

NO BARRIERS

A Publication of the Florida Disabled Outdoors Association



WWW.FDOA.ORG

Special points of interest:

- New Partnership Formed with APD
- Recreation—A Necessity for People with Spinal Cord Injuries

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The Florida Disabled Outdoors Association (FDOA) and the Agency for Persons with Disabilities (APD) are excited to have formed the Quality of Life Partnership. The goal of the partnership is to improve the quality of life for persons with developmental disabilities and their families through education, skill development, active leisure opportunities, advocacy and outreach, natural supports and leisure services.

Through participation in recreation and leisure activities, individuals and families have reported feelings of joy and happiness; increases in socialization and

networking; an increase in self-esteem and confidence along with improved physical well-being. Additionally, people have reported reduced depression and anxiety along with an overall improved quality of life within their family.

People with developmental disabilities along with their families will have the opportunity to:

- Identify recreational opportunities to pursue within their community.
- Set goals to include how many days a week to recreate, location of activity, costs, etc.
- Identify if any supports are needed to participate.

- Access the program of choice and have fun!

The Quality of Life partnership will provide services to the many families that are on the APD waiting list, therefore providing benefits that have not been offered in the past. This will help satisfy the need for services for the families while they wait to be considered for funding services.

It is during recreation that skills of team building, time management, and endurance along with a variety of other skill sets are gained. These skills can be applied to a vocation while people network and become part of their community.

The next SportsAbility will be held in Tallahassee:

Venues:

- **Thursday, April 14, 2011: 6:30 PM - 9:30 PM**
Monroe St. Conference Center, *SportsAbility Banquet*
- **Friday, April 15, 2011: 10:00 AM - 3:00 PM**
TCC Lifetime Sports Complex
Indoor Accessible Inclusive Recreation Experiences and EXPO
- **Saturday, April 16, 2011: 10:00 AM - 3:00 PM**
Ochlockonee River State Park
Outdoor Accessible Inclusive Recreation Experiences
- **Sunday, April 17, 2011: 11:00 AM - 2:00 PM**
Miracle Field at Messer Park, *Power Soccer/Baseball*

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

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

SPORTSABILITY

FLORIDA DISABLED OUTDOORS ASSOCIATION



Executive Director's Report: FDOA Now a United Way Agency



Laurie LoRe-Gussak,
Executive Director

The Florida Disabled Outdoors Association has been striving to become a United Way agency for many years. We are extremely proud to announce that the United Way of the Big Bend now has selected the FDOA to be part of their team!

The credibility that comes with being a United Way Agency will help us pursue our mission to enrich lives through accessible inclusive recreation and active leisure for all.

The United Way of the Big Bend will assist the FDOA

in promoting and funding programs to serve people of all abilities.

In this 20th year of the Florida Disabled Outdoors Association, we have reached another milestone!



Assistive Technology—Bottoms Up Bar®

Every once in a while, an innovative device is developed that dramatically changes the way people live their lives. The **Bottoms Up Bar®** fits that bill.

The **Bottoms Up Bar®** enables individuals to independently engage in activities previously difficult or prohibitive. This ingenious, light-weight, portable, assistive device easily mounts to a

wheelchair or can be used freestanding, enabling the user to transfer from the wheelchair to the floor and back, safely and easily.

Out of the frustration that came from not being able to participate in many activities, the **Bottoms Up Bar®** transfer device was developed by Thom DeLilla, a C7



quadriplegic who has used a wheelchair for 36 years.

Everyone who uses a wheelchair understands the physical and mental challenges associated with

getting up from the floor into the chair and vice versa without someone there to assist in the transfer. The **Bottoms Up Bar®** makes it possible for a wheelchair user to move up and down from the floor independently.

More info at www.mybottomsupbar.com

*FDOA does not receive any compensation from **Bottoms Up Bar®***

Sarah Reinertsen—Keynote Speaker at SportsAbility



Sarah Reinertsen was the first female above the knee amputee to become an Ironman—a one day event that includes a 2.4 mile swim, a 112 mile bike, and a 26.2 mile run. Sarah is one of the most powerful and inspirational people of her generation. Sarah has been missing her left leg above the knee since

she was seven years old. She has been featured on ABC News, Sports Illustrated, Runners World and more. Also, Sarah is author of the book [In a Single Bound](#).

You won't want to miss the opportunity of hearing Sarah's story on April 14th at SportsAbility!



Kiwanis

Congratulations goes to **Kiwanis of the Big Bend** for winning "Outstanding Volunteer Philanthropic Organization of the Year" presented by the Association of Fundraising Professionals Big Bend Chapter.

Recreation—A Necessity for People with Spinal Cord Injuries

Recreation and its impact on both individuals and groups has sometimes been overlooked or considered a luxury of extra time. It is now becoming more apparent, as well as research supported, that recreation is not a luxury, but a necessity for an holistic and overall healthy lifestyle. The opportunity to “re-create” ourselves during activities and exercise, builds and enhances our quality of life and health, and is also restorative and relaxing.

Americans are becoming more health conscious and are finding positive recreational outlets to enhance their lives. People

with a Spinal Cord Injury (SCI) are no exception. This move towards healthy living includes people of all abilities.

Studies report that 31% of individuals with SCI left their home less than once per week and that the majority of the activities while homebound require little to no physical activity or social interaction. This report shows that more work is needed in getting people with SCI involved and active.

Recreation is an important beneficial activity for this population. Not only are people with SCI able to reintegrate into the

community with recreational activities, but these same activities are crucial for rehabilitative purposes. The combination of these factors may lead to an overall improvement of satisfaction and quality of life.

A report from the Surgeon General’s Office (SGR, 1996) stated that “regular physical activity can help people with disabilities, including those with chronic disabling conditions, improve stamina and muscle strength, and improve psychological well-being and quality of life by increasing the ability to perform the

activities of daily life.” Recognizing that recreation is a valuable and vital part of an inclusive and well balanced program for positive physical and mental well-being is the first step towards a healthy lifestyle. FDOA encourages not just people with SCI, but all community members, to seek out and participate in inclusive and accessible recreational activities. These activities will enhance health, functional ability, independence, and quality of life.

For more information about recreational options and opportunities visit www.fdoa.org.

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 \$_____.

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

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

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SportsAbility Tallahassee

April 14-17, 2011

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Congratulations to Kim S. on winning the drawing for a FDOA hat by updating her address!

**Visit Florida Disabled Outdoors Association on Facebook!
Submit your updated e-mail and/or mailing address to info@fdoa.org**



President's Report



David Jones,
FDOA President

People with disabilities play an important and valued role in every community. It is vital that people with disabilities have the opportunity to take part in daily activities that add to a person's growth, development, fulfillment, and community contribution.

This basic principal led us to our quality of life objective. The promotion of health and well-being of people with disabilities is our goal. Disability does not necessarily dictate poor health, but a sedentary lifestyle most certainly will. Physical activity is essential for the development of healthy bodies, to rebuild after injury or illness, and is also crucial to maintaining good physical, mental, emotional and social wellness.

I have personally recommitted myself to regular exercise after breaking my leg this past April. The two months of healing and life back in a wheelchair was painful and humbling. However, it did motivate me to start a dedicated rehabilitation effort that has now become my personal fitness program.

For the last six months, I have been exercising an hour a day about four days a week at a local fitness center. I feel great and I'm learning many life lessons as I work toward better health and long term wellness benefits. I had always been very active and received my exercise through

participation in sports and recreation. I discovered that physical activity with an exercise and fitness program can also be a great way to re-create fun and enjoyment or in other words, recreation. My exercise routine evolved from a rehabilitation effort into what is now a fitness and wellness program.

I want to wish you a Happy New Year and urge you to make a resolution now to give yourself a gift. This will be a gift that you can enjoy with your family and friends while becoming happier and healthier.

Active Leisure for Life!

