

INSIDE THIS
ISSUE:

Page 2

Ms. Wheelchair
Iowa

Page 3

Bowling Event

Page 4

Emergency
Preparedness

Page 5

Accessible Park
Equipment

SCIA of Iowa
Sponsors

Page 6

2011 Guide to
Best Apps

Page 7

Member Benefits

Social Event
Pictures



Alpha Copies & Print Center

Serving an original God in a World of Copies!

Your first choice in printing and much, much more!

In the Spring of 2005, John and Becky Crawford set out like many other entrepreneurs in that they wanted to fulfill a dream of starting their own business.

Now almost 7 years later that dream has exceeded all we had prayed it would ever become.

Alpha Copies and Print Centers operates two centers in Ames with the goal of always striving to exceed what a customer wants and needs.

In 2005, we opened our first store on the ISU campus and in March 2011, we opened a 2nd location on the east side of Ames giving our customers the convenience of all of our services.

Alpha copies offers the following services: High Speed B/W and Full Color Copies. Wide format printing in full color and b/w. Binding, faxing, passport photos, lamination, graphic design.

We also offer a full service sign and banner operation at our east location offering banners, yard signs, wall graphics, and vehicle wraps.

Omega Marketing is the advertising division of Alpha Copies where we offer screen printing and embroidery as well as advertising specialty items like pens, magnets, coffee cups, mouse pads, and everything else your business needs it name printed on.

We offer low cost offset

printing to save you even more in your printing needs.

You won't see much advertising for Alpha Copies, Alpha Signs & Banners, or Omega Marketing. That is because our advertising is in partnership with local organizations, groups, and non-profits to offer them low cost and many times free services.

Yes, even this issue is our way of advertising.

As of 2011 Alpha Copies is the proud print sponsor of four SCIA newsletters.

God has blessed our business as he has directed us to help meet the needs of others.

Thank you for allowing us to join the SCIA team.

John & Becky Crawford
and the staff of Alpha Copies

**AlphaSIGNS
& BANNERS**

512 East Lincoln Way
Ames, Iowa 50010
515.233.5556
east@alphacopies.com

DOWNTOWN

2310 Lincoln Way
Ames, Iowa 50014
515.292.3121

contact@alphacopies.com

CAMPUSTOWN

OmegaMarketing

www.alphacopies.com

Quick Printing

www.omegamarketingames.com

Advertising Specialty Items

www.alphacopies.interfirm.com

Low Cost Offset Printing

Ms. Wheelchair Iowa Seeking Contestants

The Ms. Wheelchair Iowa program is seeking contestants for the 16th Annual Ms. Wheelchair Iowa Competition. This event will be held on Saturday, March 31, 2012 in Iowa City. The woman crowned will go on to compete in the national Ms. Wheelchair America pageant on August 12th 2012 in Providence, Rhode Island.

This competition is not a “beauty contest”, but rather a program of achievement, advocacy and opportunity. The mission of the Ms. Wheelchair Iowa Program is to provide an opportunity for women of achievement who utilize wheelchairs to successfully educate and advocate for individuals with disabilities.

Expected schedule for the Ms. Wheelchair Iowa luncheon on March 31st:

- Luncheon begins at 12 pm/noon
- Contestants will share their platform speeches at 1 pm, then answer a question that is drawn out of a hat
- Short program will take place, while the judges make their decision
- Event usually concludes around 2:30 pm

2011 Ms. Wheelchair Iowa, Jennifer Wolff



This event is open to the public. Good will donations accepted (to offset the cost of the lunch). Please consider being a contestant. You are welcome to bring your family and friends with you. Even if you are not able to compete this year, please attend our event to see what possibilities await you.

For more details contact
 Judy Hoit, State Coordinator
 Phone: 319-351-8375
 Email: accnowjh@aol.com

“As Ms. Wheelchair Iowa 2009, I would like to encourage you to take advantage of an opportunity that made a positive difference in my life.” Angie Plager states.

“It was an amazing experience to be around 26 other female wheelchair users, who are all leaders in there own right.” states Jenn Wolf.

**A program
 of
 Achievement,
 Advocacy,
 and
 Opportunity!**



Disability Information & Referral
 Connecting People to Programs

Your free, confidential guide to disability information and services:
 local, state, and national

1-800-779-2001 (voice)
1-877-686-0032 (TTY)
www.iowacompass.org

UERS

USED EQUIPMENT REFERRAL SERVICE
from Iowa COMPASS, a program of the Center for Disabilities and Development

Do you or someone you know have adapted equipment collecting dust in an attic, garage, or basement because it's not being used?

Then call Iowa COMPASS, because the UERS is a **FREE** resource for buying and selling used adapted equipment.

It's as simple as a phone call.

800-779-2001 (toll-free voice)
877-686-0032 (toll-free TTY)
www.iowacompass.org



Strike

Annual BOWLING Event

Location:

Premiere Bowling & Entertainment
 655 NE 56th Street, Suite 100
 Pleasant Hill, Iowa 50327-2174
 Ph: 515-263-1700

When:

Saturday, February 4, 2012
 12:30 PM - 3:00 PM

Cost: FREE

The 1st line (game) is FREE,
 If you wish to bowl additional lines,
 each line will cost you \$2.00.



Spare

Equipment will be available for adapted bowling
 Families and friends are welcome to participate
 Join us for your chance to win door prizes
 Pizza and soda will be provided for lunch (donations accepted)

Please RSVP by Friday, February 3rd

Email: sciaofiowa@hotmail.com

Call: Angie at 515-554-9759

SPINAL CORD INJURY
 ASSOCIATION



OF IOWA

Phone: 515-270-1522
 E-mail: SCIAofIowa@hotmail.com

Emergency Planning Preparedness: “Stay Kits” and “Go Kits”

The following article was found by Marcie Becker, SCIA board member, after reading a person's account of surviving the severe tornado that struck Alabama in April of 2011, on the United Spinal Association website. To find the personal account provided by Carla Steinbuchel (C5-C8 SCI) go to the following link: <http://www.spinalcord.org/emergency-planning-my-first-post-sci-disaster/>. You will also find this article via the same link.

Go Kits

Craig Fabian, 57, C5, Midlothian, Va. (author)

Just like the American Red Cross suggests, the two biggies in emergency preparedness are making a plan and making a kit. Personally, I think it should be several kits. Besides a “shelter in place” kit like everyone has, how about a “SCI Go Kit” that contains all the items an SCI might use in their daily life, like urological supplies, catheters, medications or suppositories. Also, include a piece of paper stating that you are an SCI just in case something happens and you become unable to communicate. One kit that I especially like is a “bedside kit.” It is nothing more than a small pouch placed within reach when you are in bed that contains your cell phone, a flashlight, medication and a snack. If the power goes out in the middle of the night, you're ready! It wouldn't be a bad idea to have another SCI Go Kit in your car, or maybe a desk drawer at work.

Making a plan is especially important for SCI. Lots of buildings only have one or perhaps two accessible entrances. What will you do if they get blocked?

Having support teams is another good idea. Notice I said teams — plural! A support team is a trained individual or group of individuals that have agreed to assist you if an emergency happens. Mentally, go through your regular day and take note of the places you normally are. Home in the morning? Good idea to have a team you can rely on if something happens when you are there. How about developing other teams for when you are away from your home, such as work, school, church and other places you attend regularly.

Stay Kits

Judy Talmadge, 40, Muscular Dystrophy/Spina Bifida, Oceanside, Calif.

Because officials warn it may take 72 hours for responders to get to you, it is important to have a minimum of 72 hours-worth of bottled water and non-perishable food that does not have to be cooked available for every person in the household, along with the same thing for any animals that you have. You should also have a minimum of a 72-hour supply of all necessary medications available for all family members.

If you use a power wheelchair make sure that you also have a working manual wheelchair available in case you have to evacuate, because you may not be able to take your power chair with you. Have a flashlight and a battery-powered radio with extra batteries available for both at all times. Place extra batteries in a drawer in the refrigerator to extend their shelf life. It is extremely important to listen to the radio so that you know what is happening and to follow

the advice of any officials as to what else you need to do.

Practical Survival Strategies

It's true what they say: The key to surviving a disaster such as a hurricane is to be prepared. Once the disaster strikes, events move quickly, so it's necessary to think through what you might need well ahead of time. Following are some steps to help you devise a personal emergency plan.

- Make a getaway kit. If you have your own vehicle, write out a list of family and friends that you might be able to stay with in another city or a safer part of your region, and map out a variety of routes you'd be able to take, since some roads may be closed. Print out directions and maps, as you may not have time or Internet access when disaster strikes, and put together a kit that you can grab at a moment's notice. Another item for the kit is a list of hotels outside the danger zone that you know meet your access needs (include phone numbers and directions). Even after 9/11 and Hurricane Katrina, many emergency planners still do not take accessibility concerns into account when they are drawing up their plans, so it's best not to depend on them.
- On a clear day, find out where the closest emergency shelters are and visit them. Do this even if you plan to leave the area during an emergency, since some situations unfold too quickly to follow Plan A. Find the shelters by contacting your local Red Cross chapter (www.redcross.org) or your local government. If the shelter location does not provide basic access, find out who to talk to about getting the shelter moved.
- Find out what types of transportation are available in your county. If you have trouble finding out who provides local transportation, try calling 211 or 311, contacting your local center for independent living (www.ilru.org), or any organization you receive services from. If there is a local registry, sign up for it so that you're on the list to be picked up and evacuated. But if at all possible, have a back-up transportation plan that does not depend on local government or service agencies.
- Personal assistance may be a challenge, since your attendants may need to go home to their own families. Know which of your assistants may be able to stay with you through an emergency situation, and which friends or family members you can count on in their stead. If you usually rely on your mobile phone contact list, make sure you write these numbers down, in case your phone dies and you don't have electricity to charge it. And remember, even land lines may go out in an emergency.

Most important of all, get to know your neighbors. Remember, phone lines and cell towers may go out, as well as your electricity. But your neighbor may have a generator you can use, a phone that works when yours doesn't, or other resources that can be shared. They may need your help, too.

Accessible Outdoor Exercise Park

Des Moines Park & Recreation Department has unveiled an accessible outdoor recreation place for adults! Last October 3rd 2011, I was in attendance at the unveiling ceremony of this new outdoor adult exercise park concept. This facility is located at Evergreen Park in Des Moines Iowa. The equipment is made so you can roll up under it and work out your upper body. There is a station with four different workouts sides and then multiple uses for each side. There is not much information about it online, but if you are ever in the area of Evergreen Park, you should definitely check it out.

Evergreen Park
2111 E. Caulder Avenue
Des Moines, IA

Shop these businesses in Ames and say

“THANK YOU”

for supporting the

Spinal Cord Injury Association of Iowa!!

Alpha Copies
& Print Center



Burgie's Southgate Express
110 Airport Road
Ames Iowa 50010

Burgie's Gateway Express
2400 University Blvd
Ames Iowa 50014

Burgie's Mary Greeley Medical Center
1111 Duff Avenue
Ames, IA 50010



Best Western Plus
University Park Inn and Suites
Address: 2500 University Blvd Ames, IA 50010

Phone: 515.296.2500
Fax: 515:296-2874
Toll Free Reservations: 800.937.8376

Virtual tour:
<http://prosearchplus.com/tour/bwamesia>
Website:
www.bestwestern.com/universityparkinnandsuites

Christopher and Dana Reeve Foundation's

2011 Guide to the Best Apps for Individuals Living with Paralysis

Do you own a smartphone? Are you wondering if this new technology could benefit your life? While researching this question for my own personal use, I wondered how this new technology could benefit people living with SCI. The Christopher and Dana Reeve Foundation published a thorough article and reference center on its website to provide you with current information, smartphone accessories that may be helpful as well as recommended apps related to the following categories: assistive technology, entertainment & gaming, health & fitness, For Kids, Medical, Productivity, and Travel.

The article and reference center is found via the following link: http://www.christopherreeve.org/site/c.mtKZKgMVKwG/b.7792321/k.8ECC/2011_Apps_for_Individuals_Living_with_Paralysis.htm.

Here are some examples of apps recommended by the foundation. Happy "Apping!" Marcie Becker, SCIA of Iowa Board Member

Rxmind Me Prescription / Medicine Reminder and Pill Tracker

Do you have trouble keeping track of all of your medications? Rxmind Me Prescription app reminds you when to take them, and allows you to check off when you have. There is over half a dozen options for reminders, including hourly and weekly.

Optimized for: iPhone, iPod Touch, iPad (iOS 4.0 or later)

Price: Free

Link: www.rxmind.me

Related Products: [iPharmacy + Reminder for iPhone, iPod Touch, and iPad \(\\$2.99\)](#)

GoMeals

Nutritional value is important to many, especially individuals living with paralysis. GoMeals provides nutritional information such as the number of calories, protein, carbohydrates, and fat for thousands of food items found in grocery stores and restaurants. The app allows the user to record meals to keep track of calories consumed daily. Has the ability to locate over 175,000 restaurants within a 10-mile radius.

Optimized for: iPhone, iPod Touch, iPad, Android (iOS 3.0 or later)

Price: Free

Link: www.gomeals.com

Help Me Now! GPS Phone Tracker

Sometimes you may get lost or need a friend to assist you as soon as possible, this app is great to have for emergencies. The GPS tracking device will send a message to your selected contacts containing your location.

Optimized for: iPhone, iPod Touch, iPad (iOS 3.1.3 or later)

Price: \$0.99

Link: itunes.apple.com

Related Products: [Help Me!! For iPhone, iPod Touch, iPad \(free\)](#)

Relax Melodies HD: a white noise ambiance

For anyone who has trouble falling asleep, this is a great app. With a few taps of your finger, combine your choice of soothing sounds such as thunder, ocean waves, wind chimes, and dozens of others to create the perfect tune to drift asleep. This app allows you to name and save your favorite sound combinations to be repeatedly used.

Review: Very peaceful, useful when relaxation is needed.

Optimized for: iPad (iOS 3.2 or later)

Price: Free

Link: www.ilbsoft.com

Related Products: [Relax Completely for iPhone, iPod Touch, iPad \(free\)](#)

Dragon Dictation

For anyone with limited hand-use, Dragon Dictation will eliminate the struggle of staying in touch with family and friends via text and email. By speaking into your device (Check out Flex T9 for Android devices), this app will write your message rather than having you type it. How great is that!

Review: Good idea, but needs to be fairly quiet to use.

Optimized for: iPad, iPhone, iPod Touch (2nd and 3rd generation)

Price: Free

Link: www.nuancemobilelife.com

Related Products: [Flex T9 for Android \(\\$4.99\)](#) and [Quick Voice for iPhone, iPod Touch, iPad \(free\)](#)



NEW! Member Benefits

As your Chapter President I attended our National Spinal Cord Injury Association (NSCIA)/United Spinal Association Chapter Development Workshop meeting in Florida...don't be jealous, the weather wasn't extremely different than ours, nor was I outside at all.

This two day conference was beneficial in learning all the new aspects, benefits and directions of our national organization.

In the next several newsletters, I will be sharing all the information I learned in Florida, and that I continue to learn, in correspondences with NSCIA and United Spinal. Therefore, you will be able to read all about the benefits you have as a

NSCIA member, due to this merge between United Spinal Association and NSCIA. You have read about this merge in previous newsletters.

I strongly encourage you to take advantage of *all* the benefits and aspects of the resources our national organization has to offer.

Remember to look for the "Member Benefits" article in your next several newsletters!

Also, if you are receiving this newsletter, but not the national "Life in Action" magazine, this

probably means that you are not a member of NSCIA. All you have to do (if you have SCI/D) is sign up for FREE! If you do not have SCI/D but still wish to be a member, you are still strongly encouraged to be a member, for a small membership fee.

This organization and the magazine are viable resources for everyone. If you would like assistance in signing up with national, please do not hesitate to contact me (contact info is on the back of this newsletter).

Written By Angie Plager

Look for the "Member Benefits" article in your next several newsletters!



2011 Annual Social Event



Here's a few photos from our Annual Social Event, held last November at Smokey D's BBQ Restaurant in Des Moines!

Photos taken courtesy of Michael Hulsebus.

SPINAL CORD INJURY ASSOCIATION



**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

Nonprofit
Org
US Postage
PAID
Ankeny IA
Permit 34

A quarterly publication to bring people in Iowa
with spinal cord injuries, families and friends
together to achieve active and healthy lifestyles!



SAVE THE DATE

5th Annual

Eastern Iowa Adapted Sports Clinic and Paralympic Experience

The 5th Annual Eastern Iowa Adapted Sports Clinic is expanding! SportAbility is joining St. Lukes Physical Medicine and Rehabilitation Department, Kirkwood Community College Physical Therapy Assistant Program, and Spinal Cord Injury Association of Iowa as a sponsor this year. In 2011, SportAbility was certified as a paralympic sport club. The organization is providing a speaker at this year's event.

The event is scheduled for Saturday, March 31st at Kirkwood Community College in Cedar Rapids, Iowa. Registration begins at 10am, with events opening at 10:30am. Adapted experiences for the following activities are scheduled: basketball, volleyball, bowling, electric assist rowing trike, archery, and handcycling. Lunch will also be provided.

Please mark this date on your calendar! Look for a brochure to come to your mailbox in the next 4-6 weeks. Please feel free to contact sciaofiowa@hotmail.com for more information.