

# HRH Sports Report

A PUBLICATION OF THE ADAPTED SPORTS PROGRAM AT FORUM HEALTH HILLSIDE REHABILITATION HOSPITAL

Spring/Summer 2007  
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## HRH Team Challenge Continues Success

The Third Annual Hillside Rehabilitation Hospital Team Challenge held on August 19, 2006, was a great success. Despite the soggy weather, everyone from participants to spectators had a wonderful time.

The Adapted Sports Program and the TMH Foundation teamed up to sponsor the annual fundraiser. Proceeds from the event benefit Hillside's Adapted Sports Program for equipment purchases, programming and for competitions or tournaments.

One hundred seventy two participants comprised 22 teams, of which 14 represented Hillside. Runners, walkers and wheelers (wheelchairs and bikes) included people of all ages. Five recumbent bikes, both hand cycle and pedal, were used to for the event. A grand total of \$30,545.21 was raised.

We're already looking forward to the 2007



Team Challenge, which may be renamed the 5K-1 Mile Walk/Run/Roll to reflect the increased interest and participation of individuals using wheelchairs and recumbent bikes.

## Golf Makes Therapy Fun For Kids At Children's Rehabilitation Hospital

For six years, Hillside has provided adapted sports services to the children of Children's Rehabilitation Center (CRC) in Howland. The program started with the area's LPGA tour and a grant

awarded to Hillside Rehabilitation Hospital to provide golf services to persons with disabilities in the area, including children.

In 2003, Kelly Thomas, CTRS, began visiting CRC each year to teach golf to children, from learning the rules of the game to swinging the club and making contact with the ball. Children are thrilled to have the opportunity to golf like their dad.

For those children involved, golf has made physical therapy a more rewarding time in their week. The sport has enabled participants to work on balance, hand-eye coordination, upper extremity strength and flexibility. In fact, golf makes therapy fun; children complete their therapy without even knowing that they're working.

When indoors at CRC, "Snag Golf," a portable velcro target and soft tennis-like balls, is used. Children, families and therapists are encouraged to use the HRH Sports Complex when it is open. The next time you're at the Sports Complex and see a child golfing, don't be shy. Come over and give us some competition.



Julie Lombardi learns how to putt with the help of Bernie Bilick a physical therapist at the Children's Rehabilitation Center in Howland.

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# Adapted Sport/PEP Spotlight

**K**eith Carney is someone very familiar to Hillside. In November, 2001, Keith suffered a traumatic brain and spinal cord injury from an electrical accident. After receiving care at two other facilities, he spent two months at Hillside as an inpatient, followed by eight months in the outpatient program.

In spring 2003, Keith enrolled in the PEP and GOLFF Programs, now known as the Adapted Sports Program. Since then, he has participated in every program offered by Hillside including air rifle, archery, biking, bowling, golf, basketball, PEP and tennis.

The activity Keith enjoys the most is golf. During the summer and fall, he plays golf two to three times a week. In the winter Keith can be found twice a week at the Creekside Golf Dome.

Keith enjoys participating in various competitions and tournaments. He has competed in air rifle competitions in West Virginia, Pennsylvania, South Carolina, Columbus, Cleveland and Hillside. Additionally, Keith has participated in archery tournaments sponsored by Hillside and Chip's Sports Center, as well as the annual GOLFF Challenge between Hillside's Adapted Sports Program and Edwin Shaw's Golf Program.

Asked why he participates in the Adapted Sports Program, Keith replied, "To improve my life. I feel more comfortable at Hillside and like how their program is growing."

Always eager to talk to and mentor others who have become disabled, Keith volunteers at Hillside with the SCI Support Group and the Adapted Sports Program. Everyone who has seen and worked with Keith agrees that he has come a long way. He works very hard to improve himself and is on the go every day. Keith encourages others to get out and enjoy life!



## SPRING/SUMMER SPORTS UPDATE

**First time participants, please call ahead of scheduled times. Times are subject to change:**

### Air Rifle/Pistol at HRH

9 a.m. - 10 a.m., Mondays  
1 p.m. - 2 p.m., Mondays  
1 p.m. - 2 p.m., Tuesdays

### Archery at HRH

6:30 p.m. - 7:30 p.m., Mondays  
1 p.m. - 2 p.m., Thursdays

### Biking at HRH

Call for appointment

### Bocce at HRH

10 a.m. - 11 a.m., Mondays

### Bowling at Echo Lanes

11 a.m. - Noon, Wednesdays  
2 p.m. - 3 p.m., Thursdays

### Golf

1 p.m. - 2 p.m., Wednesdays at HRH or Vienna Short Holes  
10 a.m. - 12:30 p.m., Tuesdays & Thursdays at Tamer Win

### PEP Club at HRH

Monday - Thursday,  
By appointment only

### Tennis at HRH

1 p.m. - 2 p.m., Tuesdays



# NRA Marksman Program Used To Improve Shooting Skills

**T**he HRH Air Rifle and Pistol team uses the NRA Marksmanship Program as a development program to provide incentive awards for developing and improving marksmanship skills. Progression is self-paced and scores are challenging yet attainable.

Shooters acquire a discipline patch at the onset of the program. With each new rating level earned, shooters receive corresponding awards. Each rating level has a skill rocker patch.

The course of fire in the qualification program is designed to progress shooters from beginning skill levels (**Pro-Marksman and Marksman**) through intermediate levels (**Marksman 1<sup>st</sup> Class, Sharpshooter, and Expert**) to the nationally recognized skill level - **Distinguished Expert**, the pinnacle of the program. Congratulations to the following for obtaining their current levels:



- **International Air Rifle Qualification:** Shooting unsupported, no elbows on table. Stand is used if impaired upper extremity, but no elbows may touch table.

Linda Darby .... Pro-Marksman

Jon Rook..... Pro-Marksman, Marksman

Rich Jewel..... Pro-Marksman, Marksman, Marksman 1<sup>st</sup> Class

Paul Seese..... Pro-Marksman, Marksman, Marksman 1<sup>st</sup> Class, Sharpshooter

Keith Carney... Pro-Marksman, Marksman, Marksman 1<sup>st</sup> Class, Sharpshooter

- **International Air Pistol Qualification:**

Rich Jewel..... Pro-Marksman, Marksman

- **American Rifleman Qualification - 3 Position Aggregate Course:**

Shooting with 1 elbow on table, no elbows on table and 2 elbows on table.

Jon Rook..... Pro-Marksman

Paul Seese..... Pro-Marksm...





## The First Annual Archery Tournament Hits The Mark!

The first annual outdoor tournament sponsored by Hillside Rehabilitation Hospital's Adapted Sports Program was held in September 2006. The tournament drew archers of every kind: some looked to sharpen their shooting skills prior to the start of the indoor shooting season, while others wanted to get the extra edge for the hunting season.

The Hillside Archery League attracted 11 competitors and lasted six weeks. The first week was used to accumulate averages and set up teams. Each week competitors shot two sets of 25 arrows into a five-ring target.

The league ended with a potluck banquet for all archers and their families. Awards were presented to the top team. All league participants received a Hillside Archery League cap. We are looking forward to the 2007 Tournament and adding more participants.

## Adapted Sports Mission Statement

To offer the opportunity for physically challenged individuals to participate in sporting activities by providing an accessible environment, quality instruction and mentorship.

Through participation and competition, maximal potential and empowerment of wellness can be achieved.

## Employee Corner

Our employees, just as our patients and program members, need some time for relaxation, socialization and competition. Traditionally, bocce and darts have been offered during lunch time as a chance to break from the daily work routine and have some fun.

Since 2002, employee bocce and dart leagues have formed and played each year, beginning the season with team sign-ups and ending with a tournament. There is friendly competition among the teams along with some good-natured teasing, but the bottom line is, everyone has fun. It's also interesting to note that no team has ever won back-to-back tournaments.

Bocce is held outdoors for the most part, but the recreation room is used during inclement weather. Darts are played in the recreation room during the winter to break up the activities offered.

This year Adapted Sports plans to offer more opportunities for employees. Plans are underway to offer a March Madness basketball shoot out on the pop-a-shot in the recreation room. There is also the possibility of forming an after work golf league.

So, watch for more details and come join the fun.

## Biking Anyone?

Seems like only days ago that we put away helmets and hooked up bikes to the indoor trainers for the winter. Already it's time to think about biking—getting outside and the wheels rolling.

This year we plan to hold monthly bike outings in addition to our existing individual bike sessions and weekend riders. We anticipate that the outings will vary in distance, average speed and scenery, as well as attract riders of all kinds. Future biking locations include the Bikeway at Mill Creek Metro Parks and the Western Reserve Greenway. Family members and fellow bike riders are welcome to join the outings. To learn more about the program or for a bike outing schedule, contact Linda Case at 330-841-3655.



Biking from L to R: Darrel McCauley, Gail Pavick, Beth Shank, and Jack Shaffer

# New Look For Bocce Court

People using the HRH Sports Complex on sunny days know that shade is something difficult to find, even with the pavilion and available umbrellas.

Currently an awning is being built over the entire bocce court to provide additional and necessary shelter from the sun. The awning will allow patients and participants, especially those taking medications with contraindications to sun exposure, to comfortably play outdoors on sunny days.

Construction should be complete by April when the outdoor complex opens for the season.



# Winter Golf

For the last seven years, Hillside's Adapted Sports Program and Jim St. George, the golf pro at the Creekside Golf Dome in Girard, have worked hand in hand to give our adapted golf program a home during Ohio's frigid winter months.

This year golf lessons were held at the dome from December 2006 to February 2007. The twelve-week course was broken into each segment of the game. Each individual worked on a specific technique, and Jim St. George assisted in correcting and complementing form. The adapted sports staff was present for any special needs and for one-on-one instruction.

The players learned fundamentals starting with grip, stance, addressing the ball, swing and follow through. The focus then shifted to the actual game. One lesson worked solely on driving; the second, hitting; the third, chipping. Then all the pieces were put together in one day, using all the clubs that could be used for one hole. Participants received an occasional prize as an award for improvement. The course ended with a challenge.

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