



ACCESS LEISURE INK



Upcoming Community Events

Winter 2010

SAVE THE DATE!

25TH ANNUAL A.C.T. GAMES ON SATURDAY, APRIL 24

Please print and submit the
Intent to Enter Form on p. 11



We are excited that the A.C.T. Games will be held at the **INDERKUM HIGH SCHOOL** track on Saturday, April 24. The A.C.T. Games is a one day track and field event for youth age 3 to 18 with **PHYSICAL DISABILITIES**. This fun and competitive event focuses on these young athletes **ABILITIES** to compete against their peers with similar abilities and age group. All athletes must attend at least one of the training/assessment sessions scheduled prior to the competition. At these training sessions each athlete will participate in coaching and assessments in both the field events (throwing) and track events. This assessment allows us to heat athletes who use power wheelchairs, manual wheelchairs, walkers, canes, braces or no assistive device to compete in heats with competitors who use similar device and with similar abilities. A free Lunch will be provided for all participants and spectators by the East Sacramento-Midtown Kiwanis Club. Please save the date for this fun and competitive event. Please return intent to enter form to stay updated on practice locations and dates. We look forward to seeing you there!

SACRAMENTO OPEN TRACK & FIELD

The 4th Annual Sacramento Open Track & Field event is scheduled for Sunday, April 25 from 8am-3pm at the



INDERKUM HIGH SCHOOL track. This fun event is open to athletes with intellectual and developmental disabilities. Preregistration required—includes breakfast and lunch. **Contact Phil at 808-6045 or psinclair@cityofsacramento.org.**



PARALYMPIC SPORT SACRAMENTO EXPERIENCE

Saturday March 20, 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 a part of this Paralympic Academy sports day.

Contact Steve Hornsey at

shornsey@cityofsacramento.org or 808-2340.

RIVER CATS INDEPENDENCE FIELD SPRING YOUTH 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 at 2450 Meadowview Road, Sacramento 95822. Games will be played on Saturday evenings. Registration is on page 11. Play Ball!

Contact Steve Hornsey at shornsey@cityofsacramento.org or 808-2340.

Games played at **4:00pm** for **age 5-13**,

Games played at **5:15pm** for **age 14+**

Saturdays, April 17, 24

Saturdays, May 1, 15, 22, 29

Saturday, June 5, 12

Saturday June 19 End of Season Awards & Picnic

WAVE CAMP 2009 THANK-YOU'S

The City of Sacramento, Access Leisure Section and our Paralympic Sport Sacramento Club, in partnership with California State University Sacramento, United Cerebral Palsy, and Disabled Sports USA, would like to thank all of the generous supporters and volunteers that made both sessions of WAVE Camp 2009 a huge success. This is a five-day residential camp open to youth ages 10-25 with physical disabilities. The campers stayed at the CSUS dorms and participated in water skiing, kayaking, canoeing, sailing, swimming, and scuba diving. An enormous debt of gratitude to the following organizations for their commitment in helping us make our 10th annual WAVE Camp a reality: the Sacramento River Cats Foundation, Wampler Kids, Native Daughters of the Golden West, Aerojet, Hickory Hank, Chipotle, The Old Spaghetti Factory, Uncle Vito's Pizza, Kids, Catch a Smile, Larkspur Landing, Clarion Hotel, Moore Karaoke, New Direction Services, and to the many families and friends that donated funds during these very difficult financial times. A special thanks to the HighSierra Divers-without whom the scuba program would not be possible. Our heartfelt thanks to our scuba instructors Diver Dave, Diver Tom and Diver Marv and Connie!



NORTHERN CALIFORNIA BRAILLE CHALLENGE FEB 27

Promote braille literacy and awareness by participating in the Northern California Braille Challenge. Contestants from Northern California in Grades 1-12 who are skilled in braille reading and comprehension may participate. There will be a series of 5 contests demonstrating braille reading, comprehension, speed, accuracy, spelling, proofreading, and tactile graphics. Top 60 finalists will travel to Los Angeles for the Finals in June. Everyone who competes will be recognized. **For more info visit www.braillechallenge.org or call 800-272-4553.**

AXIS DANCE MASTERCLASSES/ WORKSHOPS

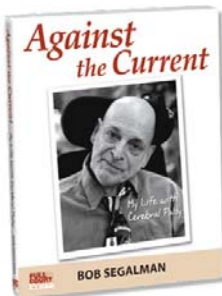
www.axisdance.org

For more information contact AXIS at info@axisdance.org or (510) 625-0110.



DR. BOB TURNS 67

Dr. Bob Segalman was born in 1942, the odds of someone with CP with total body involvement living to 67 were very slim. In 1948, the week that Truman beat Dewey, he became the first child with a disability to be mainstreamed, probably in the whole state of Iowa, two improbable events. You can read such stories in his new book available at www.drbobsautobiography.org.



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:

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3291 Truxel Rd, #26

Sacramento, CA 95833

Tele: 916-808-2340

Fax: 916-808-6506

shornsey@cityofsacramento.org

Next deadline is March 4.

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

www.accessleisuresac.org

ACCESS LEISURE STAFF RECREATION SUPERINTENDENT

Sue Vieth 808-1575

PROGRAM SUPERVISORS:

Annie Desalernos 808-3809

Sports, Camps, Outdoor Education, Social & Fitness Programs/Paralympic Sport Sacramento

Pam Prater 808-1203

Teen Program

PROGRAM COORDINATORS:

Steve Hornsey 808-2340

Sports, Leisure, & Children's Programs / Paralympic Sport Sacramento

Phil Sinclair 808-6045

Social & Fitness Programs for Adults and Young Adults with Intellectual Disabilities

Jenny Yarrow 808-6017

Camps & Outdoor Education

Lorena Sanchez 808-6085

Teen Program



SPORTS



DISABLED SPORTS USA

Information & Reservations

Telephone: 530-581-4161

Online: www.dsusafw.org

info@disabledsports.net



ADAPTIVE SKI AND SNOWBOARD INSTRUCTION FOR STUDENTS OF ALL ABILITIES.

Open daily from December 18-April 17. The Disabled Sports Program Center is located at Alpine Meadows Resort in the North Lake Tahoe area of Northern California. We are a PSIA Member Ski School (Professional Ski Instructors of America). Our PSIA certified instructors and trained volunteers make skiing or snowboarding possible for anyone with physical, cognitive or developmental disabilities. The minimum age requirement is 5 years. For equipment and skier safety, Sit-down skiers must weigh 185 pounds or less. Disabled Sports Adaptive Snowsports Lessons at Alpine Meadows Resort Adaptive ski and snowboard lessons daily 10:00am-12:30pm or 1:30-4:00pm. \$65 Disabled Sports members with an annual participant membership fee of \$30; \$200 non-members. Includes 2.5 hr private lesson and lift ticket. Mono-ski, Bi-ski, standard skis or snowboard not included.

Equipment rentals:

Mon-ski, Bi-ski rentals from Disabled Sports: \$10 half day, \$20 all day.

Standard ski or snowboard rentals are 1/2 price at Alpine Meadows or Tahoe Dave's (Alpine Meadows Rental Shop 530-581-8244, Tahoe Dave's 530-583-6415)

Ability Celebration at Alpine Meadows Resort, CA Honoring Wounded Warriors Disabled in the Wars in Iraq and Afghanistan Wounded Warrior. Event schedule: Ability Camp, March 16 – 21, Ability Challenge Race, Friday, March 19, Ability BASH Banquet, Saturday, March 20. Please join us in celebrating the abilities of our honored guests as a sponsor, or by participating as a volunteer or guest in the Ability Celebration.

18TH ANNUAL SIERRA REGIONAL SKI FOR LIGHT

Sierra Regional Ski for Light is a non-profit cross-country ski program for active blind and visually impaired skiers age 21 and older. This year's event will be March 13-15 at Tahoe Donner Cross Country in Truckee. Space is limited! **Contact Cindy Quintana at 510-483-2498 or cindyq12345@sbcglobal.net.**

Visit the web site at www.srsfl.org for info.

There will be day trips on 1/23 and 2/20. The Saturday trips are for children and adults at Tahoe Donner Cross Country in Truckee. \$16 if you have skis, \$32 with rental. Fee includes transportation.

Contact Betsy Rowell at 362-5557 or montbets@pacbell.net.

Sierra Regional Ski for Light needs experienced skiers interested in guiding for blind and visually impaired skiers. **Contact Bruce Gordon at 775-831-4168 or brucegordon@charter.net.**

ADAPTIVE GOLF INSTRUCTION

Disabled Sports will be offering adaptive golf instruction at five different venues: Sacramento, Reno, Oakland, Concord, and Stockton. Instruction is open to anyone with any disability and whether you are an absolute beginner or a seasoned veteran, you'll find a place at our golf clinics taught by PGA and LPGA golf professionals. **\$75 per session.**



Haggin Oaks Golf Course, Sacramento, CA
3645 Fulton Ave.

Saturdays 2:00-3:30pm

Session 1: March 28 – May 9 (except April 25)

Session 2: May 16 – June 27

Session 3: July 11 – August 15

Session 4: August 22 – October 3 (except Sept. 5)

THE NORCAL-NEVADA HANDCYCLING SERIES

The NorCal-Nevada Handcycling series is organized by 4 adaptive recreation programs based in Reno, North Lake Tahoe, Sacramento and the Bay Area. Each ride will offer routes along bike paths with distances suitable for beginner and advanced cyclists. Snacks/light lunch provided. Experience new riding areas, new adaptive cycles and new riding partners.



SPORTS



ACCESS LEISURE CAMPS & OUTDOOR EDUCATION

Call Jenny Yarrow at 808-6017, email jyarrow@cityofsacramento.org or www.accessleisuresac.org

Camp C.O.O.L.—Jan 30-31

Camp Challenge Ourselves through Outdoor Leisure (C.O.O.L.) is a two-day one night residential camp for young adults age 10-25 with physical disabilities. Camp C.O.O.L. consists of an exciting one-day downhill snow ski lesson from the skilled staff of the Tahoe Disabled Sports USA Program at Alpine Meadows, and one session of sled hockey/skating and a new Paralympic sport curling at the South Lake Tahoe Ice Arena.



S.N.O.W. Camp—March 5-7

Camp Supporting New Opportunities through Winter Sports is a three-day two night residential camp for young adults and adults age 15 and older with Intellectual and or Developmental Disabilities. Camp consists of two days of downhill snow skiing at Homewood Ski Resort, and one day of snow-shoeing and or snow play at Granlibakken.



HANDCYCLING GROUP RIDES

Contact Rick at sacycle@sbcglobal.net



April 17 - River Parkway – 10am-12pm. Meet at Discovery Park and ride along this flat portion of the Sacramento River Parkway. The ride distances will vary dependant upon participant abilities. A limited number of handcycles available with reservation.

April 25 - Chico Wildflower - www.chicovelo.org/wildflower.html. Rides of varying lengths through the countryside surrounding Chico.

May 1 - Handcycling Clinic and Ride w/ DSUSA - Far West . 10-2pm. Discovery Park. Opportunity to check out the various styles of handcycles available for both beginning and advanced riders. Experienced handcyclists will be in atten-

dance to share tips about cycling and training techniques. Rides of varying lengths along the River Parkway will be followed by Sweet Sarah's BBQ.

** This will be event #1 on the Nor-Cal/Nev. Adaptive Cycle Series**



May 10-13 "Rock & Roll Yosemite '10 - A Cycling Park Experience"

The plans are rolling for this spring excursion to experience the sights, sounds and natural wonders of Yosemite National Park. This four (4) day three (3) nights tour will utilize hand cycles to tour the valley floor, including educational programs and is specifically designed with physically challenged individuals in mind.

There will be Adaptive Rock Climbing sessions on the granite rock led by Mark Wellman. He has scaled Yosemite's granite monoliths, including El Capitan and Half Dome and served for several years as a park ranger, after sustaining a spinal cord injury. Participants must be 21. **Contact Rick** sacycle@sbcglobal.net or **Jenny Yarrow** jyarrow@cityofsacramento.org or 808-6017.

June 5 - 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 16-19, 2010 - Tour de Nez. USHF Sanctioned Handcycle Omnium Races. Details coming.

No. California/Nevada Handcycle Series

See page 3 for additional information.

May 1 - Sacramento Clinic and Series ride.

August 7 - Tahoe Details coming soon.

Date TBA - Berkeley Details coming soon.

September 18 - Reno Details coming soon.



SPORTS



HANDCYCLE THE TOUR DE PALM SPRINGS

Intrepid Equipment and Incight are working to put together a handcycle team for the Tour de Palm Springs on Saturday, February 13. The ride attracts over 8000 cyclists and handcyclists.

If you are interested in participating in the Tour de Palm Springs 2010 then contact: Graham Butler, Intrepid Handcycles, at 505-217-1845 or graham@intrepidequipment.com Jim Rothblatt, Incight, at 760-674-2473 or jim@incight.org

Incight is coordinating the event, training and participation. Intrepid is making their demo fleet available for training rides in Palm Springs and also in San Diego for anyone who doesn't own a handcycle. Incight has also negotiated **free entrance** for handcyclists.

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 Steve Hornsey at shornsey@cityofsacramento.org or 808-2340.

POWER SOCCER TOURNAMENT IN BERKELEY

January 23 beginning at 10am in the James Kenney Recreation Center (1720 8th Street, Berkeley, 94710.) Free Admission! Match Schedule:
10:00 D2 BORP Bombers vs. San Jose Steamrollers Express
11:15 D1 BORP Bay Earthquakes vs. Hollister Free Wheelers
12:30 D2 BORP Crushers vs. San Jose Steamrollers Express
1:45 D1 Hollister Free Wheelers vs. San Jose Steamrollers
3:00 D2 BORP Bombers vs. Newark Hot Rodders
4:15 D1 BORP Bay Earthquakes vs. San Jose Steamrollers
5:30 D2 BORP Crushers v Newark Hot Rodders
Contact Jonathan Newman at jonathan@borp.org or 510-849-4663 X 304.

SACRAMENTO LIGHTNING SLED HOCKEY

Practices are Saturdays, September through February, from 1:30-3pm. Cost is \$10 per player and includes sled rental.



The team is looking for beginner and new players who are interested in trying a new sport. We have several youth player that are looking for a few new friends that are interested learning how to skate and play this fun game. No experience is necessary, just a desire to have some good clean fun on the ice.

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. Visit our web-site at www.sacramentosledhockey.org See Skatetown's web-site for directions: www.skatetown-roseville or call 783-8550.





SPORTS



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 or call 773-4454.

FOLSOM/EL DORADO HILLS (DIST. 54) CHALLENGER BASEBALL

Contact Matt Mauk at mattmauk@sbcglobal.net or call 530-558-5374.

WHEELCHAIR TENNIS

Teaming Individuals Emphasizing Sports (TIES) Early Season Indoor Wheelchair Tennis



Mondays 7-9pm, January 4-March 29 at Spare Time Indoor Tennis Center (11205 Pyrites Way, Gold River.) Extra tennis wheelchairs available upon request. Individualized instruction and Professional Ball Machine will also be available. Beginners to experts are encouraged to come and take advantage of this fun and exciting opportunities.

TIES will be continuing the wheelchair tennis fun outdoors at the Gold River Racquet Club from April to October. TIES has fund-raising opportunities for individuals wanting to purchase their own tennis sport wheelchair. TIES will host their annual and fun "UP/Down" and Doubles Tournament in September. This tournament is fun for all as able-bodied family and friends play tennis along side wheelchair players.

Contact David M. Van Brunt, MSW 521-5972.

ENVIRONMENTAL TRAVELING COMPANIONS (ETC)

Visit www.etctrips.org or call 415-474-7662. Offers cross-country skiing, white-water rafting and sea kayaking adventures. Visit website for details.

RIDE & SHINE THERAPEUTIC RIDING CENTER

Now located at Grace Ranch in El Dorado Hills. Visit www.rideandshine.org. Call 941-0800 or email info@rideandshine.org.

CAPITAL CAGERS WHEELCHAIR BASKETBALL TOURNAMENT

When: May—date to be announced
Where: American River College Gym
Watch the Capital Cagers Wheelchair Basketball Team take on teams from Reno, Santa Rosa, San Jose, and Redding. There will be competitive and fun games to watch. Individuals age 18 and older who are interested in playing wheelchair basketball in Sacramento, come be a part of this fun team sport
For more info contact Fabian Acosta at stcruizinone@sbcglobal.net or Steve Hornsey at 808-2340 or shornsey@cityofsacramento.org.

SHARED ADVENTURES

For info on all trips, visit www.sharedadventures.org or call 831-459-7210.

Elephant Seal Excursions at Ano Nuevo State Park—Jan 16, Jan 24, Feb 6, Feb 21. 12:30-3pm. \$7per person plus \$10 parking fee.

Bowling by the Boardwalk at Santa Cruz Boardwalk Bowl—Feb 9, March 9, April 6. 4-6pm. \$7 per game (incl. shoe rental)

Indoor Rock Climbing at Pacific Edge Climbing Gym in Santa Cruz—March 5, 7-9pm. \$10.

Game Day at the Santa Cruz Boardwalk—Neptune's Kingdom & Arcade. March 20, 1-3pm.\$5 (incl tokens). Video and pinball games, laser tag, billiards, and more.

6th Annual Day in the Sky at Watsonville Airport—April 17, 9am-4pm. No cost. Disabled and terminally ill children (ages 8-17) will receive plane rides over the spectacular coastline, while a simultaneous large festival and accessible activities expo entertains everyone on the ground. To register to participate or volunteer, check dayinthesky.org after March 15. Space for participants is limited and local kids (Central Coast) will be given priority.

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. www.tisailing.org



SPORTS



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

ANDY AH PO'S MARTIAL ARTS STUDIO

Andy Ah Po's Martial Arts Studio is offering special Saturday classes for Alta Regional clients. Instructors have extensive experience working with special needs children. Classes limited to 10 participants.

Contact Ah Po's Martial Arts Studio at 487-0544 or email ahpokarate@yahoo.com.

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. 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.

SAN JOSE ALL-ACCESS SPORTS

- New **boccia program** starting on January 9. The program takes place on Saturdays from 2:30 to 3:30 pm at the Alviso Center, 5050 N. First St., San Jose. Call Dominique at 408-369-6435 or email Dominique.Pacolba@sanjoseca.gov.
- San José's new Division 3 wheelchair basketball team, the **San Jose Spokes**, is hosting the **Far West Division 3 Slam-A-Jama tournament** on January 30-31. Call Adam at 408-369-6448 or email Adam.Elix@sanjoseca.gov.
- All Access Sports will be hosting the **first ever wheelchair lacrosse clinic in the world!** Come try the newest, fastest growing wheelchair sport on March 20-21. The clinic will take place at the Roosevelt Community Center Roller Hockey Rink in San Jose. Call Dominique at 408-369-6435 or email Dominique.Pacolba@sanjoseca.gov.

RENO ADAPTIVE RECREATION



A program of City of Reno Parks, Recreation and Community Services

- **Boccia**—The object of the game is to throw or roll game balls so that they land as close as possible to a target ball called the "Jack." Come see how close you can get. For players of all ages. Tuesdays January 5-February 9 at EMNECC (1301 Valley Road) 11am-12pm. Cost is \$36. To register call 775-334-2262.
- **Youth Wheelchair Basketball**—Wheelchair basketball is a sport for everyone, people who use wheelchairs for mobility and people who don't. Skill development and fun is emphasized. For players ages 8-14 years. Thursdays March 4 - April 8, 6:30-7:30pm at Neil Road Recreation Center. Cost is \$36.
- **Adaptive Whitewater Clinic**—During the Reno River Festival May 7-9, participants will be introduced to basic adaptive whitewater concepts and equipment with an opportunity to float the Truckee River during the Festival. Stay tuned for exact clinic date and time. Contact April Wolfe at 775-333-7765 or wolfea@cityofreno.com



RESOURCES



MDA QUEST MAGAZINE

MDA's research and health magazine, Quest, now offers weekly online articles called Quest Extra! to keep you up to date on research, technology, legislation and other interesting people, places and events. Quest Magazine Online
www.mda.org/questmagazineonline
 Quest Extra!
www.mda.org/publications/Quest/extra

CTEC

Communication Technology Education Center
 A program of the Supported Life Institute
CTEC provides services in Augmentative & Alternative Communication (AAC), which is the use of personalized methods or devices to increase a person's ability to communicate. Most individuals who use AAC rely on a variety of methods, from "light tech" to "high tech". **CTEC** will showcase a wide range of AAC systems. Visit the website at www.supportedlife.org/ctec Contact 921-5639 or ctec@supportedlife.org

ONLINE EPILEPSY SUPPORT GROUP

"A community of patients, family members and friends dedicated to dealing with Epilepsy, together."
www.mdjunction.com/epilepsy

DISABOOM.COM

"Disaboom is the leading resource for disability information and real-life articles about people with disabilities. Our broad range of topics, including health conditions, lifestyle, and helpful resources, help you create the life you want."
 Visit www.disaboom.com

SPECIAL EVENT! AN EVENING OF DREAMS

"An Evening of Dreams is a red-carpet event for teens and young adults with disabilities, complete with formal wear, photographers, and dancing." Event date is Friday, May 14 from 7-10pm at the Capital Christian Center Performing Arts Center (9470 Micron Ave, Sacramento.) For more info email Michelle Purcell at mpurcell@ccconline.cc



UC DAVIS MIND INSTITUTE

Visit www.ucdmc.ucdavis.edu/mindinstitute or call 703-0280. Located at 2825 50th Street.

- Wed, Jan 13—Dr. Matthew State "Recent Insights into the Genetics of Tourette Syndrome" 4:30pm
- Wed, Feb 10—Dr. Marsha Mallick Seltzer "Psychosocial and Biological Markers of Stress in the Lives of Mothers of Adolescents and Adults with ASD" 4:30pm
- Wed, March 10—Dr. Jacqueline Crawley "Mouse Models of Autism to Discover Causes and Develop Treatments" 4:30pm
- Wed, April 10—Dr. John Constantino "The Genetic Epidemiology of Autism" 4:30pm
- Wed, May 12—Dr. Jay Giedd "Imaging the Developing Brain" 4:30pm

MS WHEELCHAIR CALIFORNIA TAKING ENTRIES

You must:

- be between the ages of 21 and 60
- utilize a wheelchair for 100% of your daily mobility
- be a U.S. citizen
- have resided in the state of California in the six months prior to the pageant
- serve as the state titleholder at the annual Ms. Wheelchair America Pageant

Next you must fill out the application and locate sponsors for your \$300 entry fee. Please contact Ruthee Goldkorn, knowbarriers@yahoo.com, Executive Director, for an application.

The winner receives their crown and sash, entry fees for the national pageant, and a beautiful prize package including jewelry, makeup, and much, much more!

The contestants and their companions arrive on the day of the pageant—April 10 at the Abilities Expo in Los Angeles. Each contestant will give a 2 minute speech introducing themselves and their accomplishments. Judges will then spend some time reviewing your resumes, application, and essay. From there, individual judging sessions begin.
www.mswheelchairca.org



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.

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.alsac.org.

Autism Society of America—Northern California Chapter. Contact 530-897-0900 or Meghann@autismsocietync.org.

Down Syndrome Information Alliance—Offers quarterly educational meetings and monthly family nights. Contact DSIA at 658-1686, email heather@downsyndromeinfo.org or visit 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 3rd Tuesday from 6-8pm at Sutter Hospital Conf. Room C, 2801 L St. Call Stacey Marez at 595-9867 or visit 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.

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 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 2nd 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

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.

Therapeutic Recreation Services—www.msa2.saccounty.net/parks/trs/Pages/SpecialEvents.aspx

Contact TRS at 381-0225, TTY 800-735-2929 or 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.



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.**

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 or visit www.handsonsacramento.org**



www.accessleisuresac.org/teen-program.htm

AFTER-SCHOOL PROGRAM FOR YOUTH WITH EXCEPTIONAL NEEDS

The Access Leisure Teen Program is an after-school social recreational program designed specifically for youth and young adults with disabilities and/or exceptional needs 12-25 years of age. Activities that foster the social, physical and emotional development of all participants are provided .

Activities:

Arts & Crafts • Outdoor Sports • Cooking
Socialization • Music & Dances • Outings
And more. . .

Categories and Cost:

Category I: \$400/mo: Prearranged unlimited usage
Category II: \$336/mo: Prearranged usage 4 days/wk
Category III: \$264/mo: Prearranged usage 3 days/wk
Category IV: \$192/mo: Prearranged usage 2 days/wk

Program Locations:

Sacramento City Unified School District
C.K. McClatchy High School
3066 Freepoint Blvd.

Elk Grove Unified School District
Harriet Eddy Middle School
9329 Soaring Oaks Drive

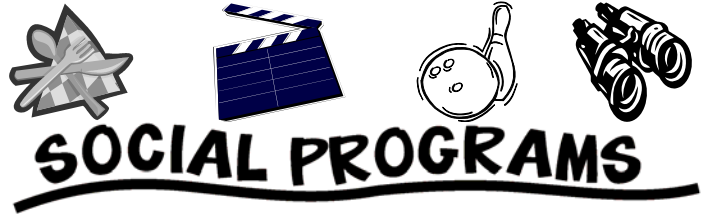
Program Coordinator:

Lorena Sanchez
Losanchez@cityofsacramento.org
808-6085

Hours of Operation:

2:00-6:00 pm
Monday - Friday during the school year

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.

Contact Program Coordinator Phil Sinclair at 808-6045. Calendar available by email, contact psinclai@cityofsacramento.org. Fees vary.

Volunteer opportunities are available.

**RIVER CATS INDEPENDENCE FIELD YOUTH
BASEBALL LEAGUE 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.

YES! I am interested in participating in the 25th Annual A.C.T. Games, open to youth ages 3 to 18 with physical disabilities. Please add me to the mailing list. Please fill out and return **EVEN IF** You have participated in the past!

Athlete's Name: _____

Age: _____ Birthday: ___ / ___ / ___ M F

Parent(s)/Guardian(s) Name(s): _____

Address: _____

City: _____ State: ___ Zip: _____

Phone: _____ Cell: _____

E-mail Address: _____

Athlete's disability: _____

Any assisted device(s) used? (list) _____

Training Sessions (must attend at least one):

Training Session #1- Saturday, **March 20** from 12-4pm (Sac State Yosemite Hall Rm. 183)

YES, I will attend NO, I will not attend

Training Session #2- Saturday, **April 3**

from 9:30-11:30am (Inderkum HS track)

YES, I will attend NO, I will not attend

Training Session #3- Saturday, **April 10**

from 9:30-11:30am (Inderkum HS track)

YES, I will attend NO, I will not attend

Return to:

Steve Hornsey, ACT Games, 3291 Truxel Rd, #26

Sacramento, CA 95833

Call 808-2340 or email

shornsey@cityofsacramento.org with questions.

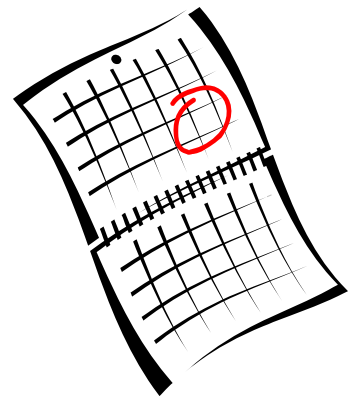


ACCESS LEISURE INK
3291 TRUXEL RD., #26
SACRAMENTO, CA 95833



DATES TO REMEMBER:

- Saturday, March 20—Paralympic Experience Day
- Saturday, April 17—RCIF Spring Youth Baseball League opens
- Saturday, April 24—A.C.T. Games
- Sunday, April 25—Sacramento Open Track & Field Meet
- Saturday, May 1—Opening Day of NorCal Nevada Adaptive Cycling Series
- Saturday, May 8—Baseball For All Free Skills Clinic



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