliff Rd.
Bolingbrook, IL
60440

(630) 739-1124

www.bolingbrookparks.org

www.plainfieldparkdistrict.com

JBSRA STAFF

Jill Mukushina

Therapeutic Recreation
Supervisor

Sherrie Izban

Therapeutic Recreation
Supervisor

Start Thinking Summer Camp!

Ages 3-5 years, 6-9 years
and teen camps
Safe. Exciting. Fun.

Get out to JBSRA summer
camp and take on games,
outdoor adventure and
trips to Pelican Harbor.
Spots fill quickly so don't
wait to call!

Fundraisers and Facebook Update

Fundraising season is in full swing! Thanks to Chili's and Carson's, we have two excellent opportunities for you to help JBSRA programs.

From Feb. 1-April 30, Chili's will accept "Pepper Profit" coupons found online (www.bolingbrookparks.org).

Carson's Community Day is February 27. Purchase a coupon book for \$5 and receive \$10 off a purchase of \$10 or more-you get double your money back! Plus, you'll receive special early bird discounts and six more 20% off coupons. Call and order

your booklet today.

Facebook Update! Get more news, special offers and updates online at our Facebook page. We want to hear from you!



Spring 2010 JBSRA Programs Deliver the Fun

Bowling Club

Ages 3-12 years; also ages 13 years and up

Enjoy a leisurely game of bowling with your friends. Focus for this non-competitive program is socialization, sportsmanship and basic instruction. Scores are recorded to help participants track and improve their game. Enroll early for this popular program. Fees include use of the alley, shoes and two games.

Day: Thursday

Date: March 18-May 13

Time: 4:30-5:30 pm

Location: AMF Lanes, Bolingbrook

Fee: \$79 **25410A; 25410D**

Min/Max: 4/10

Deadline: March 10

Vertical Voyage

Ages 13 years and up

Take on the wall at the Annerino Community Center. Climbing to the top will improve your physical conditioning. After our big climb, we'll head out to lunch at Cheddar's. Climbing and lunch are included in the fee.

Day: Sunday

Date: March 28

Time: 12:00-3:00 pm **15301A**

Location: Annerino Community

Center

Fee: \$34

Min/Max: 5/12

Deadline: March 12

Odyssey Fun World

Ages 10-15 years

If you LOVE playing games and going on rides than this trip is for you. Odyssey is the destination for all-day fun. We cap the afternoon with pizza and soda for lunch.

Attractions, 20 tokens and lunch are included. Please bring extra money for additional tokens. This event is included in the junior social club schedule.

Day: Saturday

Date: March 6 **25456A**

Time: 12:00-2:00 pm

Location: Naperville

Fee: \$44

Min/Max: 4/10

Deadline: February 13

Chicago Wolves Game

Ages 8 years and up

Don't miss this action packed afternoon watching AHL hockey with your friends.

Come cheer on the Wolves as they take on the San Antonio Rampage. Fees include ticket, transportation and staff supervi-



Talent Night

Ages 10 yrs and up

Calling all singers, dancers and theatrical performers...this night is for you. Do you have what it takes to be a star? Come join your friends and star in your own American Idol show! Awards will be given to the best of the best in specific categories.

Snacks and refreshments will be served. This event is on social club calendar.

Day: Friday

Date: April 16

Time: 7:00-9:00 pm

Fee: \$24

Deadline: March 26

sion. Participants should bring at least \$10 for concessions and extra money for souvenirs if desired. Go Wolves!

Day: Sunday

Date: March 21

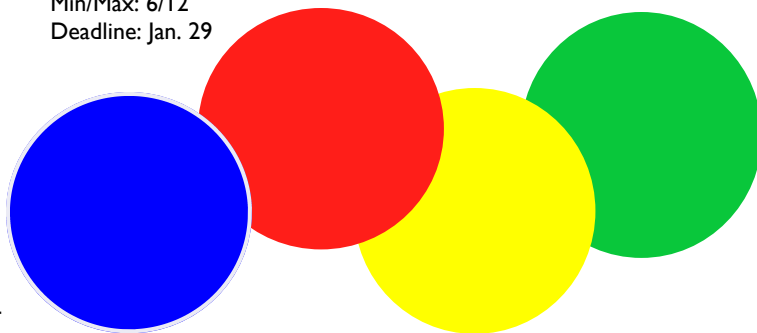
Time: 3:00 pm **25316A**

Location: Allstate Arena

Fee: \$44

Min/Max: 6/12

Deadline: Jan. 29



Spread the Word to End the Word-March 3

JBSRA is encouraging individuals to support Special Olympics and Best Buddies in an effort to stop the use of the "r-word."

March 3rd will mark the second annual "Spread the Word to End the Word" day of awareness, a campaign created by youth, in an ongoing effort with Special Olympics and Best Buddies International, to engage schools, organizations and communities by raising the consciousness of society about the dehumanizing and hurtful effects of the word "retard(ed)" and encouraging everyone to stop using the R-word. Youth leaders are encouraging people to rally and pledge their support at

www.r-word.org with the goal of reaching 100,000 pledges.

The day will be devoted to educating and raising awareness of the positive impact individuals with intellectual disabilities have in our communities and why the use of the R-word is hurtful, even in casual conversation. Special Olympics and Best Buddies International hope that this day becomes an annually recognized day to raise awareness and ultimately encourage acceptance and respect for people with intellectual disabilities in everyday lives.

Therapeutic Supervisor Jill Mukushina said JBSRA will be encouraging its families, participants

and partners to visit the site and sign the pledge.

"It's all about awareness and putting people's feelings first," Mukushina said. "That word is hurtful and offensive to so many people. We can do better."

Spread the Word to End the Word was created by youth with and without intellectual disabilities who participated in the Special Olympics Global Youth Activation Summit last February, in conjunction with the 2009 Special Olympics World Winter Games in Idaho. The motivation for the campaign was fueled by a united passion to promote the positive contributions people with intellec-



tual disabilities make to communities around the world combined with a simple call to action – a pledge to stop using a word – that also symbolizes positive attitude change and a commitment to make the world a more accepting place for all people.