

Hillside's Air Rifle/Pistol Program Proudly Observes Anniversary

The NRA-Beeman Tour marked its tenth anniversary in February 2006, when the season began at Birmingham, Alabama. Over the last nine years, the NRA-Beeman-Grand Prix Championship Tour has conducted 109 events in 27 North American cities, located in 16 states and two Canadian provinces.

This March will be Hillside's third year as part of the Beeman-Grand Prix Championship Tour. It is truly an exciting event to see the competitors come back each year and hear about their past year's circuit. Competitors come from Alabama, Texas, Georgia, Michigan, Pennsylvania, Virginia and Ohio. A world record was set at Hillside's competition last year.

Due to the growing interest of the sport, the NRA is committed to finding methods to ensure that every participant has an equal opportunity for participation and earning honors in a competition. For more information and a 2006 schedule of NRA-Beeman events, call NRA Disabled Shooting Services at 703-267-1495.



HRH Sports Report

Volume 5 • Issue 4

Spring/Summer 2006

Second Annual HRH Team Challenge A HUGE SUCCESS

Hillside's Adapted Sports Program and the TMH Foundation teamed up for the Second Annual HRH Team Challenge. The annual fundraiser benefits the Adapted Sports Program to help support the programs as well as to continue to build the "Field of Dreams".

The Team Challenge was held on August 20, 2005. We had excellent weather, a great turnout with more teams and more people on each team, and an increase in sponsors. There were 31 teams, 16 of which were from Hillside, with a total of 172 participants. A grand total of \$32,000 was raised. This is an increase of \$14,000 over the previous year.

In addition to the 5K and the 1K run/walk, the event featured the Scrapers mascot Scrapy, massages, basket raffles, a bounce around and blood pressure checks. Trophies were awarded for the fastest team, largest team, team to raise the most money, most creative attire and the team with the most spirit. It is truly a rewarding experience to see the support for the program and to see some participants for the first time complete the 1 mile or 5K "challenge".



Upcoming Grand Opening for the Multipurpose Activity Court

The Multipurpose Activity Court, the fifth of seven phases for the "Field of Dreams," is completed, and we're planning to kick off the opening on June 8. The opening will be combined with the Adapted Sports/PEP picnic. The court will be inaugurated with a wheelchair basketball game between the Youngstown Hot Wheels and the Adapted Sport participants/Hillside employees. Watch out for everyone practicing as soon as the weather breaks. The Youngstown Hot Wheels are excited about the challenge to play Hillside. Will they be surprised at our ability?

**Call 841-3655
for details.**

Invitations will be mailed to all Adapted Sports/PEP participants for the grand opening. Come on out for an enjoyable time.



HRH Adapted Sports Program Tournaments

Hillside's Adapted Sports Program continues to expand services by offering participants the opportunity to participate in tournaments. As a member of the Adapted Sports Program, you are able to participate in tournaments/ competitions offered by Hillside or a supporting organization. In the past tournaments or competitions have been held for air rifle/pistol, archery and golf. Upcoming tournaments/competitions currently being planned for Hillside includes a Bowling Tournament in April 2006, an Archery Tournament in September 2006, and a golf competition with Edwin Shaw Rehabilitation Hospital in September/October 2006. Exact dates will be finalized, so call (330) 841-3655 for more information.

Hand Cycles Expected to be a Big Hit in 2006

Four hand cycles for the biking program for the Adapted Sports Program were recently purchased. We receive many inquiries about the cycles when they are seen in the hallways and on Hillside's campus.

We are ready to officially begin a biking program and allow individuals to use the hand cycles. Prior to riding, initial instruction will be provided to review safety and mechanics of the cycles. A therapist will accompany all first time riders to assure proper safety is followed as well as understanding of the workings of the hand cycle.

Once the participant feels comfortable with the hand cycle and the therapist recommends them to ride on their own, they may do so either around Hillside's neighborhoods or someplace off campus. The participant will need to have the means to transport the bike in their vehicle. Hillside has a bike rack that may be used as well. All the adaptations will be provided to fit the needs of the individual. Wouldn't it be great to actually take a bike to a local bike trail? Our goal is to have the bikes at the local Greenway Trail in June and have a picnic. Are you getting excited yet?

Call Linda Case for more information at 841-3655.



SPRING/SUMMER SPORTS UPDATE

HRH's Adapted Sports department offers a variety of interesting spring and summer programs. They are scheduled to take place as follows:

Air Rifle/Pistol at HRH:
9 a.m.-10 a.m. on Mondays
1 p.m.-2 p.m. Tuesdays

Archery at HRH
7 p.m.-8 p.m. on Tuesdays
1 p.m.-2 p.m. on Thursdays

Biking at HRH:
11 a.m.-12 p.m. on Mondays

Bocce at HRH:
10 a.m.-11 a.m. on Mondays

Bowling at Echo Lanes:
11 a.m.-Noon on Wednesdays
2 p.m.-3 p.m. on Thursdays

Golf at HRH
1 p.m.-2 p.m. on Wednesdays

PEP Club at HRH:
Monday thru Thursday
By Appt. Only at Hillside

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



Adapted Sports/PEP Spotlight



Cheryl Heide has been an active member in the Adapted Sports and PEP Programs for the past year and a half. She likes to keep busy and is always pushing herself to do and experience more. At Hillside you can find Cheryl either participating in activities or volunteering. She is involved in PEP (Physical Exercise Program), air rifle, and bowling. Currently she is learning and participating in the hand cycle/biking program, and she wants to begin the archery program.

Cheryl volunteers at the HRH Sports Complex, children's programs, and the Recreation Therapy Department. She always asks to learn about and to become more involved in various programs. Her favorite part of Hillside is being around people, having the competition of various sports, and belonging to the Adapted Sports and PEP programs.

For the last five years, Cheryl has participated in the PVA (Paralyzed Veterans Association) Games. She has participated in sporting

competitions for air rifle, power soccer, 9 ball, table tennis, shalom, wheelchair motorized race and bowling. What does she like the most? Without a doubt, it's power soccer. You can find her picture in the PVA News on the winning 2005 power soccer team!

Since competing in the PVA Games, Cheryl has won eight gold, three silver and two bronze medals and has traveled to Cleveland; Long Beach, California; Minneapolis, Minnesota; St. Louis, Missouri; and Anchorage, Alaska. Approximately 600 competitors from all over the world participate in each PVA Game, but she especially enjoys spending time with her Great Britain buddies.

Besides sporting events or programs, Cheryl enjoys various hobbies, which include quilting, needlepoint, computers, building wooden models and jig saw puzzles.

When asked what she would most like Hillside to offer, Cheryl's definite response was power soccer and shalom, which is completing an obstacle course. We are proud to have such an active, wonderful person in the Adapted Sports Program and as a volunteer at Hillside.

Off the Beaten Path

Tired of the hustle and bustle of the modern world? Need to get out of the house and try something new? State and national parks are a wonderful place to start. Here in northeastern Ohio we are fortunate to be surrounded by many wonderful recreation areas. Whether you are interested in fishing, camping or hiking, Ohio and neighboring Pennsylvania have plenty to offer.

If you like being near the water, fishing is one of many options that you might like to try. Wheelchair accessible fishing piers can be found at the following state parks in northeastern Ohio: Cleveland Lakefront, Guilford Lake, Lake Milton, Mosquito Lake, and Pymatuning. There are also numerous parks in western Pennsylvania that offer accessible fishing piers. Fishing License's information can be obtained from the Ohio DNR or the Pennsylvania DNR. Most states offer disabled free licenses to residents who meet the eligibility requirements. Call 1-800-WILDLIFE, to speak with a park officer about obtaining a license.

Getting away from it all can mean car camping or just spending the afternoon outdoors. The whole point is to go and have a good time. Locally, Quail Hollow offers an accessible nature center and a paved nature-for-all trail through the herb garden and surrounding woodlands. Geneva offers two deluxe cedar cabins with accessible features. Pymatuning also offers campsites with accessible features that may include extra wide paved pads on level grades, modified

picnic tables, fire rings and/or grills and water fountains.

For persons with disabilities getting into the outdoors is not going to be easy, but with enough preparation and planning one can enjoy the outdoors. See the Internet site www.ohiodnr.com for information about Ohio State Parks in your area. Also check out <http://www.nps.gov> for the National Parks website. Residents in the United States who are blind or permanently disabled can obtain a Golden Access Passport, a lifetime entrance pass to national parks, monuments, historic sites, recreation areas, and wildlife refuges. The passport also includes a 50% discount on fees for camping, swimming, parking, boat launching and tours.

Enjoy the Outdoors!