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10th Annual Sports & Recreation Expo

You do NOT want to miss this year's Sports & Recreation Expo!
We have added more than 10 NEW activities to this event! Plus we'll be hosting
this annual event at a NEW location!

If you have never been to SCIA of Iowa's Annual Adaptive Sports & Recreation Expo, what are you waiting for?! If you've been to this annual event in the past, you'll definitely want to attend this one!

This annual event will mark the start of SCIA of Iowa's 10th Anniversary! We, as Board of Directors, are extremely excited for this coming year! We can't believe how fast the time has gone!

Your Board of Directors have worked very hard each year to create this annual event for each of you, and this year is no different. There will be a plethora of activities and resources available to you at this one day event.

We look forward to seeing you Saturday, August 16th 2014!

Archery

Kayaking

Disc Golf

Hunting

Handcycling

Power Soccer

Bocce Ball

Catch & Release Fish

Event Info:

10th Annual Adaptive Sports & Recreation Expo

Saturday, August 16th

Easter Seals Iowa Camp Sunnyside

401 N.E. 66th Avenue, Des Moines, Iowa 50313

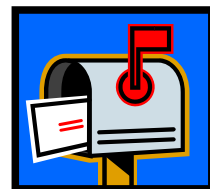
Registration: 10:30 am

Free Lunch: 11 am - 12 pm

Demonstrations: 12 - 1 pm

Expo Open: 1 - 4 pm

Prizes: 4 pm



Be sure to find your
Event Brochure in your
Post Office Mailbox!

SCIA of Iowa Benefits from YOUR Charitable Contributions!

Does your place of employment band together for a United Way Campaign?
Do you select the non-profit organization that will benefit from your donation?
Please consider donating to 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. This organization is operated solely by the committed & passionate volunteer Board of Directors; and by our faithful & generous volunteers. Board of Directors are not paid for their time, travel expenses, and efforts.

The SCIA of Iowa has developed specific goals and services that will enhance the lives of people living with spinal cord injury in this state. We are currently limited in our ability to achieve these goals by funding and time. Please consider choosing Spinal Cord Injury Association of Iowa as the beneficiary of your charity dollars. A tax deductible receipt will be emailed to you as well.

If you wish to donate your time and talents to SCIA of Iowa, we would love to hear from you. Please email us at sciaofiowa@hotmail.com or call Angie Plager at 515-554-9759.

Spinal Cord Injury Association of Iowa, a non-profit organization, can only exist with YOUR help, involvement, and support!

Smile Amazon: A Charitable Giving Program

Do you shop at Amazon.com? Do you shop online?

If yes, you can benefit SCIA of Iowa just by shopping!

If no, please consider shopping online.

Add smile.amazon.com to your favorites instead of regular Amazon.com! Everything is exactly the same including prices, shipping, wish lists, etc. Amazon donates 0.5% to a charity of your choice. This is not a huge number, but the contributions of several shoppers add up. After you log into Smile.amazon.com, select National Spinal Cord Injury Association located in Urbandale Iowa, as the charity of your choice. Every purchase you make on SmileAmazon will help benefit SCIA of Iowa! to donate to Spinal Cord Injury Association of Iowa.

Welcome to
amazonsmile

You shop. Amazon gives.

FREE Equipment Rental Program

Spinal Cord Injury Association of Iowa has a **free Equipment Rental Program!**
SCIA of Iowa purchases various equipment for our members as part of our mission to promote healthy and active lifestyles.

Recreation Equipment Available for Free Rental:

Bowling Ball Pusher
Handle Grip Bowling Balls - 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
Pinball Machine - will debut at our 10th Annual Adaptive Sports & Recreation Expo

Free Rental Process:

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!



Upcoming Events: Mark Your Calendars Now!

10th Annual Adaptive Sports & Recreation Expo - August 16th 2014, see front cover for more details!

Annual Social Event - November 2014

Annual Bowling Event - February 2015

"Life isn't over. I have got a lot of life to live. And so do a lot of people with disabilities. You can be an active member of society and not be a problem. I don't want help because I feel sorry for myself, or because I think I deserve it. I want to earn it still."

Michelle Meadors, Ms. Wheelchair Iowa 2014

Our July Roll Model: Michele Meadors



Michele Meadors is preparing to compete in the Ms. Wheelchair American pageant in Long Beach, California scheduled for August 2014. She was crowned Ms. Wheelchair Iowa 2014 this spring. Michele was involved in an auto accident that resulted in a spinal cord injury in 2011. She is paralyzed from the neck down. Michelle's goal as Ms. Wheelchair Iowa 2014 is to advocate and educate on disability issues. Currently she participates in groups such as the Iowa Final Authority to work on housing and transportation issues for Iowans with disabilities.

Michele is a member of the Iowa Olmstead Consumer Task Force (OCTF) and the treasurer of the Iowa Statewide Independent Living Council (SILC). Michele believes that society must focus on the *abilities* of people with disabilities and forms her platform on accenting the remarkable characteristics that all people bring to life.

Michele, age 46, grew up in Corydon, Iowa. After completing rehabilitation in Omaha, she decided to move back to Des Moines, but struggled to find an accessible home. It required 6 months time and searching 16 apartment buildings before she found a place suited for her needs.

Michele loves to garden.

Michele is raising funds to participate in the Ms. Wheelchair America pageant in Long Beach, Calif., in August. U.S. Bank, 520 Walnut St., Des Moines, IA 50309 has a special account set up for her travel expenses. Checks can be made out to Michele Meadors, with a memo line of "Ms. Wheelchair Iowa."



A Helping Hand in Gaining Your Independence: Access to Independence

Written By: TJ Cassidy

Formerly known as The Evert Conner Center For Independent Living, Access 2 Independence has been working to empower people with disabilities in the Eastern Iowa Corridor since 1979. This non-profit Center For Independent Living serves Benton, Linn, Jones, Iowa, Johnson, Cedar, Washington, & Henry counties.

In their aim to respectfully empower people with disabilities, Access 2 Independence functions through 4 Core Services:

- Advocacy
- Peer Counseling & Support Groups
- Independent Living Skills
- Information & Community Referrals

In 2013, Access 2 Independence spearheaded the 23rd annual Johnson County celebration of the Americans with Disabilities Act, providing carnival styled games & a resource fair featuring local community organizations, groups, & service providers. They also established & now run the following support groups:

- The Expressive Arts Group - exploring self-expression through various art mediums
- Invisible Disabilities Support Group Of Greater Iowa City - support for those with "hidden" disabilities
- The Q Group - cross-disability peer support for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, & Asexual individuals

Information on how you may get involved with this outstanding resource & much more is available on their website www.Access2Independence.org & they can be followed by 'liking' the Access 2 Independence Facebook page.

1556 S. 1st Ave. Suite B, Iowa City, IA 52240
(319) 338-3870
1(866) 338-4544 (toll-free)
www.Access2Independence.org



Assistive Technology Center

Provided by Easter Seals Iowa



These items are available for demonstration and/or loan from the Demonstration Center and Lending Library.



Slip-on Typing/Keyboard Aid



This typing aid is brown, with a tan Velcro strap. The hand opening is about 4 inches wide and the length of the device is about 6 ½ inches. It has a rubber tip that is a darker brown than the device.

The Slip-on Typing/Keyboard Aid is designed for use by people with limited grasp who cannot access a keyboard with their fingers. The device features a loop that slips over the hand and tightens with a Velcro strap. The pointer end has a rounded rubber tip for striking the keys. Models are available for right- or left-hand use. One size fits all.

NaturalPoint's SmartNav Mouse

NaturalPoint's SmartNav is a hands-free mouse alternative that allows complete control of a computer by the user with head movement. The device can be placed anywhere as long as it can see the reflective accessory. Less than an inch of head movement is more than enough to move the cursor across the entire screen.



This device is approximately 2 ½ inches tall and 3 inches wide, and it looks like a small TV. It has an easily adjustable clip so you can clip it to your computer. This device has a USB cord to plug in.

To learn more or try these devices contact:
Kim Karwal, Easter Seals Rural Rehabilitation/AT Center Support Professional
401 N.E. 66th Avenue Des Moines, IA 50313
515-309-2394 (Phone) 515-289-4069 (TTY) 515-289-1281 (Fax)

Website to Bookmark:

Wheel:life For Friends who use Wheelchairs



Wheel:Life is a global initiative that assists people in addressing the many questions and challenges that come with using a wheelchair. More than 20,000 friends who use wheelchairs visit the website each month to take part in the free, online resources.

This website currently shares information on the following topics:

- find quality health and medical resources, related research and news;
- explore educational and employment avenues;
- research the proper adaptive equipment, assistive technology, home modification and home medical equipment for their needs;
- network within local and virtual peer support groups;
- discover accessible travel destinations; and enjoy a full and active life as a wheelchair user.

Quad Cities Support Group

Quad Cities SCI Support Group meets monthly at Genesis Medical Center or at a place in the community. Social and educational events are offered. See website for upcoming events.: www.genesishealth.com/services/phys_med/spinal. Please contact Molly Muhl OTR/L, CBIS with questions at 563-421-1480.



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Spinal Cord Injury Association of Iowa, Inc.

Spinal Cord Injury Association of Iowa, Inc
3936 NW Urbandale Dr
Urbandale, IA 50322
Phone: 515-309-0727
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.



A few pictures from last year's Annual Adaptive Sports & Recreation Expo