



**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.**

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## We Want to Hear Your Opinion! Take this Survey!

Want to help us make the SCI IA even better? As part of the celebration of our 10th year, we want to make sure we are meeting your needs. Please fill out the survey at this link <https://www.surveymonkey.com/s/vs2B8P>

So far, we've had 13 people complete the set of questions and we thank them for their input. The more information we have, the better programming we can provide for you. Thank you for being members!



SCIA of Iowa President, Angie Plager captures a memorable photo with the Iowa League of Heroes and Jeff Brennan, from Whitetail Challenge Foundation.

SPINAL CORD INJURY  
ASSOCIATION OF  
IOWA, INC.

# SCI Life of Iowa

OCTOBER 2014

### INSIDE THIS ISSUE:

Page 2  
Voting Resources

Page 3  
Accessible Voting

Page 4  
Free Equipment Rental Program

Page 5  
Peer Mentoring Support Groups

Page 6  
Thank you to our Sponsors & Volunteers

Page 8  
Upcoming Events

Page 9  
Amazon Smile

Page 10  
Survey

## New Expo Location Provided Many New Opportunities



SCIA of Iowa Board Member, Scott Turczynski demonstrated rock climbing wall, one of several new events offered at this year's Sports & Rec Expo.

Several adapted vehicles were on display for members, and their families, to learn about new features and equipment for adaptive driving and transportation.

This annual event requires many volunteers and donations. See pages 6 and 7 for more information.

The 10th Annual Adapted Sports & Recreation Expo was held on August 16th at Easter Seals Camp Sunnyside in Des Moines, Iowa. This location, in conjunction with some new vendors, brought many new opportunities for our members. Rock climbing wall, archery, bocce ball, fishing, and accessible pinball encouraged returning members to try something new. The expo continued to include hand-cycling, power soccer, golf, wheelchair basketball, and bowling. This event also included many information resources from various vendors.



Ryan Heard, with performer Kanya, provided a crowd favorite demonstration of Dog Training & Agility Skills. This was a highlight for several attendees.

# November 4th is Election Day!

It is ESSENTIAL that those of us with different abilities research the candidates (don't rely on ads/commercials) and vote for whom will do the most good. Disability touches at least one half of the electorates – (family member, close friend). Those votes count! In Iowa, we are one of twelve battleground states for the Senate. How we vote actually may impact which party will maintain or gain control of the Senate. The following information is provided to help you vote in the upcoming election.

### Link to general information on voting in Iowa:

<https://sos.iowa.gov/elections/voterinformation/general2014.html>

The voter pre-registration deadline is Saturday, October 25, at 5 p.m.

### To determine if you are registered to vote, please visit Am I Registered to Vote?

<https://sos.iowa.gov/elections/voterreg/regtovote/search.aspx> –

This site will tell you if you are registered and your designated location to vote.

To vote in Iowa, you must be registered to vote. To qualify to register to vote, you must be:

- A U.S. citizen,
- An Iowa resident, and
- At least 17 1/2 years old (must be 18 years old by election day to vote.)

You cannot:

- Be a convicted felon (unless your voting rights have been restored),
- Be judged mentally incompetent to vote by a court, or
- Claim the right to vote in any other place.



### To Register to Vote:

<https://sos.iowa.gov/elections/pdf/voteapp.pdf> or

To pre-register to vote, complete a voter registration form and return it to your county auditor's office. The form must be signed. If you are not physically able to sign the form, use a rubber stamp or a mark you use regularly. You may ask someone to sign your name for you as long as the person is with you when signing the form and does so at your request.

If you are a college student, you may choose to register to vote at your home address or at your college address. You cannot register to vote at both.

Your county auditor will send you a voter registration card within two weeks.

### Election Day Registration

Voters may use election day registration procedures to register to vote after the pre-registration deadline.

### Voting on Election Day

The polls will be open statewide from 7 a.m. to 9 p.m.

Link to find where you vote on election day :

<https://sos.iowa.gov/elections/voterreg/pollingplace/search.aspx>

**Please consider voting – even if you haven't before.  
You have a voice and your vote matters. Let's make a difference!**

*Please keep Spinal Cord Injury Association of Iowa in mind when holiday shopping online! We are truly grateful for your support!  
~ SCIA of Iowa Board Members*

## Amazon Smile:

## A Charitable Giving Program

If you shop on Amazon.com; we encourage you to add [smile.amazon.com](https://smile.amazon.com) to your favorites list 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



You shop. Amazon gives.

Injury Association located in Urbandale, Iowa to donate to Spinal Cord Injury Association of Iowa. 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.



# Upcoming Events

**November 4th 2014:** Annual Social Event at 6:30 pm. Be sure to cast your vote at your local polling place before you join us!

DMACC - Bldg. #7

2006 S. Ankeny Blvd. - Ankeny, IA 50023

Catered by Fazoli's

(Directions to Des Moines Area Community College: must take Oralabor Road in Ankeny, turn into DMACC at stop light. Take your very first right turn. Keep right and follow the new road all the way around till you reach building #7, it's the furthest parking lot you can get to. Enter building and turn right after the lobby.)

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 3rd. Email:

[SCIAofIowa@hotmail.com](mailto:SCIAofIowa@hotmail.com) Text or Call: 515-554-9759

**December 2nd 2014:** Giving Tuesday. This is a global holiday to remember all the non-profit and charitable organizations out there. If you feel moved to do so, please donate to SCIA of Iowa. Remember, we are a tax deductible gift because we're a non-profit organization.

**February 7th 2015:** Annual Bowling Event at 12:15 pm. Premiere Bowling & Entertainment in Pleasant Hill, Iowa. Join us for a game of bowling, pizza and fun for the whole family!

Check out our January Newsletter publication to see our newly updated look & brand of SCIA of Iowa!!



Pictures from 10th Annual Sports & Recreation Expo courtesy of Wendy Duncan and Michael Hulsebus. More on the next page. Check out more pictures in our photo album on our Facebook page!



## Accessible Voting Procedures



Iowa law requires all polling places to be accessible to all voters. This includes the voting area as well as the parking areas, walkways, and building entrances.

### AutoMARK Ballot Marking Device or OpenElect OVI

Each polling place has an AutoMARK or OVI ballot marking device. This device is available for voters who need assistance in marking a ballot.

To mark their ballots, voters use features on the AutoMARK or OVI such as a touch screen, an audio component, and/or a sip and puff element to select their candidates. The device will then complete the ovals on the ballot. It also lets voters review and change their vote before the ballot is marked.

The AutoMARK and OVI do not count ballots.

Link to videos on how to use AutoMARK:

<https://sos.iowa.gov/elections/voterinformation/accessibility.html>

### Voting with Assistance

If you need help marking your ballot, you may have someone assist you. You may choose anyone except your employer, your employer's agent, or an officer/agent of your union. You may also ask the precinct election officials for help.

You will be asked to sign a form showing you asked for help.

If you are not physically able to sign the forms, you can use a rubber stamp or mark to sign. You may also ask for assistance or have someone sign the form on your behalf as long as it is in your presence and with your permission.

### Curbside Voting

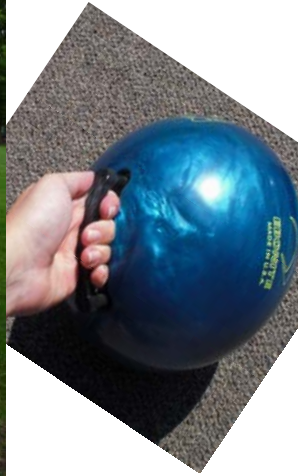
If you are unable to enter the building where the polling place is located because of a disability, you may vote curbside.

Two precinct election officials, one from each political party in partisan elections, will bring voting materials to you in your car. You can then mark your ballot in your car.

You do not need to contact anyone ahead of time to curbside vote. You may want to call your county auditor (<https://sos.iowa.gov/elections/auditors/auditorslist.html>) ahead of time or bring someone with you to tell the precinct officials you wish to vote in your car.

**Please consider voting – even if you haven't before.  
You have a voice and your vote matters. Let's make a difference!**

# FREE Equipment Rental Program



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

### Recreational Available for Free Rental:

- 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
- Pinball Machine

### 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!**

## Thank you to the 10th Annual Adapted Sports and Recreation Expo Volunteers

### Cambridge First Responders

- Ryan and Katie Heard
- Nick and Jason Dodson
- Scott Turczynski
- Roz and Stan Boyer
- Ken and Pauline Loyd
- Kim Karwal
- Nicole Vos
- Ann Griffin
- Wendy Duncan
- Ken Plager
- Becky Plager
- Victoria Herring
- Nick Dreessen
- Tim and Angela Ascherl
- Addie Ascherl
- TJ Ascherl
- Diane Mahoney
- Janet Van Pelt
- Thomas and Justine Lopez
- Sarah and Keith Olson
- Sadie Wilson
- Bryce Tish
- Michael Barr
- Mike Hansing
- Mark Hansing
- Tim Brown
- Derek Richards
- Audrey and Eddie DeCarlo
- Jenn Wolff
- Angie and Michael Hulsebus
- Gary Johnson

- Kirsten Brown
- Megan Albee
- Clare Goeken
- Rebecca Adams
- Paige Hersom
- Lauren Fleener
- Joyce Ellens
- Kimbra Korte
- Jacki Trierweiler
- Kathryn Jansa
- Kyle Ingersen
- Shayla Hopp
- Laura Carsten
- Kurt Klobassa
- Dani Aceto
- Emily Ciha
- Marcie and Derrick Becker
- JJ Krutsinger
- Josh Cunningham
- Kate Holmer
- Kyler Mulder
- Wes Farrington
- Adam Keinert
- Cody Hubble
- Brenda Truong
- Hannah Reuter
- Jae Eccher
- Abigail Jergensen
- Chris Stull
- Mallorie King
- Phic Lovan
- Ben DePriest

# Peer Mentoring: Is There Interest in Iowa?

## Are you interested in volunteering?

SCIA of Iowa Board of Directors are currently debating the establishment of a formal peer mentoring program through our association. The goal of this program is synonymous with our newly revised mission; "...to provide active lifestyle, peer support and advocacy to empower people living with spinal cord injury/ disease achieve their highest potential..." 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. If interest exists, SCIA of Iowa would sponsor a formal training program within the year 2015. Training is estimated to take 1 full day and likely conducted on weekend date. SCIA of Iowa also anticipates reimbursing peer mentors for the mileage and expenses associated with this program.

If you are interested in being involved with a peer mentoring program, please email Angie at [sciaofiowa@hotmail.com](mailto:sciaofiowa@hotmail.com) or call 515-554-9759.

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



## Support Groups

- ◇ 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](http://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. Next two meetings are November 19th and December 17th. Call Jenn for more details at 319-290-9402.

**Thank you to the  
10th Annual Adapted Sports and Recreation  
Expo Sponsors**

**DeeZee Manufacturing  
Easter Seals Iowa  
Iowa League of Heroes  
Kimbra and Kevin Korte  
Burgie's Coffee and Tea  
Fareway, South Ankeny location  
In the Bag  
Marcie and Derrick Becker  
Advanced Rehab Technologies  
Hy-Vee, Ankeny location  
Iowa Program for Assistive Technology  
Dave and Sue Lindemann  
Iowa DNR  
Shelley Jaspering  
Coloplast Continence Care  
Courage League Sports  
Users First  
Whitetail Challenge  
Outdoors Without Boundaries  
Deery Brothers  
The Tailwind  
Siebert Mobility, Inc  
Total Mobility  
All Ability Cycles  
Adaptive Sports Iowa  
Unity Point Health at Iowa Methodist Medical Center  
Jen Wolff  
Hy-Vee, Waukee location  
Patricia Duff  
Schuling Hitch**