



Hampton Mayor's Committee for People with Disabilities

NEWSLETTER

SPRING 2016

Vol 25 No 5



Jeanne E. Smith, Contributing Editor

Hampton, Virginia Area 30 Prepares for Special Olympics

Come out and join us for track & field and participate in summer games. Track and field (athletics) events encourage athletes of all abilities and ages to compete at their optimum level. Through our track-and-field-based training program, participants can develop total fitness to compete in any sport. As with all sports, track & field offers athletes the opportunity to learn through skill development and competitive settings, and to be involved in large social groups.

Events range from the 100-meter and hurdle events to the marathon, from the high jump to the long jump, shot put, relays and wheelchair events. We also offer events for lower ability level athletes to train and compete in basic athletics skills. The development of these key skills is necessary prior to advancing to longer competitive events.

Whether your interest is competitive or social in nature, we want you on our team. Our focus is on real sports, competition, athletes, and achievements.

**Sign up and practices will start
3-26-2016 at 10:00 AM**

West Hampton Community Center

located at:

**1638 Briarfield Road
Hampton VA, 23661**

**Coaches will be
there for sign up.**



BOCCCE



New this Year!

Bocce is an Italian game. The basic principle of the sport is to roll a bocce ball closest to the target ball, which is called a palina. Bocce as a Special Olympics sport provides people with special needs the opportunity to have social contact, develop physically and to gain self-confidence. Next to soccer and golf, bocce is the third most participated sport in the world.

**For more information
CALL**

**Coach Dave Smith
757-871-3519
or Jane Hobbs
757-788-0186**

Paratransit

Submitted by Pat Brown

Paratransit provides public transportation service for persons with disabilities, who because of their disability cannot utilize fixed route bus service.

You must become certified to use the service in accordance with the Americans with Disabilities Act (ADA). The disability must prevent or affect a person from being able to get to or from a fixed route boarding location, or it must require one to need the assistance of a boarding device and that device not be available (such as a wheelchair lift-equipped bus), or the disability must prevent one from boarding, riding or disembarking from an accessible bus.

Once certified, you may use the Paratransit service for any purpose so long as you are traveling within the Paratransit service area. Some individuals may be certified to ride Paratransit only under specific conditions or for a specified length of time based on their abilities.

The Paratransit service area, mandated by the ADA is any location within 3/4 mile of any fixed route bus service. Transit region includes the cities of Chesapeake, Hampton, Newport News, Norfolk, Portsmouth and Virginia Beach.

When you receive certification, you will be issued a Paratransit ID card with an identification number. You will be required to use this number when making reservations. Currently, you must reserve your ride by 5 PM the day before you wish to travel. For example, if you need a ride at 12 noon on Wednesday, you must call before 5 PM on Tuesday. You can also make reservations up to seven (7) days in advance. Paratransit is an origin to destination service.

There is a \$3 one-way fare. Please have the exact cash or Paratransit fare ticket when boarding the vehicle.

The drivers are required to assist the rider on and off at the curb which means you will



TO BEGIN THE APPLICATION PROCESS

visit www.adaride.com

call toll free 1-877-232-7433

between 11:00 AM – 7:00 PM (ET)

TDD Line (310)410-0985

Reservations and Operations Departments

757-455-8010

(TDD Customers call 711 Virginia Relay)

Option 1 - Reservations

Option 2 - Check on a scheduled ride

Option 3 – Cancel a trip or Purchase tickets

Option 4 - Operations Department

(Dispatch, Lost and Found, etc)

For questions about certification or services or to remove yourself as a Paratransit passenger

757-222-6087

(TDD Customers call 711 Virginia Relay)

To offer a suggestion or a concern

757-222-6000 ext. 6300

(TDD Customers call 711 Virginia Relay)

need to meet the vehicle at the curb when it arrives. If you feel you need additional reasonable assistance to or from the vehicle, please let us know when scheduling your trip. The driver will not announce upon arrival, it is the responsibility of the rider to be on watch for the vehicle when it arrives. The driver will wait no longer than 5 minutes for you at the pick-up location. Paratransit is public transportation and is a shared ride service; others may be sharing a ride with you.

Your safety is very important to us. Please comply with the Paratransit rules, and be consider-

continued to page 3

paratransit cont.

ate of your driver and fellow passengers. Each certified rider is allowed to bring grocery bags or packages as long as they can fit them on their lap or under the seat. The driver cannot carry packages for anyone. We welcome trained service animals, but they must be kept under your control.

If you need to cancel your Paratransit reservation you must do it 2 hours before your reserved time. Paratransit pick-ups are based on a thirty (30) minute pick-up window. You will be given that pick-up window time frame when making your reservation. For example, if you have a 2:00 p.m. pick-up, the driver may

arrive anytime between 1:45 and 2:15 and be considered on time. The wait time of five (5) minutes is allowed after the driver arrives within the pickup window. If you fail to board the vehicle after the waiting of five (5) minutes, a no show violation occurs. As long as you cancel your reservation at least 2-hours before your thirty (30) minute pick-up window begins, there is no violation. If you do not call before that time, you will be charged with a late cancellation violation.

It is also important to remember that if you "no show" or "late cancel" three (3) times in a 90-day period, your service could be suspended.



**WHEN SCHOOL IS OUT,
CAMP IS IN!**

Spend nine weeks of your summer vacation with your peers. Sign up for adventure and fun! Take trips, make some new friends, and learn some new things with our summer camp.

CAMP CHAMPION AGES 5.5 TO 12

The youth camp will encourage social engagements, leisure participation, and activities for your youth in all-inclusive environment.

SUMMER SUPERSTAR AGES 13 TO 17

The teen camp will provide opportunities for socialization, leisure participation, and activities for your teen. Teens will be encourage to increase community knowledge and independence in a safe and inclusive environment.

TRANSITIONS CAMP AGES 18 TO 22

The camp for young adults will provide opportunities to socially engage with peers and participate in a variety of leisure activities. Participants will be encourage to strengthen their independence, learn new skills, and increase knowledge of community in a safe and inclusive environment.

Therapeutic Recreation Summer Camp

This program is designed for individuals with special needs, and requires advance registration and assessment. Space is limited, so sign your child up TODAY!

**HAMPTON VA
PARKS & RECREATION**

**CAMP DATES ARE
June 27-August 26
Monday-Friday 7am-6pm**

**Therapeutic Recreation Center
4315 Kecoughtan Road
Hampton, VA 23669
Cost is \$80 per Week
For more info call:
757-728-1710**

WHEN YOU MEET A PERSON WITH A DISABILITY



OFFER HELP BUT WAIT UNTIL IT IS ACCEPTED BEFORE YOU GIVE IT.

Offering assistance to someone is only polite behavior. Giving help before it is accepted is rude. Ask how to help first and let the person with a disability instruct you.

ACCEPT THE FACT THAT A DISABILITY EXISTS.

Not acknowledging a disability is similar to ignoring someone's sex or height, but to ask personal questions would be inappropriate.

TALK DIRECTLY TO A PERSON WITH A DISABILITY, NOT TO SOMEONE ACCOMPANYING THEM.

To ignore a person's existence in a group is insensitive, and it is rude for two people to discuss a third person who is also present.

DON'T PARK YOUR CAR IN A HANDICAPPED PARKING SPACE.

These spaces are reserved out of necessity, not convenience. Some people with disabilities cannot walk distances; others need extra space in order to get wheelchairs in and out of the car.

DON'T ASSUME THAT LACK OF RESPONSE INDICATES RUDENESS.

Consider that the individual may have a disability which affects social or motor skills.

TREAT A PERSON WITH A DISABILITY AS A HEALTHY PERSON.

Because a person has a functional limitation does not mean the person is sick.

DON'T EXCLUDE OR EXCUSE A PERSON WITH A DISABILITY FROM PARTICIPATION BECAUSE OF THE DISABILITY.

Let the individual make that decision

Able R Us Family Forum Meeting May 17, 2016



We are having a support group meeting on behalf of all families in the in the Tidewater area who have loved ones with special needs: developmental and intellectual disabilities. (IDD).

There are many changes coming in the Federal and State laws. You need to know about changes in Medicaid waiver and what happens after your loved one leaves the school system? They will have a waiting list to look forward to in order to get a waiver slot. After graduation the cost of working in a sheltered work shop is \$45 a day. Families have to work together to make changes. Now is your time to make a difference in our community. We have invited Legislators, Senators and City Council members from Hampton and Newport News to attend. Each person will have only 3 minutes to speak, so please write your concerns in a letter that can be distributed.

The meeting will be held at North Hampton Community Center, 1435 Todd's Lane, Hampton VA 23666 at 5:00 pm to 7:00 pm on May 17, 2016.

**FOR MORE INFORMATION,
PLEASE CALL JANE HOBBS AT 757-788-0186.**

World Autism Awareness Day

Pledge to be a part of Light It Up Blue by wearing blue on April 2nd.



Light It Up Blue -- our annual celebration of World Autism Awareness Day on April 2nd is all about shining a light on autism. Far too many people don't understand the complexities of autism spectrum disorder, in addition to the talents people with autism possess and the various hurdles they can face on a day-to-day basis.

We know the first step to making real change for the 70 million people affected by autism worldwide starts with awareness and acceptance. The global autism community needs your understanding and support -- and it starts in your hometown.

That's why we wanted to pass along some facts about autism for you to share with your friends and family.

Early identification, diagnosis and intervention can make a significant difference. Autism can be reliably diagnosed by age 2. Yet, the average age of diagnosis is between ages 4-5. That's why raising awareness and understanding the signs of autism are so important. The earlier we can recognize the signs of autism and get support for our loved ones on the spectrum, the better outcomes they will experience throughout their lives.

Everyone has their own unique experience with autism. Autism is a spectrum condition, meaning it affects people in many different ways and in varying degrees. To ensure everyone receives the care and supports they deserve, we must provide the scientific community with tools that will enable them to discover personalized treatments. Autism Speaks is committed to this effort through our ground breaking MSSNG genomics program, which will lead to a better understanding of autism and new ways to treat its symptoms.

Autism is a lifelong condition. In fact, each year 50,000 children with autism transition to adulthood. Many of them are capable of going on to meaningful employment and living on their own. But they need more employment opportunities and housing and residential supports. Autism Speaks continues to work with public and private partners to ensure people with autism successfully transition to adulthood.

Acceptance is the answer. Together we can make a difference in the lives of people with autism by accepting their many gifts and recognizing the challenges they can face. Autism currently affects 1 in 68 people -- these are our loved ones, friends and neighbors. We owe it to them on April 2, and every other day of the year, to make the world a more understanding place. So let's Light It Up Blue together and shine a global spotlight on autism!

Lisa Goring
Executive Vice President
Programs and Services
Autism Speaks

Wheelchair has been evolving since 15th century

History stated that the first dedicated wheelchair was used in the 15th century and designed by Philip 2nd of Spain and was called an invalid chair.



Early wheelchairs were made of wood, had tall backs and were very wide and heavy. The wheels were bit easily pushed by the rider. The design assumed that the rider would always need help.

In 1869 the first wheelchair patent was issued for a model with rear wheels and small front casters. This model was followed by a variety of fanciful models, tricycle chairs, high-speed hand cranked models and wheeled attachments for rocking chairs.

The electric scooter first made its appearance in 1924.

In 1932, Harry Jennings built the first folding wheelchair, feather light for its day at a mere 55 pounds, similar to what is used today. That chair was built for a paraplegic friend of Jennings, Herbert Everest. Together they founded Everest Jennings Company that for many years held a virtual monopoly of the wheelchair market. The company's position was so strong in the market that they were ultimately forced to settle an anti-trust suit brought by the Department of Justice charging that they were pricing the wheelchairs artificially high, Today they



are just one of may wheelchair companies in business in the U.S.

In 1978 Marilyn Hamilton crashed her hang glider and became a spinal cord paraplegic. She was frustrated with the wheelchair options available to her and wanted to play tennis. She enlisted the help of two friends who built an ultra-light chair (26 pounds in-

stead of 55 pounds). It sported a light blue frame, a lower back and a more stylish look and the Quickie Chair was born. It was the fastest, lightest and easiest moving chair of its time. It is just one of several brands of sports wheelchairs and it helped popularize wheelchair tennis and other sports. Marilyn Hamilton won the 1983 US Women's Open Wheelchair Tennis Championship. She donated the chair to the Smithsonian Museum in Washington DC.

The Quickie chair design can even be credited with nurturing the disabled civil rights movement, not only because riders were able to achieve greater independence with the new chairs, but because the self image was unburdened by the institutional feel of the old designs., The world saw more of the person and less of the chair.



The Power chair was the next frontier and the design has come a long way since the first models. Once again, Marilyn Hamilton played the role of innovator, unfortunately as a result of an auto accident which broke her legs and wrists. This time is was the power chair that failed to meet her test. The Quickie P200 was introduced and was much lighter and more attractive than the old power chair and was also capable of being broken down for storage in the trunk of a car of for travelling.

New innovations are constantly being tried and more specialized designs to suit the specific needs of the disabled owner.

(Editor's Note: Many thanks to Gary Karp, author of "Life on Wheels" and "Choosing a Wheelchair," who came to my rescue when all the other research resources failed to find the wheelchair's history. Parts of the above are excerpted from his books. His help is so very much appreciated.)



Crime Prevention for People with Disabilities

These tips will reduce your risk of becoming a victim of crime. A physical disability, impaired vision, hearing or mobility doesn't prevent you from being a victim of crime. Common sense actions can reduce your risk. Here are a few things to keep in mind when you are either at home or out and about.

- Stay alert and tuned into your surroundings.
- Be realistic about your limitations and avoid places that put you at risk.
- Know your neighborhood where you live and work, also police and fire stations, restaurants or stores that are open and accessible.
- Put good locks on your doors, and be sure you can use the locks you install.

Security & Safety when Traveling

Security and safety are important issues for everyone when travelling but it is major issue for people with disabilities the thought of staying in a hotel The star thought of staying in a hotel motel of more than three floors can make apprehensive especially for those who use adaptive equipment example wheelchair scooters walkers or crutches. The majority of hotels motels do offer ADA classified accessible rooms on lower floors to accommodate patrons with disabilities. However if the number of rooms reserved has been exhausted upper level rooms are a sign this is not a This is not acceptable as a person in a wheelchair the result of a truck drivers negligence I do need a room on the lowest floor I room I always ask for when I make my reservations as I would have difficulty negotiating a flight of stairs. There is a estimated 4000 Americans who die am 40,000 injured and fire related incidents each year. The risk of death or injury resulting from fires is greater for people with disabilities. Everyone wants the comforts of home when they travel let the hotel motel staff know what is needed for you the person what dishabile So that your stay will be a safe and enjoyable.

Ellen Shackelford

- Install peepholes in on front and back doors at YOUR eye level. Important if you use a wheelchair.
- Carry your purse close to your body Carry your purse close to your body not dangling from the straps.
- If you have difficulty speaking, have a friend record a message giving your name address and type of disability to use in emergencies. Keep the tape recorder next to your telephone
- Ask the police department to conductor free home security survey to help identify your individual needs.
- Always carry medical information in case of emergency.

MAYOR'S COMMITTEE FOR
PEOPLE WITH DISABILITIES
CITY HALL
22 LINCOLN STREET
HAMPTON, VA 23669

PRESORTED
STANDARD
U.S. POSTAGE
PAID
HAMPTON, VA
PERMIT NO. 165

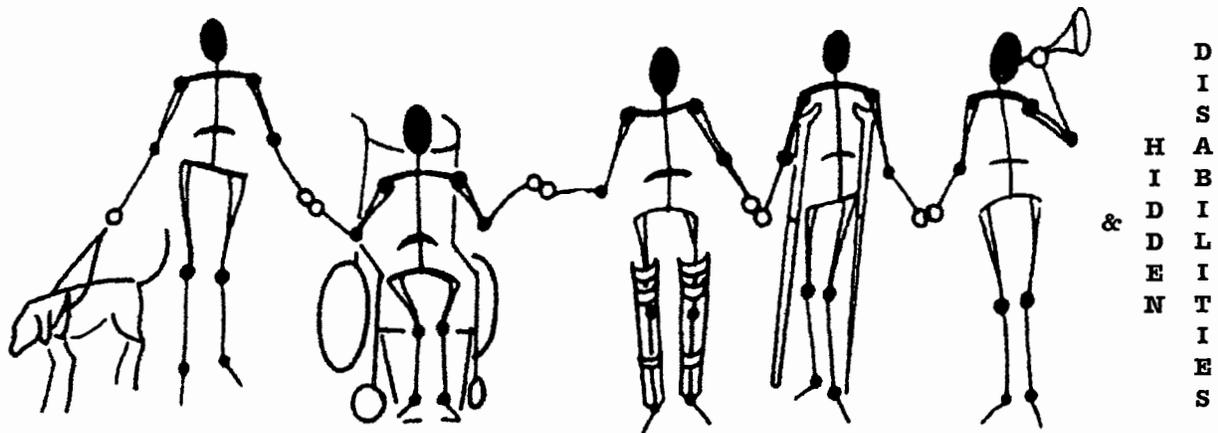
RETURN SERVICE REQUESTED

This newsletter is published quarterly, four times a year: Winter , Spring, Summer, and Fall. This newsletter was established to serve the disabled population and to enhance public awareness by publishing interesting and informative articles that will specifically address the needs and interest of the disabled. We welcome your comments and suggestions concerning future articles. We reserve the right to edit all articles. We are not afraid of offering controversial views for the benefit of our readers. Consequently, views and interests presented will not necessarily be the opinions of the editors or of the members of the Mayor's Committee for People with Disabilities.

Our thanks to the Hampton City Council for making these newsletter possible.

This Newsletter is designed and printed by Affordable Printing & Copies in Hampton www.affordableprintingandcopies.com 757-728-9770

If you would like to be added to the mailing list, need to change your address, or cancel your subscription, please contact Jeanne at 757-826-0762.
If you would like to submit an article for the next edition please email your submission to the editor at mmjeannes@cox.net.



If we all work together, we can win the battle.

