

FALL



2005



Upcoming Events

Healthsports Ski Classic

For the 24th consecutive year, the Healthsports adapted Snow Ski Classic will be held at Hidden Valley Ski Resort. The event will take place from January 29nd – February 1st, 2006. Volunteer orientation and an instructors meeting will be conducted on Sunday the 29nd, and the “Learn to Ski” programs will run from 9:00 am to 4:00 pm Monday through Wednesday. There will also be a Tuesday evening social with lots of fun, food, and prizes, and featuring music from the Pittsburgh area blues band Blu Razor Band. Tickets are \$10 for the social, and are available to the public. If you are a veteran skier, come back and join the fun! If you have never tried snow skiing before, this is a great opportunity for you to be introduced to the variety of adapted snow-ski equipment, access to top-notch instructors, and have a blast in the winter elements. Come join us!!!

HOPE Network’s Sit-Fit Classes

Recently HOPE Network started to offer an aerobics class designed for people with disabilities. The program accommodates people with all types of disabilities and all levels of function. These “Sit-fit” classes run every Wednesday afternoon at 12:15 pm in the main gymnasium at HealthSouth Harmorville Rehabilitation Hospital. There is no limit to the number of participants who can attend, but we do ask that you call the Healthsports office at least 24 hours in advance if planning to attend.

Extra: Stay tuned for the introduction of a new adapted spinning class in the near future.

Steel City Starz Need You

The Steel City Starz’ women’s wheelchair basketball team, is set to tip-off its 4th season of competition in the National Wheelchair Basketball Association’s (NWBA) women’s division. The Starz are looking forward to an exciting season with games against some of the local men’s teams, as well as, games versus nearby women’s teams from Baltimore, New Jersey, Washington D.C., Lexington, and Chicago. The season will culminate with a trip to the National Women’s Wheelchair Basketball Tournament in Birmingham, Alabama in early March.

The Starz are seeking new members to join the team. Women with (Class I,II,III) and without (Class IV) disabilities are eligible to play, but the team is definitely in need of women that would be classified as a I or a II in the NWBA. These classifications would include such disabilities as: complete SCI at T12 and above, non-ambulatory Spina Bifida, or Cerebral Palsy (CP). Even girls/women with a disability that does not require everyday wheelchair use, are eligible. These women could possibly have a leg amputation, CP, Spina Bifida, or even severe leg injury such as orthopedic fracture or ACL injury. Please call us if you are interested and/or for more information.

Keystone Conference Basketball Schedule

The wheelchair basketball season of the National Wheelchair Basketball Association (NWBA) is about to begin. Since readers of this newsletter are spread throughout the tri-state area, the entire schedule of the Keystone Conference is listed below.

September 24, 2005	Pittsburgh Steelwheelers @ PA Thunder & Lightning
October 8, 2005	Johnstown Flood City Rollers @ Buffalo Chariots
October 15, 2005	Youngstown YMCA Hot Wheels @ Johnstown
October 29-30, 2005	Keystone Conference Tournament – Edinboro University
November 12, 2005	PA Thunder & Lightning @ Johnstown Flood City Rollers
November 19, 2005	Buffalo Chariots @ Pittsburgh Steelwheelers
December 11, 2005	Buffalo Chariots @ Youngstown YMCA Hot Wheels
December 18, 2005	PA Thunder & Lightning @ Youngstown YMCA Hot Wheels
January 7, 2006	Youngstown YMCA Hot Wheels @ Pittsburgh Steelwheelers
January 28, 2006	Buffalo Chariots @ PA Thunder & Lightning
	Pittsburgh Steelwheelers @ Johnstown Flood City Rollers
Date TBD	Division 3 Championships in Bloomington, Illinois
Date TBD	Division 1 and 2 Championships in Lexington, Kentucky

Junior Wheelchair Basketball Starting

HOPE Network is beginning to form a wheelchair basketball team for juniors ages 7 to 19. One or two teams will be formed depending upon the response and ability levels of the players. No previous experience or stardom is needed. Just an interest to play hoops! Coaches and some sports wheelchairs will be provided. A recreational league format will be used during the initial phase of the program with a vision to form a competitive team in the future.

Players do not need to be wheelchair users on an every day basis. They can be ambulatory for the most part, however all the games will be played from a wheelchair. Currently, expressed interest has been received from juniors from areas including Freeport, Shaler, Brookline, Wheeling, Jeanette, Fox Chapel, Monroeville, and Cranberry. Once all the interested parties are involved, a decision will be made as to a day of the week, and a location, to get together to play. Please call the Healthsports office if you are interested to become a part of this excitement!!!!

Mighty Penguins

The western PA region has a tremendous sled hockey program available for those who want to push the puck around and SCORE! The Pittsburgh Mighty Penguins meet every Monday from 5:00-6:00 pm for practice at Bladerunners in Harmarville. If you are someone with a physical disability and a competitive spirit, sled hockey may be for you. For more information contact the Mighty Penguins via e-mail at mpsledhockey@yahoo.com or call 412-767-0602.

Legs of Steel—Fitness Program for Amputees

“Legs of Steel” is a new fitness program offered (free of charge) to all lower-extremity amputees, their families, and rehabilitation professionals who would like to learn techniques for increasing functional prosthetic control. Paralympic gold medalists, Todd Schaffhauser and Dennis Oehler, will teach participants various exercises and training methods designed to help amputees reach their personal activity level goals. Therapists will have the opportunity to assist amputees in their exercises and be able to implement these hands-on skills in their practices. All age groups and activity levels are encouraged to attend. The program is designed to ensure that all amputees benefit. Come dressed to participate in stretching, strengthening, and walking exercises.

Legs of Steel clinic schedule is as follows:

Mercy Hospital, Sister Ferdinand Clark Auditorium.....	12:20 PM—3:30 PM.....	9/21, 10/19, & 11/16
Monroeville Sports Center.....	6:00 PM—9:00 PM.....	9/21, 10/19, & 11/16
UPMC Passavant Hospital, Assembly Hall.....	9:00 AM—12:00 PM.....	9/22, 10/20, & 11/17
UPMC Southside Hospital, Rehabilitation Services.....	5:00 PM—8:00 PM.....	9/22, 10/20, & 11/17

For more information, please call Deb Carey of Union Orthotics & Prosthetics Company at 412-225-0385.

Learn to Golf Clinic

HOPE Network will once again be conducting a Learn to Golf clinic with LPGA Pro, Deb Constantin, and Eastern Amputee Golf Association's VP, Mike Oehling. This clinic will cover the basics of golf etiquette and swing development and is designed to teach people with all types of disabilities. The usual fall clinic has been postponed until April/May of 2006. The reason for the postponement is to get an early start on the regular golf season and prepare individuals to enjoy a new summer past time and take advantage of the golf gatherings that HOPE organizes every summer. The clinic will be held at Pine Creek Golf at a date and time to be determined. Stay tuned for further details in upcoming issues.

Past Events

2005 Eat'n Park Hoops Classic—the best ever!!!

HOPE Network hosted the 15th annual Eat'n Park Hoops Classic on a hot and sunny Saturday, June 18th on Pittsburgh's North Shore between Heinz Field and PNC Park. With the invaluable help of hundreds of volunteers, the stadium parking lots were turned into a festive mecca of basketball courts. A few hundred teams, with players of ages 8 to 60, registered to bring their game to the blacktop to determine Pittsburgh's best 3-on-3 street-ballers. Referees from the West Penn and Greater Pittsburgh Basketball Officials Chapters helped oversee nearly 1000 games in the day! Several special event contests including a three-point shootout, free throw event, and 2-man Hot-shot contest attracted lots of participants with fantastic prize giveaways for the top-ranked finishers. **Eat'n Park**, the title sponsor, set up a "mini restaurant" on-site and provided for all the hunger needs of the players, spectators, and volunteers. The popular Smiley Cruiser even made its first anniversary appearance filled with hundreds of Smiley cookies for the kids (and older kids) to decorate and consume. **Pepsi** provided ample thirst quenchers with a variety of Pepsi product including Mountain Dew, Pepsi, Aquafina, and GatorAde. They also provided wonderful prize packages for the special event contests including tickets to the And1 championships in Philadelphia in August. **Dick's Sporting Goods** provided basketballs and gift certificates for special events and volunteers. **Lincoln/Mercury** dealers brought several new stylish vehicles to the lot for everyone to check out. **ESPN Radio's** Summer Patrol brought fun games to play and win prizes. Other major sponsors included: **AC Dellovade, American Beverage Company, Fennell Consulting, Giant Eagle**, and **Medrad**. These great sponsors were joined by twenty other businesses in providing corporate financial support for this year's event. The generous corporate support, beautiful weather, thousands of participants and volunteers together made this year's Hoops Classic the most successful ever. A special thanks to Hoops Committee chairman, Rich Fennell, for leading the charge in a new format for sponsorship. Thank you to everyone involved!

HOPE Cheated the Day Away

HOPE Network took its water skiing program to Cheat Lake, West Virginia on July 23rd, 2005. It was a beautiful day for skiing. Ten participants and their families took on the waters of Cheat to discover the challenge of adapted water skiing, stand-up skiing, and tubing. Memorable moments included teenage phenoms Bobby Nock and Sarah Heinzl tirelessly scooting like water bugs across the lake. Jeff Dellovade and Matt Berwick demonstrated quick learning ability and skiing skills, and the success rate for teaching the family members to ski was almost 100%. Incredible.....HOPE Network's summer intern, with fear of water, even learned to ski at this clinic.

Special thanks go to: **Mark Gerson, Mark Derry, and Gary Sission** for bringing their boats to help the program run smoothly; **Shirley Hodgkiss and Trudy Truxell** for bringing and preparing the food for lunch; to the West Virginia Sheriffs Department for use of Morgan Run Park for the clinic; and to **the many other volunteers who made it possible.**

Chuck Scally Memorial Open Golf Tournament

The 13th annual Chuck Scally Memorial Golf Tournament was a tremendous success, despite the 1-hour rain delay! HOPE Network and Three Rivers Adapted Sports (TRAS) teamed together to co-host this exciting event on August 8th. This year, 42 golfers with disabilities came to Fox Run Golf Course in Beaver Falls, PA to compete in this "all-disabled," 4-man scramble. The event held some bittersweet thoughts for many of the players while honoring the passing of 2 former golfing buddies, Jim Missenda and Tim Stull.

But, all of the golfers overcame the obstacles for the day and gave it their all in a very close race for first. Shooting 10 under par, the 3-man team of Bob Pilewski, Neil Isenberg, and Howard Mumau emerged as the victors— showing that the seasoned veterans still had some good play. Taking second place and shooting 9 under par was the 3-man team of Darius Carlins, Dan Barry, and Patrick Corr. Rounding out the trophy winners, in third place were Jack Swidzinski, Jerry Swidzinski, Dick Reddick, and Herb Cavalier shooting 8 under par. Congratulations to all of the teams that competed in the event to honor Chuck Scally, Sr.

This year's special contest winners were: Rick Whitaker with Closest to the Pin on hole #15; Bill Martin with the Longest Putt; and taking home 2 prizes this year was Bob Glorioso with the Longest Drive and the Closest to the Pin on hole #6.

HOPE Network and TRAS would like to extend a special thanks to all of those who contributed to the success of this tournament. **Hole Sponsors:** Mountain Creations, Inc; Mallinger & Eger Optometric Associates; Blackburn's Physician's Pharmacy, Inc.; Brookside Lumber & Supply Co., Inc.; Keystone PVA; Beaver Valley Rehabilitation Associates/Dr. Michael Cozza; Matta Motors; Sunrise Medical/Quickie; Bender Consulting Services, Inc.; Dr. Amar Singh; Pittsburgh Air Systems, Inc.; The Watson Institute; the Harmarville SCI Team; Clark Manny; Marcia & Mike Logan; Dellatore Orthotics & Prosthetics Co.; The Scally Family; Accessible Home Automations ; and Invacare **Door Prize Donors:** Niagra Cutter; Tam O'Shanter of PA; RMU Island Sports Center; Pittsburgh North Golf Range; Quicksilver Golf Course; Butler Country Club; Caroselli, Beachler, McTiernan, & Conboy, LLC; Krispy Kreme; B.M. Machining; HOPE Network; Patrick Corr; Southpointe Golf Club; Pittsburgh Steelwheelers; The Woodlands No Handicap Golf Club; UPMC Health Systems; Club at Nevillewood; Claire Scally; Pro Shop at Scally's; Sewickley Heights Country Club; Har-Kel/Mentor; Oakmont Country Club; Sharon Country Club; and Marsh. **Dinner Sponsor:** Marc Kowatic of Hanger/Medical Center Brace. **In-Kind Sponsors:** HealthSouth Sewickley & Bill Mesing of Fox Run Golf Course. **And, a special thanks to all of our volunteers – without you this would not have been possible!**

Saturday Sports Spectacular

The gymnasium at the **Children's Institute** in Squirrel Hill came alive with the sounds of balls bouncing, metal clanking, and voices hollering and laughing on August 20th. HOPE Network conducted its Saturday Sports Spectacular for juniors to expose the youngsters and their family to the variety of Healthsports activities available in our area. The day consisted of lessons and games in wheelchair mobility, basketball, quad rugby, and fitness. Educational presentations demonstrated the adapted hand-crank cycles, water ski, snow ski, racing wheelchair, and golf. Special presentations were also made by Jim Glatch, coach of the wheelchair basketball program at Edinboro University, and by friends from the Three Rivers Adapted Rowing Association. All enjoyed a free pizza lunch, provided by the Children's Institute. Special thanks go out to **Amy Haid** and **Jeff Bisdee** from the Children's Institute for their help in planning and supporting the Spectacular. We will all certainly look to do this fun event again in the very near future.

Assorted Healthsports Programs

HOPE Network is wrapping up another season of summer sporting opportunities. **Water skiing** was wonderful this year. Mother nature made it possible to begin the program early this year (June 23rd) and is expected to be running until the end of September or further, as long as the air and water remain warm. So if you are still interested in getting out on the water before summer is officially over, call the Healthsports office to register.

This year also saw a growth in participation and volunteer recruits. Participants this year included: Bill Fertig, Matt Berwick, Rob Super, Darius Carlins, Norah Schneider, Bobby Nock, Mike Nock, Sarah Heinzl, Jeff Dellovade, Curtis Markel, John Gerhard, Mark Brestensky, Tim Pail, Kansis Neth, and Tori Campbell. **Thank you to all of those dedicated volunteers, old and new, that made this program possible:** Michelle McCracken, Mark Gerson, Marci Galore, Chris Venus, Janessa Smith, Joe Brestensky, Nate Schomburg, Tara Marsh, Kristen Jones, John Sikora, Chuck York, Sonny Paskorz, Jennifer Makowski, Shawn Gray, and Stephen Weaver.

HOPE Network also saw a surge of interest in **individual sporting opportunities**. Arrangements were made to individually coach several people in the sports of wheelchair tennis, racing, and cycling. These individuals were able to learn a sport that gave them a chance to participate in something with their families and friends, away from the typical group setting. A wish for the best of luck is extended to them in pursuing their interests.

HOPE Network staff made several appearances at local **summer camps** including the Mazerowski Sports Camp at the Woodlands. Instruction on adapted cycling and wheelchair basketball was provided to all the campers. Everyone was encouraged to participate and have fun! John Sikora then provided an after-lunch motivational talk for the campers on "Achieving Personal Success".

The **Bi-weekly Golf Gatherings** went well this year. HOPE Network foursomes visited some of the usual golf courses like Saxon and Butler's, and our groups even ventured to the Laurel Mountains for a beautiful day at Donegal Highlands. It was the first time that we golfed at Donegal and the combination of nice weather and beautiful scenery made for an exciting day on the course. HOPE is currently working to expand possibilities for the golf gathering locations, so, if you are aware of a local course that is relatively flat, give us a call and plans can be made to visit them in the spring.

Donations

A significant percentage of HOPE Networks' operational budget is dependent upon, and supported through, private donations. There are many ways to donate to HOPE Network including:

- \$ monetary donations made directly to the HOPE Network
- \$ in-kind donations (i.e. equipment, services)
- \$ the United Way Contributor's Choice Program (**Code #968193**)
- \$ the Combined Federal Campaign (**CFC Code #9097**)
- \$ Volunteerism

Any of these methods of support will help to continue all of HOPE Network's programs. Additionally, they provide great opportunities for you to experience the world of adapted sports. All donations are tax-deductible and are greatly appreciated!

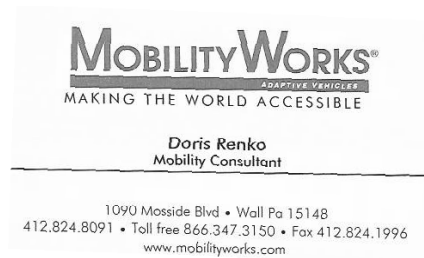
Thank you to recent contributors: Mark Brestensky, Paula Johnson, Nancy Kennedy, Jean and Pete Laverty, Ron Nuzzie, Nancy Schwoebel, and the family of Jonathan Houy. Funding for Junior Sports Project has been provided by the Jonathan M. Houy Memorial Fund of the Pittsburgh Foundation.

For Sale

Invacare Top End Excelerator XLT—**Like new!! Never ridden.** Shimano 7-speed hub w/reversing drum brake, high-pressure clincher tires, wheelchair tow bar, seat restraint, cushion, water bottle and cage, purple in color. Asking \$1,000. If interested please call the Healthsports office.

Advertise with us! HOPE Network has restructured its newsletter to include space for advertisers. The newsletter is mailed to **more than 3,000 individuals with disabilities and people working in disability related professions** on a quarterly basis. What a great way to hit your target market and help underwrite the costs associated with this publication.

Advertising packages range from a one-time advertisement to special rates for event sponsors. For more information call HOPE Network.



Please check calendar page for schedule of events.