



# ACCESS LEISURE INK



## Upcoming Community Events

Spring 2009

### REGISTER FOR RIVER CATS INDEPENDENCE FIELD SPRING BASEBALL LEAGUE

Saturday March 21, 10am-1pm or Saturday March 28, 10am-1pm



We are Holding registration for River Cats Independence Field Spring League at Samuel Pannel Community Center (next to River Cats Independence Field, 2450 Meadowview Rd) Meeting Room A/B. Please take advantage of one of these 2 opportunities to register participants for the Spring River Cats Independence Field Baseball League.

### RIVER CATS INDEPENDENCE FIELD SPRING BASEBALL LEAGUE

This fun and exciting league is for youth with disabilities and will be played on the fully accessible rubberized surface of River Cats Independence Field (2450 Meadowview Rd, Sacramento.) Games will be played on Saturday evenings. Play Ball!

Contact Steve Hornsey at [shornsey@cityofsacramento.org](mailto:shornsey@cityofsacramento.org) or 808-2340.

Games played at 5:00pm for age 5-13,

Games played at 6:15pm for age 14+

Saturdays, April 4, 11, 18,

Saturdays, May 2, 9, 16, 23, 30

Saturday, June 6

Saturday June 13 End of Season Awards & Picnic



### SACRAMENTO OPEN TRACK & FIELD

The 4th Annual Sacramento Open Track & Field event is scheduled for Sunday, April 26 from 8am-3pm at the Sacramento State Track. This fun event is open to athletes with intellectual and developmental disabilities. Pre-registration required—includes breakfast and lunch.



Call Phil at 808-6045 or email [psinclair@cityofsacramento.org](mailto:psinclair@cityofsacramento.org).

### “BASEBALL FOR ALL” SKILLS CLINIC AT RIVERCATS INDEPENDENCE FIELD SATURDAY, APRIL 25 10AM-1PM



This FREE skills clinic will be held at the fully-accessible River Cats Independence Field with Sacramento River Cats players giving back by coaching the junior athletes participating in this event. This awesome opportunity is open to children ages 4 through school-age with disabilities. Each ballplayer will need to bring one parent/guardian over the age of 18 with them to the clinic. Both the participant and his or her adult companion will be served lunch. Sorry, no additional family members will be admitted to this clinic. Each player may bring one adult only. All ballplayers will receive 2 free tickets to the Friday, June 19. River Cats home game at Raley Field. Tickets courtesy of former professional baseball player and Sacramento native, Greg Vaughn and his wife Michelle and Starr Vaughn Equestrian. Additional tickets will be available through River Cats Ticket office. Registration form on p. 11. Call Steve Hornsey at 808-2340.

### PARALYMPIC ACADEMY SPORTING EVENT

Saturday April 11, 12-4pm at Sacramento State in Yosemite Hall Room 183. The US Paralympic Academy will introduce individuals



with physical disabilities to Paralympic sports Including: Quad Rugby, Sled Hockey, Track and Field, Hand Cycling, Sit Volley Ball, and Goal Ball. This event is for youth and adults with disabilities, including spinal cord injuries, Spina Bifida, Cerebral Palsy, arm or leg limb loss, visual disabilities and other physical disabilities. We invite parents, program directors, community leaders physical education teachers, coaches and local professionals interested in being involved with local Paralympic Sports programs to come and be apart of this Paralympic Academy sports day. Contact Steve Hornsey at [shornsey@cityofsacramento.org](mailto:shornsey@cityofsacramento.org) or 808-2340.

### ACCESS LEISURE OFFICE HAS MOVED!

New address:  
3291 Truxel Road, Suite 26  
Sacramento, CA 95833



## ACCESS LEISURE INK GOING DIGITAL

In an attempt to save resources and assist us fiscally, Access Leisure is asking for your help. We are encouraging people to switch from the U.S. Mail system to electronic email. If you have an email address, but receive our Access Leisure Ink newsletter through the U.S. Mail, we are requesting that you switch to electronic mail. Email [accessleisure@cityofsacramento.org](mailto:accessleisure@cityofsacramento.org) requesting to be added to the Access Leisure email list and removed from the U.S Mailing list. Please put "Digital Access Leisure Ink" in the subject of your email.



Starting **April 2009**, a yearly **\$20.00** service fee for the Access Leisure Ink quarterly newsletter will be charged to people who are requesting to receive the newsletter through the mail. People who do not respond by **March 17** will be removed from the Access Leisure mailing list.

**Please complete and return the Access Leisure Ink Mailing List Questionnaire Form below with your \$20 payment only if you would like to continue to receive a hard copy of the newsletter in the US Mail.**

Name: \_\_\_\_\_

Phone \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip \_\_\_\_\_

Please check one box below:

Please keep me on the US Mailing list.

I have included a check of \$20.00 for fees.

Make checks payable to: **City of Sacramento**

Mail to:

**Access Leisure Ink Newsletter Fee**

**3291 Truxel Rd. #26,**

**Sacramento, CA 95833**

Please remove me from the Mailing List.

**\*\* To receive the quarterly newsletter via email:**

[accessleisure@cityofsacramento.org](mailto:accessleisure@cityofsacramento.org)

(put "Digital Access Leisure INK" in Subject of email)

**FOR OFFICIAL USE ONLY**

**Total received: \$** \_\_\_\_\_

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## ACCESS LEISURE INK

A quarterly publication of the  
City of Sacramento, Access Leisure

**Editor: Steve Hornsey**

**Layout: Kim Callahan**

If you have a program or activity that you would like included in an upcoming issue of Access Leisure Ink, contact Steve Hornsey at:

Natomas Service Center

3291 Truxel Rd, #26

Sacramento, CA 95833

Tele: 916-808-2340

Fax: 916-808-6506

[shornsey@cityofsacramento.org](mailto:shornsey@cityofsacramento.org)

**Next deadline is June 4.**

**READ ACCESS LEISURE INK  
ON THE WEB!**

[www.accessleisuresac.org](http://www.accessleisuresac.org)

**ACCESS LEISURE STAFF  
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**Jeff Parmelee 808-6085**

Teen Program at C.K. McClatchy High School

**Lorena Sanchez 808-6085**

Teen Program at Valley High School

**Carl Gayle 808-6085**

Teen Program at Discovery High School



# SPORTS



## DISABLED SPORTS USA

Information & Reservations

Telephone: 530-581-4161

Online: [www.dsusafw.org](http://www.dsusafw.org)

[info@disabledsports.net](mailto:info@disabledsports.net)



## ADAPTIVE MOUNTAIN BIKING

Test your off road riding skills on Northstar's premier downhill trail system. Hand cycle your way over rocks and obstacles: rip down dirt roads and single track trails on our One-Off cycles-developed specifically for adaptive off road cycling. Lift ticket. Adaptive cycle and instruction included. \$25 per person Dates TBA.

## CYCLING

Enjoy a morning of adaptive cycling along the Truckee River. Our Tahoe R.I.D.E.s (Riding Independently with Disabilities Excursions) includes adaptive cycling instruction, equipment maintenance/road side repair clinics; rider safety and a cycling guide. Bring a sack lunch and hang out with others cyclists after your morning ride. Intermediate riders are encouraged to sign up. Adaptive hand cycles, foot pedaled recumbent cycles and tandem bikes are included, or bring your own. \$20. Dates TBA.

## 4WD BACKCOUNTRY ACCESS

Experienced drivers get you out exploring the beautiful Sierra backcountry along rugged 4WD terrain. Picnic lunch provided for day trips. All meals provided for 3 day trip on the famous Rubicon trail. Cisco Grove - \$40; Rubicon—\$120. Dates TBA. **Call 530-581-4161.**

## GOLF

Six-week session taught by PGA and LPGA pros to golfers of all levels with a disability. Clinics include golf-ready assessments and hands-on group lessons. Four sessions to choose: Session 1 beginning March 28; Session 2 beginning May 16; Session 3 beginning July 11; and Session 4 beginning August 22. All classes taught on Saturdays 2-3:30pm at Haggin Oaks. Cost is \$75 (scholarships available.) \$25 Disabled Sports membership required. **Contact 530-581-4161 or [reservations@disabledsports.net](mailto:reservations@disabledsports.net).**

## WATER-SKIING

Skim across a private lake on a hot summer day. What a fun way to cool off and meet new friends! Beginner and advanced skiers enjoy one-on-one instruction from experienced adaptive water ski instructors and trained volunteers. \$35 for 30 minute lesson. Pleasant Oak Lake—6/12, 6/13, 8/10, 8/11. Stillwater Ranch Lake—6/3, 7/1, 8/5, 8/19, 9/2.

## WHITEWATER RAFTING

Raft the exciting rapids of the South Fork of the American River through Northern California's historic Gold Country. Professional guides take you through the exciting Class II/III rapids and serve you a scrumptious river lunch. \$80. Dates TBA.

## TAHOE SPORTS CAMP & DONNER LAKE CAMPOUT

Kayaking, cycling, sailing, Playing golf and tennis, Experience and enthusiastic adaptive sports instructors provide individual instruction at all levels. All Adaptive equipment provided. Call for pricing.

Kids Camp 8/8-8/9

Adult Camp 8/28-8/30

## KIDS CATCH A SMILE DAY

Kids Catch A Smile Day is a day where children with physical challenges (age 5-17) enjoy a FREE day of fishing for trout at three, safe and small ponds. All fishing tackle (rods, reels and bait) is provided. Though only children with physical challenges will be allowed to fish, other activities will be available for not only the children with physical challenges but their siblings such as karaoke, face-painting, magic show, and make your own scarves and hats. There is also a FREE lunch for the entire family. The Sacramento/ Aerojet event will be held Saturday, May 16. To register, either email **Gary Voet** at [gvoet@surewest.net](mailto:gvoet@surewest.net) or call **771-0259**. Please leave your name, the name of your child with a physical disability, your address and phone number. Registration limited to 60 and first-time participants will be given priority.

Visit [kidscatchasmileday.com](http://kidscatchasmileday.com).





# SPORTS



## ACCESS LEISURE CAMPS & OUTDOOR EDUCATION

Call Jenny Yarrow at 808-6017, email [jyarrow@cityofsacramento.org](mailto:jyarrow@cityofsacramento.org) or [www.accessleisuresac.org](http://www.accessleisuresac.org)

Would you like to experience the great outdoors, learn new nature skills, and have outrageously fun adventures? Then check out our upcoming camps this spring and summer:

**Yosemite Rock and Roll** - May 11-14 for adults aged 21 and over with physical disabilities. See next column for additional information.

**Young Adult Camp** - June 15-18, for young adults with intellectual and or developmental disabilities.

**Outdoor Education Camp** - June 21-23, for youth with intellectual and or developmental disabilities.

**Teen Camp at Grizzly Creek Ranch** - June 28-July 2 for teens with intellectual and or developmental disabilities. Grizzly Creek Ranch is a beautiful "fully accessible" built for individuals with disabilities. The camp is nestled in the Sierras just outside of Portola, California. Camp activities include fishing, hiking, swimming in a zero entry pool, arts and crafts, low and high rope challenge activities, field sports, court sports and tie-dye.

**W.A.V.E. Camp** - July 6-10 and 12-16 for youth and young adults with physical disabilities ages 10-25. Campers participate in fitness, recreation, and competitive and social activities such as water skiing, kayaking, swimming, and scuba.

**Wampler Kids Camp** - July 25-August 1 and August 2-8 Camp W.A.M.P. is an outward bound type wilderness camp experience for youth with physical challenges. Getting there is half the fun. Campers and staff 4x4 into the beautiful camp site on Hawley Lake in the Sierra Mountains. At night all sleep under the stars, while each day campers, together with their individual counselors, create a personalized experience based on the camper's individual ability. Campers choose from different structured morning activities, then set their own pace in the afternoon to choose from the activities offered to them by the surrounding natural setting. [www.campwamp.org](http://www.campwamp.org)

**Adult Camp** - August 17-20 for adults with intellectual and or developmental disabilities.

## HANDCYCLING GROUP RIDES



**March 14 - Bloom to Zoom** - 10am-12pm. Meet at UC Davis for a leisurely tour of the arboretum. Following the tour, those interested will break off for an additional faster paced ride into the countryside. A limited number of handcycles will be available for use. Reservation required.

**April 16 - River Parkway Cycling Season Opener** - 10am-12pm. We will meet at Discovery Park. After a brief organizational meeting where the details of the spring/summer handcycling program will be discussed, there will be a group ride along the Sacramento River Parkway. The ride distances will vary dependant upon participant abilities. A limited number of handcycles will be available for use with reservation.

**May 11-14 "Rock & Roll Yosemite '09 - A Cycling Park Experience"** - Experience the sights, sounds and natural wonders of Yosemite National Park. This four-day, three-night tour will utilize hand cycles to tour the valley floor and include educational programs. It is designed for physically challenged individuals. There will be Adaptive Rock Climbing sessions led by Mark Wellman. New this year is an excursion to the Giant Sequoia Redwoods. Participants must be 21+. Limited space.

**May 30 - Handcycling Clinic and Ride w/ DSUSA - Far West** . 9 -11am. Discovery Park. Participants will be given the opportunity to check out the various styles of handcycles available. Experienced handcyclists will share tips about cycling and training techniques. Rides of varying lengths along the River Parkway will be followed by a BBQ .

**June 13 - William Pond Park**. 9-11am. This ride will follow the middle portion of the Sacramento River Parkway with distances and pace varying according to participant abilities.

**June 16-21 - Tour de Nez**. Information on hand-cycle time trial and criterium categories TBA.

**Contact Rick at [sacycle@sbcglobal.net](mailto:sacycle@sbcglobal.net) or Steve at 808-2340.**



# SPORTS



## LOSE THE TRAINING WHEELS BIKE CAMPS

The goal of the camp is to enable children with disabilities to learn to ride conventional two-wheeled bicycles. Dr. Richard Klein has designed modified bikes that allow youth to learn the dynamics of riding a two-wheeler while providing extra stability during the learning process. Camp is open to children with cognitive/developmental ages 7-22. Cost is \$200. Visit [www.losethetrainingwheels.org](http://www.losethetrainingwheels.org).

April 13-17 -- Modesto. Sponsored by the Society for Handicapped Children and Adults, to be held at the Davis High School in Modesto. Pre-registration is required. Contact Carole McFarlane at [Carole@societyforhandicapped.org](mailto:Carole@societyforhandicapped.org). Applications can be downloaded at [www.societyforhandicapped.org](http://www.societyforhandicapped.org)

June 8-12 - Rohnert Park. This camp will be held on the campus of Sonoma State University. Contact Dr. Elaine McHugh at [elaine.mchugh@sonoma.edu](mailto:elaine.mchugh@sonoma.edu)

## ROSEVILLE EXPRESS TRACK

Roseville Express Track is hosting a track meet on April 17 at Oakmont HS which will include opportunities for youth with disabilities. Register at [www.athletic.net](http://www.athletic.net) by April 12. Check the RETC website ([www.eteamz.com/RosevilleExpress](http://www.eteamz.com/RosevilleExpress)) to confirm unattached and club entries have been received. Entries will not be accepted until registration fees are received. Contact Maura Kent at [bookoutgen@yahoo.com](mailto:bookoutgen@yahoo.com) or 786-7288.

## RIDE & SHINE THERAPEUTIC RIDING CENTER

Located in Shingle Springs on the Hulse Ranch. Visit [www.rideandshine.org](http://www.rideandshine.org). Call 530-676-1920 or email [info@rideandshine.org](mailto:info@rideandshine.org).

## DAY OF DISCOVERY PROGRAM

Day of Discovery (DOD) Program invites children with special needs to attend one of four events at the Monterey Bay Aquarium this summer (June 12, July 8, August 5, August 26.) Participation in DOD is free. All participation costs for the child and immediate family members are paid for by the Valley Medical Center Foundation. Participation limited to 24 children per event. Contact Marv Tuttle at 408-268-8004 or [mtpoppy@sbcglobal.net](mailto:mtpoppy@sbcglobal.net).

## SACRAMENTO LIGHTNING SLED HOCKEY

Call for practice times and cost.



## SLED A THON

April 5, 5:15pm at Skatetown Ice Arena, Roseville Support the Sacramento Lightning Sled Hockey Team. DONATE or Participate in their Annual Sled A Thon Sign up and skate along with the players of the Sacramento Lightning Sled Hockey team. Recruit donations for each lap you completed or flat fee just for participating. Make a donation for one of the skater/sledders and help this Paralympic Sport Team train and to compete in the West Coast Sled Hockey League. Funding helps defer cost for ice time rental for team training, equipment maintenance, and travel to tournament play.

## What Is Sled Hockey?

An exciting alternative sport using the rules of ice hockey. Players sit on a specially designed sled and use two short ice picks to propel themselves across the ice. Standard hockey rules apply. Legal body contact and raised puck shooting are as much a part of Sled Hockey as they are in traditional hockey.

## Who Can Play?

This sport is played by both males and females, youth and adults ages 8-70. It totally integrates players with mobility limitations, amputees and able-bodied people with knee, leg or hip injuries that limit their participation in traditional hockey.

## What do I need to play Sled Hockey?

Full equipment is required: shoulder pads, neck guard, elbow pads, knee pads, gloves, hockey pants, and an HECC approved helmet. We have a limited supply of loaner protective equipment. Players must sign a waiver in order to play.

Contact Janice Van Dyck at 849-3328 or [sledhockeymom@surewest.net](mailto:sledhockeymom@surewest.net). Visit our website at [www.sacramentosledhockey.org](http://www.sacramentosledhockey.org) See Skatetown's web-site for directions: [www.skatetown-roseville](http://www.skatetown-roseville) or call 783-8550.



# SPORTS



## WHEELCHAIR SOFTBALL TEAM

We are excited to announce the first Major League Baseball (MLB) wheelchair softball team on the West Coast. This team is sponsored by the Oakland A's and played in the 2007 MLB Wheelchair Softball Tournament September 21-22 at Shea Stadium in New York. This year we are looking to build the competitive Oakland A's Wheelchair Softball team as well as recruit players looking to just come out and have some fun, recreation and exercise and play ball. Our first practice is Sunday April 5. Tryouts for the Oakland A's Wheelchair Softball team will be May 3. Players need to be 18 or older to play on the Oakland A's MLB Wheelchair softball team. Youth and adult wheelchair softball players that would like to improve their skills, practice with the Oakland A's MLB player, and play wheelchair softball for fun are encouraged to join in "Play Ball". Registration forms and practice schedule are available on the Access Leisure website. We will be sending a team to the National Wheelchair Softball Championships. **Contact Steve at [shornsey@cityofsacramento.org](mailto:shornsey@cityofsacramento.org) or 808-2340. For more information check the Access Leisure website.**



## CHALLENGER BASEBALL SACRAMENTO

Call Karen Pack at 381-0898 or Jen and Merlin Kinittle at 381-1026.



## TRI-CITY CHALLENGER BASEBALL

Tri-City Little League in Rocklin is Registering for Spring Baseball in the Challenger Division. Challenger is open to children with disabilities. **Visit [www.tricitylittleleague.com](http://www.tricitylittleleague.com) or call 773-4454.**

## FOLSOM/EL DORADO HILLS (DIST. 54)

### CHALLENGER BASEBALL

Contact Matt Mauk at [mattmauk@sbcglobal.net](mailto:mattmauk@sbcglobal.net) or call 530-558-5374.

## HARLEM AMBASSADORS BASKETBALL

May 4, 7pm at Del Oro HS in Loomis. High-flying slam dunks, dazzling ball-handling tricks and hilarious comedy routines, the Harlem Ambassadors are a talented team of both male and female basketball players. Tickets are \$9 for 13+/\$7 age 4-12. Call Susan Dunbar or Susie Glover at 791-4146.

## WHEELCHAIR TENNIS

Come and participate in this free and fun opportunity to tune up and practice your wheelchair tennis skills.



Every Tuesday evening at 6pm and Saturdays at 10am starting in April. This ongoing wheelchair tennis clinic for beginners through advanced player will take place at Gold River Racquet Club where we have been meeting, however in April we have to meet at 9am in the indoor courts around the corner from the club. There is NO FEE for players and we will run drills for about an hour with a teaching emphasis and implement those skills in fun match play after the drills. We have a ball machine and 2 Tennis sport wheelchair available to participants. The Gold River Racquet Club is at 2201 Gold Rush Drive and the indoor courts are at 11205 Pyrites (around the corner.) **Contact 243-8343 or [scwta@yahoo.com](mailto:scwta@yahoo.com). [www.scwta.com](http://www.scwta.com)**

## SACRAMENTO CAPITALS WHEELCHAIR TENNIS ASSOCIATION (SCWTA) HOSTS TOURNAMENT

The Sacramento Capitals will be holding a wheelchair tennis tournament June 26-28 at Johnson Ranch Racquet Club (2501 Eureka Rd, Roseville). Open to all wheelchair athletes from novice to open players that are USTA members. Registration deadline is June 12. **Contact Tournament Director Jay Byrn at 481-3364 or [byrn916@comcast.net](mailto:byrn916@comcast.net).**

## POWER WHEELCHAIR SOCCER

We are looking for beginner and advanced power soccer players to develop a team to compete against northern California Power Soccer teams. If you can control your own power chair you can play. Time and dates of class to be determined very soon.

**Contact Drew Vincent at [COS@srvdrew.com](mailto:COS@srvdrew.com) or 799-0815 to get on the email list and receive more information.**

## WILDERNESS INQUIRY

WI is a non-profit organization that focuses on getting people from all walks of life to personally experience the natural world. Integrated trips are led by experienced wilderness guides. **For more info visit [www.wildernessinquiry.com](http://www.wildernessinquiry.com).**



# SPORTS



## CHALLENGE SUMMER BOWLING LEAGUE



Challenge Sports Summer Bowling League is open to school-age kids with special needs and their siblings! The focus is on the fundamentals of bowling: Basic rules, proper mechanics, and the development of good bowling habits and etiquette. Games are Sundays at 10am June 7—August 23 at Mardi Gras Lanes (4800 Madison Ave.). Cost of \$7 per session (\$25 non-refundable deposit due at sign-up, then \$5 cash payable at all sessions) includes up to 3 games, shoe rental, an additional session of 3 games individual bowling per week, End of League Party and trophy. Register by May 31. **Challenge Sports Hotline 554-0889.**

## CHALLENGE SPORTS TRAMPOLINE CLASS

Challenge Sports is offering a very unique exercise class at Sky High Sports in Rancho Cordova! This low impact, 60-minute class helps to improve balance, coordination and cardio function, tone muscles, build confidence, and best of all, provide a fun, safe and social group exercise opportunity. **Challenge Sports Hotline 554-0889.**

## CHALLENGE SOCCER OUTDOOR FALL SESSION

Challenge Soccer begins another exciting outdoor league starting Sunday, September 13 through November 1. Games are played at noon each Sunday at Tetotem Park in Antelope. Registration fees are \$45, and uniforms (not including shin guards, which are required), are also \$55. Challenge Soccer provides a structured soccer program for school-age kids with physical and/or developmental disabilities. Players that use manual wheelchairs, walkers, crutches or other assistive devices are encouraged to join. Pre-registration is required! **Challenge Sports Hotline 554-0889.**

## SHARED ADVENTURES

For info on all trips, visit [www.sharedadventures.org](http://www.sharedadventures.org) or call 831-459-7210.

## ENVIRONMENTAL TRAVELING COMPANIONS (ETC)

Visit [www.etctrips.org](http://www.etctrips.org) or call 415-474-7662. Offers cross-country skiing, white-water rafting and sea kayaking adventures. Visit website for details.

## DANCE 10 STUDIO CLASS

Dance class for youth and young adults ages 7 -20 years old with special needs. Designed to teach dance and rhythm concepts, build motor skills, encourage expression and build self-confidence. Saturdays, 11am-12pm at 11251 Coloma Rd. Suite B, Gold River. **Call 851-9161 or email [info@mydance10.com](mailto:info@mydance10.com). [www.mydance10.com](http://www.mydance10.com).**

## GOALS

The Growth Oriented Adapted Learning Skills (GOALS) program is a non-profit organization offering a variety of activities to individuals with developmental disabilities ages 8 and older. **Call 595-2165 or visit [www.goals-us.com](http://www.goals-us.com).**

## GOLFING FOR ALL

Sacramento is proud to boast three golf courses with trained staff available to teach golfers of all ages and abilities. An adaptive Golf Cart is available at the Cherry Island Golf Course, "The First Tee" (formerly Say Golf) in William Land Park, and Haggin Oaks. Trained staff can improve the swing of any golfer.

To Schedule Lessons:

The First Tee in William Land Park. Call 765-5459.  
Haggin Oaks, 3645 Fulton Ave. Call 575-2530.  
Cherry Island Golf Course, 2360 Elverta Rd. Call 575-4653.  
Bing Maloney, 6801 Freeport Blvd., Call 433-2283.

## TTY'S AVAILABLE TO THE PUBLIC AT THE FOLLOWING CAPITAL CITY GOLF LOCATIONS:

Bartley Cavanaugh Golf Course TTY 665-3637  
Bing Maloney Golf Course TTY 391-8006  
Haggin Oaks Golf Course TTY 481-2253  
William Land Golf Course TTY 277-1207  
Capital City Golf Administration Office 433-6294

## TREASURE ISLAND SAILING CENTER

The TISC Adaptive Sailing Program ranges from introductory sailing for children and adults to competitive training for the US Paralympic Sailing Team. TISC's trained instructors support the needs of each participant and promote safety both on and off the water. **Call 415-421-2225 or email [adaptivesailing@tisailing.org](mailto:adaptivesailing@tisailing.org). [www.tisailing.org](http://www.tisailing.org)**



# RESOURCES



## ESTATE PLANNING FOR FAMILIES WITH SPECIAL NEEDS CHILDREN—MARCH 18

Planning for your children's future begins with proper Estate Planning for you. Presented by Mark S. Drobny. Wed., March 18, 11am-1pm. Short Center North (2331 St. Mark's Way.) FREE. To register, call **DDSO at 456-5166**.

## KIDS AS SELF ADVOCATES (KASA)

Seeking youth with disabilities, between the ages of 12 and 24 to serve on the national KASA Advisory Board or national Task Force. 2-4 hour per week commitment. Application deadline March 13 For more info and to download application, visit [www.fvkasa.org](http://www.fvkasa.org)

## COMMUNICATION TECHNOLOGY EDUCATION CENTER (CTEC) NOW OPEN

CTEC offers assessment and training services in the area of Augmentive and Alternative Communication (AAC.) Assessments, training, workshops, and demos are available to the community. **Contact CTEC at 921-5639 or [ctec@supportedlife.org](mailto:ctec@supportedlife.org). Visit [www.supportedlife.org/ctec](http://www.supportedlife.org/ctec).**

## UNITEDHEALTHCARE CHILDREN'S FOUNDATION GRANTS FOR FAMILIES

The UnitedHealthcare Children's Foundation is a non-profit charity dedicated to facilitating access to medical-related services that have the potential to significantly enhance either the clinical condition or the quality of life of the child. This "support" is in the form of a medical grant to be used for medical services not covered or not completely covered by commercial health benefit plans. [www.uhccf.org](http://www.uhccf.org)

## THERAPEUTIC RECREATION CONSULTANTS

Therapeutic Recreation Consultants is a group of certified Recreation Therapists in Placer/Sacramento Counties who offer a variety of services for people with disabilities, parents, professionals and families. Services include teambuilding, family fun days, adaptive activities, social groups, etc. **Call Debbie Bates at 652-8648 or visit [www.therapeuticrecreationconsultants.com](http://www.therapeuticrecreationconsultants.com).**

## UCDAVIS M.I.N.D. INSTITUTE

Visit [www.ucdmc.ucdavis.edu/mindinstitute](http://www.ucdmc.ucdavis.edu/mindinstitute) or call 703-0280. Located at 2825 50th Street.

**March 11**—Dr. Marshalyn Yeargin-Allsopp

4pm Epidemiology of autism  
6pm Autism spectrum disorders

**April 8**—Dr. Andrew W. Zimmerman

4pm Effects of fever in autism  
6pm "Fever effect" and search for Holy Grail

**May 13**—Dr. Thomas Bourgeron

4pm Synaptic and clock genes  
6pm Genetic susceptibility

**June 10**—Dr. Adele Diamond

4pm Prefrontal cortex and neuropsychology  
6pm Cognitive control in young children

## ZAC BROWSER—ZONE FOR AUTISTIC CHILDREN

ZAC is the first web browser developed specifically for children with autism and autism spectrum disorders and best of all - it's free! The site provides an excellent forum for parents, caretakers, teachers, and others to share their experiences, tools and resources. **Visit [www.zacbrowser.com](http://www.zacbrowser.com).**

## INCIGHT SCHOLARSHIP PROGRAM

The Incight Scholarship is for students with disabilities who are entering or who are already enrolled in post-secondary education. Scholarships are worth \$750 and may be renewed annually for up to four years. This scholarship is available nationally for any trade school, college or university within the United States. **Visit [www.incight.org](http://www.incight.org).**

## AUTISM CENTER AFTER-SCHOOL PROGRAM

The Autism Center for Excellence (A.C.E.) is an interdisciplinary and multi-agency collaboration that serves to the unique needs of children ages 8-12 with a diagnosis under Autism Spectrum Disorder (ASD) by providing a structured, daily after school program. Program runs M-F, 3-6pm through June 26 at Sacramento State. It is vendorized through Alta Regional. **Contact your Alta service coordinator, or ACE directly at [ace@ucpsacto.org](mailto:ace@ucpsacto.org) or 548-2562. [www.hhs.csus.edu/modells/ACE/Overview.html](http://www.hhs.csus.edu/modells/ACE/Overview.html)**



# RESOURCES



**A Touch of Understanding**—Organization providing disability awareness programs to students in the Sacramento area through activities and social interaction. Contact 791-4146 or visit [www.atochofunderstanding.org](http://www.atochofunderstanding.org).

**ALS Association, Greater Sac. Chapter**—ALS Support Groups are held every third Saturday of the month at the Sutter Cancer Center from 10am–12pm. 979-9265 or visit [www.alssac.org](http://www.alssac.org).

**Autism Society of America**—Northern California Chapter. Contact 530-897-0900 or [Meghann@autismsocietync.org](mailto:Meghann@autismsocietync.org).

**Down Syndrome Information Alliance**—Offers quarterly educational meetings and monthly family nights. Contact DSIA at 658-1686, email [heather@downsyndromeinfo.org](mailto:heather@downsyndromeinfo.org) or visit [www.downsyndromeinfo.org](http://www.downsyndromeinfo.org).

**Epilepsy Foundation of No. Ca.**—Epilepsy Foundation of N. CA provides free monthly support group meetings for people affected by epilepsy every 3<sup>rd</sup> Tuesday from 6-8pm at Sutter Hospital Conf. Room C, 2801 L St. Call Stacey Marez at 595-9867 or visit [www.epilepsynorcal.org](http://www.epilepsynorcal.org).

**FEAT (Families for Early Autism Treatment)** - FEAT is an all-volunteer, non-profit organization offering a yearly handbook, monthly resource meetings, conferences, advocacy support, programs to assist families in obtaining assessments and early autism treatment programs, parties, field trips and fund-raising events. 843-1536 or [FEAT@feat.org](mailto:FEAT@feat.org).

**Participants in Progress**—PIP is a social club for the disabled, their friends and family. Meetings are each Saturday after the 4th of every month. Visit [pipweb.info](http://pipweb.info) or call 491-1779.

**People First of Citrus Heights**—A self-advocacy group organized by people who have and are affected by disabilities. People First is for everyone that has a passion in making our lives better for today and the future! Meets every 2<sup>nd</sup> Saturday at 1:30-3:30pm at Roundtable Pizza, 7943 Greenback Lane. Call Nikki Mowrer at 729-4980 or Beverly Terrell at 488-5510.

**City of Roseville Adaptive Recreation**—To register, call 774-5950, -5990 or -5505 or visit [www.rosevilleparks.com](http://www.rosevilleparks.com)

**Society for the Blind Youth Enrichment Programs**—Monthly social events held for youth ages

12 and up who are blind or visually impaired sponsored by the Society for the Blind. Call Michelle Bruns at 452-8271 Ex.328.

**Sunshine Kids Club**—The Sunshine Kids Club is a fully inclusive non-profit organization serving children with and without disabilities in Butte County; designed to foster self-esteem, empower kids, promote advocacy, & acceptance for all children ages 5-18. Contact SKC at 530-776-5095 or [sunshinekidsclub@att.net](mailto:sunshinekidsclub@att.net).

**Therapeutic Recreation Services**—[www.msa2.saccounty.net/parks/trs/Pages/SpecialEvents.aspx](http://www.msa2.saccounty.net/parks/trs/Pages/SpecialEvents.aspx)

Contact TRS at 381-0225, TTY 800-735-2929 or [trs@saccounty.net](mailto:trs@saccounty.net).

**WarmLine Family Resource Center**—

The Warm Line Resource Center is for families that have a child with special needs or disability. They offer: information, referrals, support, a lending library and a computer with internet access are available. A Parent-Liaison Program in partnership with Sac County's CA Children's Services. A local directory with listings of resources for families is also available. Located at 2035 Hurley Way, Suite 250 (Sacto.) and 151 N. Sunrise Ave, Suite 1307 (Roseville). Call 922-9276 (or 782-7147 Roseville office) or 800-660-7995 or visit [www.warmlinefrc.org](http://www.warmlinefrc.org).



## CHAIR SCHOLARS FOUNDATION

The mission of the ChairScholars Foundation is to provide youngsters with physically disabilities and a financial hardship a postsecondary education. The National Program is available to high school seniors and college freshmen. This scholarship provides up to \$20,000, distributed over four years, for tuition at the students' college of choice. **Call 888-926-0544 or visit [www.chairscholars.org](http://www.chairscholars.org).**

## VOLUNTEER WITH HANDS ON SACRAMENTO

Hands On Sacramento connects 2,500 volunteers a year with opportunities to match their schedules and interests. **Call 447-7063, ext. 304, email [info@handsonsacramento.org](mailto:info@handsonsacramento.org) or visit [www.handsonsacramento.org](http://www.handsonsacramento.org)**



[www.accessleisureteenprogram.com](http://www.accessleisureteenprogram.com)

The Access Leisure Teen Programs are after-school social recreation programs for teens and young adults who have disabilities and/or exceptional needs. Activities promote the social, physical and emotional development of participants in a fun and safe environment while facilitating independent living skills. Teen Program offers: Outdoor sports, indoor games, crafts, community outings, socialization, friendships, independence and FUN! The Access Leisure Teen Programs are vendorized through Alta California Regional Center. Contact your Alta Service Coordinator at 978-6400. Please contact the Teen Program main line at 808-6085 Monday - Friday between the hours of 10am-2pm.

**C.K. McClatchy High School** (Sac City Unified)  
Email Jeff Parmelee at [jparmelee@cityofsacramento.org](mailto:jparmelee@cityofsacramento.org)

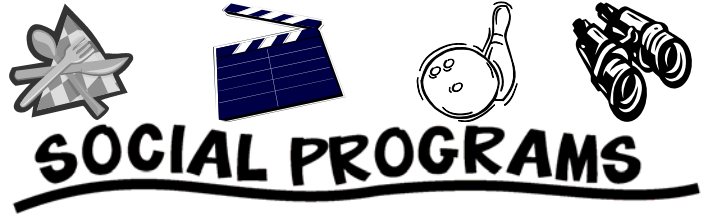
**Laurel Ruff Learning Center** (San Juan Unified)  
Email Dara Schneider at [dschneider@cityofsacramento.org](mailto:dschneider@cityofsacramento.org)

**Discovery High School** (Natomas Unified)  
Email Carl Gayle at [cgayle@cityofsacramento.org](mailto:cgayle@cityofsacramento.org)

**Valley High School** (Elk Grove Unified)  
Email Lorena Sanchez at [losanchez@cityofsacramento.org](mailto:losanchez@cityofsacramento.org)

*Volunteer opportunities are available.*

**Access Leisure programs for teens and adults with developmental disabilities**



**Special events, trips and excursions** are provided throughout the year. Programs promote inclusion and social skill development. Programs include trips to local sporting events, gambling trips, and community events

**Social programs** are community-wide activities open to teens and adults. Programs help develop social skills and self-esteem. Activities include movies, table games, dances, Monte Carlo Night, cooking programs, crafts programs and dinner outings.

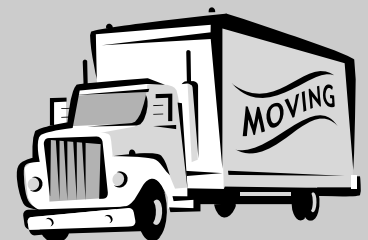
**Social sports** are open to active teens and adults. Programs during the winter months include Sports-Night and bowling.

You can view the monthly Access Leisure calendar at [www.accessleisuresac.org](http://www.accessleisuresac.org).

**Contact Program Coordinator Phil Sinclair at 808-6045.** Calendar available by email, contact [psinclai@cityofsacramento.org](mailto:psinclai@cityofsacramento.org). Fees vary.

## THE ACCESS LEISURE OFFICE HAS MOVED!

**New address:  
3291 Truxel Road, Suite 26  
Sacramento, CA 95833**



**RIVER CATS INDEPENDENCE FIELD YOUTH  
BASEBALL LEAGUE REGISTRATION**

**2009 BASEBALL FOR ALL REGISTRATION**

Athlete's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthday: \_\_\_/\_\_\_/\_\_\_

Parent(s)/ Guardian(s) Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**Type of Mobility**

(If athlete will be using more than one device,  
please bring all devices that will be used):

Wheelchair:  Manual  Power - voltage: \_\_\_\_\_

Other Devices:

Braces/Crutches  Walkers  Uses No Devices

Diagnosis and Disability: \_\_\_\_\_

**T-Shirt Size**

Youth Sizes:  Small  Medium  Large

Adult Sizes:  Small  Medium  Large  XL  XXL

**Fees**

Registration fee is \$40 per league. (make checks  
payable to "City Of Sacramento") Total enclosed:  
\$ \_\_\_\_\_

\*Scholarships available-call for information

FOR OFFICE USE ONLY:  Cash  Check

# \_\_\_\_\_ Date \_\_\_\_\_ Received by: \_\_\_\_\_

Liability Release: The undersigned, in consideration of the acceptance of this entry, I hereby waive, release and indemnify the City of Sacramento, Access Leisure, sponsors, staff, and volunteers from any and all liability for injuries and/or expenses incurred by myself at the River Cats Independence Field Baseball League. In case of accident arising out of the said activity, medical assistance may be administered to the registrant of this activity.

Media Release: I specifically grant permission to the River Cats Independence Field Baseball League to use my likeness, voice and words in television, radio, newspapers, films, magazines, and media of any form not heretofore described to further the aims of the River Cats Independence Field.

\_\_\_\_\_  
Signature of athlete, or guardian if under 18 yrs/ old Date Signed

**Return to:** Steve Hornsey, 3291 Truxel Rd, #26 Sacramento, CA 95833.

Athlete's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthday: \_\_\_/\_\_\_/\_\_\_

Parent(s)/ Guardian(s) Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**Type of Mobility**

(If athlete will be using more than one device,  
please bring all devices that will be used):

Wheelchair:  Manual  Power - voltage: \_\_\_\_\_

Other Devices:

Braces/Crutches  Walkers  Uses No Devices

Diagnosis and Disability: \_\_\_\_\_

T-Shirt Size (For ball player ONLY):

Youth Sizes:  Small  Medium  Large Adult  
Sizes:  Small  Medium  Large  XL  XXL

Yes, I will attend the "Baseball for All Clinic" on  
Saturday, April 25, 10am to 1pm

Yes, I will attend the River Cats game on Friday, June  
19, at 7pm

Liability Release: The undersigned, in consideration of the acceptance of this entry, I hereby waive, release and indemnify the City of Sacramento, Access Leisure, River Cats Ball Club, its owners, sponsors, staff, volunteers, and agent from any and all liability for injuries and/or expenses incurred by myself at the Baseball for All Free Skills Clinic. In case of accident arising out of the said activity, medical assistance may be administered to the registrant of this activity. I understand the medical costs incurred by the participant are the responsibility of the participant/parent/guardians.

Media Release: I specifically grant permission to Baseball For All and the City of Sacramento, Access Leisure to use my likeness, voice and words in television, radio, newspapers, films, magazines, and media of any form not heretofore described to further the aims of Baseball For All and River Cats Independence Field.

\_\_\_\_\_  
Signature of athlete, or guardian if under 18 yrs/ old Date Signed

**Return to:** Steve Hornsey, 3291 Truxel Rd, #26 Sacramento, CA 95833.



**ACCESS LEISURE INK**  
**3291 TRUXEL RD., #26**  
**SACRAMENTO, CA 95833**



**FAIRY TALE TOWN**

Visit [www.fairytaletown.org](http://www.fairytaletown.org) or call 808-5233.

**Upcoming Events include:**

- Hina Matsuri (Girls Day Festival)** - Sunday, March 22, 11am-3pm.
- Theater Performance Month** - Saturday and Sunday, April 4-26, 12:30pm and 1:30pm.,
- Spring Eggstravaganza** - Saturday and Sunday, April 11-12, 11am-3pm.
- Family Fun Fest** - Saturday, April 18, 5:30-8:30pm.
- Puppet Festival** - May 1 - June 28. Weekdays 10:30am, 11:30am and 12:30pm. Weekends 12:30pm, 1:30pm, and 2:30pm.
- Farms, Friends, & Fairytales** - Saturday, May 9, 11am-3pm.
- Fairy Tale Town Goes Green** - Saturday, May 30, 11am-3pm.
- Children's Concert Series** - Sundays, June 7, June 14 and June 28, 3-3:45pm.
- Twilight Concert Series** - Wednesdays, 6/10, 6/24, 7/8, 7/22, 8/5 and 8/19. 6-8pm.

**Family Campout** - June 13-14 and August 8-9, 5:30pm-7am.

**FunCamps**—Educational day camps designed for children of specific ages. Limited to 20 children per camp. Fill your spring and summer with fun, creativity and hands-on learning at Fairytale Town. Fun-Camp fees are \$125 for nonmembers and \$90. Call 808-7979.

**VERY SPECIAL ARTS**

23rd annual Spring Very Special Festival of the Arts  
 Friday, May 15, 9:30am - 12:30pm  
 Coloma Community Center  
 Call 277-6806 or visit [www.vsasacramento.org](http://www.vsasacramento.org).



**AXIS DANCE MASTERCLASSES/WORKSHOPS**

[www.axisdance.org](http://www.axisdance.org)  
 For more information contact AXIS at [info@axisdance.org](mailto:info@axisdance.org) or (510) 625-0110.



我們講中文 · Hablamos Español · Мы говорим по-русски · ភាសាខ្មែរជាភាសាដើមរបស់យើង · Ped hais lus Hmoob · Chúng tôi nói tiếng Việt