

NO BARRIERS

A Publication of the Florida Disabled Outdoors Association



WWW.FDOA.ORG

Special points of interest:

- Recreation Assistive Technology Highlight
- Inclusive Recreation

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Accessible Rish Park on Cape San Blas Reopens

The William J. (Billy Joe) Rish Recreational Park "Rish Park" on Cape San Blas in Florida's panhandle has reopened after being closed for two years due to renovations. Rish Park, which originally opened in 1975, is the state's only park specifically for people with disabilities and is operated by the Agency for Persons with Disabilities (APD). The park is located at 6773 Cape San Blas Road in Gulf County.

The park is named after former State Representative Billy Joe Rish who was instrumental in securing the land from the federal government in 1968 and designating it for use for people with disabilities.

More than \$3 million dollars worth of renovations have been completed at Rish Park. A handicapped accessible

boardwalk to the beach is now finished. Two group cabins and two family cabins were modernized. The swimming pool was also repaired and improved. All of the updated facilities are compliant with the Americans with Disabilities Act.



"We are excited to have Rish Park opened again," said APD Director Jim DeBeaugrine. "With all the

renovations, it is truly a barrier-free recreational area for people with disabilities as designed. We want Floridians with disabilities to come and stay at the park and enjoy the pristine beaches and beautiful outdoor environment the park provides."

The park is now open to visitors who are Florida residents with disabilities and their families and caregivers. Nominal fees are charged, such \$5 per person for day use, and \$15 per night per person for lodging, plus taxes. To make a reservation for an overnight stay, contact APD's Sunland Center in Marianna at (850) 482-9386. For day visits, it's best to call ahead to make sure the park is available—the park's number is (850) 227-1876.



The next SportsAbility will be held in Ocala:

Venues:

- **Friday, October 1, 2010: 10:00 AM - 3:00 PM**
ED Croskey Center, Hampton Aquatic Center
MLK Recreation Complex, 1510 NW 4th Street, Ocala —
Indoor Accessible, Inclusive Recreation Experiences and EXPO
- **Saturday, October 2, 2010: 10:00 AM - 3:00 PM**
Carney Island Recreation & Conservation Area
13275 SE 115th Avenue, Ocklawaha
Outdoor Accessible, Inclusive Recreation Experiences

This event is for people of all abilities, their families or friends!! There is no cost to participate.

More info, on-line registration, and sponsorship opportunities at www.fdoa.org/sportsability.htm

Executive Director's Report



Laurie LoRe-Gussak,
Executive Director

I have been trying to learn Spanish. As with anything new, it has not come easily. I am struck by various differences in the way ideas are expressed. For example, in the U.S. to find out how someone earns a living we would ask, "What do you do?" If we translated that literally into Spanish, the person might respond, "I do a lot of things." They might say that they fish or cook or even water-ski. In Spanish, the same question translated literally is, "To what do you

dedicate yourself?" To me this indicates an emphasis on what the person does in their leisure time.

Americans on average work more hours per day and more days per year than residents of other countries. According to *Key Indicators of the Labor Market* (Geneva: U.N. International Labor Organization, 2003), U.S. workers put in an average of 1,815 hours at their jobs in 2002. While this was less than the 2,447 hours workers in South

Korea averaged, or the 1,848 hours of the Japanese, it was more than in many other countries, including Canada (1,778 hours), Sweden (1,625 hours), and Germany (1,444 hours).

When we don't take the time for recreation, we are missing the associated health benefits. The reduction in probability of secondary health issues, the social benefits and the reduced depression are just a few of the reasons that we need to make active leisure a priority!

Recreation Assistive Technology Highlight: Phed Mobility

A run to the grocery store, meeting a friend for coffee – these are things many of us do without a second thought. But for some, the ability to travel to such events may not be a possibility. The opportunity to get out and about, especially alone, can be limited. Scooters are great, but they have their limits when it comes to distance, speed, rough terrain, and steep hills.



The founders of Phed Mobility noticed people who were using mobility scooters were having difficulty traveling down the road in

their scooters. They thought that if people could just drive their scooter directly onto a golf cart, it would be the perfect solution.

The idea was born that could offer freedom and independence. A prototype was designed and through trial and error, a unit was created that was functional and practical. A cart, designed to allow a person

to drive on with their scooter, lock it in, and go.

For more information about PHED, please visit www.phedmobility.com.

FDOA does not receive any compensation from Phed Mobility.



Inclusive Recreation: Ways for Parents to Advocate

You know your child better than anyone else, and you must become an advocate for your child, even more so when your child has a disability.

To advocate is defined as to speak or write in favor of; support or urge by argument; recommend publicly. What exactly does it mean to be an advocate for your children? It means seeking ways to help them, not waiting for the government or someone

else to develop a program that your child needs. There are many ways to become an advocate:

- Educate yourself on topics ranging from child's IEP to the medicines your child takes and any side effects of those medicines
- Find out about activities your child has interest in and what your community has by networking with other parents
- Search the Internet to find other families who are

experiencing the issues you face

- Encourage someone to start a specific activity or start an activity yourself if it is not offered in your community
- Build on your child's strengths and abilities
- Learn your rights under the law

Some of the inclusive programs that you can help develop for your child may involve education, employment, or recreation.

One place to get help is from the Florida Disabled Outdoors Association, which works closely with communities to help build inclusive recreation programs for individuals with disabilities and their families. The project is funded through the Florida Developmental Disabilities Council.

For more information, please contact, Inclusion Specialist, Kristy Carter at (850) 201-2944, ext. 3, or at kcarter@fdoa.org.



Time to Apply for Mobility-Impaired Quota Hunt Permits

Hunters who possess a Mobility-Impaired (MI) Certification card and a license, WMA stamp, or exemption can now apply and be granted the opportunity to participate in one of the twenty special MI hunts around the state. These are all high quality hunts in areas with special guidelines to allow for an enjoyable and successful experience. The application process is done by way of random draw in three phases. It must be completed on-line at www.fl.wildlifelicenses.com (limited entry/Quota permits and applications) or at a license agent or tax collectors office.

The first phase is open June 1st through June 30th for one permit. Then open again July 20th through Aug 3rd for a

second permit or for anyone who missed the first phase. Then on Aug 19th permits are issued on a first come first served basis. You can receive a total of 5 non-transferable permits.

A guest can accompany the permit holder and share in the hunt by obtaining an additional guest permit that is available on-line or at an agent or tax collector. Note that the Holton Creek Hunts may have different rules and guidelines. The hunts at Ecofina Creek and Blackwater Hutton will also have an opportunity to obtain a permit at the pre-hunt meeting prior to the hunt start for reissue of up to 50% of any no show permit holders. This has proven to be a very beneficial component that

allows more utilization of hunting opportunities available. This compliments the non-transferability of permits and helps insure a more fair disbursement of the permits.

Thank you, to our FWC Commissioners and staff, for the recent program improvements. Thanks also for the addition of Babcock Ranch and Hickory Hammock to the Florida Mobility Impaired Hunt program. Without a doubt, it continues to be the Nations' most innovative and successful program that

sets the benchmark for all others.

The St Marks MI hunt application and for details about the hunts and other opportunities and programs see the FWC web site at www.myfwc.com. Their phone number is 850-925-6121.

Call Eglin AFB Natural Resources to get an application for their MI hunt at 850-882-4165. It must be returned by Dec 29th for the early Feb hunt.

Congratulations to Bob Wattendorf!

Bob recently received the "Conservation Educator of the Year" award from the Florida Wildlife Federation.



Membership Application

How can YOU support the efforts of the Florida Disabled Outdoors Association? Become a member of the FDOA!

Your assistance is valued and truly appreciated!! When you become a member of the FDOA, you not only support the programs mentioned in this newsletter, but you **ensure their continued success and growth.**

Yes, I want to ensure that FDOA's programs continue! Please accept my support at the following annual dues membership level:

- \$20.00 Individual
- \$50.00 Family
- \$100.00 Not-for-Profit
- \$200.00 Business
- \$1,000.00 Patron
- \$2,500.00 Trustee
- Please accept my additional donation of \$_____.

FDOA is a 501 (c)(3) Not-for-Profit organization and gratefully accepts donations and in-kind gifts. All contributions are tax deductible.

Name _____
 Organization _____
 Address 1 _____
 Address 2 _____
 City _____
 State _____ Zip _____
 Home Phone _____
 Work Phone _____
 Cell Phone _____
 E-mail _____

Please indicate any areas in which you would be willing to help.

- Marketing / Promotion
- Fund Raising
- Event Planning
- Finance / Accounting
- Computer Applications / Web Development
- Musician
- On-site assistance at functions
- Other _____

Please go to:
www.fdoa.org/memberships.htm

or mail to:
 FDOA
 2475 Apalachee Parkway
 Suite 205
 Tallahassee, FL 32301

Florida Disabled Outdoors Association
2475 Apalachee Parkway, Suite 205
Tallahassee, FL 32301
Phone: 850-201-2944
Fax: 850-201-2945
Email: info@fdoa.org

SportsAbility Ocala
October 1-2, 2010

Non-Profit
U.S. Postage
PAID
Tallahassee FL
Permit #834



Active Leisure for Life!

CHECK US OUT AT:

WWW.FDOA.ORG

This FDOA hat could be yours!



Submit your updated e-mail address to info@fdoa.org by August 15th to enter a drawing for a FDOA hat.

President's Report



David Jones, FDOA President and National Therapeutic Recreation Society (NTRS) Board of Directors member

Surviving a near death accident in 1988, a three month hospital stay, and another year of outpatient rehabilitation therapy became a catalyst of change for me. This experience forced me into an unexpected time-out from my life for personal reflection, discovery, and for some self-actualization. It was a time of great challenge which became the motivation that drove me to do something that could make a real difference.

As I learned many lessons that I had missed before my injury, I began to realize some of the more important things in life. Two of those are the need to "be active" and the need to "help others". I created a means to pursue those two main objectives with the founding of the Florida Disabled Outdoors Association (FDOA) 20 years ago in early 1990.

I had no idea that great men like Justin Dart and Ted Kennedy had

been working for years to accomplish that same goal of helping people to be active by means of federal legislation. Several months later, in July of 1990, President Bush signed into law the Americans with Disabilities Act (ADA). The ADA is one of the most significant of civil rights laws that affects all of society by providing legal protection from discrimination, but more importantly by providing people the opportunity to participate in life.

As our national leaders began to work on the task of implementing the law and the codes for accessibility in life's major functions like transportation, education, workplace, public and private buildings, we went to work on removing barriers to accessible and inclusive

sports, recreation and fitness facilities and programs. We have been educating and advocating about the needs and benefits of accessible inclusive active leisure for people of all abilities.

We have enjoyed more success than I could have dreamed. I am happy to recognize this anniversary of the ADA and very proud to celebrate FDOA's 20 years of accomplishments. We still have much to do. With passion and hard work, we will continue to partner and collaborate to change attitudes, create opportunities to participate, promote well being, and enhance our quality of life. Happy Birthday to the ADA and to the FDOA.