

## Adapted Sports Offers Programs for Children

Children's laughter and smiles filled the HRH Sports Complex this past summer as Hillside hosted children's programming. Children from five individual schools and five private agencies from Mahoning and Trumbull counties attended field trips and participated in numerous activities. During visits to the complex, children learned new activities, tested their skills and tried their luck at the 9-hole miniature golf course. This year archery will be added to the current activities of bocce, golf and miniature golf.

Hillside also provided recreation services for the Children's Rehabilitation Center (CRC). Several days a week a recreation therapist from Hillside visited the CRC to help the children learn the basic skills and rules of golf. In 2004, hundreds of children had the opportunity to learn a new sport and used the HRH Sports Complex for therapy and with family members on weekends.

This year Hillside looks forward to the upcoming season and providing services for children of northeastern Ohio. If you or someone you know is interested in using our complex for a group, call Linda Case at 330-841-3655.



# HRH Sports Report

Volume 3 • Issue 3

Spring/Summer 2005

## 2nd Annual Hillside Rehabilitation Hospital 600 Air Rifle/Pistol Disabled Shooting Competition

The Second Annual 600 Air Rifle/Pistol Disabled Shooting Competition, sponsored by the Adapted Sports Program, was held on Friday March 11, 2005 from 8 a.m. to 8 p.m. at Chip's Sports Center in Howland.

The air rifle competition, part of the NRA-Beeman Grand Prix Championship, is for people with physical disabilities, such as spina bifida, stroke, paralysis, amputation, arthritis and other conditions. The competition consisted of five relays of target shooting with an air pistol or air rifle. Participants will shoot from three different positions and will be classified according to their abilities. The event attracted competitors from northeast Ohio, Pennsylvania, New Jersey, Virginia, Georgia, Texas, Alabama and Michigan. Six members of Hillside's team competed in the event.

Hillside is only one of ten hospitals in the United States and Ireland offering a therapeutic shooting program for physically challenged individuals.



Hillside Rehabilitation Hospital's air rifle team.

## Future Plans Continue for HRH Sports Complex

Since the construction of the golf center in 2000, the HRH Sports Complex has continued to expand with the support and involvement of the community and an initiative known as the "Field of Dreams." In 2002, a bocce court was added to the complex, followed by the nine-hole Timberwolf miniature golf course in 2003. An archery range and outdoor pavilion were constructed in 2004.

This year, another phase—the construction of an accessible multipurpose activity court for basketball, tennis and volleyball—is planned for the third quarter, depending on project funding. Money raised by the 2004 and 2005 Team Challenge will be used for this project.

### Upcoming Events

**Grand Opening for  
Archery Range & Spinal Cord Injury**

Center of Excellence

**May, 2005**

1 p.m. - 4 p.m.

**2nd Annual HRH  
5K/1 Mile Team Challenge**

**August 20, 2005**

Watch for more details or call 330-841-3655

## Hillside Receives Air Pistol Grant

The Adapted Sports shooting program keeps growing. Last fall the National Rifle Association (NRA) awarded a grant to Hillside Rehabilitation Hospital for a precision air pistol. In fact, this is the first grant given in the world by the NRA for an air pistol. The grant was secured through the efforts of Colleen Connolly, staff recreational therapist and facilitator for our shooting program. This allows the current air rifle program to expand to air pistol.



A natural progression from air rifle, the addition of the air pistol can accommodate those with higher disabilities. We can now prepare individuals for our competition in March as well as Cleveland's and other potential shooting competitions. Dave Baskin, manager, NRA Disabled Shooting Services, is currently building a special stand to be used with the air pistol if a participant needs the assistance to hold the pistol. Congratulations Colleen, for your work and dedication.

## Adapted Sports Membership Drive

The Adapted Sports Program is fast approaching its first formal anniversary for combining the air rifle/pistol, archery, bocce, bowling, golf, miniature golf and PEP programs under one umbrella. Over the past year, these programs have experienced growth in many ways. Participant numbers have increased in all the programs, and the times programs are offered have doubled. Schools and agencies taking field trips to the complex have increased and have expanded to encompass Columbiana, Mahoning and Trumbull counties.

You now have an opportunity to try one or more of our Adapted Sports Programs at no charge. Should you decide to register for a program, the fees are as follows: Adapted Sports, \$10 per month; PEP (Physical Exercise Program), \$25 per month; Adapted Sports and PEP, \$30 per month. With the exception of the golf program where green fees and cart rental may apply, no other fees will be charged other than the monthly program cost.

The current Spring/Summer 2005 programs are listed to your right. Any questions may be directed to Linda Case, clinical supervisor, recreation/adapted sports at 330-841-3655.

### SPRING/SUMMER SPORTS UPDATE

Adapted Sports offers a variety of fall and winter programs that are certain to spark your interest.

#### Air Rifle

9-10 a.m. Monday  
1-2 p.m. Tuesday  
HRH Recreation Room

#### Archery

1-2 p.m. Thursday  
7-8 p.m. Monday  
Hillside

#### Bocce

10-11 a.m. Monday  
HRH Recreation Room

#### Bowling

10:30-11:30 a.m. Wednesday  
2-3 p.m. Thursday  
Echo Lanes

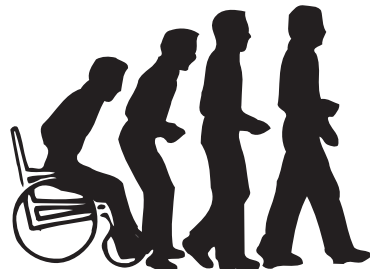
#### Golf

1-2 p.m. Wednesday  
Hillside

#### PEP

Monday thru Thursday  
By Appt. Only at Hillside

*For more information or questions about these programs, call 330-841-3655*



## Adapted Sports for Assisted Living Programs and Nursing Homes

Do you have active residents who want to pursue hobbies that they have given up due to some physical limitations? Or, do you need additional programming for your residents?

This unique program at Hillside offers the opportunity for individuals who are able or disabled to participate in sporting activities that increase wellness, decrease the risk for injuries or accidents and provide additional programming and structure for your residents.

Adapted Sports allows you to provide additional programming and activities for your residents. Participants are introduced to a variety of sports that are held both on and off campus. On campus, our HRH Sports Complex, which is a 20,000 square foot outdoor facility, provides an all accessible bocce court, a golf training area for chipping, putting and driving, a nine hole miniature golf course, an archery range and pavilion. Our recreation staff will provide adapted

equipment if needed for individual and group instruction on the sport of choice. Our new pavilion area offers a nice area for a picnic after the activities.

Let us help you plan your next outing or provide your residents with a new hobby or renew an old love for a sport they thought could no longer be pursued.

**If you are interested in bringing a group to our facility for a community outing and to utilize our adapted sports program, please contact Linda Case, clinical supervisor of recreation /adapted sports at 330-841-3655.**

## Archery Team Participates in Tournament

Several members of the Adapted Sports Program at Hillside Hospital have found their forte in the Adapted Archery Program. Members of the Archery Program participate in cross bow, compound, and recurve bow shooting. During good weather months, the team shoots at the recently built archery range behind the hospital. The group meets twice a week to shoot indoors at Chips Sports Center in Howland during inclement weather.

This year archery team Beth Shank, Paul Seese, Rick Ackerman, and Keith Carney will participate for the first time in Chip's Annual Archery Tournament which runs from January until April. Chip's owner, Mike Leahy, is dedicated to the Hillside team and gives generously of his time and talent to its members.

Hillside archery team members have gained much strength and stamina by participating in the archery program. The average weight of their draw is approximately 50 pounds. Each team member will shoot an approximation of 16,000 pounds during the tournament. Those participating in the tournament, must shoot 30 times twice a week.

The archery tournament has helped to build a great amount of community spirit between the Adaptive Sports Program, its members and their families. The team meets on Tuesday nights at 6:00 p.m. and Thursday afternoons at 1:00 p.m. Everyone is welcome to stop by and observe.

A grand opening will be held for the Adapted Sports new archery range at the HRH Sports Complex behind Hillside Rehabilitation Hospital in May.

## Time to Hit the Trails

Starting in the spring of 2005, Hillside will introduce a new option for adapted sports members—the wheelchair bike. We currently have one bike and are in the process of acquiring a couple more. All the adaptations will be available to fit the needs of the individual. So, come in and check it out. This can potentially lead to more opportunity where the participants can take the bike to the trails in the area. Call for more information on this new program at 330-841-3655.