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Amazon Smile



Hopefully you all have received your Event Brochure in the mail. If not, better go check your mailbox! Don't miss this annual event! The Event Committee has some great additions in store for you, plus your annual favorites!

Mark your calendars for
SATURDAY, AUGUST 15, 2015
We look forward to seeing you!

To Register By
August 10th - Sim-
ply call or email us
your Name, Phone
Number, and Email
Address.

ATTENTION Public Transportation Users:

NEW this year - If you use Public Transportation, we will be offering accessible transportation to our annual event! We know that you've not really been able to attend this event in the past due to lack of transportation, so we have finally been able to come up with a solution. Once we have all the finer details figured out, we will email them to you. Watch your emails for more details!

Please Note: If you do not have email, and wish to use this service, please call Angie for more information at 515-554-9759.

Watch for event details
coming soon in your email!
Be sure you save SCIA of
Iowa as one of your
Contacts, you don't want to
miss out!

sciaofiowa@hotmail.com

Upcoming Events

[25th Anniversary of Americans with Disabilities Act:](#) July 26, 2015

How will you celebrate? Read article below for more info.

If you know of any events going on that are not listed on the next page, please email us so we can email our members the information.

[Quarterly Board Meeting:](#) Wednesday, July 29th at 5:30 PM

[11th Annual Adaptive Sports & Recreation Expo:](#) Saturday, August 15, 2015

Your Board of Directors are excited for you to attend! See front cover for more details.

[Peer Mentoring Training:](#) Saturday, September 26, 2015

If you are interested in being a mentor, please contact us before September 4th. This all day training will be in September. Training details will only be sent to those who contact us with interest in being a mentor. See page 4 for more details.

[Annual Social Event:](#) November 2015

[Quarterly Board Meeting:](#) Wednesday, November 11th at 5:30 PM

Celebrating 25th Anniversary of Americans with Disabilities Act

Twenty-five years ago, on July 26 1990, through the Americans with Disabilities Act (ADA), our nation committed itself to eliminating discrimination against people with disabilities. The U.S. Department of Justice's Civil Rights Division is proud to play a critical role in enforcing the ADA, working towards a future in which all the doors are open to equality of opportunity, full participation, independent living, integration and economic self-sufficiency for persons with disabilities. In honor of the 25th anniversary of the ADA, each month the Department of Justice will spotlight efforts that are opening gateways to full participation and opportunity for people with disabilities.

For more information, please visit: http://www.ada.gov/ada_25th_anniversary/

How will you celebrate? Visit these websites to learn more about how you can celebrate the past, present and future of Americans with Disabilities Act. Let us know how you'll be involved or what events you'll be attending. If you'd like to host your own event, let us know. We can share your event with fellow members.

www.adalegacy.com/ada25

www.adalegacy.com

www.adaanniversary.org

Celebrate ADA 25th Anniversary!

Here is the list of events we know about for celebrating the 25th Anniversary of Americans with Disabilities Act. Do your best to attend one of these events in your community!

Cedar Rapids, Iowa

Hosted by the Peer Action Disability Support (PADS) Group and the Cedar Rapids Kernels Baseball Team

Saturday, July 25, 2015

3:00 pm to 9:00 pm or end of baseball game
Cedar Rapids Kernels Stadium, Cedar Rapids

3:00 Registration

3:30 Picnic – FREE FOOD, Dignitaries, Speakers, & Informational Booths

5:30 – Unity March (inside the stadium)

6:35 Kernels Baseball Game, Followed by Fireworks

REGISTER IN ADVANCE BY JULY 1ST TO GET A

FREE T-SHIRT AT: [http://www.pads4pwd.org/](http://www.pads4pwd.org/ada.php)

[ada.php](http://www.pads4pwd.org/ada.php)

For More Information Call Ann Hearn at 319-892-5609 or Tom Hardecopf at 319-892-5171

Davenport, Iowa

Hosted by Quad City Area Disability and Advocacy Organizations

Night at the Ballpark - Join us for a round of Take me out to the Ball Game

River Bandits vs. Burlington

Where: Modern Woodmen Park, Davenport Riverfront

When: **Monday, July 13, 2015**

6:00 pm to 9:00 pm, or end of ball game!

6:00 pm Gates Open

6:20 pm Pre-Game Activities

- Ceremonies honoring athletes with disabilities
- Themed games and activities

Informational Booths, Recognition of Athletes with Disabilities, Interviews with Paralympians, and Quad Cities River Bandits Baseball Game!

For More Information Call the Davenport Civil Rights Commission at 563-326-7888

Des Moines, Iowa

Sponsored by Partners of the Iowa Disability and Aging Advocates Network (IDAAN)

Friday, July 24, 2015

12:00 pm to 1:30 pm

Tentative Agenda:

12:00 Convene outside the Hoover State Office Building at E. 13th & Walnut

-Speakers (to be determined)

-ADA Awards Presented

12:45 March from Hoover Building to the "Shattering Silence" Monument

at the Iowa Supreme Court at E. 11th and Court Avenue

1:00 Convene at the "Shattering Silence" Monument

Iowa City, Iowa

Sponsored by the Iowa City ADA Planning Committee
Saturday, July 25, 2015

11:00 am to 2:00 pm

Pedestrian Mall, Downtown Iowa City

Between Washington & Burlington Streets and Clinton and Dubuque Streets

Booths, Speakers, and Other Fun Activities!

For More Information Call Alyssa Voss at 319-351-5017

Iowa City, Iowa

FREE! Americans with Disabilities Act (ADA) Celebration in Iowa City!

Johnson County ADA 25th ANNIVERSARY CELEBRATION

Saturday, July 25, 2015

11AM-2PM

Iowa City, IOWA PED MALL (in front of the Sheraton)

Speakers begin at noon.

Celebrating 25 Years of Removing Barriers & Empowering People. Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events.

If you are a person with a disability who requires an accommodation in order to participate in this program,

please contact Jefri Palermo in advance at 319-335-3750 or jefri-palermo@uiowa.edu

Quad-Cities – Rock Island, Illinois

Hosted by the Illinois/Iowa Center for Independent Living (IICIL)

Friday, July 24, 2015

11:00 am to 3:00 pm

IICIL

501-11th Street

Rock Island, Illinois

Block Party with FREE Food, Fun, & Games!

For More Information Call the IICIL at 309-793-0090

Sioux City, Iowa

ADA 25th Anniversary Celebration

Saturday, July 25, 2015

Noon to 4 pm

Sioux City Public Museum

Food, Speakers, and FUN Activities!

More Information - Contact Don Dew, Executive Director of Disabilities Resource Center of Siouxland

520 Nebraska St. Suite 101, Sioux City, IA 51101

Ph: 712-255-1065



YOUR LAST CHANCE!

Sign Up to be a Peer Mentor!

Spinal Cord Injury Association of Iowa (SCIA IA) Board of Directors are collaborating with are national affiliate, United Spinal Association, to bring a high quality Peer Mentoring Program to Iowa! This program is being implemented across the country, and we want to bring it to you!

The intention is to establish a formal, statewide peer mentoring program through our association. The goal of this program is synonymous with our newly revised mission; "...connecting individuals impacted by or living with spinal cord injury/disease/disorder. Members empower each other to access active and health lifestyles." This program would increase our ability to serve the newly injured and become part of their support network. At this time, we are looking for people throughout the state of Iowa who are interested in becoming a peer mentor. Training is estimated to take one full day and will take place in Des Moines. SCIA IA also anticipates reimbursing peer mentors for their mileage and expenses associated with this program. We understand that sometimes expenses of volunteering is what keeps us from getting involved. We will do our best to alleviate this issue.

REGISTRATION REQUIRED, NO LATER THAN SEPTEMBER 4, 2015.

Training info will only be given to those that register.

DATE: Saturday, September 26th, 2015

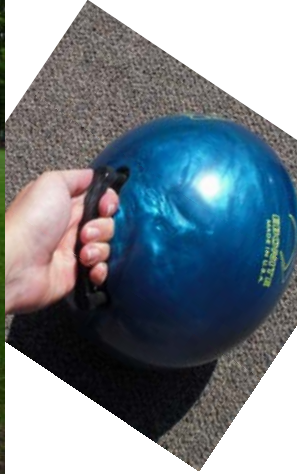
LOCATION: Des Moines, Iowa

Please keep in mind, this is a STATEWIDE PROGRAM. We are holding the training in Des Moines only because the instructor will be flying in from out of state.

If you have any interest in being involved with a peer mentoring program, or any questions, please email Jenn Wolff at jwolff@unitedspinal.org or call 319-290-9402.

Please contact us, even if you're only slightly interested. We can most likely use whatever time, or help, you have available.

FREE Equipment Rental Program



Spinal Cord Injury Association of Iowa has a free Equipment Rental Program! SCIA of Iowa purchases equipment for our members to rent. We encourage our members to help us fulfill part of our mission to promote active & healthy lifestyles.

Recreational Available for Free Rental:

Bowling Ball Pusher
Handle Grip Bowling Balls - 6 pound & 8 pound options
Adapted Golf Cart - with swivel seat
Adapted Golf Clubs
Handcycles (3 options) - 2, Top End Upright 7 speed & 1, Top End XLT Lay Back 27 speed
Accessible Pinball Machine
Two-Person Kayak

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!

Safety Tips For Hot Weather

Summer is upon us. This time of year requires some planning and forethought about keeping protected from overheating. For individuals living with paralysis, body temperature regulation can be difficult. This is because the autonomic nervous system might have trouble adjusting to warm temperatures. Typically, the autonomic nervous system of the body will attempt to cool itself in warm weather by sweating and enlarging skin blood capillaries close to the surface of our bodies. If the autonomic nervous system is not working so well, or even if it is, there are actions we can take to keep us safe in hot weather.

Drink water. Keeping yourself well hydrated with cold water. Drinks such as sodas, lemonade, teas, and other caffeinated beverages will further deplete your body as caffeine dehydrates. The more caffeine you drink, the more dehydrated you become. Alcohol is another drink that dehydrates the body. Drinks that replenish electrolytes can be helpful if not loaded with caffeine or sugar.

Sit in the shade. If a shady area is not available to you, bring your own by using an umbrella to create shade. This will keep direct sunlight off your body which will also lessen (but not prevent) your chance of sunburn. Find a breeze, if possible. There are some purchased clothing that advertise filtered sun protection. These are useful as all of the sun's rays are not filtered even when in the shade. Wear a wide brimmed hat to keep the sun off your head and neck. Use sunscreen with a high SPF. If you do sweat, don't wipe off the drops of perspiration. Your body uses sweat to cool so when you wipe off moisture, more will be made leading quickly to dehydration.

Cool yourself. There are many ways to lower your body temperature when outside. One way is to wet a towel in cold water and lay it across your skin and the back of your neck. Change or rewet frequently. Some products are available for cooling that maintain coldness for slightly longer periods of time are available in towels, head bands, visors, etc. Wear clothing made of light colored, breathable fabrics. Misting with cool water provides short term relief.

Issues that can result from overheating bodies are heat exhaustion and heat stroke. It is hard to differentiate between the two, so plan ahead by drinking water and eating small amounts of salty snacks if your diet allows it. These are both serious issues that can sneak up on you before you know it is happening. Therefore, you need to be aware of the symptoms before they get out of control.

Heat exhaustion is caused by water and/or salt depletion in the body. Signs include thirst, weakness, headache and eventually loss of consciousness when dehydration occurs. If you have salt depletion, signs include nausea and vomiting, muscle cramps and dizziness. The person may exhibit fatigue or sleepiness, grouchiness, dizziness or fainting. Those with paralysis might not feel cramping or may not be able to sweat. A rapid heartbeat will be noted as the body will try to push more blood through the capillaries to cool itself. When dehydration occurs, urine becomes darker than what is normal for that individual. If you suspect heat exhaustion, move to an air conditioned room or if that is not available, to a shady spot. Drink water. Cool down with cold towels, or even take a cool bath or shower. If you do not start to cool down within 15 minutes, it is time to call for emergency help.

Heat stroke is more serious than heat exhaustion and can occur with or without warning. Heat stroke is when the body's temperature is 105 degrees or greater. It can lead to central nervous system damage. The signs are similar to other heat related illness such as dehydration, nausea, seizures, confusion, disorientation, loss of consciousness or coma. A person might only have a few of the symptoms but body temperature of 105 degrees or greater and dehydration are the cardinal signs. The first symptoms might be a throbbing headache, red, hot, dry skin, dizziness, sweating, nausea and vomiting, muscle weakness and cramps, a rapid heartbeat and shallow breathing. Seizures and loss of consciousness are later symptoms. A change in behavior or personality might be the first symptom noted. Heat stroke is an emergency condition because of the damage that can happen to the central nervous system. You need to phone 911 immediately. Provide the same cooling actions until help arrives. You want to cool the individual as quickly as possible.

Other thoughts about overheating especially for individuals with paralysis. First, individuals who rely on mechanical ventilation should be especially cautious in the heat as the ventilator provides heated air directly to the lungs which will increase body temperature from the inside. You will over heat faster. Second, if your mobility is by wheelchair, remember that you are sitting on a non-ventilated surface where the exchange of cooler air will not be passing. Both of these considerations will cause you to overheat more quickly. Be aware of your needs so you can plan ahead to avoid heat exhaustion or heat stroke.

Hot weather should not stop you from enjoying outdoor activities with your family and friends. However, it is wise for us all to be cautious and plan ahead for any extreme weather. With preparation and being aware of the signs of overheating, we can enjoy life, even in hot weather.

Managed Care In Iowa

All Medicaid services will transition to Managed Health Care by January 1, 2016. To stay connected to the changes that are anticipated and how you can support survivors of brain injury, please check out [Medicaid Modernization](#). You will also see the most updated FAQs here as well.

<http://dhs.iowa.gov/ime/about/initiatives/MedicaidModernization>

Easter Seals Assistive Technology Center Marketing

There are many ways to connect with Easter Seals Iowa. They provide many programs and services for individuals in Iowa with disabilities. They also have a mailchimp mailing that they send out as an electronic newsletter. Contact Kim via email to sign up.

<http://www.easterseals.com/ia/our-programs/assistive-technology-center/>

Link to AT Center website

<http://www.easterseals.com/ia/our-programs/assistive-technology-center/assistive-technology-lending.html>

Link to list of devices that are available (although it does not note what is currently checked out)

<https://www.youtube.com/channel/UCACrMXoWWgqQNVXcr92GGwg>

AT youtube channel

https://www.linkedin.com/groups?mostRecent=&gid=6751726&trk=my_groups-tile-flipgrp

Linkedin group page

Kim Karwal

Rural Rehabilitation and Assistive Technology Center Support Professional

Easter Seals Iowa | 401 NE 66th Avenue | Des Moines, Iowa 50313

kkarwal@easterseals.org | www.eastersealsia.org

Support Groups in Iowa

- ◇ [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.
- ◇ Cedar Valley Rollers Support Group meets at 6:30 pm at Becks in [Cedar Falls/Waterloo area](#). Call Jenn for more details at 319-290-9402.

If you know of any other support groups, in Iowa for individuals with spinal cord injury/disease/disorder, or their family members, or for caregivers; please provide this information to us via email at



Spinal Cord Injury
Association of Iowa

Spinal Cord Injury Association of Iowa

Spinal Cord Injury Association of Iowa
32541 585th Ave
Cambridge, IA 50046

Phone: 515-554-9759

E-mail: sciaofiowa@hotmail.com



[/SpinalCordInjuryAssociationofIowa](https://www.facebook.com/SpinalCordInjuryAssociationofIowa)

Spinal Cord Injury Association of Iowa
(SCIA of IA) is a non-profit organization
connecting individuals impacted by or living
with spinal cord injury/disease/disorder.
Members empower each other to access
active and health lifestyles.

Amazon Smile:

A Charitable Giving Program

THANK YOU to each of you who chose to shop Smile.Amazon and
donated to SCIA of IA!

If you shop on Amazon.com we request you shop at smile.amazon.com
instead (everything is the same including prices, shipping, wish
lists, etc.). Amazon donates 0.5% to a charity of your choice. Select

National Spinal Cord Injury Association
located in Urbandale, Iowa to donate to
Spinal Cord Injury Association of Iowa.
(There are multiple locations to choose
from under NSCIA.) This is an excellent
way for our organization to receive funds
that enable us to provide free services to
people living in Iowa with spinal cord
injury.

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