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9th Annual

Adaptive Sports & Recreational Expo

Mark your calendars! Saturday, August 17th is SCIA of Iowa 9th Annual Adaptive Sports & Recreational Clinic and Expo!!

We, the board members, are very excited to have brought you this event for 9 years now! We are hard at work planning this year's event and look forward to all the opportunities we can provide you and your families!

This event will be located at Raccoon River Park in West Des Moines Iowa, the same location as the past few years.

We plan to have many exciting activities for you to do, including: cycling; kayaking; golfing; hunting; bowling; access to various resources, programs & services; snow skiing; basketball; power soccer; various demonstrations; free lunch; prizes; and MUCH more!!!

We will mail out your event brochure with more details, in July. Be sure to keep an eye on your mailbox!



Iowa State Fair Building Bridges Day!

Join SCIA of Iowa at Iowa State Fair Building Bridges Day! This Annual event is being held on the Grand Concourse on Friday, August 16th from 9 AM to 4 PM.

We are joining Adaptive Sports Iowa (ASI) at this event. Be sure to attend in order to receive various resources from many organizations & services from across the state. Also join us to learn more about ASI and watch them demonstrate their basketball skills!!

More Fair event info can be found in July, at <http://www.iowastatefair.org/daily-events/daily-schedule/>

Dating/Relating: Embarrassing Moments

This article was taken from the NSCIA website at the following address:

<http://www.spinalcord.org/datingrelating-embarrassing-moments/>

It was written by Zoe Amour

In a relationship on wheels, you have to learn how to laugh at the things you can't control. Semi-embarrassing moments are bound to happen, but you and your main squeeze can become even stronger by laughing them off or learning from them. A real relationship is one that doesn't let anything chair-related get in the way of loving each other.

I'm going to come right out with this: My boyfriend and I were in the midst of the most intimate of moments when I farted. A really loud, in-your-face, unladylike fart. We certainly couldn't ignore the earth-shattering sound, but I also didn't want to draw attention to it right then and there. Way too embarrassing! There was a pretty big burst of laughter from the two of us and a simple, "Hey, I'm so sorry. I have NO control over that kind of stuff."

I figured I should put it out there because it would probably happen again when we were between the sheets. My guy didn't let it faze him; he knows that it's just a day in the life of his gal on wheels. He told me not to apologize, too; there was no reason to do so. This is why he is a keeper — making me feel comfortable and understanding that farts will happen when they want to.

Take my other friend in a chair. She doesn't have a lot of fine dexterity in her hands, holding heavier glasses isn't the easiest for her. A few dates into her new relationship, she was drinking a filled-to-the-top martini. Although she thought she had the drink under control, her hands gave out and the drink fell

... onto his lap. Red Cosmo all over his khakis. Several napkins and apologies later, they were back to a regular date (and future ones, too!). Why? She gave him the scoop on her strength and a little more about her disability; he completely understood and wasn't about to let a crotch Cosmo get in the way of a good thing.

Another reader shared an equally embarrassing spill that tested her relationship. Her Foley bag came unhooked one evening in bed while she was cuddled up with her significant other. When they both woke up, there was quite the mess all over the sheets. She was mortified beyond belief, and it took her main squeeze a moment to collect himself, but they both recovered from the incident. How? Well, they cleaned things up together and made jokes about the whole thing. Her partner was comfortable enough to sleep in the same bed with her bag every night, so she was also just as comfortable knowing that pee happens.

Sure, these stories end better than they started. I think that finding out you can trust your guy or gal in the most embarrassing of situations is the key to a solid relationship. We all know that wild wheelchair things happen — sometimes completely out of our control and sometimes rather frequently — but we need someone that can "roll" with the punches so to speak. Let me caution you: It might not always end so smoothly — the person you are with may not handle it well. That's why it's important to find and stay with someone who can rebound from your uncontrollable fart or gimpy hands and still find you unbelievably attractive. Because let's face it, you are!



Facebook Users: Don't Miss SCIA of Iowa Info...

Update Your Viewing Settings

We've heard that Facebook has a new policy. We are sharing with you so you can be sure to see everything we post.

It seems that only about 20% of the people who like our page will see the status updates we post - despite the fact that you've "liked" it because you want to see what we post.

Facebook wants us to pay to "promote" our posts so the other 80% who clicked the "like" button will see what we post.

To remedy this, visit our wall and just hover your mouse cursor over the "Liked" button and click on the "Show In News Feed" option. Then right below that, click "settings" then click "all updates". This will allow you to see all of our posts. THANK YOU!

Assistive Technology Feature: Trackbar Emotion Mouse

provided by

Easter Seals of Iowa



The Trackbar Emotion Mouse is approximately eleven inches by four inches. It is black with four large light blue buttons and two small black buttons. There is a roll and wheel that controls the mouse position.

The Trackbar Emotion Mouse centers the mouse on a non-sweat promoting, smooth, and soft surface between the user and keyboard, which allows the hands and arms to relax in a natural position while typing and using the mouse. This position may help prevent symptoms of repetitive stress. The buttons are large and require three times less force to press than a traditional mouse, and it has a built in microphone to enable the use of voice control software. No setup is required, just plug it in and it is ready to use! Contact Easter Seals Iowa Assistive Technology for more info and to try their products!

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Each month the Assistive Technology Center will post a feature on the Easter Seals Iowa Facebook page. These items are available for demonstration and/or loan from the Demonstration Center and Lending Library, located at Camp Sunnyside in Des Moines.

Go to www.facebook.com/EasterSealsIowa

“Like” their Facebook page!

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

Iowa COMPASS

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

Recommended Online Resource: Care Cure

The University of Alabama at Birmingham Spinal Cord Injury Model System (UAB-SCIMS)

As a physical therapist that works with patients who've suffered recent spinal cord injury and patients that have lived with spinal cord injury for many years, I find myself referring to this website frequently. Whether you live with a spinal cord injury, treat people with spinal cord injury, or have a friend or family member living with spinal cord injury. This is a website to trust for accurate information on a wide variety of topics.

Educational, printable pages are provided to improve and enhance patient education. Videos are also posted both for patient and health care provider education. As an example of the education for health care providers, videos are posted on how to perform safe and accurate gynecological examinations for women living with SCI. For people living with SCI, instructional videos are posted to educate how to cook from a wheelchair as well as personal experience videos (sharing experiences of women that were pregnant with SCI is one example).

The website describes its service with the following description:

The University of Alabama at Birmingham Spinal Cord Injury Model System (UAB-SCIMS) maintains this Information Network as a resource to promote knowledge in the areas of research, health and quality of life for people with spinal cord injuries, their families, and SCI-related professionals. Here, you will find our educational materials and information on research activities of the UAB-SCIMS along with links to outside (Internet) information.

This website is supported by grant#H133N110008 from the National Institute on Disability and Rehabilitation Research.

The website is located at the following address:

<http://www.uab.edu/medicine/sci/>

I encourage you to consider referencing this website when searching for accurate medical and healthy living information after suffering a spinal cord injury.

Submitted by Board Member Marcie Becker, PT, DPT

SCIA of Iowa Benefits from United Way Campaign

Does your place of employment band together for a United Way Campaign every year? Do you choose to select the non-profit organization that will benefit from your donation? Please consider selecting the Spinal Cord Injury Association of Iowa.

We utilize your donations to provide recreational, social, and peer support opportunities for people living in Iowa with spinal cord injury. SCIA of Iowa is organized and operated solely because of the commitment and volunteers of the SCIA of Iowa board members. Board members do not receive reimbursement for their time and efforts.

The SCIA of Iowa has developed specific goals and services that will enhance the lives of people living with spinal cord injury across this state. We are currently limited in our ability to achieve these goals by funding and time. Please consider listing our organization as the beneficiary of your charity dollars. If you wish to donate your time and talents to SCIA of Iowa, we would also love to hear from you. Please email us at sciaofiowa@hotmail.com or call Angie Plager at 515-554-9759.

We look forward to your feedback and involvement!



Get Active this Summer



with SCIA of Iowa's

Free Equipment Rental Program

Spinal Cord Injury Association of Iowa is proud to provide a free Equipment Rental Program to enhance your ability to enjoy the outdoors and participate in recreational activities with your family and friends. SCIA of Iowa initiated this program in 2008 and is encouraging members to utilize the equipment and provide our board with suggestions for adapted equipment of interest to our members. Current recreational equipment available to rent includes:

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

To rent this equipment, please follow the following steps:

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 copy of photo ID as a deposit. 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!



Adapted Golf Cart
 Adapted Golf Clubs



Hand Grip Bowling Ball
 6 or 8 Pounds



Handcycle Top End Upright 7 Speed
 Two are available

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
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.**

SCI *Life* of Iowa is Now Electronic

We Need YOUR Email Address

SCIA of Iowa Board Members decided the last full scale printing of SCI Life will be the July 2013 issue at its board meeting held on Saturday, March 9, 2013. The goal is to reduce printing and mailing costs which will 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

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, preferred phone number, and your preferred email address.

[If you do not have an email address and wish to continue to receive our newsletter via the mail, we will continue to mail it to you. Please call Angie at 515-554-9759 and she will be sure you are on our mailing list.](#)

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

Phone: Angie 515-554-9759

Facebook: Spinal Cord Injury Association of Iowa

www.spinalcordiowa.org