

NO BARRIERS

A Publication of the Florida Disabled Outdoors Association

FDOA Awarded Inclusive Recreation Grant from FDDC



Special points of interest:

- FDDC Inclusion Grant
- Family Café SportsAbility Sampler

Regular physical activity has been shown to diminish the risks and effects of many health problems associated with a sedentary lifestyle including obesity (potentially causing diabetes, heart problems and stroke), as well as the loss of lean muscle tissue and bone mass (making tasks like dressing, bathing, shopping and general mobility much more difficult). Exercise also contributes to a general sense of well-being and helps people avoid serious mental and emotional problems. However, people with disabilities, and especially children, are often excluded from recreational pursuits and active leisure due to a lack of barrier-free facilities and equipment, as well as a deficiency of inclusive recreation programs and staff trained to help them.

It is for these reasons the Florida Developmental Disabilities Council (FDDC) awarded FDOA a grant to initiate a training program for recreation staff and administrators to help them implement inclusive recreation practices into established recreation programs.

This Recreation Inclusion Program will initially serve children with developmental disabilities in Tallahassee and greater Leon County. Employees of Tallahassee area recreation providers

will incorporate the training and mentorship they receive from our Inclusion Specialist and staff into a number of the activities that they offer such as baseball, volleyball, flag football, aquatics, gymnastics, track and tennis. This pilot program will then serve as a prototype and can be replicated in other areas of Florida.

since the more experience we have of one another, regardless of our differences and abilities, the stronger our interpersonal ties and commitments will be and the more respect we will have for each other. To meet these goals, the FDOA has hired Kristy Carter as Inclusion Specialist. Hiring her is allowing the FDOA to



The ultimate goal of this program will be to enhance the quality of life for children with developmental disabilities by encouraging participation in, and access to, barrier-free physical activities and recreation programs. Improving and making these programs more readily available will increase participation in them by children with developmental disabilities along with those without disabilities. These shared recreational activities will then lead to the physical, mental, social, emotional, and spiritual growth and development of everyone

define the exact skill set and job duties for an Inclusion Specialist/Inclusion Trainer.

WELCOME KRISTY and THANK YOU FDDC!!!

For more information, contact Kristy Carter at kcarter@fdoa.org or at 850-201-2944 x3.



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FDOA Outreach and Education

The Florida Disabled Outdoors Association works continuously to provide education and training on the importance of recreation and leisure for people of ALL abilities. From October to December, the FDOA President and the FDOA Executive Director traveled to each region of Florida to train staff of the Department

of Health Brain and Spinal Cord Injury Program (BSCIP). The training covered the importance of recreation assistive services and technology for people with brain and spinal cord injuries. FDOA discussed the benefits of recreation, some of the opportunities available and discussed our recreation database (products,



Ann O'Brine—U CANSKI 2 Demo



Tampa Bay Devil Rays Wheelchair Softball Demo

programs, destination, and events) that is searchable by type of activity, type of resource, and by county. FDOA showcased examples of

recreation assistive technology. Demonstrations included recreation assistive technology equipment and hands on interactive activities. Each of the BSCIP staff people gained information that they can share with

the people they see every day. The program was a great success.

FDOA will continue to promote the importance of active leisure!



SportsAbility Tallahassee 2008!!

Don't forget to mark your calendar for SportsAbility 2008!!

The 4 day event will feature indoor and outdoor sports including power soccer, martial arts, basketball, tennis, fishing, sailing, sit-down water skiing, and other therapeutic recreation activities. In addition, vendors will unveil the latest in recreation equipment, trends, and resources. The dates for this year annual event are set.

- Banquet - Thursday, April 17, 2008
- Indoor Day & Expo - Friday, April 18, 2008
- Outdoor Day - Saturday, April 19, 2008
- Power Soccer Tournament - Sunday, April 20, 2008

For more information on SportsAbility 2008 or to learn how to get involved, please visit: fdoa.org/sportsability.htm or contact FDOA at (850) 201-2944 or e-mail: info@fdoa.org.



Thank you to Florida Disabled Outdoors Association Advisory Board Members!!!!

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Kudzu Hill 2007 A Success

The weather could have not been better to host the 4th annual Kudzu Hill Cookout and Auction. On December 7th, FDOA members, friends, and families gathered together at the Kudzu Hill

Hunt Camp where the members of Kudzu Hill Hunt Club cooked a true sportsman's dinner for all in attendance to support FDOA and advocate recreation opportunities for people with

disabilities. The fundraising event featured live music by Randall "Big Daddy" Webster, a variety of dinner options including venison and chicken. Following the dinner, a live auction took

place with auctioneer, James Hough. Without the generosity of Kudzu Hill Hunt Club and the help of FDOA supporters, this remarkable event could have not been possible. Thank you to all involved! 

Family Café 2008

The Family Café provides a unique environment, where families can connect with peers, commercial service providers, and public entities to find out what services were available to them, which best met their needs, and how to go about securing those services.

The 2007 9th Annual Conference attracted 9,578

participants.

This year the Family Café has partnered with the FDOA to expand the offerings of the Family Café to include a much needed component - active leisure and the associated benefits. The program will provide over 9,000 persons the opportunity to see and experience the enjoyment

and pleasure of an active lifestyle. Sports clinics will be led by some of the best professionals in the country in their respective sport. Educational sessions on the basics of various individual recreational pursuits will be provided by recreation professionals and state agency staff. Participants may explore their recreational opportunities on

a first hand basis and sample any of the sport and recreational opportunities offered.

The 10th Annual Family Cafe Conference is scheduled for June 13-15, 2008 at Disney's Coronado Springs Resort in Orlando, FL. For more information, visit familycafe.net.



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) nonprofit 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 mail your membership application to:

FDOA
 2475 Apalachee Parkway
 Suite 205
 Tallahassee, FL 32301



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Tallahassee, FL 32301

Phone: 850-201-2944
Fax: 850-201-2945
Email: info@fdoa.org

WE'RE ON THE WEB!

WWW.FDOA.ORG

President's Report



David Jones
FDOA President

What a year this was for the FDOA! I will name a few of the accomplishments we have enjoyed in 2007.

We finalized our partnership with FAAST and the DOH Brain and Spinal Cord Injury Program to deliver our Recreation Assistive Services and Technologies (RAST) program, which has been a major program that was initiated several years ago. I anticipate great results working with Steve Howells, the new Executive Director at FAAST, and his staff bringing a focus on the benefits that recreation and active leisure bring to the health, wellness, rehabilitation and quality of life for people with brain and spinal cord injuries.

I have worked for over a year now on a work-force committee appointed by the Director of the Florida Fish

and Wildlife Conservation Commission. We will be announcing a major proposal that will greatly improve the quota hunt program.

We continue the efforts on the Tallahassee- Leon Miracle League field with the fundraising leadership of Jim Wiley and the Florida District 3 Kiwanis Clubs.

I have worked with the Bay County staff to rewrite their controversial no motorized vehicles on beach ordinance and testified with a presentation at their Commission meeting. You will see and hear more about this very important access issue soon.

Laurie Gussak's hard work has broadened our community involvement and now we have support from the Community Health Services Partnership

(CHSP) and the Ronald McDonald House to insure our SportsAbility event continues and expands to reach and affect more lives.

Also, I was recently awarded the NTRS McKinney Community Service Award. This is a great honor for the FDOA, since it has really been the work of our few staff, Advisory Board and the many volunteers and supporters that have made our success possible.

One of my basic guiding principles comes from Martin Luther King's quote, "Life's most persistent and urgent questions is what are you doing for others".