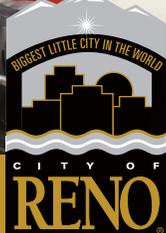
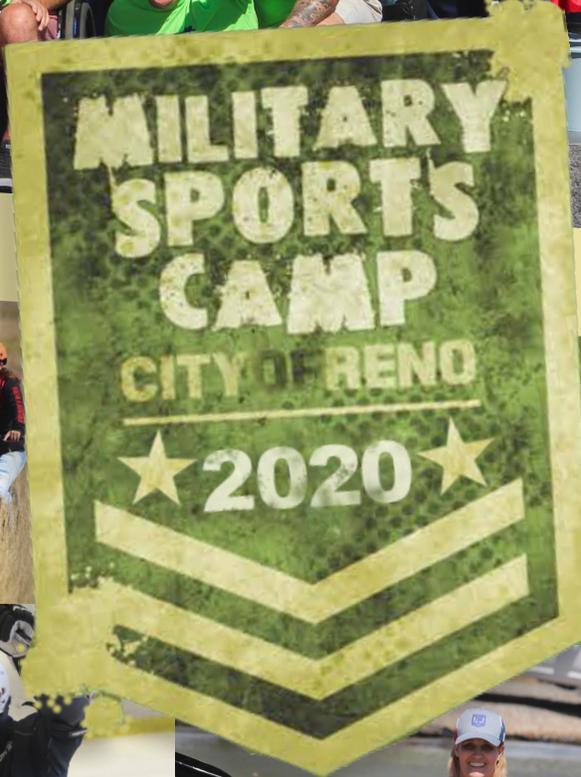


Summer 2020
JUNE-AUGUST

ADAPTIVE *Connect*



NOW ACCEPTING APPLICATIONS TO 2020 MILITARY SPORTS CAMP
MORE INFORMATION ON PAGE 5



Facility Rules

DURING COVID-19



STAY HOME IF YOU FEEL SICK

- If possible, avoid going to work, school, public areas and using public transportation if you are sick



WASH YOUR HANDS

- Wash your hands with soap and warm water for at least 20 seconds
- Use alcohol-based hand sanitizer if soap and water aren't available



KEEP YOUR DISTANCE

- Avoid close contact with people who are sick (6 feet or 2 meters)



AVOID TOUCHING YOUR FACE

- Avoid touching eyes, nose or mouth with unwashed hands



COVER COUGHS AND SNEEZES

- Cover your cough with a tissue or use the inside of your elbow
- Throw used tissues in the trash
- Immediately wash your hands



EQUIPMENT

- Avoid sharing equipment
- Only use equipment given to you
- Clean and disinfect counters, tabletops, phones, keyboards, chairs, games, recreation gear, gym equipment, etc.



WATER POLICY

- Bring your own water bottle if possible
- Staff will help fill up water bottle/cups with water jug in the classroom
- Water fountains will not be available



RESTROOMS

- One member in the bathroom at a time
- Wash your hands after using the restroom



INSIDE GYM & OUTSIDE

- Keep your hands to yourself
- Maintain distance when playing group games
- Sanitize your hands
- Please don't share equipment



SWIMMING

- Unfortunately, there will be no swimming until social distancing rules are relaxed

ADAPTIVE CONNECT NEWSLETTER IS MADE POSSIBLE BY

Renown

HEALTH

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

1301 Valley Rd, Reno, NV 89512

Phone: 775-333-7765

Fax: 775-321-8338

WolfeA@Reno.Gov

Next Deadline is July 24, 2020

INCLUSION/ADAPTIVE RECREATION STAFF

Therapeutic Recreation Specialist

April Wolfe (775) 333-7765

Adaptive Technicians

Rebecca Gansberg (775) 657-4661

William Meacham

Breana Horvath

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!

Disclaimer: Please note, all events, activities and fees may be subject to change or canceled.

SPORTS



MARK WELLMAN'S ADVENTURE DAY

Sunday, August 23 10am-2pm

Fee: Free Admission

Sparks Marina Park

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

WHEELCHAIR BASKETBALL

September-April

Saturdays from 3:30-6pm | Fee: \$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.

WHEELCHAIR RUGBY

August-April

Tuesday 2-5pm & Saturday 12-3pm

Fee: \$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.

TENNIS BUDDIES OF RENO

Fridays, August 18-September 18 4-5:30pm

Registration starts August 14

Reno Tennis Center - 2601 Plumas St.

A fun, interactive, and supportive environment for individuals with Down Syndrome and other developmental disabilities where athletes can improve their fitness levels and learn to play tennis. Our program is designed for practice, playing games, and group tennis drills. Requirements for Participation:

- Ages 8 and up
- Have Down Syndrome or other developmental disability
- Able to walk without assistive device
- Able to sidestep to both sides

Register online at www.SierraJuniorTennis.org/Partnerships/#Buddies or in person.



CITY OF RENO BECOMES MOVE UNITED CHAPTER

Since 1956, Move United has focused on one goal: To improve the lives of wounded warriors, youth and adults with disabilities by providing sports and recreation opportunities. Move United's mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, competition, recreation, high performance sport and educational programs. Each year through our nationwide network, we serve over 70,000 youth, wounded warriors and adults through a nationwide network of over 150 community-based chapters in more than 40 states nationwide. For more information, visit <https://www.MoveUnitedSport.org>

Let's #AdaptatHome together! During these unusual times, it's more important than ever that we are SAFE, CONNECTED, and physically ACTIVE. Move United Chapters are committed to helping you do that. Check out the numerous free adaptive exercise and fitness videos on our Facebook page, City of Reno Adaptive!

SOCIAL PROGRAMS



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

ARTS AND CRAFTS CLASS

Thursdays 3:30-5pm | Fee: Free
Larry D. Johnson Community Center - 1200 12th St.

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

BOWLING

Wednesdays 2:45pm | Fee: \$1 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 preregistration necessary.

SIBSHOPS

A Sibshop is a recreation-based peer support group for kids, age 8 to 13, who have a sibling with a developmental disability, special health care needs, or mental health concerns. Sibshops are pedal-to-the-medal fun events where kids will meet other sibs, have fun, laugh, talk about the good and not-so-good parts of having a sib with special needs, play some great games, learn something about the services their brothers and sisters receive, have a snack, and have some more fun!

Follow on Facebook: [@NevadaSiblingNetwork](https://www.facebook.com/NevadaSiblingNetwork)

Save these dates for our upcoming
Tuesday, July 14 10am-1pm
Friday, November 20 5-8pm

ACHIEVE TAHOE

Summer programs are now open for registration.

Register on www.AchieveTahoe.org/Content/Summer-Sports

Choose between water skiing lessons, Sierra Summer Sports (canoeing, kayaking, paddle boarding, Sea Doo riding and tubing) sailing or paddle sports.

NOTE-ABLE MUSIC THERAPY SERVICES

NMTSReno.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 Topozada at 775-324-5521.

ELECTRONIC MUSIC PROJECT

Mondays 4:30pm
Fee: \$30 per month
Live via Zoom

Learn about and create electronic music using beat pads, garage band, and sampling tunes.

VETERAN PROGRAMS



MILITARY SPORTS CAMP

September 14-18

Now accepting applications for the 2020 Military Sports Camp!

The City of Reno with the generous support of its presenting sponsors, and local adaptive sports programs plan to 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.



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

Thursdays at 5:30-6:30pm

Fridays 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.

DRILL WEEKEND CHILDCARE FOR MILITARY FAMILIES

Saturdays & Sundays 6:30am-6pm

BGCTM Pennington Youth Facility - 1300 Foster Dr.

The Boys & Girls Club of Truckee Meadows will offer free childcare for military families during drill weekends. Free for Kids K-12. Must obtain Boys & Girls Club Membership. Breakfast - Lunch - Snack. Contact Sarah Odom to register (775) 360-2471 or [SOdom@BGCTM.org](#).

RESOURCES



Renown Medical Group - Physical Medicine & Rehabilitation

Renown's new Physical Medicine and Rehabilitation practice is neuro rehabilitation-focused. The goal of providing care to neurologically-impaired patients is to improve their function, quality of life, and prevent medical complications secondary to their neurologic diagnoses. Patients who carry a diagnosis of traumatic or non-traumatic spinal cord injury, traumatic or non-traumatic brain injury (including stroke), multiple sclerosis, amyotrophic lateral sclerosis, Parkinson's Disease, those who have amputations, and those with other neurodegenerative or myopathic diseases may all benefit from referral to this practice.

Within these patient populations, we focus on the medical management of spasticity, (both medical and interventional) neuropathic pain, phantom limb pain, neurogenic bowel, neurogenic bladder, sleep and mood disturbances, autonomic dysreflexia, neurogenic orthostatic hypotension, dysphagia and more. Additionally, we specialize in equipment management including prosthetics and orthotics.

Stephanie Jones, D.O.

1495 Mill St., Reno, NV 89502

775-982-3608, Fax 775-982-8001 or visit renown.org.



Renown[®]
HEALTH



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.

LUNCH AND LEARN

Every 3rd Wednesday 11:30am-1pm
EMNECC - 1301 Valley Rd.

Please join City of Reno, VA Sierra Nevada Healthcare System, Renown Health, and High Five Foundation for Spinal Cord Injury/ Disease specific resources, topics and guest speakers during our monthly community-based luncheons.

NEURO RESTORATIVE

NeuroRestorative.com

Neuro Restorative is a 24 bed adult and pediatric facility located off Mount Rose Highway in Reno, Nevada. For over 40 years, Neuro Restorative has been America's largest and most experienced provider of subacute and post-acute rehabilitation services for people of all ages. Specializing in brain, spinal cord, catastrophic injuries, illnesses and other challenges, our team of clinicians design and implement comprehensive rehabilitation plans based each individual's specific challenges.

Our interdisciplinary team and program approach include: Specialized Nursing and Medical Care, Physician Oversight, Physical Therapy, Occupational Therapy, Speech-language Therapy, Behavior Analysis/Therapy, Neuropsychology, Case Management, Life Skills Training, Age Appropriate Integrated Functional Skill Training, Specialized Schools and Educational Services, Counseling, and Family Education and Training.

CAPABILITY HEALTH AND HUMAN SERVICES

The Company is an innovative healthcare and human services non-profit that serves families and children who have been diagnosed with developmental delays, other disorders, adults with physical and intellectual limitations.

Playgroup 1: This is a parent participation playgroup for ages 2-3 years old. The playgroup staff will interact with families in all activities – encouraging interaction of the children in sharing, requesting toys, manners etc. Strategies will be provided and reviewed for activities offered – showing parents how to get the most out of the session.

Playgroup 2: This playgroup is for children 3-6 years old, and is conducted by Anna Weston, Speech-Language Pathologist. We will have a variety of activities available including: sensory exploration, pretend play, gross motor activities, and arts & crafts. It is every Tuesday from 2-4 pm and is \$5 per child per session. Call (775) 434-0488 for more information.

NEVADA ATTORNEY GENERAL'S OFFICE

NVAGOMLA.NV.Gov

Free Legal Assistance to Veterans

Telephonic legal assistance available during the COVID-19 response. Veteran spouses/widowers also qualify. Please contact the Attorney General, Office of Military Legal Assistance at (775) 684-1100.



CANINE COMPANIONS®

DOG FEST

GIVE A DOG A JOB®

September 26, 2020
11 a.m. - 2 p.m.
Dick Taylor Memorial Park

cci.org/DogFestReno

Bring your dog, family and friends to this fun, dog-friendly community event and festival. Registration is FREE!

All proceeds benefit Canine Companions for Independence® and the mission of providing expertly-trained assistance dogs to people with disabilities free of charge.



Thanks to our national sponsors:

Eukanuba

nickelodeon