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# SCI Life of Iowa

APRIL 2013

## 6th Annual Eastern Iowa Adapted Sports Clinic

St. Luke's Physical Medicine and Rehabilitation, Kirkwood Physical Therapist Assistant Program, SportAbility of Iowa, and the Spinal Cord Injury Association of Iowa are proud to present the 6th Annual Eastern Iowa Adapted Sports Clinic on Saturday, April 13 from 10am to 2pm at Kirkwood Community College. This year's event will feature archery, bowling, cycling, golf, tennis, wheelchair basketball and an electric assist rowing trike.

A highlighted event this year will be adapted tennis with a specific tennis clinic from 10am to 12pm. Free pizza will be provided. Door prizes will be available to win, including gift cards for fuel. Free blood pressure readings will also be available.

We hope to see you there!



Kirkwood Community College  
Michael J. Gould Recreation Center  
6301 Kirkwood Blvd. SW  
Cedar Rapids, IA 52404



# Are you a race car fan?

Sam Schmidt Motorsports races in Newton every June in the Iowa Corn Indy 250. In previous years, the Sam Schmidt Paralysis Foundation has hosted members of Spinal Cord Injury Association for an up-close "Day at the Races", providing access to the pits, race crews and drivers. Sam Schmidt has met with fellow Iowans living with spinal cord injury at this event. He is an advocate for all people living with spinal cord injury.



Ron Smith, a member of SCIA, talks with Kody Kohlman, a member of Sam's racing team, during the Sam Schmidt Paralysis Foundation "Day at the Races" event in 2008.

## Tune in to MAVTV to See Exclusive Video Message From Sam!

MAVTV has begun airing a new 60-second vignette on Sam's story as part of the network's ongoing "American Real" promotional campaign. Created to help tell the colorful and engaging story of real Americans contributing to the betterment of us all, the "American Real" 30 and 60-second vignettes have become a popular feature of the rapidly expanding network's content package.

Sam's story is one of hope, inspiration and the appreciation of life. Sam's lifelong dream was to compete in the Indianapolis 500, a goal he fulfilled in 1997. He made 27 successful starts in the IndyCar Series before a serious testing accident in January, 2000 at the Disney World Speedway in Orlando injured his spinal cord and left him a quadriplegic. Despite the tragic injury, Sam found strength in family, faith and the entire motorsports community. Just five months later he formed The Sam Schmidt Paralysis Foundation to help fund medical research, innovative rehabilitation equipment and aiding victims in need.

With the urging of his wife and parents, in 2001 he formed Sam Schmidt Motorsports, which has become a powerful force in the IZOD IndyCar and the Firestone Indy Lights series. In 2011 this effort not only produced one of the most celebrated Indianapolis 500 pole wins in history, but it is also celebrated their sixth Indy Lights championship in 2012. Tune in to MAVTV-Real American Network or visit [www.mavtv.com](http://www.mavtv.com) to view Sam's inspirational story.





# Bowling Event Scored!

## Annual Bowling Event Scores Again!

Last February 2nd, thirty-one of us gathered at Premier Bowling and Entertainment in Pleasant Hill Iowa, for SCIA of Iowa Annual Bowling Event! It was a great time to get out for a mid-winter break! We had good pizza, great bowling, and fantastic conversations! We enjoyed seeing each other and meeting a few new faces! Plan to join us next year in February for the next Annual Bowling Event!

And remember! If you want to brush up on your game before next February, you can always rent any of the adaptive bowling equipment for free!

*Pictures taken courtesy of Michael Hulsebus.*



## Recommended Online Resource:

### CareCure Community



A website frequently utilized by the board members of SCIA of Iowa is titled "CareCure Community". It is found at <http://sci.rutgers.edu/>. A wide range of topics are discussed by people living with spinal cord injury and healthcare professionals. It lists 622 users on its site.

The website describes its forum on spinal cord injury as follows:

"SCI Care - The art and science of managing therapies, routines, medication, supplies, equipment and everything else needed to maintain the spinal injured person in top health. Ask our SCI-Nurses questions in the Care Forum, New SCI Forum, Relationships and Sexuality Forum, Transverse Myelitis & Atraumatic SCI, and other fo-

ums. Visit our Caregiving, Equipment and Exercise Forums

SCI Cure - Therapies that restore function in spinal cord injury and related conditions. The Cure Forum contains comprehensive and up-to-date news on curing spinal cord injury. The Research Forums lists abstracts of the latest scientific articles on brain injury & stroke, neurodegeneration, multiple sclerosis, neuropathic pain, spinal cord injury, stem cells, and transverse myelitis. Exchange information about Clinical Trials, Equipment & Services, Doctors & Clinics.

CareCure has over 70 forums where we discuss everything from Life to Legislation & Advocacy, from Sports and Travel to Pain, from Computers to Politics. We discuss it all! Please come join us!"

If you are looking for information about spinal cord research, family planning or simply a good book or movie. This site may be of interest to you. To post on this site, you must be a registered member. There is no charge to register. The site is moderated by health professionals experienced with spinal cord injury/disease.

## *Free Autonomic Dysreflexia Information Card for Coworkers, Friends and Family*

The Reeve Foundation's Paralysis Resource Center invites you to send a friend a copy of its new Autonomic Dysreflexia (AD) wallet card. It is important to become knowledgeable about AD if you have a spinal cord injury at the T6 level or above. AD can cause a medical emergency and even be life threatening.

Feel free to share the info here with your medical team as it was developed with the help of physicians at the Kennedy Krieger Institute.

There are two versions; an adult card in dark blue and a pediatric card in light blue -- please note the difference in the medication dosages.

Email a friend! Share this wallet card with a friend.

Spanish (en Español) versions are also available to email or download only.

To download or request a printed card visit [www.christopherreeve.org](http://www.christopherreeve.org) and search "Autonomic Dysreflexia Card".

# May is National Mobility Awareness Month!

As a fellow industry advocate, professional, or on a personal level, you are well aware of the mobility challenges that millions of people with disabilities face every single day. Here at Siebert Mobility, Inc. (in Des Moines, Iowa), we are participating in a national campaign to call attention to this important issue and bring it front and center to the general public. Our goal is to broaden transportation options for all people who are dealing with a disability that would otherwise prevent them from attaining the freedom and independence enjoyed by others.

As part of that goal, we are proud to announce second annual National Mobility Awareness Month. Occurring every May, the central focus of the awareness month is an online Local Heroes contest that provides people with a disability, or their caregiver, an opportunity to tell their story of how they are triumphing over their disabilities through their academic and career ambitions, as well as their family and local community contributions. By visiting [www.MobilityAwarenessMonth.com](http://www.MobilityAwarenessMonth.com), individual's stories may be voted on, leading to the awarding of free wheelchair accessible vans. Program sponsors will customize each vehicle to suit the winner's needs. If you do enter, be sure to include social media, email contacts, and the like to help you receive votes as well.

The awareness month will focus on increasing independence and the quality of life for people living with disabilities. It will serve to communicate that people with disabilities can enjoy a mobile, active lifestyle through safe, reliable wheelchair accessible vehicles.

For the awareness month to be a success, it must be a cumulative effort. Last year in its inaugural year, the program welcomed more than 1,700 Local Heroes entries and 1.2 million votes were cast. Three amazing families in Connecticut, Illinois, and Michigan received new wheelchair accessible vans. So, we are seeking your help to spread the word about National Mobility Awareness Month. Together we can inform our local community about the campaign and make more people aware of life changing automotive mobility solutions.

We would like to thank you in advance for your participation and look forward to working with you. If you have any questions, please feel free to contact Siebert Mobility, Inc. by phone or email as listed below.

National Mobility Awareness Month is May 2013  
[www.MobilityAwarenessMonth.com](http://www.MobilityAwarenessMonth.com)

Enter to Win a Free Van!



To Enter the Contest:

- 1) Contact Siebert Mobility for the Promo Code
- 2) Log On to: [www.MobilityAwarenessMonth.com](http://www.MobilityAwarenessMonth.com)

Siebert Mobility, Inc.  
 3450 SE Miehle Drive, Suite 1  
 Grimes, IA 50111  
 888-986-3010 or 515-986-3010  
 Fax: 515-986-3108  
[www.siebertmobility.com](http://www.siebertmobility.com)  
 Email: [sherrym@siebertmobility.com](mailto:sherrym@siebertmobility.com)





# Advocate of the Year Award

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## Angie Plager named 2013 ID Action Advocate of the Year!

Iowans with Disabilities in Action (ID Action) is proud to name Angie Plager, Cambridge, IA, as the 2013 Advocate of the Year. The Advocate of the Year award is presented each year to an outstanding individual who has advocated to improve the lives of Iowans with disabilities.

Angie is a dedicated advocate who according to Easter Seals, the organization who nominated her, is their "Mission in Action!" She "advocates, volunteers, lobbies and speaks to others about inclusion and accessibility for all people with disabilities so they can Live, Learn, Work and Play in their communities."

Since her car accident that resulted in spinal cord injury, Angie has been determined to raise awareness and advocate for people with disabilities. She is

the President of the Spinal Cord Injury Association of Iowa and has been a mentor to others who have similar injuries.

Angie is a frequent visitor to the Iowa State Capitol having been involved in the Lobbyist

Apprentice program through Iowa Developmental Disabilities Council. She recently spoke to legislators on behalf of Easter Seals Rural Solutions Program. Angie helped mark 20th anniversary of the Americans with Disabilities Act with a passionate speech about the lives of people living with disabilities.

In June, Angie will travel to Washington D.C. to take part in the United Spinal/NSCIA Roll on Capitol Hill. She will represent the Iowa chapter of the National Spinal Cord Injury Association. This event will help raise awareness of issues impacting those with spinal cord injuries including health and accessibility.

In a speech at the "Walk with Me" kickoff event Angie said "just because someone has a disability does not mean they do not have dreams, goals or aspirations. People with disabilities are just that...people." Angie is dedicated to helping others have the opportunity to reach their dreams by being an advocate for accessibility and inclusion for all Iowans.

###

Launched in 2002, ID Action is a non-partisan initiative to encourage Iowans with Disabilities to increase their participation in civic and political opportunities. Nearly 8,000 ID Action registrants are working to make a positive impact across Iowa. Visit [www.idaction.org](http://www.idaction.org) for more info.



## Take a moment and pause...

Self pity is our worst enemy and if we yield to it, we can never do anything else in this world.

*Helen Keller*

Physical strength can never permanently withstand the impact of spiritual force.

*Franklin D. Roosevelt*

Remember always that you not only have the right to be an individual, you have the obligation to be one.

*Eleanor Roosevelt*

Any fool can criticize, condemn, and complain, and most fools do.

*Benjamin Franklin*

It's kind of fun to do the impossible.

*Walt Disney*

Life is like a 10 speed bicycle. Most of us have gears we never use.

*Charles M. Schulz*



## SPINAL CORD INJURY ASSOCIATION



Nonprofit  
Org  
US Postage  
PAID  
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Permit 34

### Spinal Cord Injury Association of Iowa, Inc.

Spinal Cord Injury Association of Iowa, Inc  
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Urbandale, IA 50322  
Phone: 515-270-1522  
E-mail: [sciaofiowa@hotmail.com](mailto:sciaofiowa@hotmail.com)  
Website: [www.spinalcordiowa.org](http://www.spinalcordiowa.org)

**Our mission is to provide active-lifestyle  
information, peer support and advocacy  
that empowers people living with spinal  
cord injury/disease/disorder to achieve  
their highest potential.**



# Last SCI Life to be Printed July 2013!

SCIA of Iowa Board Members have decided to "go green"! This means that the last full scale printing of SCI Life will be the July 2013 issue. Our intended goal is to reduce printing and mailing costs which will in turn increase the amount of funds available for our recreational and social events. We also hope you will enjoy receiving the information more quickly via your email account or by visiting our website at [www.spinalcordiowa.org](http://www.spinalcordiowa.org)

To ensure that you do not miss an issue of SCI Life, [please send us a message via](#)

[email or visit our Facebook page!](#) We need to know your first and last name, your preferred email address, and your preferred phone number.

[If you do not have an email address and wish to continue to receive our newsletter via the mail, we will gladly continue to mail it to you. Please call or text Angie at 515-554-9759 and she will be sure you are on our mailing list. Please give her your first and last name, full mailing address, and phone number.](#)

Please note: If you have already contacted us regarding "going green", you DO NOT need to contact us again.

SCIA of Iowa is here to serve you! Our newsletter is our primary form of communication, please contact us with either your preferred email address or your physical mailing address as soon as possible to ensure you receive our newsletter in the future.

We THANK EACH OF YOU for your help in becoming a more efficient organization!

Email: [sciaofiowa@hotmail.com](mailto:sciaofiowa@hotmail.com)

Phone: Angie 515-554-9759

Facebook: search "Spinal Cord Injury Association of Iowa"

# [www.spinalcordiowa.org](http://www.spinalcordiowa.org)