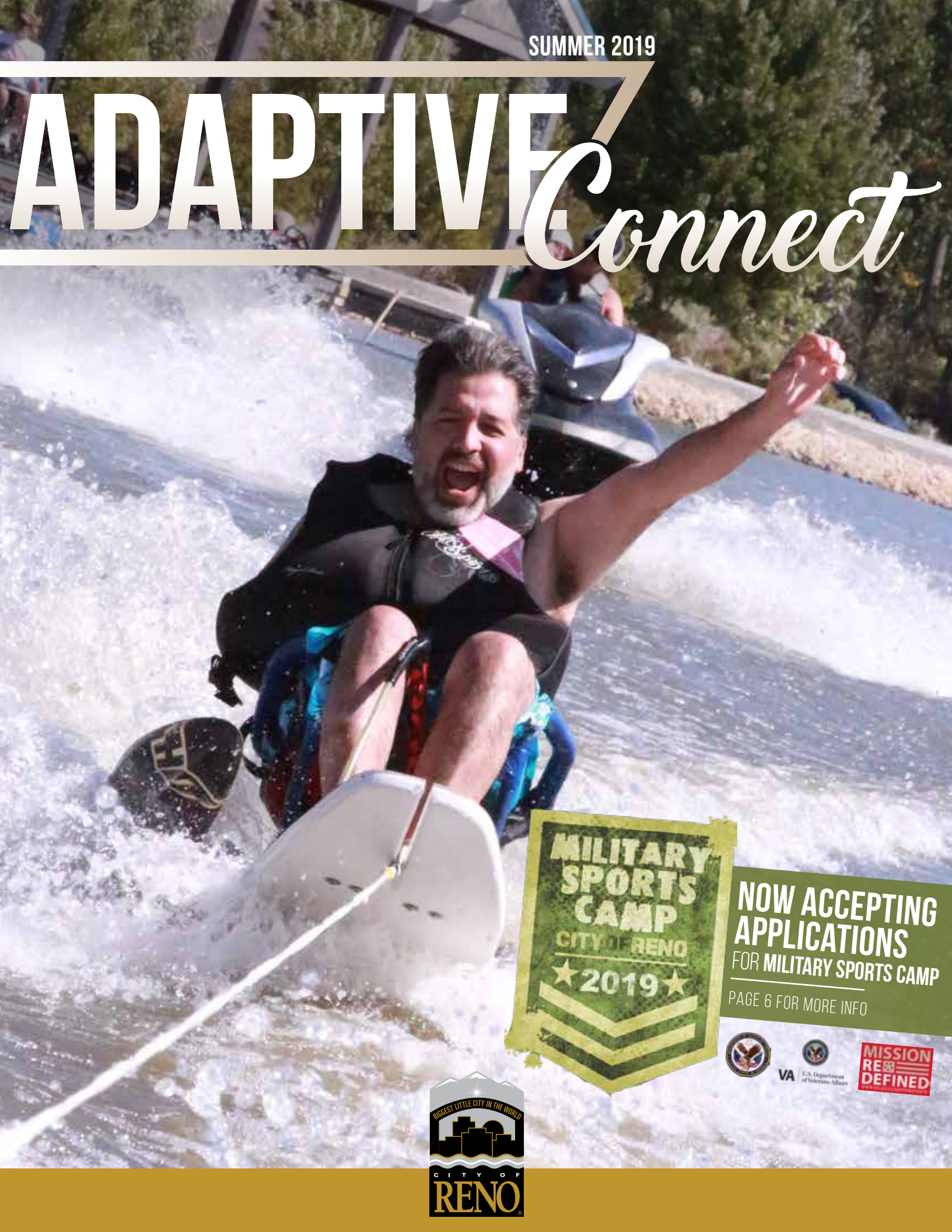


SUMMER 2019

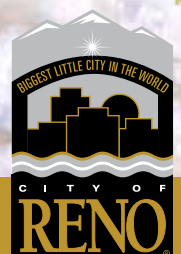
ADAPTIVE *Connect*



**MILITARY
SPORTS
CAMP**
CITY OF RENO
★ 2019 ★

**NOW ACCEPTING
APPLICATIONS
FOR MILITARY SPORTS CAMP**

PAGE 6 FOR MORE INFO



VA U.S. Department of Veterans Affairs



**ADAPTIVE CONNECT NEWSLETTER
IS MADE POSSIBLE BY**



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 July 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 775-657-4661

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!



Spinal Cord Injury/Disease



**11:30AM
— TO —
1:00PM**

**3RD WEDNESDAY
EVERY MONTH**

EVELYN MOUNT NORTHEAST COMMUNITY CENTER
1301 VALLEY RD, RENO NV 89512
Please join City of Reno, VA Sierra Nevada Healthcare System, Renown Health, and High Fives Foundation For Spinal Cord Injury/Disease specific resources, topics, and guest speakers during our monthly community-based luncheons.



SPORTS

**REGISTRATION, SCHEDULES
OR INFORMATION**   

April Wolfe

☎ (775) 333-7765

✉ WolfeA@Reno.Gov

WHEELCHAIR RUGBY

August-April

Thursday @ 2-5pm \$50

Saturday @ 12-3pm \$50

Wheelchair or Quad Rugby is a fast paced and competitive sport for individuals with physical disabilities that affect all four extremities. Players use special “Rugby Wheelchairs” to play the sport. These chairs are very maneuverable and can take a hit or two. Rugby players must be able to push their own wheelchairs.

WHEELCHAIR BASKETBALL

August-April

Saturdays @ 3:30-6pm—\$50

Plumas Gym—475 Monroe St.

Are you interested in the extreme challenge of wheelchair basketball? Wheelchair basketball is a sport for everyone - people who use wheelchairs for mobility and people who don't.

LOW POINT TOURNAMENT

August 16-18

Evelyn Mount Northeast Community Center - 1301 Valley Rd.

Teams from the United States Quad Rugby Association (USQRA) will join the High Fives Wheelchair Rugby Team in a fun filled and competitive weekend of wheelchair rugby. For game schedules, to volunteer or for more information contact April Wolfe. Please come out and support the team!



LOST SIERRA ELECTRIC BIKE FESTIVAL

July 12-14

The 4th Annual Lost Sierra Electric Bike Festival is your opportunity to connect with people who share the same passion for E-Bikes and the great outdoors. The 3-day Electric Bike Festival includes open ranch riding, group rides, e-bike races, camping, BBQ/beer/music. This event also includes an Adaptive Race Category. For more information and to register visit: <https://lostsierraelectricbikefestival.com/>



SKIING IS BELIEVING ADAPTIVE SUMMER CAMP



July 22: Ropes course at Project Discovery

July 23: Golf with First Tee of Northern Nevada @ Montreux Country Club

July 24: Community Service Day @ Rancho San Rafael Park w/ Nevada Humane Society

July 25: Climbing at Mesa Rim

July 26: Karate at Charles Grace Jiu-Jitsu

9am-3pm daily: Transportation not provided. Parent pick up and drop off at each location

Register at: www.skiingisbelieving.org



SOCIAL PROGRAMS

REGISTRATION, SCHEDULES OR INFORMATION



April Wolfe

☎ (775) 333-7765

✉ WolfeA@Reno.Gov



AMPLIFY LIFE SUMMER CAMP



Every summer we go to camp! In 2018 we went to camp with 80 campers and staff to enjoy 5 night at Eagle Lake in California. Summer camp is something our clients look forward to all year round, and we get campers coming back year after year.

At camp, our clients stay in cabins, do arts and craft, go kayaking and swimming, play games, put on theatre productions, paint their faces and sing songs around the campfire.

Summer camp is an amazing opportunity for people with disabilities to enjoy the outdoors, make new friends, and enjoy all the things their typical peers enjoy at summer camp. It is the highlight of our year!

To learn more about summer camp visit: <http://www.amplifylife.org>



NOTE-ABLE MUSIC THERAPY SERVICES



Note-Able.Org

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.

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

RecInfo@CityofSparks.us

ARTS AND CRAFTS CLASS

Thursdays at 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 at 2:45pm \$2 per game
Coconut Bowl - 1855 E. Lincoln Way

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.

VETERAN PROGRAMS

**REGISTRATION, SCHEDULES
OR INFORMATION**   

April Wolfe

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PROJECT HERO

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

FIT BUT NOT FORGOTTEN

Thursday at 5:30-6:30pm
Friday at 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.

NEVADA PARALYZED VETERANS OF AMERICA

NevadaPVA.org

This program is dedicated to improving the quality of life for veterans and our disabled community with spinal cord injury or dysfunction. Nevada PVA offers an active sports and recreation program for our members, and the disabled in our community. This organization sponsors programs in Northern Nevada that provides health benefits, support, opportunity and camaraderie for all involved.

VETERAN PROGRAMS

REGISTRATION, SCHEDULES OR INFORMATION



April Wolfe

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✉ WolfeA@Reno.Gov



MILITARY SPORTS CAMP

September 9-13, 2019

The City of Reno with the generous support of its presenting sponsors, and local adaptive sports programs plan to once again host 15 disabled veterans and injured service members and their spouse/guest for a multi-day Military Sports Camp. All skill levels are welcome.

This program is not just about sports; it's also about attitude, camaraderie and promoting healthy, active lifestyles. There is no cost to Military Service Men or Women and their guest. Registration preference will be given to Nevada Service Members and Residents.

WATER ADVENTURE CAMP FOR VETERANS

June 21, July 19 and August 9
Wake Island Waterpark, North of Sacramento, CA

Cost: FREE to Military Veterans or active duty service members with permanent disabilities.

The day will include water skiing on a private water ski lake, paddle boarding, lunch, and "team-building" activities at the Aqua Park obstacle course. To sign up, please contact Marina@AchieveTahoe.org

VETERANS RESOURCE CENTERS OF AMERICA

July 12, Aug 9, Sept 13, Oct 11, Nov 8 & Dec 13 at 10am-12pm
Evelyn Mount Northeast Community Center - 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.

NEVADA ATTORNEY GENERAL'S OFFICE FREE LEGAL ASSISTANCE TO VETERANS

July 12-13 or Nov 1-2
L1927 and L1929 10am-2pm
Check in by 12pm
Reno VA Medical Center - 975 Kirman Ave.

Awarded department of defense best pro-bono program in the country:

- Family law
- Bankruptcy
- Landlord/tenant/public benefits
- Consumer law/protection
- Veterans' benefits
- Wills
- Powers of attorney

In Partnership with the Department of Veterans Affairs. Please call 775-684-1100 or visit us at www.nvagomia.nv.gov for more information.

RESOURCES

REGISTRATION, SCHEDULES OR INFORMATION

April Wolfe

☎ (775) 333-7765

✉ WolfeA@Reno.Gov

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.

HIGH FIVES FOUNDATION



The High Fives Foundation is a Tahoe-based, national 501.c.3 non-profit organization. The High Fives Foundation supports the dreams of outdoor sports athletes by raising injury prevention awareness while providing resources and inspiration to those who suffer life-altering injuries. Formed as a way to “pay-it-forward” by the founder from his own recovery to help injured athletes, the Foundation has helped 187 athletes from 32 to date since its inception in 2009. Visit www.highfivesfoundation.org for more information.

X-TREME ABILITY CHALLENGE

Saturday, Sept 7 at 10:00am-2:00pm

Join iCelerate, formerly High Sierra Industries, at this year's X-Treme Ability Challenge. There are many ways you can get involved:

- Support a team
- Sponsor the event
- Donate a raffle prize

The players of the X-Treme Ability Challenge complete a series of tasks — things people with disabilities do every day like navigate a wheelchair through a door.

This event is an eye-opening, team building experience that celebrates diversity. Designate a champion from your organization to lead your team and create a strategy to defeat last year's winners — First Independent Bank, Peppermill and Hometown Health. It's about an hour of time on September 7, but will have a lasting impact where your employees will practice teamwork and improve their understanding of diversity in the workforce.



X-treme Ability Challenge



PACK THE PARK

A student and community celebration of volunteerism, civic engagement, leadership, and philanthropy.

Benefitting:



CANINE COMPANIONS'

DOGFEST

GIVE A DOG A JOB®

Saturday, September 21 11:00 am to 2:00 pm
at Dick Taylor Park and Evelyn Mount Northeast
Community Center, 1301 Valley Rd.

Dog Costume Contest | Fun Activities | Vendors
(costume contest will be judged by Mariah Musselman)



- Family/Dog Friendly
- Collect Donations
- Walk 'N Wheelchair accessible roll
- Change a Life

FREE ADMISSION

For more information or to register
please visit:
cci.org/DogFestReno



/iLeadNevada



@iLeadNevada