

INSIDE  
THIS  
ISSUE:

Page 2  
Going Green

Nursing  
Advice Hotline

Page 3  
Upcoming  
Events

Equipment  
Rental  
Program

Page 4  
Roll on Capitol  
Hill

Page 6  
ASI Winter Ski  
Event

## Annual Bowling Event



## BOWLING

Location:

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

When:

Saturday, February 2, 2013  
12:30 PM

Cost: FREE

The 1<sup>st</sup> line (game) is FREE!  
If you wish to bowl additional lines,  
each line will cost you \$2.50.

- 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)



Good Times!

Please RSVP by Friday, February 1<sup>st</sup>

Email: [sciaofiowa@hotmail.com](mailto:sciaofiowa@hotmail.com)  
Call: Angie at 515-554-9759

SPINAL CORD INJURY  
ASSOCIATION



Phone: 515-270-1522  
Email: [SCIAofIowa@hotmail.com](mailto:SCIAofIowa@hotmail.com)

## **We Are Going Paperless!**

### **And We Need YOUR Help!**

SCIA of Iowa Board Members have decided to use less paper to be more economically responsible, and to cut down on mailing costs. We desire to use the mailing cost funds to better suit your needs, by bettering the quality of each event for you to attend. We also believe that it may be more convenient for most of you to receive our information electronically.

In order to do so, we NEED YOUR HELP! Please contact us via email or you can send us a message on our Facebook page. Please tell us your first and last name, your preferred email address to receive our emails, and your preferred phone number at which we may reach you if needed. We promise not to send you any spam mail or give your info out to anyone who would send you spam/junk mail. Your contact info is safe and private with us.

Starting with the next newsletter publication in April 2013, we will no longer be mailing a paper copy of our newsletter out to every single member. However, if you do not have an email address, please call or text us with your full name and address, and we will continue to send you a paper copy of our newsletters.

You may also view each newsletter (previous and current) on our website at [www.spinalcordiowa.org](http://www.spinalcordiowa.org)!

PLEASE CONTACT US BEFORE MARCH 15TH, 2013!

We, the Board Members, THANK EACH OF YOU for your help in becoming a better and more efficient organization!!!

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

Phone: Angie at 515-554-9759

Facebook: search "Spinal Cord Injury Association of Iowa"

## **Spinal Cord Injury Nursing Advice Line**

**(800) 247-0257 Monday - Friday 9am - 4pm**

Craig Hospital recently launched the Spinal Cord Injury Nursing Advice Line to address health related phone calls. It is designed to address health information needs of people living with spinal cord injury in the community in a comprehensive, standardized, evidence based practice, and programmatic approach. Resources for over 150 health issues have been compiled in a database of Craig nursing staff and doctors to answer questions from callers.

Examples of when a person may call the Nursing Advice Line:

- A non-emergent medical question arises that does not warrant a trip to the doctor's office, yet needs answered.
- Experiencing changes in care and wondering whether it is "normal?".
- A new caregiver arrives and needs education materials to help in the transition.

# SCIA of Iowa Upcoming Events

**FEBRUARY 2013:** Annual Bowling Event Saturday, February 2nd, 2013 at 12:30pm. Located at Pleasant Hill Premier Bowling and Entertainment. Mark your calendars now, and make plans to attend! See the front cover of this publication for complete details.

**APRIL 2013:** Annual Eastern Iowa Adapted Sports Clinic Saturday, April 13th, 2013 located in Eastern Iowa, at the Kirkwood Community College Michael J. Gould Recreation Center.

**AUGUST 2013:** Annual Adapted Sports & Recreation Clinic Saturday, August 17, 2013 in the Des Moines area. We strongly encourage you to attend this year's event, we always add something new as each year passes! You don't want to miss out!



## FREE Equipment Rental Program

Spinal Cord Injury Association of Iowa has a free Equipment Rental Program!

We have had this program in place since 2008, so this is a reminder for some of you and a new opportunity for the rest of you! Since 2008, we have purchased many recreational items that you can rent to use on your own time, between our events.

Recreational equipment to choose from:

- Bowling Ball Pusher
- Handle Grip Bowling Ball - 6 pound & 8 pound
  - Adapted Golf Cart
  - Adapted Golf Clubs
- Handcycles - 2, Top End Upright 7 speed & 1, Top End XLT Lay Back 27 speed

### Step 1:

Choose which piece(s) of equipment you want to rent.

### Step 2:

Contact Tim at 515-309-0727

### Step 3:

Provide credit card information and photo ID so that we know who the equipment is going to. Your credit card will only be charged if you do not return the equipment, or return it in damaged condition.

### Step 4:

Determine pick up and drop off arrangements.

### Step 5:

Enjoy your FREE recreational opportunity!



*This article is reprinted from our previous October 2012 Newsletter. We feel strongly that you should be an advocate in your rights and privileges of being an American citizen. Please take action! When you do, you'll be improving your own quality of life and the quality of the lives around you!*

# Roll On Capitol Hill

The first annual Roll on Capitol Hill was held on June 25<sup>th</sup> and 26<sup>th</sup> in Washington, D.C. It was held to address issues that will directly impact the health, independence and quality of life of individuals living with spinal cord injury or disease.

The first day was a conference that gave more background on the issues that needed to be discussed with the legislators and well as prepare for the meeting. The position papers on those issues described below and can be found at <http://www.unitedspinal.org/position-papers/>.

## [Congressional Bipartisan Disabilities Caucus](#)

We urge members of Congress to join the Bipartisan Disabilities Caucus and demonstrate their support for the rights of individuals living with disabilities.

## [Medicare Coverage of Intermittent Catheters for the SCI/D Community](#)

We believe Medicare's catheter policy has broken the physician-patient relationship and put the quality of care at stake. The policy's original flexible language must be restored.

## [UN Convention on the Rights of Persons with Disabilities \(CRPD\)](#)

We support ratification of the CRPD to continue to advance the rights of people with disabilities throughout the world.

## [A New Medicare Complex Rehabilitation Technology Benefit Is Needed](#)

We support the passage of HR 4378, Ensuring Access to Quality Complex Rehabilitation Technology Act of 2012—that will create a separate benefit category for complex rehab technology.

## [How the Government Can Do More for You: Expanding Employment Opportunities](#)

The government must do more to stimulate employment opportunities and improved income security for people with disabilities and take a transformational approach to promoting self-sufficiency and independent living via meaningful work opportunities, income generation, asset-building and community integration and engagement.

## [My Medicaid Matters: Fighting Serious Threats from Capitol Hill](#)

We urge members of Congress to take a more balanced approach to financing Medicaid, one that is policy-driven and involves both expense savings and revenue enhancements to strengthen rather than diminish health care access, coordination and quality.

# Roll On Capitol Hill (Cont'd)

## Provide Exceptions to Medicare Beneficiaries for High-cost Prescription Drugs

We support the passage HR 3613, Part D Beneficiary Appeal Fairness Act and support implementation of a fair and reasonable exceptions and appeals process under Medicare Part D coverage for seniors and people with disabilities that depend on 'specialty tier' drugs to improve or maintain their health status and function.

## Eliminate the Cap on Rehab Payments for Medicare Beneficiaries

We support the passage of HR 1546 and S 829, the Medicare Access to Rehabilitation Services Act which eliminates Medicare Part B's arbitrary and unfair outpatient rehab therapy payment caps.

On Tuesday, wheelchair users and other advocates visited over 80 offices in the Representative and Senate buildings, sharing personal stories and leaving information on all the issues that can affect our ability to fully participate in our lives. Overall, it was a GREAT success!

The event came to a close with a reception to honor legislators who have truly helped our community. The Honorable John Carter (R-31<sup>st</sup> TX) was given the *VetsFirst Congressional Bronze Star Award*. The Honorable James Langeven (D-2<sup>nd</sup> RI), who is also a wheelchair users was recognized with the *Junius A. Kellogg Award for Outstanding Congressional Leadership on Behalf of People with Disabilities*. The last award, I had the honor of helping present the Honorable Tom Harkin (D-IA) with the *James J. Peters Disability Rights Champion Award*.

It was an amazing event. To be in the presence other wheelchair users and advocates who "get" the struggles/stigma that is hard to understand unless you use a chair or know someone who does, was just empowering and re-energizing. Then to be able to talk to the United Spinal Association leadership, who some of them have been fighting for disability rights for over 30 years, was truly a humbling experience.

I encourage any of you who have had difficulties with any of the issues addressed above, to share your stories – even with your Representatives and/or Senators. Policies will not be changed unless they hear from us, the constituents they are supposed to be working for. If you have any questions on how to do this or are interested in doing more advocacy work, please feel free to contact me, Jennifer Wolff, [jdwt01@hotmail.com](mailto:jdwt01@hotmail.com)

***This event was sponsored by United Spinal Association and National Spinal Cord Injury Association.***

***Celebrating Senator Harkin's Award.***

***From Left: Jim Weisman (United Spinal, General Counselor), Senator Harkin, me and Paul Tobin (President and CEO of United Spinal)***



SPINAL CORD INJURY ASSOCIATION



OF IOWA

Nonprofit  
Org  
US Postage  
PAID  
Ankeny IA  
Permit 34

**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](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.**



# Adaptive Sports Iowa: Winter Experience Event



[Enjoy this Winter Experience Friday, February 8th, 2013!!!](#)

Organized by Adaptive Sports Iowa in collaboration with our friends at Adaptive Adventures and Seven Oaks Recreation. The sport of downhill skiing is a fun and exhilarating activity that, until now, has been widely unavailable to Iowa's physically disabled population. This 2 day event will have opportunities for both local instructors to learn the adaptive equipment as well as physically disabled participants to experience the sport. Day one will be a train the trainer for local instructors and volunteers. Day 2 will be two sessions of ski and ride clinics for physically disabled participants.



For Registration and More Details:  
[www.adaptivesportsiowa.org](http://www.adaptivesportsiowa.org)  
Or  
[www.facebook.com/adaptivesportsiowa](http://www.facebook.com/adaptivesportsiowa)