

# HRH Sports Report

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

Fall/Winter 2007  
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## Hillside Golfers Come Up Short

Two teams, each comprised of 14 golfers, took to the links for the 7th Annual GOLFF Challenge on Saturday, July 28, 2007 at the Edwin Shaw Rehabilitation Hospital golf course in Akron. Spirits were bright despite the rainy start and overcast day as each team anticipated competing for and winning the coveted traveling trophy.

Designed after the Ryder Cup, the GOLFF Challenge provides physically challenged individuals with the opportunity to play golf competitively. The program expands each year with more golfers wanting to take on the challenge.

At Day's end, Edwin Shaw defeated the Hillside team with a score of 39-1/2 to 44-1/2. The series now stands at 5-2 in favor of Edwin Shaw. Already our golf-



ers are talking strategy and looking forward to next year's competition that will be held on Hillside's turf.

## Look How We Are Growing!

Over the past four years, the Adapted Sports Program has grown by adding new programs, offering more choices and increasing participation. And, we've kept statistics on participation for each program, including air rifle/pistol, archery, basketball, biking, bowling, golf, PEP and tennis. Visits by schools, nursing homes, group homes, and agencies such as MRDD and Fairhaven are also tracked.

The results speak volumes. Take a look below at the total visits per year for the entire Adapted Sports Program.

2004 visits = 7,386

2005 visits = 7,589

2006 visits = 9,279

2007 visits through September = 7,684

In May, we reached our first thousand visit mark for the month, with a total of 1,018 visits, the previous record was set in May 2006 with 947 visits. The new record was short-lived, exceeded in July with 1,132 visits.

Many thanks for your support of these programs. We want to continue this upward trend. So, challenge yourself. Come out, join us and give something a try!



## Mark Your Calendars for the 1st Annual Banquet

Hillside will host the first Annual PEP/Adapted Sports Banquet on Friday, November 9, 2007, at Ciminero's Banquet Centre in Niles, Ohio. All current participants will be invited. We are excited about the event and want to acknowledge individuals for their participation. The banquet will be a great opportunity to recognize accomplishments made over the past year as well as share information about what others are doing. Watch for more information and details that will be coming soon.

# Adapted Sports/PEP Information on the Web

Brochures, calendars, HRH Sport Reports and special events can now be found on the website. Just go to [www.forumhealth.org](http://www.forumhealth.org). Click on the Hillside link, and you can locate information under "Programs and Services," "Newsletters/Publications" and "Community Services."

## 2007 Team Hillside Air Rifle and Pistol Results

The season started with top air rifle record holders Keith Carney (CL1) and Paul Seese (CL2) swapping divisions due to an injury and recovery period. Record breaking performances were noted in both air rifle and pistol this season. Two time record holder Beth Shank broke the air pistol record early in the season with 475 points at Cleveland, and Rich Jewell became the current record holder at the Ohio Games with a 476. With a score of 539, Paul Seese broke the SH1 recorded, previously held by Keith Carney (531). Paul is the first Hillside athlete to have records in both CL1 and CL2 divisions.

For air rifle, honors go to Jonathon Rook and Cheryl Heide, who both broke into the 500 point level. Dan Miller regained his title in the CL2 division and Paul Seese was crowned CL1 division champ at the HRH 600. In the air pistol category, Richard Jewell took the Gold medal, while Beth Shank brought home the silver at the HRH 600. Jon Rook in the CL1 division received his first silver medal at the HRH 600, showing that he is an up and coming athlete. Congratulations go to Linda Darby, a first time competitor.

600 points are the total points possible

Overall stats for 2007		HRH 600		Cleveland Sportsmen		Appalachian Games		Ohio Games		WV Games	
Dan Miller	CL2	<b>524</b>	1st								
Cheryl Heide	CL2	<b>500</b>	2nd								
Keith Carney	CL2	485	3rd	<b>526</b>	7th			506	10th	512	6th
Linda Darby	CL2	<b>133</b>	4th								
Rick Ackerman	CL1							356	16th		
Jon Rook	CL1	485	2nd	485	8th			494	5th	<b>514</b>	4th
Paul Seese	CL1	522	1st	501	6th	<b>539</b>	4th	527	4th	510	5th
Rich Jewell	Pistol	464	1st	436	4th			<b>476</b>	2nd		
Beth Shank	Pistol	440	2nd	<b>475</b>	3rd			395	2nd	402	3rd

Current Record Holders in Bold Red Black Bold PR's

## NRA Marksmanship Program

The NRA Marksmanship Program continues to be part of Team Hillside's Air Rifle and Pistol off-season training. The Qualification Program is designed to take shooters from beginning skill levels (Pro-Marksman and marksman) through intermediate levels (Marksman 1st Class, Sharpshooter, and Expert) to Distinguished Expert, the nationally recognized skill level and pinnacle of the program. The following individuals accomplished levels in American Rifleman (AR), shooting from 3 positions and International Qualification (IQ), shooting from standing position only or no elbows on the table.

**Congratulations to:**

- Linda Darby, **IQ-Pro-Marksman 1st Class**
- Danny Miller, **AR-Pro-Marksman**
- Jon Rook, **AR-Expert, IQ-Marksman 1st Class**
- Richard Jewell, **IQ-Marksman 1st Class and IQ-Pistol - Sharpshooter**
- Cheryl Heide, **AR-Marksman**
- Beth Shank, **Pro-Marksman**
- Paul Seese **AR - Distinguished Expert, IQ-Expert**

\*Attaining a Distinguished Expert rating parallels that of a competitively classified Sharpshooter.

## FALL/WINTER SPORTS UPDATE

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

### Air Rifle/Pistol at HRH

9 a.m. - 10 a.m., Mondays  
1 p.m. - 2 p.m., Mondays  
1 p.m. - 2 p.m., Tuesdays

### Archery at HRH

6:30 p.m. - 7:30 p.m., Mondays  
1 p.m. - 2 p.m., Thursdays  
Location to be announced

### Biking at HRH

Call for appointment

### Bocce at HRH

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

### Bowling at Echo Lanes

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

### Golf

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

### PEP Club at HRH

Monday - Thursday,  
By appointment only



# Summers End Yields Quiet Times

The Field of Dreams Adapted Sports Complex had a tremendous season. If you stopped by in May or June on any given day, the complex was filled with smiling faces. Several groups made Hillside's Sports Complex their School's year-end trip. Howland, Lakeview, Matthews, Maplewood, Rayen, Salem, and South Range have visited the complex for the last two, if not three years. Familiar faces are seen more and more frequently.

The sports complex also attracted many other first-time groups this year. One local Boy Scout troop used the pavilion as the backdrop for their pack ceremonies, and then enjoyed playing bocce, basketball and miniature golf with family and friends. Consumer Support Group Homes, a company that provides housing and services to person with disabilities in the community used the complex twice weekly throughout the summer.

In all, the Adapted Sports Complex hosted over 400 clients from schools and agencies in the tri-county area during the summer of 2007. Thank you to all participants who used the complex. Please keep us in mind when scheduling for 2008. The complex is open from the beginning of April until the end of October. See you next year!

# Employee Corner

## GOLF LEAGUE

A Hillside employee golf league, held at Tamer Win, was added to the employee wellness program for the first time this summer. Twenty golfers signed up for a 13-week, Tuesday afternoon league. Weekly handicaps and points were kept for each golfer. League special events included a mid-season and end-of-season scramble plus a banquet.

When the league finished, golfers received recognition in several categories: Lowest handicap, Kendra Beach and Alan Gordon, A Division and Karen Shehadi and Bob Simmerly, B division; Top points, Norman Brown and Norma Emerson; Most Improved, Betsy Daley and Bob Simmerly. Golfers also won prizes for the year-end scramble: Tom Rimbey, closest to the pin; Jason Bednar and Colleen Connolly, longest drive; Pat Smith, longest putt.

The golf league was a nice way to unwind after work and get exercise, especially for several golfers who walked 9 holes each week. First year golfer Tami Hovanic expressed excitement about the league, "I wanted to learn about the game of golf and have some fun".

So, polish up your clubs and keep practicing until next year's summer league.

## DART LEAGUE

Last winter marked the fourth season for Hillside's employee dart league. Ten participants comprised the league, which ran eight weeks for regular play and finished with a two-week double elimination tournament. The tournament ended with Laundry's Betty Burley winning first place. Keep an eye out for this year's season to get in on the action.

## BOCCE LEAGUE

Four teams competed in this summer's bocce league at Hillside. The teams enjoyed the welcome shade provided by the new awning over the bocce court. This year's winning team was Dirty Laundry, with members Betty Burley, Filomena Bario, Ken Bednar and Karen Zook.

# Biking Program Takes To The Trails

The HRH biking program is winding down quickly as fall and winter approach. This year's biking program, and its second summer, proved successful. Hillside added two new bikes to its collection as well as bike trail outings to the available services.

HRH held four separate bike outings using the Mill Creek MetroParks Bikeway and Trumbull County Metro Parks section of the Western Reserve Greenway. The Sunside Trailhead in Champion proved to be the most popular site for riders, whereas the Kirk Road Trailhead attracted the animal lovers.

On the Sunside Trailhead, riders pass by several developments and then find themselves in a serene woodsy atmosphere. The Kirk Road Trailhead attracts many other exercise enthusiasts and passes several farming areas where riders can catch a glimpse of rural life and livestock. Both trails offer the biker an opportunity to enjoy what nature has to offer.

This summer the eight bikes available for Hillside's Adapted Biking program were used more than 150 times. Riders logged



more than 500 miles, more than three times the miles ridden last summer. Thanks to all participants and their family members for helping make this summer's biking program a success. Hope to see you next spring!

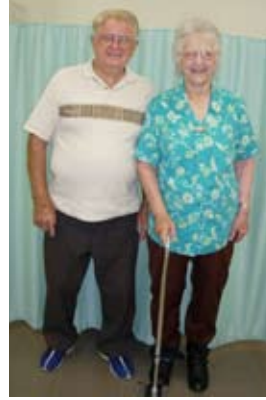
# Adapted Sport/PEP Spotlight

When mentioning Bob and Millie Harrah, two faces readily come to mind, especially for the regular Adapted Sports/PEP program members. Married for 60 years, the husband and wife team have been active members of the Hillside programs for five years.

The couple's health and wellness journey began in 1996 with the TMH Senior Wellness program, until August 2002 when Millie had two strokes and completed outpatient therapy at Hillside. That's when Bob learned about the PEP Program and later enrolled in November, 2002. Millie joined in January, 2003 just after completing outpatient therapy. Prior to her strokes, Millie was very active working as a church secretary, playing the organ and reading. She now enjoys working in her rose garden and cooking.

Over the past 18 years, Bob has also experienced multiple medical problems including knee replacement, kidney removal, bypass surgery and mini strokes. The founding pastor of Warren Baptist Temple for 48 years, he participates in both the PEP and Adapted Sports Program. He enjoys the bowling, biking, archery and golf programs at Hillside and volunteers for Recreation Therapy and the sports complex. By far, Bob's favorite activity is golfing. You can find him at least twice a week at Tamer Win with our adapted golfers.

When asked why they come to Hillside, Millie said, "If you don't use it, you will lose it," mentioning that she does not do the exercises at home. Bob, who everyone knows loves to talk, says that he likes to be busy. Both are compassionate about Hillside. Millie notes the wonderful care received from everyone, and Bob likes the people and feels they do a fantastic job. The couple is active in the stroke support group at Hillside. We are very glad to have Bob and Millie, who always smile, talk and encourage everyone.



**Bob and Millie Harrah**

## 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.

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*Forum*