

# THE CIRCLE

[www.sesgeorgiaworks.com](http://www.sesgeorgiaworks.com)

## SES Athletes Participate in Special Olympics



Ryan participated in the first ever pickleball event in the 2024 winter Special Olympics. He learned of the opportunity during the Spring of 2023 through a coach who had taken up pickleball and was encouraging her clients to give it a try. Ryan took to it right away and was determined to learn how to play the game. He registered at Kennesaw Recreation Center (KRC) for lessons once a month with an advanced player who was offering free lessons to adults with special needs. Ryan also signed up for additional lessons at KRC with three other adults. He was highly motivated and really enjoyed the game. Ryan's gregarious personality, interest in meeting new people and enthusiasm for pickleball spurred on his progress. Two months before the Special Olympics event, Saturday training sessions were offered and again Ryan participated as often as he could. On January 27th, Ryan played his first two doubles games with 4 other players. He and his partner played hard and were winning for awhile until the other team pulled ahead and won by 5 points. The next game was right after the first so Ryan and his partner had to keep their head in the game. They played well again, but the last opponents were tough. Ryan and his partner took third in the event and were proud of their accomplishment. They can boast that they were among the first ever pickleball players in the winter Special Olympics. Way to go Ryan!!

by: Donna Ott





***It was such a pleasure to see so many great athletes doing their routines with their respective teams. Gretchen Fuchs did great by winning 2 gold, 2 silver and a bronze medal. Her mom was very appreciative of the support and cheers Gretchen received. Ben also did a great job by winning a silver medal.***



## **Health And Wellness Focus: Medications**

### Remember When to Take Your Medicine

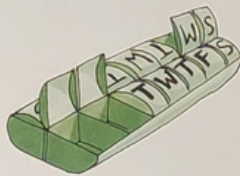
If you take a lot of medicines, create a weekly or monthly chart for your medicines.

If you need help managing your medicines, talk to your nurse or therapist about getting a pillbox organizer.

The pillbox can be:

Daily, weekly, or monthly  
(or according to how often you must take medicines).

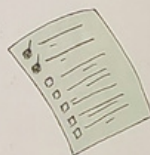
Take the box with you if you will be away from home for long periods of time.



Consider using a smart phone app that can send you reminders of when to take your medicine.



Carry a list of your medicines with you. If there is an emergency, first responders will need to know the medicines you take.



*Create a list of your medications using the Medication Record included at the end of this section.*

### BEING SAFE WITH MEDICINES

Do not share medicines.



Take medicines as ordered.



Tell your doctor if you have side effects from your medicine.



Don't mix medicine and alcohol.



Ask your doctor:

- Do I still need this medicine?
- How do I know its working?

Ask your doctor:

- Stop medicines when possible.
- Switch to a safer medicine if available.
- Prescribe the lowest effective dose.
- Make sure the benefit of taking the medicine outweighs the risks.

