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SCI Life of Iowa

JULY 2012

Spinal Cord Injury Association of Iowa is proud to
present the

8th Annual Adaptive Sports and Recreation Clinic

Come out and
enjoy one of the
last days of
summer in a
family-friendly
event designed
for people living
with spinal cord
injury.
We challenge you to
try a new
recreational activity,
meet other people
and families
living with SCI
in the state, and
say hi to some
old friends.

See YOU there!



When: August 18 10am-3pm

Where: Raccoon River Park,
2500 Grand Ave.

West Des Moines, Iowa

Featuring: Golfing, Hunting,
Bowling, Fishing, Recreation
Vehicles, Basketball, Track & Field,
Cycling, Kayaking, sled hockey and
much more!!

Also get your wheelchair cleaned,
check out accessible vans, various
wheelchairs and other durable
medical equipment products!



10th Annual Whitetail Challenge

The North Branch Wildlife Foundation will be hosting the Tenth Annual Whitetail Challenge on September 28-30, 2012 in Earlham, Iowa. The Whitetail Challenge is an event allowing disabled persons to have an extraordinary hunting experience in Central Iowa. You do not have to be a seasoned deer hunter to enjoy this event. Many of our participants have been first time hunters. All participants born after January 1, 1972 must have completed a hunter safety course and all hunters must be registered with the Iowa DNR as a disabled hunter. All hunters are paired with a guide to assist them during their deer hunt.

The event kicks off with a dinner on Friday, September 28 at 6:00 pm at the Earlham Community Center for hunters, their families and the volunteers for the Whitetail Challenge. Special guests will be on hand to review new hunting regulations and rules of the event. The actual hunt begins at daybreak on Saturday, September 29th and hunters and their guides will be transported to the field. After the morning hunt, hunters and guides will return to the Earlham Community Center for lunch and to swap stories. The hunt will resume later Saturday afternoon followed by dinner on Saturday evening. Hunters who have been unsuccessful will return on Sunday morning for the final hunt.

There is no charge for this event and if you do not have a gun, one will be provided for you. Also the Foundation has many different assistive shooting devices that allow all people to participate regardless of their disability.

If you are interested in participating in this event, please contact Ron Mason at 515-834-9111. The North Branch Wildlife Foundation will also be at the SCIA Sports Clinic on August 18, 2012 at Raccoon River Park. Please inquire about their 10th Annual event on August 18th!

SportAbility of Iowa Upcoming Events

Archery for Adults

Mondays, July 9—July 30
6-7pm at Lake MacBride State Park
Free

2nd Annual Bike 4 Bikes Pub Ride

A popular fundraising bike ride beginning at 12pm (NOON) at the Old Capitol Brew Works and ending at Roadies' in North Liberty. This year's event will also include a Bike Clinic at 10am in the parking lot of 30th Century Bicycle.

3-On-3 Wheelchair Basketball Tournament

July 21, 2012

Register your team for some intense 3-on-3 competition during Solon Beef Days. You don't need to have a disability to participate! Tournament begins at 11am.

To register or learn more about any of these events, contact Beth Ward at 319.855.8916 or via email by beth@sportabilityofiowa.org.





Easter Seals Assistive Technology Lending Library

Easter Seals has an Assistive Technology Center with a Resource Lending Library available for **free** to any Iowan. Located at the Camp Sunnyside location in Des Moines, a person can check out up to five items for up to 30 days at a time. The Lending Library has several typing aids and wrist cuffs to help a person type on a computer, push buttons on a cell phone, or hold on to silverware and writing utensils. The wrist cuffs are secured around a person's palm of the hand and tightened with Velcro to stay in place in the case of a loose hand grip or maintaining grip on smaller items. These pieces of assistive technology allow the user more comfort and control while using a wrist cuff or typing aid.

The Assistive Technology Center also contains a Durable Medical Equipment Loan Program for people who are unable to purchase brand new equipment. Some equipment available is manual and electric wheelchairs, shower chairs, canes, walkers, hospital beds, and hoist lifts. With a prescription from a medical professional and a onetime equipment fee a person can keep these items for as long as they are needed. Our Durable Medical Equipment Loan Program is based entirely on donations. If you would like to donate a piece of equipment, you can bring it to our Camp Sunnyside location to be refurbished and loaned to someone who can benefit from it.

Be sure to look for our article in the next SCI Association Newsletter for more information on specific pieces of equipment available in our Lending Library. If you would like to learn more, please visit our website at www.eastersealsia.org or if you would like to set up an appointment to tour the Lending Library or to check out equipment, please contact us for an appointment, 515-309-2395 or email info@eastersealsia.org.



Spinal Cord Injury Nursing Advice Line

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.

SCI Nursing
Advice Line
(800) 247-0257
Monday to Friday
9am to 4pm

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

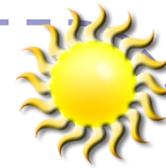
Disability Information & Referral
Connecting People to Programs

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



H2O: Hydration



You've probably heard those narrators on the National Geographic specials say things like "Water gives life" or "Without water there could be no life." They're overly dramatic, but they're right.

It's easier than you think to get dehydrated.

We humans are more than 70% water. We begin to get dehydrated and our performance drops off with just so much as a 2% water loss. What can cause a 2% water loss? It doesn't take much. It can happen to an athlete who's competing, to someone who's in bed with the flu or diarrhea, in the very hot weather, or even to someone who just doesn't drink enough.

No water, no go....

What happens to your body when you're dehydrated?

- Your brain won't work properly - you'll be groggy, slow, and feel out of it
- You'll lose muscle tone
- Your kidneys won't be able to function - toxins and wastes will back up in your body, making you feel generally crummy
- You'll have trouble regulating your body temperature - you may feel overheated, or you may feel chronically cold and unable to get warm.
- You'll get constipated
- Fats stored in your body won't get used up or metabolized
- You'll think you're hungry all the time, and so you'll be likely to eat more
- Your skin will get dry, itchy, and saggy

It's even worse if you have a spinal cord injury.

All of the things we just listed in the last column can happen to *anyone* who gets dehydrated. However, at least half of these problems are *also* things that doctors and researchers tend to worry about happening in people with spinal cord injuries – *regardless of whether they're dehydrated!*

Think about it: body temperature? You've already heard about how hard it can be to regulate, especially if you have quadriplegia. Constipation? You've heard about it and probably even experienced it. Doctors and SCI survivors alike also worry about skin condition, metabolism, and kidney function. So, since all these things are worsened by dehydration it doesn't take a rocket scientist to see that water and keeping hydrated is especially important for people who have spinal cord injuries.

Most articles you read recommend between 8 and 12 eight-ounce glasses of water a day for nondisabled people. If you're thinking, "That's A LOT of water," you're right! But that's only part of the story. Because of the benefits of constantly flushing out your kidneys and bladder, many physicians recommend **EVEN MORE** water for many people with spinal cord injuries. And, they also recommend greatly increasing the amount of water you drink when:

- You're exercising
- The weather is warm
- You're on a high fiber diet or taking a fiber supplement. (Fiber uses up lots of water.)
- You're trying to lose weight. Some people worry that if they drink too much water they'll get bloated. This really isn't true – your body only stores as much water as it needs; the rest it dumps out.
- You're in a high altitude area, where the air tends to be drier and evapora-

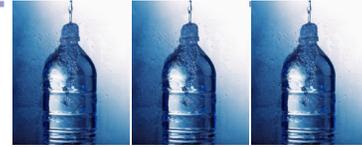
tion occurs faster

- You're traveling, especially in airplanes where the same air is re-circulated over and over again, which also may make the air drier.
- You spend most of your time indoors, where there's little fresh air.
- You have an acute illness – like a cold or a bladder infection. Fevers, vomiting, diarrhea all cause you to lose or use up large amounts of water, which needs to be replaced.

You should have noticed that a few paragraphs back we said that physicians recommend large amounts of water for *many* people with spinal cord injuries. We didn't say *all* people with spinal cord injuries. If you use a bladder program that involves intermittent catheterization, you may have been told to restrict your fluid intake. For sure, you should follow that advice. If you're on one of these programs, your health care professional should have developed a plan that balances what goes in – what you drink – with what comes out – how often you catheterize yourself. It's not a good idea to reduce how much you drink simply for the convenience of catheterizing yourself less often; this could leave you not only thirsty, but dangerously dehydrated as well. Check with your doctor first. And, if you're on an intermittent catheterization program and you don't think you're getting to take in as much fluid as you want or need, you should also check with your urologist or spinal cord injury doctor. He or she might be able to help you adjust the balance between how much you drink and how frequently you need to empty your bladder.

(continued on page 5)

H2O:Hydration *(continued)*



And, regardless of what kind of bladder management program you use, keep these points in mind:

- * Drinks with caffeine do *not* help meet your water requirements. In fact, they cause you to *lose* water by increasing your urine output. So, if you use caffeinated drinks, increase your water intake as well. If you drink four cups of coffee, you may need *more* than eight cups of water per day to make up for what the caffeine causes you to lose. If your fluid intake is restricted to begin with, you may want to avoid entirely, or at least greatly limit, caffeinated beverages. Caffeine is found in coffee, tea, colas, and some other soft drinks.
- Sports drinks and juices do help you replace water, but they contain lots of calories. They're also expensive. If you're not a heavy-duty exerciser, sports drinks really aren't necessary; they're no better than plain water. And, if you're watching your weight, they may have far more calories than you want!
- Finally, know that your thirst sensation runs quite a bit slower than your body's need for water. By the time you realize that you're feeling thirsty, your body will already be suffering from drought. Most experts suggest that you drink *before* you get thirsty. If you're exercising – even if you're just pushing a long distance – drink water before, during, and after.

It's no easy feat...

As one of the SCI survivors commented after reading this brochure, "It's not going to be easy to get in 12 glasses of water a day!" That's especially true if you need help to do it. Here are some suggestions:

- Keep a water bottle with you. If you have limited hand function, maybe a large tube can be rigged connecting the bottle and your mouth.
- Some people have used

"Camelback" or similar water systems that they wear like a backpack.

- Make it a point to drink a glass or two of water every time you empty your leg bag.
- Drink *before* meals, when you're hungry, rather than afterwards, when you're already full.
- Try to do most of your drinking in the morning and early afternoon so there's time for all that water to be eliminated before bedtime.
- Don't waste your drinking efforts on things that won't help – coffee, many teas, colas, etc. A smaller amount of water will do you more good than a larger amount of many other beverages.



Questions to ask yourself:

How do you know if you're not getting enough water? Check off the questions that you can answer "yes" to:

Drinking enough?

___ Is your skin dry? If you wrinkle it or pinch it, does it take awhile to "bounce back"?

___ Is your urine dark? (It should be a light yellow in color)

___ Do you get an unusually high number of bladder stones or bladder

infections?

___ Are you frequently constipated?

___ Do you get groggy or headachy part way through the day?

___ Do you have a lot of trouble staying cool – or keeping warm?

A "yes" to any one of these questions *can* mean you're not getting enough water. Any of them *could* be lessened by taking in more fluids, especially if you think your intake hasn't been up to snuff anyway. However, don't kid yourself – every one of these problems or complaints can *also* be caused by something *other* than dehydration – sometimes by something *very* serious. While you can feel safe prescribing "extra water" for yourself, if drinking more doesn't solve the problem – or if it's a problem that you have pretty much all the time, regardless of how much you drink — check it out with your physician.

This is part of a library of educational brochures developed by Craig Hospital with a federal grant titled, "Marketing Health Promotion, Wellness, and Risk Information for Spinal Cord Injury Survivors in the Community."

The opinions expressed here are not necessarily those of the funding agency, the National Institute on Disability and Rehabilitation Research of the US Department of Education.

Obtained by SCIA of Iowa via the following link:

<http://www.craighospital.org/Left-Nav/Spinal-Cord-Injury/Health-and-Wellness-Information/Educational-Brochures/Maintaining-your-health/H2O:%20Hydration>



Iowa ADA Celebrations 2012

Multiple events are being held across the state of Iowa this month to celebrate the anniversary of the American Disabilities Act. We encourage you to attend an event close to your home!

Cedar Rapids:

Saturday, July 21, 2012 - 2:30pm to 10pm

Veterans Memorial Stadium

2:30pm: Picnic inside the Stadium

4pm: Unity March in the Stadium

5:05pm KERNELS Baseball Game, Fireworks & a LIVE Band!

For more information on this event, please contact either Ann Hearn at 319-892-5609. ann.hearn@linncounty.org or Tom Hardecopf at 319-892-5171 tom.hardecopf@linncounty.org

This celebration is supported by the supported by the Kernels Baseball Team, Linn County Board of Supervisors, Witwer Trust, and the Iowa Peer Action Disability (P.A.D.S.) Consumer Group.

Iowa City/Coralville:

Saturday, July 28, 2012 - 10am to 4pm.

Coral Ridge Mall 1451 Coral Ridge Avenue, Coralville, Iowa

Events will be held in the Children's Museum and in the mall. For more information, contact Scott Gill at 319-338-3870 or scottg@access2independence.org

Des Moines:

Thursday, July 26, 2012 - 12pm to 2pm

Central Iowa Center for Independent Living (CICIL) Annual Picnic and ADA Celebration

Grays Lake Park, 1400 Fleur Dr, Des Moines, IA

Hotdogs, bratwursts, hamburgers, buns, condiments, beverages and table service provided. *Please bring your favorite dist to share!*

For more information, please call CICIL at 515-243-1742.

Quad Cities:

Friday, July 20, 2012 - 11am to 3pm.

IICIL Annual ADA Celebration

3708 11th St. Rock Island, Illinois

The following activities are FREE:

- * Food and refreshments
- * DJ Swift
- * Clown & Face Painting
- * Youth Activities: Inflatable Games
- * Adult Activities: Bingo
- * And...More!

Monday, July 23, 2012 - 6pm.

Quad Cities River Bandits and Local Organizations including IICIL

Modern Woodmen Park, Riverfront, Davenport, Iowa

Participate in the following activities:

- * River Bandits Game
- * Pre-game event to recognize local athletes with disabilities
- * Liz Sherwin, CIL Director, will be a speaker
- * Agency Informational Booths
- * And MUCH MORE!

Contact Liz Sherwin at 309-793-0090 or liz@iicil.com for more

American with Disabilities Act Celebrations!

SCIA of Iowa Upcoming 8th Annual Adaptive Sports and Recreation Clinic Event

Don't forget to mark your calendars for this big event! Even if you have attended one of our past Annual Sports and Recreation Clinics, please participate again! We add new activities every year! New this year is Sled Hockey and more!

We can't give away all the excitement, so please come out and see for yourself just how beneficial this event can be!

Here are a few pictures from last year.



LEFT: A two-person kayak. Enjoy kayaking with a family member or a friend, or maybe even someone you just met at the event!



BELOW: Volunteers and participants choosing which handcycle they want to transfer into and give it a whirl!



LEFT: A few participants trying out our adaptive bowling equipment!

SCIA of Iowa Equipment Rental

We allow you to check out adaptive equipment to use on your own, for FREE! You can choose from golf clubs and cart, bowling balls, two-person kayak, or handcycles! Please call or email us for more information!

515-270-1522

SCIAofIowa@hotmail.com

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

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

Nonprofit
Org
US Postage
PAID
Ankeny IA
Permit 34



SCIA of Iowa Upcoming Events



8th Annual Adapted Sports and Recreation Clinic:

August 18, 2012
10am - 3pm
Raccoon River Park
2500 Grand Ave.
West Des Moines, IA 50265

Social Event:

November 8, 2012
Site(s) to be determined.
Help us choose the location, no matter where you are in the state of Iowa! Do you have a favorite accessible restaurant?

Send us an email, or a Facebook message, with your suggestions.

We enjoy getting feedback from YOU!

Annual Bowling Event:

February 2, 2012
Premiere Bowling & Entertainment
Pleasant Hill, IA
Enjoy Pizza and friends!

