

SPINAL CORD INJURY
ASSOCIATION OF
IOWA, INC.

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SCI Life of Iowa

OCTOBER 2012

November Social Event

Eat and Greet

Sponsored by: Spinal Cord Injury Association of Iowa

Thursday, November 8th, 2012
6:00 PM

Central Iowa Location: Wig and Pen
2005 S. Ankeny Blvd. Suite 300 - Ankeny, IA 50023
Ph: 515-963-9777
www.wigandpenpizza.com

NE Iowa Location: The Fainting Goat
118 10th St SW - Waverly, IA 50677
Ph: 319-352-2335
www.thefaintinggoat.com

Your meal and non-alcoholic beverages will be provided.
Please bring your family or a friend, they are welcome too!

**RSVP is recommended by November 5th, please be sure to tell us which
location you want to attend!**

By Email: SCIAofIowa@hotmail.com
By Phone: 515-554-9759

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

Roll On Capitol Hill

The first annual Roll on Capitol Hill was held on June 25th and 26th 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.



Jenn Wolff,
enjoying D.C.

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-31st TX) was given the *VetsFirst Congressional Bronze Star Award*. The Honorable James Langeven (D-2nd 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

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)



"It was great to see everyone come out and have a good time at the clinic. One of our best years ever!" Joyce Ellens



Giving Away Prizes!

"I thoroughly enjoy meeting new people every year and to see the excitement of those attending, especially when they try something new or learn of a new resource!" Angie Plager

"It appeared as though everyone was having a good time. I enjoyed seeing SCI survivors doing new and exciting things." Scott Turczynski



Basketball Demonstration provided by Adaptive Sports Iowa (ASI)!

THANK YOU to our generous sponsors for contributing to this year's event! (Listed Alphabetically)

Burgie's Coffee and Tea Company
Cambridge Volunteer First Responder Department
Cardinal Lanes—Newton Location
Fareway—Grimes Store
Hy-Vee Catering and Store—Grand Avenue Location
Mercy Center for Rehabilitation Medicine
Methodist Hospital—Yunker Rehab Services
Target—Valley West Store
Wal-Mart—Grimes Store

All Photos on these pages, courtesy of Wendy Duncan.

8th Annual Adaptive Sports & Recreation Clinic

SCIA of Iowa Board Members wish to **THANK** each of you who participated, volunteered, or contributed in any way, to the 8th Annual Adaptive Sports & Recreation Clinic!!! We had a record turn out! We love to see familiar faces in attendance, and are excited to see new faces as well! The day started out a little brisk but turned out beautiful, sunny, and not too hot. As we were on our way home, it began to sprinkle rain drops....our timing was impeccable!



We look forward to seeing each of you next year at the 9th Annual Event! Please send us your suggestions and ideas. Planning the next event has already begun! We want to serve you!

THANK YOU.....

To over 50 volunteers

To over 37 participants,

To over 28 sponsors and exhibitors

....ALL contributing to 1 fantastic event!



Proud organizers of this 8th Annual Event!
SCIA of Iowa Board Members:

From Left: Jenn Wolff, Marcie Becker, Tim Ascherl, Joyce Ellens, Kimbra Korte, Angie Plager, Mike Boone, Scott Turczynski, Audrey DeCarlo

Not Pictured: Jacki Trierweiler

THANK YOU to our amazing volunteers for contributing to this year's event! Thank you to **ALL** of you who volunteered your time and talents, this day would not have been possible without you!

Volunteers include, but not limited to:

-Students from DMU Doctorate of Physical Medicine, Iowa State University, Simpson College, University of Iowa

-families, friends and colleges of SCIA of Iowa Board Members

WE APPRECIATE EACH ONE OF YOU!!!

"Best clinic yet! It gets better every year, I am very proud to be involved with such a classy event. Thanks to all the volunteers and participants." Tim Ascherl

"We had a perfect day for the clinic and we were excited to see so many people attend. A huge Thank You to all the students and volunteers that made this event possible." Kimbra Korte

"I am so thankful to all the members and volunteers that continue to support this event. A special thank you to Larry Edel for the martial arts demonstration. It was so impressive to see those skills and the breaking of boards!" Marcie Becker



Enjoying Kayaking Clinic!

THANK YOU to our wonderful exhibitors for contributing to this year's event!

Kayaking: SCIA of IA, Nick Dodson
Hand Cycling: SCIA of IA, Vern Willey, Adaptive Sports Iowa
Wheelchair Basketball: Adaptive Sports Iowa
Bowling: SCIA of IA
Golf: SCIA of IA
Hunting: Whitetail Challenge, Outdoors Without Boundaries
Accessible deer stand: DNR
Fishing: SCIA of IA
Track and Field Events: Adaptive Sports Iowa
Motocross: Jesse Gildea
Electrical stimulation bike: Iowa Health at Methodist Hospital
All-terrain wheelchair: Scott Turczynski
Information resource center: provided by SCIA of IA
Medical equipment/home modifications/standing wheelchair: Advanced Rehab Technologies
Wheelchair Cleaning Station: SCIA of IA
Martial Arts Demonstration: Larry Edel – Black Belt Academy
Accessible Van: Total Mobility
Exercise Bike Trainer: Mike Boone
Ms. Wheelchair Iowa 2012: Jayde Henry

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.

More pictures of 8th Annual Adaptive Sports & Rec Clinic! (See details on pages 4-5.)

Photos Courtesy of Wendy Duncan.



SEE YOU NEXT YEAR!!

Iowa State Fair Building Bridges Day

Written by Joyce Ellens

The Spinal Cord Injury Association of Iowa participated in the State Fair's Building Bridges day on Friday August 17, 2012. This event is typically held on the second Friday of the Iowa State Fair from 9am to 4pm on the main concourse. The goal of this program is to educate fairgoers

on programs, services, and support groups in Iowa to assist Iowans with disabilities. There were more than 20 tables highlighting programs such as Iowa Vocational Rehabilitation, Brain Injury Alliance, Paralyzed Veterans of America and Very Special Arts. Our table was next to our friends at Adaptive Sports Iowa. Fairgoers enjoyed watching the wheelchair basketball demonstrations, and received information on various programs in their communities in Iowa. Joyce Ellens and Scott Turczynski attended from the SCI Association of Iowa board. It was a worthy event and we look forward to attending in the years that follow! Next year, come check us out at the Iowa State Fair!



Easter Seals Lending Library: Part 3 of 3

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 many daily living devices. These devices are available to help make daily activities easier for anyone. The dressing aids available include button hooks, shoe horns, sock darners, extra wide slippers, and clothing protectors. We also have several other daily living devices that include



medication organizers, voice recorders, built-up handled silverware, universal jar openers, and playing card holders.

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.

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 by phone at (515)309-2395 or by email at info@eastersealsia.org.



You have previously read two articles on this subject, in prior newsletters. If you wish to learn more, or take advantage of this great resource, please contact them directly.

We have had several members benefit from this service, and organization.

-SCIA of Iowa



Enjoying Golfing with Adaptive Equipment!



Photos Courtesy of Michael Hulsebus.

SCIA of Iowa Upcoming Events

NOVEMBER 2012: Annual Social Event Thursday, November 8, 2012 at 6pm at two different locations, in Iowa. See front page for all the details!

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 January 2013 Newsletter 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. Details to follow in January 2013 Newsletter.

LATE SUMMER 2013: Annual Adapted Sports & Recreation Clinic This event will be held in August or September of 2013. See pages 4 & 5 for a synopsis of this year's event! We strongly encourage you to consider attending next year's event, we always add something new as each year passes! You don't want to miss out!



SPINAL CORD INJURY ASSOCIATION



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Spinal Cord Injury Association of Iowa, Inc.

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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.



Board Member Spotlight: Scott Turczynski



One of the newest board members of SCIA of Iowa is Scott Turczynski. Scott volunteered to join the board in January of 2012. His enthusiasm for our mission and willingness to volunteer his talents with respect to fundraising is welcomed and applauded.

Scott lives on an acreage in Elkhart with his wife, Anita. They have three children Luke (12), Max (7) and Ruth (5). Scott is the Vice President of Heartland Finishes, a commercial subcontractor. He helped to start this company 10 years ago and is responsible for estimating and overseeing projects as well as managing the day to day operations.

Scott suffered a spinal cord injury at the level of T12 after tripping and falling over a retaining wall at his home in 2010.

Scott says he wastes no time complaining about his injury because he can't change what happened. Scott picked up the pieces after his injury with the motivation of caring and providing for his family.

Besides his new involvement with SCIA of Iowa, Scott also is very involved with Cub Scouts. He has been a Cub Scout Den Leader for 6 years and a Assistant Boy Scoutmaster for 2 years. Scott also is a member of the Catholic Tuition Organization Board.

In his free time, you will find Scott working on lawn care at his acreage, watching movies with his family and enjoying time with family at home.