



*Spring
2019*

ADAPTIVE *Connect*

**RENO VETERAN,
SHAY HAMPTON AT
INVICTUS GAMES**
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Adaptive Connect newsletter is made possible by

Renown

HEALTH

If you have an event or activity that you would like posted in the next publication of Adaptive Connect, Please Contact April Wolfe at:

1301 Valley Rd, Reno, NV 89512

Phone: 775-333-7765

Fax: 775-321-8338

WolfeA@Reno.Gov

Next Deadline is April 26, 2019

Inclusion/Adaptive Recreation Staff:

Therapeutic Recreation Specialist

April Wolfe 775-333-7765

Inclusion Coordinator

Toni Benton 775-657-4661

Behavior Specialist

William Wynn 775-657-4659

Adaptive Technician

Anthony Goulet 775-334-2262

Volunteer Opportunities

Volunteers are a vital part of the City of Reno Inclusion/Adaptive Recreation program. Volunteers will gain rewarding experiences through assisting Parks and Recreation staff with a variety of programs or providing additional support for participants. We are currently seeking volunteers for our upcoming programs!



RENO VETERAN SHAY HAMPTON WINS GOLD & SILVER MEDALS AT INVICTUS GAMES

Retired Master Sgt. Shay Hampton enlisted in the Air Force in 1992. Throughout his diverse career, Hampton deployed multiple times in support of Operations Iraqi and Enduring Freedom, as well as operations in the Horn of Africa.

This past October, Hampton was also selected to be apart of Team

U.S.A. for the 2018 Invictus Games in Sydney, Australia and returned to Reno with a Gold and Silver medal in swimming!

"Competition is in my blood; always has been. Competing in these adaptive sport games allows me to show others in my community who are ill or injured that they can still go forward in life; they are not a loss, but rather loved and cared for," Hampton said.



REGISTRATION



SCHEDULES



INFORMATION

April Wolfe

☎ (775) 333-7765

✉ WolfeA@Reno.Gov

SPORTS

Northern California-Nevada Adaptive Cycling Series

Join us while we cycle various locations in Northern California and Nevada throughout the season. There will be a series of organized rides in the Bay Area, Sacramento, and Reno. Each ride will offer routes of varying distances for beginner to advanced cyclists.

April 6 – Sacramento, CA

Jenny Yarrow - City of Sacramento

☎ 916-808-6017

JYarrow@CityOfSacramento.Org

June 8 – Reno, NV

April Wolfe - City of Reno PRCS

☎ 775-333-7765

WolfeA@Reno.Gov

Other locations and dates coming soon!

Mark Wellman Adventure Day

Sunday, June 9 10am-2pm

Sparks Marina Park

All people with disabilities are invited to attend Mark Wellman's Adventure Day. A kayaking seminar will be featured, adaptive rock climbing, adaptive sailing, and hand cycles will be available to try. Bring your bathing suit and sun block to this free event.

I Can Bike Camp 2019

June 17-21, 2019

The I Can Bike Camp teaches kids and adults with a disability how to ride a two-wheeled bike independently. Riders attend the same 75-minute session each day during the 5-day camp, the adapted bike is adjusted to challenge riders at their own individual pace. 80% of riders go home riding their own two-wheeled bike!

Register at:

iCanBikeReno2019.EventBrite.com

Tennis Buddies of Reno

This program is fun, interactive, and a supportive environment for individuals with down syndrome and other developmental disabilities where they can improve their fitness levels and learn to play tennis.

Now registering for Spring 2019. Forms must be signed and on site before start of the program. To register visit our website: www.SierraJuniorTennis.org/Partnerships/ and click on the link for registration.





Photo Credit: Note-Able Music Therapy Services—Facebook

SOCIAL ACTIVITIES



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✉ WolfeA@Reno.Gov



City of Sparks Park and Recreation

For the following programs call Shauna before each event to confirm dates, times and fees.

☎ 775-353-7815

✉ ShNelson@CityofSparks.us

✉ ReclInfo@CityofSparks.us

Arts and Crafts Class

Thursdays 4 - 5:30pm

\$5 per month

Larry D. Johnson Community Center - 1200 12th St.

We've teamed up with Arts for all Nevada to provide Weekly Wonders. Participants (16 yrs. or older) will develop their artistic abilities through a variety of fun projects.

Bowling

Wednesdays 2:45

\$2 per game

Coconut Bowl

Bring your friends and come out to practice your game and have a great time too. We keep track of scores to average for the Special Olympics tournaments. No pre-registration necessary.

Dance For All

City of Reno and City of Sparks collaborate for a new dance series for teens and adults with Special Needs.

St. Patrick's Dinner & Dance

Friday, March 15 5-8pm

\$5 per ticket

EMNECC - 1301 Valley Rd.

Purchase tickets in advance online or at EMNECC by March 12. ALL GUESTS WILL REQUIRE TICKETS TO ENTER.

Cinco De Mayo Dance

Sunday, May 5 2-4pm

\$3 at the door

EMNECC - 1301 Valley Rd.

Doors open at 2pm.

Note-Able Music Therapy Services



Note-Able Music Therapy Services is a nonprofit organization with a primary purpose of providing inclusive music programs and music therapy services for children and adults of all ages and disabilities. Our mission is to create lasting change in the lives of people of all abilities through music.

For more information contact Manal Toppozada at

☎ 775-324-5521.

#WEAREPROJECTHERO



REGISTRATION



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✉ WolfeA@Reno.Gov

VETERAN PROGRAMS

Project Hero City of Reno

ProjectHero.Org

Founded in 2008, Project Hero is a groundbreaking national non-profit organization dedicated to helping Veterans and First Responders affected by PTSD, TBI and injury achieve rehabilitation, recovery and resilience in their daily lives and increasing awareness to combat the national mental health emergency posed by PTSD and TBI.

For our weekly ride/event schedule follow us on Facebook at Project HERO Hub City of Reno



Greater Sacramento Honor Ride

Saturday, May 4 7am

270 Technology Way #100 Rocklin, CA 95765

Registration now



WeAreProjectHero.org

Facebook: @GreaterSacramentoHonorRide

Fit But Not Forgotten

Thursday 5:30-6:30pm

Friday 10-11am

EMNECC - 1301 Valley Rd.

The City of Reno is offering our disabled veterans weekly fitness classes in our facility weight room. Classes will cover orientation to equipment, assessment of fitness level, proper technique to develop strength, endurance and flexibility, and discuss fitness goals. Upon completion of our four classes participants will be eligible for a FREE all inclusive facility membership good for one year.



Valor Games: Far West

May 30-June 2

Coast Guard Island in Alameda, CA

ValorGamesFarWest.com for eligibility and information. Compete. Connect. Grow. This event is for any Veteran with a disability that is eligible for VA healthcare.



Photo Credit: Valor Games Far West — Facebook

VETERAN PROGRAMS



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Veterans Resource Centers of America

Friday, Mar 8, Apr 12 & May 10 at 10am-12pm
EMNECC - 1301 Valley Rd

Do you have questions about veteran's benefits through the Department of Veterans Affairs? Do you need to apply for VA benefits? A veterans service officer can help.

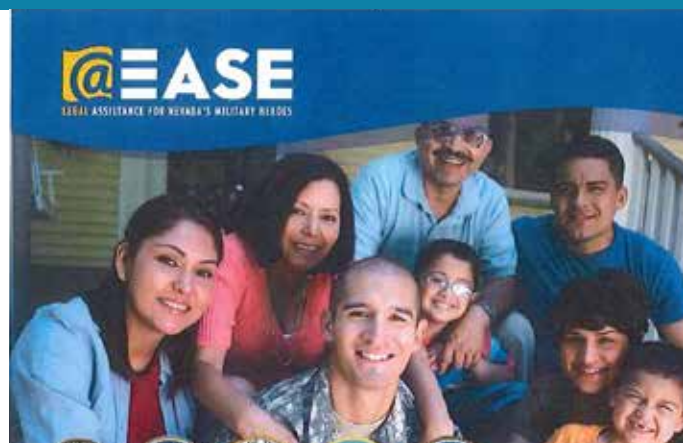
"Thank You For Your Service" Adaptive Sports Experience Day

Thursday, April 25 at 10 AM - 2:30 PM

This is a one day introduction to adaptive sports for injured, ill, and wounded Veterans and active duty injured members of the Armed Forces. Top notch coaches, several that are Paralympians, will be on hand to train you in the sports of: swimming, wheelchair basketball, shot put, discus, javelin, archery, rock climbing, wheelchair softball, handcycling, tandem cycling, and recumbent foot pedal cycling. This is a FREE event, however, pre registration for athletes, family members, VA, Veteran Service Organizations, and care givers is required. One registration per person is required to be submitted prior to the event

☎ 916-840-7657

✉ Mtabarango@CityOfSacramento.org



Nevada Attorney General's Office Free Legal Assistance to Veterans

Reno VA Medical Center

975 Kirman Ave.

Reno, NV

L1927 and L1929 10am-2pm

Check in by noon

January 25-26

April 12-13

July 12-13

November 1-2

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For more information, please call: 775-684-1100
 or visit us at www.nvagomia.nv.gov

100 North Carson Street, Carson City, NV 89701 • 775-684-1100 • nvagomia.nv.gov





CANINE COMPANIONS[®]

DOGFE[®]

GIVE A DOG A JOB[®]

SAVE THE DATE: SEPTEMBER 21
DICK TAYLOR PARK, RENO NV

Join the fun at DogFest Reno, a community-based festival that brings dog lovers together for a cause. Gather your friends, family and dogs and head to the 6th annual DogFest Reno. Everyone is invited to join us for a day of fun, festivities, inspiring speakers,

dog demonstrations, music, food and more! Registration is free. Fundraising is encouraged.

For more information on DogFest, how to become a puppy raiser or apply for an assistance dog visit www.cci.org



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RESOURCES

Renown[®] REHABILITATION HOSPITAL

Renown Rehabilitation Hospital

Renown Rehabilitation Hospital provides a full range of rehabilitation services for these conditions: brain injury, stroke/neurological diagnoses, spinal cord injury, fractures, joint replacements, multiple trauma, cancer, Parkinson's and movement disorders, heart and lung disorders, amputation, and worker's compensation injuries. At Renown, patient outcomes exceed national benchmarks, thanks to the team of rehab specialists.



Statewide Transportation Summit

May 1, 2019

Atlantis Casino, Resort & Spa

Registration is free and open to professionals, self-advocates with I/DD and/or parents/caregivers of individuals with I/DD, highly involved in the community and able to provide productive input in guided conversations about transportation.

To register, please complete the Google Form at <https://goo.gl/forms/SgilHdw9VTu6GuHW2>.

Canine Companions for Independence

Canine Companions for Independence provides assistance dogs free of charge to adults, children and Veterans with disabilities. For more information on how to become a puppy raiser or apply for an assistance dog visit www.CCI.org



JUSTin Hope

JustinHope.org

Are you in need of respite care for your loved one? We are now offering in-home and after-school care that are specific to YOUR NEEDS! All ages, abilities and neurotypical siblings are welcome.

Arts and crafts, recreational games, bounce house, basketball, sensory area out door activities are available at our NEW center at 870 Steneri Way Suite 101, Sparks NV 89431.

Call ☎ 775-453-9262 to schedule an appointment with the Respite Director.



7:30 A.M.
Registration Opens

8:15 A.M.
Warm Up with
Soul Space

8:30 A.M.
5K Timed Run

9:15 A.M.
5K Walk

10:30 A.M.
Raffle/Silent Auction Announced

7th Annual Spring Forward



When:
Sunday,
April 28th

Where:
UNR's
Mathewson-IGT
Knowledge Center

Raffle and Silent Auction * Vendors Displaying
Services/ Products * Kids' Corner with Bounce
Houses, Face Painter, Balloon Twister and More*
Hugs N Heroes Corner with First Responders and
Safety Materials

 Wear Your Best “**BLOW IT OUT BLUE**” Costume! 

5K Run/Walk: Early Bird Registration (before March 14th) \$25
Registration After March 14th \$30
Day of Event \$35

***All proceeds benefit local families affected
by neurodevelopmental disorders ***

[Please visit justinhope.org for more info](http://justinhope.org)