

HRH Sports Report

A PUBLICATION OF THE ADAPTED SPORTS PROGRAM AT FORUM HEALTH HILLSIDE REHABILITATION HOSPITAL

Fall/Winter 2008
Volume 5 • Issue 8

- Biking Program Continues to Thrive
- The PEP CLUB Corner
- Fall/Winter Sports Update
- 2nd Year HRH Golf League
- Dirty Laundry Trying to 3-Peat
- Employee Corner
- Adapted Sports/PEP Information now on the Web
- CL-1 Air Rifle Record
- Field Trips
- Dart League
- Adapted Sport/PEP Spotlight

Hillside Golfers Bring Back Trophy

Golfers from Hillside Rehabilitation Hospital and Edwin Shaw Rehabilitation Hospital eagerly hit the links for the eighth annual GOLFF Challenge on Saturday, June 28, at Tamer Win Golf and Country Club in Cortland.

The golf outing, which is designed after the Ryder Cup, allows physically challenged individuals the opportunity to compete against their peers. Hillside hosted this year's event.

Twelve players from each hospital entered this friendly competition seeking to win the coveted traveling trophy. By the end of the day, Hillside emerged victorious 39 to 33, although Edwin Shaw continues to win the series 5 to 3.

The event is a truly great time and allows everyone involved to enjoy the company and relationships that have been built over the past eight years.



Walk, Run, Roll Team Challenge Successful

The Fourth Annual Team Challenge was held on Saturday, August 16, 2008 with beautiful weather for a walk, run or roll. The event benefits the Adapted Sports Program to assist with programming fees as well as purchasing equipment.

The Team Challenge welcomed 11 returning teams and five new teams for a total of 116 participants who walked, ran and even rolled in their wheelchairs or hand cycles. A total of 14 sponsors (3 gold level of \$2,500, 3 silver level of \$1,000 and 8 bronze level of \$500) supported the race. Sponsorships, team registrations, basket raffles, 50/50 drawing, kick-off event and other donations raised a total of \$20,475.50.

The race, although competitive, is a fun event that keeps family in mind. Participants were encouraged to bring

their children. Activities for the youngsters allowed them to ride their bikes, bounce around on an inflatable game, have their faces painted and investigate the ambulance and fire truck from the Howland Fire Department. Massages, blood pressure screening and educational material were available for the adults before and after the race.

A special thank you to all those who participated, donated or volunteered their time. You truly made the event a success!



Biking Program Continues to Thrive

For those in the biking program, 2008 brought about a change of pace, literally. Although bike outings were held throughout the summer, this year two separate biking times were created—an early time for beginners and a later time for advanced riders.

Our beginners' group includes riders who are just learning, want to take in the scenery or just enjoy coasting along. The group usually averages a 30-minute ride at about 3-4 miles per hour. The advanced group is for the rider who wants to cover some serious ground. This group primarily rides from nine to 13 miles per hour and takes about an hour to an hour and a half.

One particular rider remained dedicated to riding all year long: Greg Larson. This kind of "dedicated" meant more than signing up and coming for outings whenever held. This dedicated meant that Greg faithfully came to Hillside to ride on average of 3-4 times per week since April. Rain or shine, 95 degrees or 45 degrees, he is accounted for and out hitting the pavement. With rides averaging between 10 to 13 miles per day, Greg alone put over 1,300 miles on one hand cycle.

This past spring Greg had an idea to compete in a longer race/ride. So, after some research, he signed up for the annual SICCO (Spring in Columbiana County Ohio) ride, a annual ride held the first weekend of April each year in Columbiana. The route was a flat to rolling 30-mile loop through small towns and beautiful countryside including the Little Beaver Creek Bikeway. Fellow adapted sports member Rick Ackerman, his wife Lee and Kelly Thomas joined Greg on the ride. It was a beautiful day for the ride. The weather held off and what originally started as a 30-mile ride ended up being a 40-mile trek due to several wrong turns. All in all, it was a great ride and a true accomplishment for those who participated.

Thanks again to all who participated in our biking program this year. We look forward to seeing everyone next year. Keep you eyes peeled for the spring if interested in participating in this Hillside Adapted Sports Biking Program.



The PEP CLUB Corner

The PEP CLUB is happy to announce that the waiting list to get into PEP is now shorter. Why you may ask? We developed the "fast track" program for patients who have had a total knee or hip replacement. These "Fast Track" participants join the program for only 4 weeks taking the place of a regular "PEPper" who cannot attend due to a medical issue. This shortens the waiting list for the clients who will participate in PEP for a longer time period. The "Fast Track" has worked well, and about six people have gone through PEP using the new program.

As a reminder: With the cold and flu season coming, if you are not feeling well, please do not attend sessions to avoid spreading an illness to others. Be careful driving in the snowy weather as well.

During the holidays, the PEP Club will collect money for a needy family again so your monetary donations will be most appreciated. The club will also participate in the annual holiday tree and wreath fundraiser for the American Cancer Society. Our theme will be a "sports tree", so ornament donations for any type of sport will be most appreciated.

Take Note: The PEP CLUB will not be open on the following Thursdays: November 27, December 25, and December 31.

If you have any questions regarding the PEP CLUB, please call us at 330-841-3893.

FALL/WINTER SPORTS UPDATE

First time participants, please call ahead of scheduled times. Times are subject to change.

Air Rifle/Pistol

Call for an appointment.

Archery

Chips Sports Center
Thursdays, 1 p.m. - 2 p.m.

Biking

Call for an appointment
Hillside

Bocce

Hillside
10 a.m. - 11 a.m., Mondays

Bowling

Echo Lanes
11 a.m. - Noon, Wednesdays
2 p.m. - 3 p.m., Thursdays

Golf

Creekside Golf Dome
Tuesdays, 9 a.m. - Noon
Wednesdays, 1:30 p.m. - 2:30 p.m.

PEP Club

Hillside
Monday through Thursday
By Appointment only

Tennis

Call for appointment

MEMBERSHIP LEVELS

Bronze-Adapted Sports Only -
\$10.00 per month

Silver-PEP Only - \$25.00 per month

Gold-Adapted Sports and PEP -
\$30.00 per month





2nd Year HRH Golf League Winding Up Season

The employee golf league has wound up another fun season after 14 weeks of playing 9 holes of golf at Tamer Win Golf and Country Club. League members bought shirts this year and showed them off during matches and at work. This year the league welcomed new members Karen Zook, Dr. Cynthia DiMauro, Marilyn Titus, Terri Smith, Craig Holko and Joe Saker.

The league's 17 members competed in a fun scramble in the middle of September at Tamer Win. The top golfers in A and B divisions for men and women received awards at the banquet.

"Dirty Laundry" Trying to 3-Peat as Employee Bocce League Champs this Fall!

The Dirty laundry team of Karen Zook, Philomena Bario, Betty Burley and Terri Smith are trying to become the first bocce league team to "three peat" (win the league 3 times in a row in any employee team sport at HRH). But, they will have their hands full as an experienced team of Recreation Therapists (Case, Connolly and Thomas) and a young team of rookie PT's (Karen Crogan, Alaina Hershman, Karen Hartman and Katy Oleary) try to unseat the defending champs from their throne. Keep watch in the next issue for the 2008 Bocce League Champs to be announced

Employee Corner

5th Year Winter Dart League Crowns a new 301 Champion

When the snowflakes fall outside, we beat the winter blues by promoting a wellness program offered to employees. Last season, the fifth year Dart league had eight individuals register to compete for the title of 2007-08 301 Champion on their lunch breaks in the recreation room.

"This 15 minute game that is quick and fun," stated Colleen Connolly, dart league organizer.

After the regular season schedule was completed, competitors with the best records were seeded in a double elimination tournament. This year's newly crowned champion was Linda Case, Clinical Supervisor of Recreation/Adapted Sports and Transportation.



Adapted Sports/PEP Information now Posted on the Web

You can now find brochures, calendars, HRH Sports Reports and special events at www.forumhealth.org. Just click on Hillside and locate information under Programs and Services, Newsletters/Publications and Community Services. For more information, contact Linda Case at 330-841-3655.

Jonathon Rook Sets CL-1 Air Rifle Record

Jonathon Rook has had a banner year for Air Rifle. He set the HRH CL 1 Air Rifle record formerly held by Paul Seese. Jonathon also placed 3rd in the HRH 600 in March; 2nd at the Ohio Wheelchair games in Columbus where he set the record; and 2nd at the WV Challenge Marksmanship Championship.

Jon was uncertain about attending the Ohio Games because his Dad became ill and was hospitalized. With his father's encouragement, Jon took his months of practice and his family's best wishes to Columbus and came home with a silver medal and new title as HRH new record holder. Congratulations to Jon and best wishes for your dad's health.



Field Trips Continue to the Sports Complex

The "Field of Dreams" Adapted Sports Complex continues to brim with activity and provide enjoyable times for participants. Over 500 people visited the complex this year. The complex continued to serve regular guests such as Matthews, Maplewood, Salem, and South Range Schools and annual visits by the Summer Enrichment Program. The Consumer Support Group Homes utilized the program on a weekly basis and ended with a summer barbecue in the pavilion. Warren Smiles Group, a local Girl Scout Group and Girard High School were among several new groups that used the complex this year. All visitors participated in golf, bocce, basketball, archery, and held a picnic in the pavilion after their activities. If interested in using the complex next year, please contact Kelly Thomas of the Adapted Sports Program at 330-841-3847. Hope to see you come spring.

Adapted Sport/PEP Spotlight

Bill Leon is one of the initial members of the Adapted Sports Program at Hillside. A bocce program participant since 2002, Bill attends every week despite rain, sleet or snow because he wants to keep his game sharp. He has a competitive side and will never turn down a chance to play whether it is with a first timer or someone who just hasn't played in a while. Bill expanded his bocce league playing and participated in the Howland Scope League, which just ended their season. Bill's team finished with an astonishing 21-3 record.

When Bill isn't on the bocce court, he can be found at the bowling lanes. He diligently attends the HRH Bowling Program every Wednesday with his fellow PEPpers. When his bowling game turns sour, Bill is reminded to throw as though he is playing bocce. More often than not, it's a tip that straightens out his game.

Bill is an excellent representative for the HRH Pep Club and Adapted Sports Program. Just step by anytime that Bill is exercising or playing bocce, and you will hear him recruiting for one of Hillside's programs. Thanks, Bill, for having such an instrumental role in our program.



Bill Leon

MARK YOUR CALENDARS!

6th Annual HRH 600 Air Rifle/Pistol Disabled Shooting Competition at the Vienna Fish and Game Club – March 19, 2009

2nd Annual Hillside Rehabilitation Hospital Adapted Sports/PEP Banquet – October 17, 2008

Adapted Sports Mission Statement

To offer the opportunity for physically challenged individuals to participate in sporting activities by providing an accessible environment, quality instruction and mentorship. Through participation and competition, maximal potential and empowerment of wellness can be achieved.

NON-PROFIT ORG.
US POSTAGE
PAID
PERMIT #37
YOUNGSTOWN, OH

Hillside Rehabilitation Hospital
Adapted Sports Program
8747 Squires Ln. N.E.
Warren, Ohio 44484

HEALTH
Forum