

OUTSPOKEN



Summer 2023



LOOKING FOR BOARD OF DIRECTORS

The South Carolina Spinal Cord Injury Association (SCSCIA) is looking to expand the number of members on the Board of Directors. SCSCIA is a non-profit organization, and serves individuals in South Carolina with a spinal cord injury. Call Angela for questions (803) 252-2198 or, if you are ready to join, complete the following application:

<https://angelarodriguez.wufoo.com/forms/zwitd2607vplgy/>

SAVE THE DATE

Face Yoga is coming via Zoom! You don't want to miss out. This relaxing series will be held July 13, 20, 27, & August 3rd at 8 PM, just in time to relax before bed. Instructor Marka Rodgers will take us through all the poses and benefits of face yoga.



SPINAL CORD INJURY AWARENESS MONTH

September will be here before you know it. The SCI Awareness Committee is working to make this year eventful and relevant. There is still time to join us the 2nd Thursday of the month at 2 PM. For more information, email: angela@scspinalcord.org

Adaptive Sports Day

Come try something new!

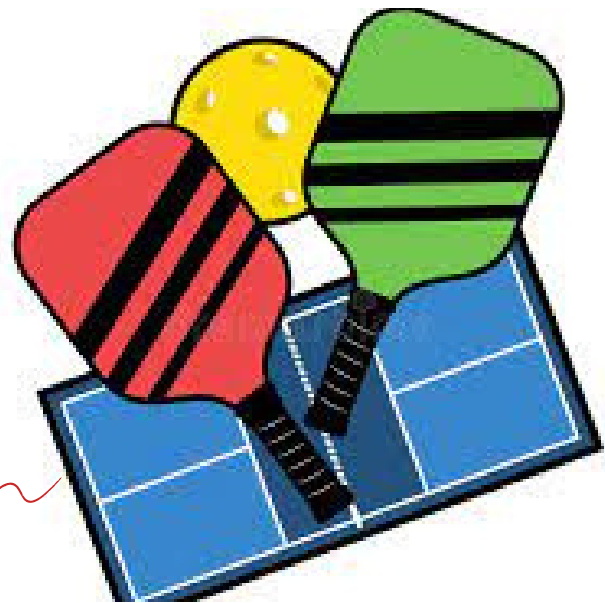
When: Saturday, June 10

9:00 AM - 5:00 PM

Where: Greenview Park

6700 David St, Columbia 29203

Lunch is provided. Registration is required to get lunch. We ask that only one family member/friend accompany the person with the disability. Anyone with a physical disability is welcome.



Adaptive Sports to
be played:
Adaptive Tennis
Wheelchair Rugby
Adaptive Pickleball
Wheelchair Basketball



To Register: Call (803) 252-2198 or email:

angela@scspinalcord.org

Roger C. Peace
Rehabilitation Hospital

PRISMA
HEALTH.

2023 UCAN Adaptive Sports: June Newsletter



REGISTER NOW

Registration required, contact:

Conner Magar 864-455-4483
conner.magar@prismahealth.org

***ALL New and/or Recurring Participants and Volunteers are REQUIRED to register for any and all UCAN event(s).

Adaptive Yoga- Every Friday @ Life Center
(11:30am-12:30pm)



JUNE EVENTS

June 8th-
Cycling @ Swamp Rabbit Trail
(6:00pm-7:30pm)

June 22nd-
Cycling @ Swamp Rabbit Trail
(6:00pm-7:30pm)

JULY EVENTS

July 13th-
Cycling @ Swamp Rabbit Trail
(6:00pm-7:30pm)

July 19th-
Golf @ TopGolf
(10:00am-12:00pm)

July 22nd-
Ski Bash @ Lake Bowen
(10:00am-4:00pm)

July 27th-
Cycling @ Swamp Rabbit Trail
(6:00pm-7:30pm)

Wheel the World Makes Travel Worry-Free

Let's face it. Planning an accessible vacation is not always easy and the concerns can feel overwhelming. Have you ever wondered if you'll get the accessible room you booked? Will the room truly be accessible? Or what about finding accessible activities and transportation once you arrive? The challenges faced when traveling can be vast, but Wheel the World is here to help. Wheel the World is an online booking platform, designed with accessible travelers in mind. Co-founded by Alvaro Silberstein, A C5 quadriplegic who became the first person in a wheelchair to climb Torres del Paine, the company specializes in making accessible travel worry-free.

With comprehensive planning, personalized support, and accessibility information, travelers can choose from a wide variety of multi-day trips, things to do, and places to stay. Travelers can also find and book a wide range of vacation activities including hiking, adaptive surfing, and kayaking to name a few. If adventure is not your calling, there are plenty of relaxing activities to choose from including sightseeing tours, museums, cooking classes and more.

Travelers are encouraged to create a free accessibility profile on Wheel the World's website to be matched with places to stay that meet their individual needs. The company's groundbreaking AMS (accessibility mapping system) allows travelers to view detailed accessibility information not limited to the hotel's room bed height, door width, sink height, turning space, and more. Wheel the World's trained team of mappers measure the accessibility of these various data points to ensure travelers are well informed on the accessibility of properties where they choose to stay.

To further address the challenges that can occur when booking accessible hotel rooms, Wheel the World offers guaranteed accessibility. The company prides itself on its "get the room you booked or your money back" policy and offers refunds to customers who do not receive an accessible room booked on wheeltheworld.com.

In addition to private multi-day trips, Wheel the World hosts a variety of group tours throughout the year to destinations including South Africa, Egypt, Costa Rica, Iceland, and Morocco. Group tours are a great way to explore alongside other travelers and include scheduled activities, most meals, transportation, accommodations. Groups normally consist of 8-10 travelers and are an affordable way to "pay less and explore more."

Visit www.wheeltheworld.com to start planning your next accessible vacation.



Cusco, Peru



Coast Rica



Valle Sagrado, Peru

SC Spinal Cord Injury Association Peer Mentor Program

Life after a spinal cord injury is challenging and confusing. There are a lot of questions that surface and not many people have the answers. Who better to answer those questions than someone who lives successfully, day to day, with a spinal cord injury.

SCSCIA

SOUTH CAROLINA SPINAL CORD INJURY ASSOCIATION

Get Connected Here



Benefits

- + **Connect with a peer who has an SCI that has experiences they want to share.**
- + **Engage with a peer who really gets what you're going through.**
- + **Learn inside tips on self-advocacy, SCI & things they don't teach you in rehab.**
- + **Each visit is done by phone, text, or video chat. You'll meet three to four times over several months, but it's up to you! And you might make a friend...**



Contact Now



803-252-2198 Ext 1001



brian@scspinalcord.org



www.scspinalcord.org

Get out and Ride!

Joe Pomeroy, Handcyclist

I'm Joe Pomeroy from Easley, SC. I am a board member of the SCSCIA. I started my journey into handcycling in 2017. For me it is a feeling of freedom, awesome cardio, and it helps manage my pain levels. Handcycling helps me maintain my mental health as well. There are all types of handcycles depending on what type of riding you want to do including off-road. My bike is a high end road racing bike designed for speed and aerodynamics. More upright, casual models are available in a variety of styles. I would be happy to help anyone interested in getting into handcycling. Contact the Association for details.

Cheers,
Joe



Waymaker Off Road Wheelchairs

Waymaker Off Road Wheelchairs, a local non-profit, loans their chairs FREE OF CHARGE to anyone with a mobility challenge. While they don't charge for loaning the chair, they need people who share the vision and see its incredible benefit. They rely on donations so they can keep everything (and everyone) rolling! They offer the chairs for pick up, but delivery can also be arranged.



WELLNESS FOR LIFE

The Three Components



Attend a Breeze Group near you, or join the online Carolina Breeze Group to get wellness information.

Taking care of yourself is very important! You can do this by visiting wellness providers, and we will help pay for the first visit! Need help finding a provider? Call (803) 252-2198 or email Angela@scspinalcord.org.



We love our partner organizations, like the Upstate-Carolina Adaptive Golf for giving wellness opportunities to our members. If you want to try a sport, event, or activity and you need funds to register, gas card to get there, or a hotel while you're there, give us a call.

CAROLINA

2nd & 4th Wednesday

Online @ 1:30PM

Leader: Brian

(803) 252-2198 ext. 1001

Call Brian for meeting link

COASTAL

Meets Last Thursday of the
month @ 6PM

Currently online, but will have
in-person option soon

Call Angela for meeting info

(803) 252-2198 ext 1000

Breeze

Weathering Life's Storms Together

UPSTATE

Meets the 3rd Thursday of the
month @ 6:30 PM

In-person

Leaders: Ashley, Kaylan, &
Harrison Contact Ashley at
ashley.wilder@prismahealth.org
for more information.

LOWCOUNTRY

Meets 2nd Tuesday @ 6PM

In-person & online

Leader: Barbara

(843) 557-4827

Call leader for meeting info

MIDLANDS

Meets last Tuesday @ 6PM

In-person at Encompass Health
Columbia & Facebook Live

Leader: Tonell

(803) 261-9972

Call leader for meeting info

We are in need of leaders for the Rock Hill and Florence areas.
If you are interested in leading, or in getting more information, email
Brian@scspinalcord.org

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South Carolina Spinal Cord Injury Association

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info@scspinalcord.org

www.scspinalcord.org

Find us on social media!

@scspinalcord & #scspinalcord

