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Making life easier
9th Annual Adaptive Sports & Recreation Clinic Brings Lots of Smiles on August 16th, 2013.

The 9th Annual Adaptive Sports & Recreation Clinic, organized by Spinal Cord Injury Association of Iowa (SCIA of Iowa) on August 16th at Raccoon River Park, was filled with sun, laughs and active participants.

“Once the clinic opened, we never stopped helping people in and out of the adapted kayaks. I continue to be involved with this organization and support this event because the members truly take advantage of the opportunities,” said Marcie Becker, SCIA of Iowa Board Member.

Volunteers and exhibitors began arriving at 7:30am to ensure the clinic was open and ready for members by 10am. This year’s clinic featured a variety of adapted sports and recreation opportunities, including: kayaking, cycling, power soccer, wheelchair basketball, skiing, martial arts, motocross, hunting, fishing, golfing, bowling, outdoor all-terrain vehicles, resource center, bike/spin trainer, vans & trucks with driving controls, local organizations & sponsors, and prizes!

SCIA of Iowa was honored to have a member, Larry Edel, provide a taekwondo demonstration. Larry achieved Senior Master Instructor in July of 2013. Please see page seven for more information on Larry’s achievement.

A new event to the clinic this year was power soccer. Mike Boone, SCIA of Iowa board member and director of Adaptive Sports Iowa organized the demonstration. This sport is new to the state of Iowa, however our members did not shy away from the challenge to get involved. Three members agreed to learn the skills in front of the crowd by demonstrating drills.

The number of donations received from community members increases every year. A free lunch is provided. This increased support demonstrates that the community is willing to support events for people living with spinal cord injury, which improves everyone’s quality of life.

“This event began 9 years ago with simply adapted cycling. To see that our event now overtakes Raccoon River Park is beyond my expectations. I am looking forward to our 10th Annual Adaptive Sports & Recreation Clinic on the campus of Easter Seals Iowa, in Des Moines. I am very thankful to the support of our members, volunteers and exhibitors for their continued support and participation,” stated Becker.
THANK YOU to the following volunteers for donating your time and hard work! We appreciate your dedication to helping others!

Rebekah Ahrenholz
Angela Ascherl
Derrick Becker
Stan & Roz Boyer
Amanda Brandt
Jeff Brennan
Kirsten Brown
Celia Brunow
John Brunow
Aimee Casemier
Kim, Alex Christensen & Liesel Danielson
Ed DeCarlo
Tasha DeGroote
Ben DePriest
Jason Dodson
Nick Dodson
Wendy Duncan
Larry Edel
Cole Fister
Kelsey Ford
Jesse Gildea
Krista Hannasch
Taylor Helms
Ryan Henriksen
Hunter Holeman
Esmie Holderman
Blake Housley
Shari Huber
Aaron Huegel
Michael Hulsebus
Arman Ikanovic
Kim Karwal
Dan Kleen
Dave & Sue Lindemann
Mike Lose
Phic Lovan
Diane Mahoney
Ron Mason
Marcina Matthias
Marty McDevitt
Garrett McGrane
Francis Nguyen
Andrew Piotter
Becky Plager
Kenneth Plager
Robert Plager
Ashley Quade
Katie Reibel
Kristin Riley
Scott Schmit
Jonathan Severson
Richard Shields
David Siebrecht
Jodi Siebrecht
Sara Siebrecht
Jennifer Sitter
Brian Tacke
Sherri TeKippe
Isaac Tubbessing
Janet Van Pelt
Dan Vogel
Jordan Washington
Vern Willey
Colton Wilson
Diane Wise
Matt Zirretta

If we have not listed your name or organization, on pages 2-4, we sincerely apologize. We tried very hard to acknowledge every person who helped make our 9th annual event a huge success. Please accept our apology, and know that we are truly grateful for your involvement.
THANK YOU to the following companies & organizations for donating your time, equipment, expertise and/or funds to the Adaptive Sports & Rec. Clinic!

A-1 Medical Supply
Adaptive Sports Iowa
Advanced Rehab Technologies
All Ability Cycles
Accessible Outdoor Vehicles & Equipment - Mike Lose
Black Belt Academy
Burgie’s Coffee & Tea Co.
Cambridge Fire Dept.
Coloplast Continence Care, Inc
Des Moines University Doctorate of Physical Therapy Program
DoBiz Cookies, Ames Location
Nick and Jason Dodson
Wendy Duncan
Easter Seals Iowa
Felix & Oscars Restaurant
Janet Van Pelt
John Meyer

Motocross - Jesse Gildea
Ms. Wheelchair Iowa - Tasha DeGroote
HyVee, Waukee Location
In The Bag
Iowa DNR
Dave and Sue Lindemann
Maindish Media
Outdoors Without Boundaries
Off-Highway Vehicle Assoc. - Dan Kleen
Siebert Mobility, Inc.
Spina Bifida Association of Iowa
The University of Iowa
Total Mobility
UnityPoint Health at Methodist
Wal-Mart, Grimes Location
Vern Willey
VA Hospital
Williamsburg Lumbar
Whitetail Challenge
YMCA Healthy Living Center
Disabilities Resource Center of Siouxland

Disabilities Resource Center of Siouxland is a non-profit, non-residential, consumer-driven organization committed to providing and increasing consumer designed services and community awareness regarding disabilities. We provide skills training in the areas of self-advocacy, assistive devices, socialization, healthcare, homemaking, and computers.

Information and Referral: We can provide you with the latest information on initiatives for persons with disabilities throughout the state. We can match you with others who have similar disabilities so that you can share common experiences and support each other in everyday problem solving and goal reaching victories.

For general questions contact info@drcsiouxland.org
For employment and advocacy questions contact Deb Mandacino at deb@drcsiouxland.org
For training and education questions contact Joan Bruhn at joan@drcsiouxland.org
Follow us on Facebook at www.facebook.com/pages/Disabilities-Resource-Center-of-Siouxland

Need an Accessible Parking Spot or Bathroom?
Download WheelMate

WheelMate is a website (www.wheelmate.com) and smartphone app utilized by members of the SCIA of Iowa board. As explained on the website, “WheelMate gives you an instant overview of your nearest wheelchair-friendly toilets and parking spaces. WheelMate is powered by wheelchair users who add and verify every single location themselves, ensuring it works the way it should.” The goal of this app and website is to decrease the time required for a wheelchair user to find a clean, accessible toilet or parking space. Our board members admit that the website does not currently list all of the accessible bathrooms and parking spaces in Iowa. However this is an opportunity for people using wheelchairs in Iowa to share their reliable locations with other wheelchair users, particularly new families adjusting to mobility in a wheelchair. WheelMate is also useful when traveling to other cities and states, as it allows you to print accessible locations prior to your travels.
A Roll Model Spotlight:

Shelley Jaspering

Where It’s At: Vintage, Handmade, New, Crafts

A store operated by SCIA of Iowa member, Shelley Jaspering

330 Main St. #20, Ames, Iowa

Open

Thursdays 2-7pm,
Fridays 1-5pm,
Saturdays 10-5pm.

Check it out on Facebook.

Shelley Jaspering loves to sew. She loves vintage items and anything with a little “hippie flair”. She shares these passions with others by operating Where It’s At, a store where she sells her handmade headbands, skirts, bags and other merchandise.

Shelley works hard to ensure her customers have unique and quality hand sewn items to purchase.

She suffered a spinal cord injury at the level of C7/T1 on September 29, 2005. This injury significantly impaired the function of her hands, in addition to all sensation and movement from her chest down. In therapy, Shelley utilized neuromuscular electrical stimulation and various exercises to improve her hand strength and function. She also practiced a lot of cutting and sewing fabric. Now Shelley is able to sew without any additional assistance from others to produce her merchandise.

The store opened in May of 2011.

When creating her store, Shelley was inspired by her creative friends, love of music and the concert atmosphere. Shelley states, “I have always wanted a job that is fun more than making lots of money. Someday, I will have both if I keep evolving the store and working as hard as I can.”

Prior to opening Where It’s At, Shelley took business classes and worked in other retail settings.

By living with a spinal cord injury, Shelley had to carefully select her store location and design. Parking, accessible bathrooms and displaying merchandise in a manner that allows her to wheel through the store is vital to her operating the store independently.

When asked about her spinal cord injury specifically and what she would like to share with the general public, Shelley immediately shares her frustration with parking. Accessible parking is one of the ways Shelley maintains her independence. She wishes the general public had a better understanding and respect for accessible parking spots.

Secondly, she would like to educate the public on the difference between a person living with paraplegia and the person living with quadriplegia. Shelley has to work really hard just to get out of bed and go to work.

In her free time, Shelley enjoys rolling on her freewheel with her dog, Maizey in the nice weather. She follows local and regional concerts and attends when possible. She also likes to bowl.

SCIA of Iowa is proud of Shelley’s perseverance and passion to share what she loves.

We encourage you to support her by visiting her store, following her on Facebook, or email her at whereitsiowa@hotmail.com.

Shelley is currently raising money for Habitat for Humanity by selling headbands. Each headband costs $5, Habitat for Humanity receives $2 of each headband purchased.

Thanks Shelley for being an excellent Roll Model!
Larry Edel Achieves High Honors

Senior Master Edel shares his remarkable story of being the highest ranking physically challenged Master. He recalls memories of Eternal Grand Master, and the motivation that helped him excel to where he is today. Larry was dubbed a Senior Master Instructor this July at the ATA World Championships and Expo during the World Ceremonies.

After earning the 7th Degree Black Belt in June 2012. Then meeting the requirements to become a Senior Master Nominee in November 2012. He was asked to train toward earning the title of Senior Master Instructor. After completing the task and training sessions, the final steps were the mastership ceremony shown in the longer video. All 6th Degree, Master Nominees, 7th Degree, Senior Master Nominees and 8th Degree, Chief Master Nominees go through the complete ceremony. Some steps are highlighted in the video, then some steps are shown in full.

All nominees are also interviewed at one of the sessions. Some portions of the interviews were incorporated into the Master Ceremony video. Larry’s interview was completed and highlighted during that July evening during the World Ceremony, the shorter video.


Interview – http://www.youtube.com/watch?v=C228_Slcnqk#at=18

THANK YOU Members!

We, your Board Members, would like to thank each of you who attend our Annual Social Event last November! Despite the terrible weather we had that night, there was a good turnout; and everyone made it home safely.

We held our event simultaneously at three different locations across the state! We enjoy hearing your feedback, and are pleased that you enjoy this event. We plan to continue expanding this event to reach all areas of the state.

If you, or someone you know, would like to help host a Social Event in your area, please contact us and we’d be very glad to make this happen!

SCI LIFE OF IOWA
Spinal Cord Injury Association of Iowa, Inc.

Spinal Cord Injury Association of Iowa, Inc
3936 NW Urbandale Dr
Urbandale, IA 50322
Phone: 515-270-1522
E-mail: sciaofiowa@hotmail.com
Website: 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.

Upcoming Events!

7th Annual Eastern Iowa Adapted Sports Clinic - March 29, 2014. Located at Kirkwood Community College in Cedar Rapids, Iowa. Contact Megan Andresen for more information via email at megan.andresen@unitypoint.org or via phone at 319-369-7331.

10th Annual Adaptive Sports & Recreation Expo - Saturday, August 16, 2014. This event will be held in a NEW location, Easter Seals Camp Sunnyside in Des Moines, Iowa.

Mark Your Calendars Now!