



**FALL 2006**

### **25th Annual Healthsports Ski Classic**

For the 25th consecutive year, the Healthsports adapted Snow Ski Classic will be held at Hidden Valley Ski Resort. The event will take place from January 28 to 31, 2007. Volunteer orientation and an instructors meeting will be conducted on Sunday the 28th, 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, music, and prizes. This year's social will see the return of the funniest hat contest—so dust off those relics and bring them along while listening to live music by the Blue Razor band. 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 a variety of adapted snow-ski equipment, access top-notch instructors, and have a blast in the winter elements. Come join us!!!

HOPE Network is currently seeking sponsors and volunteers to help support the continuation of this event. Student volunteers with valid I.D. will receive discounted rate on lift passes. Anyone interested in assisting, please contact the Healthsports Office.

### **Junior Wheelchair Basketball Moving Ahead**

The Junior Wheelchair Basketball program continues to provide lots of excitement for all the participants (ages 6 to 18), as well as, volunteers, staff, and parents. The program has been conducted at The Children's Institute throughout the summer and early Fall under the direction of John Sikora, Theresa Crytzer, and Chaz Kellem. Major volunteer support has been provided by Chris Mielo and Mike Houy as the program continues to flourish. The participants gather for a 5-hour session that includes general physical conditioning, basketball drills for skills, wheelchair mobility training, games, and socialization.

The most recent session launched the foundation of Pittsburgh's first competitive Junior wheelchair basketball team. Plans are to enter the team into membership of the National Wheelchair Basketball Association's (NWBA) Junior Division and to compete in the Eastern Regional along with teams from Baltimore, Philadelphia, NY, Washington DC, and New Jersey. The Pittsburgh team will travel once per month to play in tournaments hosted by one of the regional teams.

Meanwhile, the recreational group will continue to meet and play, as well as the competitive team, at The Children's Institute. The next two sessions are scheduled for November 11 and December 9. (*Know of a youngster who wants to play...either recreationally or competitively? Just call the Healthsports office to register!*)

Come join in the fun!

## Past Events

### **Assorted Healthsports Programs**

HOPE Network has wrapped up another season of summer sporting opportunities. **Water skiing** got a later start this year, but was a very busy activity once it got started. The program saw a few new faces, and some seasoned veterans, this year in addition to reeling-in a few new volunteers, as well.

Special thanks go to: **Mark Gerson and Steve Cooper** for donating their boat and jet-ski, as well as, their time to this summer's water ski program. And, thanks to the **many volunteers who made it possible**.

Members of the Steel City Starz and the Pittsburgh Steelwheelers made an appearance at the Bill Mazerowski Sports Camp at the Woodlands in July. Various adaptive sporting activities were discussed, followed by an in-depth demonstration of wheelchair basketball that involved the active participation of the campers.

The **Bi-weekly Golf Gatherings** went well this year. The season started and ended with a visit to Donegal Highlands. The group also ventured out to Saxon to enjoy a quick round of golf in the brutal summer sun. Hope to see more hackers on the links next season.

A first-time ever, T'ai Chi class was held on September 19th at Healthsouth Harmarville. Even though only a small group of individuals participated in the demonstration, the outcomes were very beneficial. If individuals are interested in trying T'ai Chi, please contact Inner Strength at 724-845-1041 to schedule an appointment at your own convenience. Check out their website at [www.inner-strength.com](http://www.inner-strength.com) to learn of other classes.

### **Chuck Scally Memorial Open Golf Tournament**

The 14th annual Chuck Scally Memorial Golf Tournament was a tremendous success. HOPE Network and Three Rivers Adapted Sports (TRAS) teamed together to co-host this exciting event on August 7th. This year, 35 golfers with disabilities came to Fox Run Golf Course in Beaver Falls, PA to compete in this "all-disabled," 4-man scramble.

Shooting 13 under par, the 4-man team of John Wroe, Steve Baughman, Kevin O'Connor, and Frank Morris emerged as the victors of this year's contest. Taking second place with another 13 under par was the 3-man team of Larry Hall, Ed Krayewski, and Chuck Rock. Rounding out the trophy winners, in third place, shooting 12 under par, were last year's winners: Howard Mumau, Neal Isenberg, Bob Pilewski, and Jim Hoolahan. Congratulations to all of the teams that competed in the event to honor Chuck Scally, Sr.

**This year's special contest winners were:** Longest Drive—Herb Cavalier; Closest to the Pin (hole #6) - Jim Studebaker; Closest to the Pin (hole #15) - Bob Pilewski; and Longest Putt—Steve Baughman.

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:** 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; Quickie; Bender Consulting Services, Inc.; Pittsburgh Steelwheelers; Dr. Amar Singh; The Watson Institute; Clark Manny; Choice Care Physicians; and Accessible Home Automations. **Door Prize Donors:** Allegheny Country Club; Butler Country Club; Caroselli, Beachler, McTiernan & Conboy; Claire Scally; Green Oaks Country Club; Greensburg Country Club; HOPE Network; Mirada Golf Course; Mt. Lebanon Municipal Golf Course; The Woodlands—No Handicap Golf Course; Oakmont Country Club; Old Stonewall Golf Course; Pat Corr; Pittsburgh North Golf Course; Pittsburgh Steelwheelers;

Quicksilver Golf Course; RMU-Island Sports Center; Scally's Golf Center; Sewickley Heights Country Club; South Hills Country Club; Southpointe Golf Course; Tam O'Shanter, Totteridge Golf Course; The Club at

Nevillewood; TRAS; & UPMC Health Systems. **Dinner Sponsor:** Marc Kowatic of Hanger/Medical Center Brace. **In-Kind Sponsors:** Max & Bill Mesing of Fox Run Golf Course. **And, a special thanks to all of our volunteers – without you this would not have been possible!**

### **Team USA Takes Silver Medal at World Games**

The 2006 USA National Women's Wheelchair Basketball Team, under the direction of head coach Ron Lykins (MN) and assistant coaches John Sikora (PA) and Robbie Taylor (IL) met bi-monthly at Lakeshore Athletic Complex in Birmingham, AL for practices in preparation for the World Championships in Amsterdam, The Netherlands. The group of 11 players, team manager, trainer, and coaches traveled to Amsterdam with hopes of winning the gold medal for the first time in 12 years. During the 2 weeks at the tournament, Team USA performed exceptionally well as each of the ladies complimented each other so well on the court. The team speed, shooting accuracy, team work, and defensive tenacity were all trademarks of the championship caliber team. The team easily advanced through pool play with wins over Japan, Germany, and the Netherlands. Crossover play then matched the Americans versus France, which again posed no trouble for the more skilled US girls. That win advanced the US into the semi-final game against Australia. This game was nip and tuck throughout the first half with the US pulling away in the second half with the help of its relentless full-court press that led to a double digit win. Then came the long awaited match-up of the two powerhouses of Team Canada and Team USA in the title game. The Canadians came with their best game of the tournament with an aggressive match-up zone defense that caused the Americans much trouble early in the game. Canada jumped out to an early several point lead that had Team USA playing catch-up the rest of the game, of which the USA could not overcome. In the end, Team USA came home as winners of the silver medal...a nice reward for the months of dedication and teamwork. The nucleus is set for Team USA to begin preparation for the 2008 Paralympics in Beijing, China.

### **NWBA Basketball Camp Held at Slippery Rock University**

HOPE Network and Slippery Rock University co-hosted a co-ed national wheelchair basketball camp from August 3-6. Lew Shaver, chair of the NWBA International Committee, was the lead camp instructor who was assisted by all-world player Paul Schulte and recent USA National Team coach John Sikora. Twenty-five men and women from the eastern US traveled in for the three-a-day sessions that covered fundamental basketball and progressed up to competitive team play.

### **Something New....**

HOPE Network is looking for individuals to help start a peer networking system. Individuals with all types of disabilities and interests are needed to speak with newly injured children and adults. The actual scenarios may vary from a peer group to an individual mentoring/Q&A session.

Anyone interested should call the Healthsports office. A questionnaire will be sent out to those who are interested, so that a match may be made to fulfill the individuals' needs and expectations.

### **Congratulations to Blackburn's Physicians Pharmacy**

Congratulations to our long-time friends and supporters at Blackburn's Physicians Pharmacy for receiving the HME National Award as "Best Rehab Provider" for 2006. The award was presented at the international Medtrade convention in Atlanta,GA on September 19th

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# "Longitudinal Collaborative Investigation of Arm Pain in Paraplegia"



This research study will help to determine if there is a relationship between arm pain and injury and the type of wheelchair you use and if injury may result from how you push a wheelchair. This may help to improve wheelchair fit and prescription and help prevent future injuries.



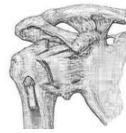
All testing will be completed at the VA Pittsburgh Healthcare System and the University of Pittsburgh Medical Center.

- You will be compensated:
- \$100 for completing the initial testing
  - an additional \$100 for completing the testing at 2 years.

Additional compensation for travel to Pittsburgh may be provided.

You may be eligible to participate if...

- You are between the ages of 18 and 65
- You have a spinal cord injury below T1
- You primarily use a manual wheelchair
- You do not have pain that limits your ability to propel a manual wheelchair



During participation in this study you will be asked to...

- Complete questionnaires
- Complete analysis of the force you use when pushing your wheelchair
- Have an MRI, x-ray, nerve conduction study and physical examination
- Complete brief telephone follow-up interviews
- Repeat initial testing after two years

Please contact the Clinical Coordinators:  
Annmarie Kelleher or Emily Teodorski at 412-365-4850

Principal Investigator: Michael Boninger, MD

Human Engineering Research Laboratories  
VA Pittsburgh Healthcare System  
Building 4, 2nd Floor, East Wing 151R1-H, 7180 Highland Drive  
Pittsburgh, PA 15206 -412-365-4850

## 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 Carter**

**David Frankovitch**

**Pamela Reynolds**

**Guardian Life Insurance Co.**

**John Majors Charities**

**The Second Mile**

**Eat'n Park Hospitality Group, Inc.**

**Healthsouth Harmarville Rehab Hospital-PT Dept**

## Fundraising

**Sponsors are being sought for HOPE Network's 2nd Annual Las Vegas Night.** Opportunities exist from placing a \$10 line ad for the program book to \$5,000 Platinum Sponsor, to \$500 reserved Corporate Tables. The Starz are also seeking in-kind donations of items to be used for the Chinese and Silent Auctions, as well as, for door prizes.

Go to [www.hopenetwork-pa.org](http://www.hopenetwork-pa.org) or call HOPE Network for more information about becoming a sponsor or purchasing tickets for the event.



VA Pittsburgh Healthcare System, 151R1-H  
7180 Highland Drive; Pittsburgh, PA 15206 Phone:  
412-365-4850 Fax: 412-365-4858

### **Are You Interested In Participating in Wheelchair Research Studies?**

If you are at least 18 years of age, and use a wheelchair or scooter, the Human Engineering Research Laboratories would like to invite you to join the **Wheelchair Users Registry**.

You will be notified of current and future research studies for which you may be eligible to participate. This is an informational resource and notification of a study does not obligate you to participate.

Please contact Emily or Annmarie for more information.  
412-365-4850 [registry@herlpitt.org](mailto:registry@herlpitt.org) [www.herlpitt.org](http://www.herlpitt.org)

## 2006 Calendar of Events

Weightlifting and Conditioning Program.....	on-going - M,W,& F 10:00 am – 1:30 pm
Aerobics.....	every Wednesday @ 12:15 pm
CLO New Horizons.....	Weekly
Steel City Starz- Women’s Wheelchair Basketball.....	September – March
Pittsburgh Steelwheelers - Wheelchair Basketball.....	September – March
Pittsburgh Steelwheelers - Quad Rugby.....	September – March
WOW! (Winners on Wheels).....	TBA

## Upcoming 2007 Events

17th Annual TRAS New Year’s Day Ski.....	Hidden Valley Ski Resort—January 1, 2007
<b>25th Annual Healthsports Ski Classic.Hidden Valley Ski Resort.....</b>	<b>—January 28-31, 2007</b>
WISP Ski Bash....(TRAS, BARS, 3-Trackers event).....	February 21-23, 2007
17th Annual Hoops Classic.....	June 9, 2007

TRAS will be skiing **most** Saturdays after January 1, 2007 at Hidden Valley Ski Resort and a few new places to be determined. For more information call Mark Kulzer at 412-848-8896.

Is there an activity that interests you that isn’t on the calendar? Let us know what activities you would like to see offered by the Healthsports Program.

**Check out the new HOPE Network website for information and updates on scheduled events at [www.hopenetwork-pa.org](http://www.hopenetwork-pa.org).**

**HOPE Network is always looking for participants and people to conduct various programs. If you are interested in becoming a volunteer, instructor, and/ or participant, give us a call TODAY!!!**

### Steel City Starz 2006-2007 Schedule:

Youngstown Hotwheels @ Youngstown.....	Sunday, November 12, 2006
United Spinal Liberty @ home.....	Saturday, December 9, 2006
Buffalo/Rochester @ Rochester.....	Saturday, January 6, 2007
University of Illinois @ Edinboro University.....	Saturday, February 10, 2007
NWWBT in Warm Springs, GA.....	February 28-March 3, 2007