



High-tech Equipment Takes on Snowmass

By Jenny Shafer Tankersley, Hampton VAMC

Looking like a prototype for an advanced technology, out-of-this-world feature movie, the “Snow Pod” made its debut at the National Disabled Veterans Winter Sports Clinic. One of only four currently in existence, the Snow Pod is cutting edge technology for wheelchair users to do mountaineering,” Mark Wellman said. Wellman, a paraplegic, has spent most of his life dedicated to removing barriers for disabled individuals. He has produced three videos featuring individuals who have accomplished great feats working through a multitude of barriers.

Weighing in at only 55 pounds, the Snow Pod, a four-wheeled snow vehicle, was developed about five years ago. Its appearance at this year’s Clinic is really as a “show and tell” to let participants know what technology is at work and give them a glimpse of what the future holds for those wishing for more in their sporting lives. Although no one was scheduled to ride the Snow Pod this year, Wellman hopes to have several on hand for next year’s Clinic.

Another type of mobility vehicle at the Clinic is the handcycle. At various levels of abilities, handcycles help individuals with disabilities participate in this fun exercise, and connect with family and friends in a community setting. Dave Tostenrude, recreation therapist at the VA Puget Sound Healthcare System, says handcycles made a high jump in technology in the last five years. Individuals with higher level disabilities find that the cycles are making a positive difference in their lives. “The greatest benefit,” Tostenrude added, “is its impact on their cardiovascular system.” John Devine of New York said about the handcycle, “It is great for me, keeping my gut under control. I work hard each week in the gym to help maintain and improve my upper body strength. This cycle is great.”

One of the favorites back again for this year’s Clinic is the climbing wall. Testing not only strength and endurance, the climb helps those attempting it feel a real sense of accomplishment. When asked how he felt about his first experience on the Wall of Challenge, John Wiley of Long Beach, Calif., who recently turned 60 said, “It’s a long way up there! It was great! A hell of a challenge.”

High-tech, high times, and meeting the challenge – that’s the Winter Sports Clinic at its best.



TODAY'S SCHEDULE

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| 6:30 - 8:30am | BREAKFAST: Conference Center |
| 8-11:30am | Downhill Skiing: Staging Area Rock Island, Granite, Sneaky's |
| 8-4:00pm | Horseback Riding & Fishing: Sopris Therapy Services, Carbondale |
| 8:30-3pm | Cross Country Skiing, Snowshoeing, Orienteering: Ashcroft Ski Touring Center |
| 9-11:30am | Scuba Diving: Silver Tree Hotel Pool |
| 10-12 noon | Rock Climbing: Conference Center Circle Handcycling: Conference Center |
| 11:00-1:00pm | LUNCH: Conference Center Ballroom |
| 11:30-4pm | Shooting Sports: Basalt Trap Club |
| 12:30pm | Downhill Skiing: Staging Area Moonshine, Wildcat, Slider |
| 1-3:00pm | Rock Climbing: Conference Center Circle Handcycling: Conference Center |
| 1-3:30pm | Trip to Aspen: Silver Tree |
| 2-3:20pm | <u>CEU Educational Workshop:</u> "Uncle Sam Wants to Give Disabled Veterans His Business" -- How to Sell Goods and Services to the U.S. Government Urban Miyares and Scott Denniston |
| 2-4:00pm | Scuba Diving: Silver Tree Hotel Pool |
| 4-5:15pm | DINNER: Conference Center Ballroom |
| 5:30-7:00pm | <u>CEU Educational Workshop:</u> Developing a Handcycling Program for Yourself and/or Your Agency David Tostenrude, MPA, CTRS Carrie Booker, CTRS |
| 7-8:30pm | <u>CEU Educational Workshop:</u> Fighting Spirit! How to Live Your Life With Grace and Courage No Matter What You Are Dealing With Francine Berger, MA, CSP |
| 7-9:00pm | Goal Ball: Aspen High School |

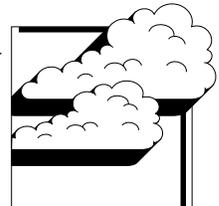
Missing - A white box (30" x 24" x 13") with United Airlines tape on it with the following markings: "Hanes," Pegasus Screen Printing," "CH Air," and "Rm 134 Bill Fisher." If found, return to the valet desk at the Silver Tree.

Special Note on Horseback Riding

Some of you have expressed disappointment at not being able to participate in this event. Please understand that it is the staff of the therapy center who determine who may participate, not the medical staff here at the Clinic.

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WEATHER CORNER



Mostly Cloudy

UV Index 8 - High

No precipitation

Today's High: 58

Tonight's Low: 29



HealthWatch

Tips for Today

Please wear your sunscreen! Snowmass is located at an elevation of more than 7,900 feet. This brings you low-landers much closer to the sun and sunburn. Additionally, the snow cover reflects sunlight and increases and intensifies exposure. Use sunscreen with a sun protection factor (SPF) of 30 or greater, and use it often. And don't forget the sunglasses!

How are those eyes? You may notice extreme dryness in your eyes and nose this week, for good reason. The humidity is much lower due to the cold air (it holds less moisture than warm air) and there is no active source for moisture to be absorbed into the air in the winter. Use moisturizing eye drops and nose sprays to keep eye burning and nose stiffness to a minimum.

Medical Emergencies: Call 911 for an ambulance for transport to the local emergency room

Non-Emergent Care:

7:30 am-9:30 pm:

Send individual to Bedford Medical Room or call the medical room for instructions: direct line 291-9501

After hours:

First, try the doctor-on-call, at 291-9501

If no answer, call the Mountain Chalet desk: 923-3900. They will have on-call night information.

The Yard Sale

Are you familiar with this term as it applies to the world of skiing? When a skier wipes out in spectacular fashion, leaving a debris field down the slope (i.e. hat there, ski here, boots over there, pole up a tree, body down the hill...), that's a Yard Sale. Thanks to the medical staff, we will keep you posted on those who join the Yard Sale Club this week. The first injury of the week goes to **Leo Gagne** (#23, Largo, FL). Leo earns special distinction for conducting his Yard Sale in front of the hotel before reaching the slopes! Leo is a little banged up, but he's okay. When you see him, give him your support -- and congratulations on an honor well earned!

Med Note:

For transport from the hotel down to the medical room, look for the van with the hearts on the side.

Here's Your Horror-scope ...

Aries - Isn't it your birthday around this time? Let's ram that down your throat. Protect that old skin with sunscreen today. And then, there's always Geritol.

Taurus - We will not deal with any bull from you today. Try to develop a more complete picture of yourself – like the polaroids at registration (and we have yours—and that's no bull).

Gemini - You'll either kiss the mountain today or kick it tomorrow – which shall it be? Turn your attention to friendships and social contacts, especially while skiing, and don't be two-faced. We're all watching you.

Cancer - Don't be a crab. You may feel like you can accomplish anything right now, but let's see if you still feel that way after you ski. Be nice, will ya?

Leo - Stay open to new ideas now like springtime skiing. If you find yourself presented with new opportunities (like shopping in Aspen) remain open-minded, otherwise it will cost you – dearly.

Virgo - Your inner values could be in the process of changing a bit – especially after hitting the slopes or meeting Bo Derek. Timid – you? We saw you last night and we have pictures so you buy the first round tonight!

Libra - They say you're well-balanced but we know better. Let's hope it still holds true while you ski.

Scorpio - Don't sting anyone today or you'll regret it, and they'll all get back at you tomorrow. Your skis, extra beer and underwear may all turn up missing. But if you're really nice, we'll all toast to you, you scary insect.

Sagittarius - Take some time to get out and have a little fun right now. Try some new things this week like horse-back riding or scuba maybe? You'll either fall off the horse or sink in the pool.

Capricorn - There could be a few pleasant surprises around for you today. So don't be an old goat - shop, ski, scuba, and hit the climbing wall this week in Snowmass. No kidding.

Aquarius - Improving your communications skills should be high on your list of goals right now. So stop beating around the bush and say what you mean, or you'll end up in the pool – with no scuba gear. You wet dog.

Pisces - It's sink or swim time. Be nice to all other signs today, or you'll be swimming with the fishes tomorrow, Pisces. Don't worry, we know you're not all wet – at least most of the time.



Eats

Menu for Today

Lunch (11:00 a.m. - 1:00 p.m.): Submarine Sandwiches, meat and veggie; Coleslaw; Pasta Salad; Whole Fruit; and Brownies.

Dinner (4:00 p.m. - 5:30 p.m.): Spinach Salad with Hot Bacon or Ranch Dressing; Artichoke and Mushroom Salad; Chicken Stirfry and Rice; Sliced Roast Beef; Idaho Potatoes; Sourdough Bread; and Cauliflower and Broccoli.

Breakfast for tomorrow (6:45 a.m. - 8:30 a.m.): Sliced Fresh Fruit; Oatmeal with Raisins; Biscuits and Sausage Gravy; Scrambled Eggs with Salsa; Ham; Granola with Yogurt; and Chilled Juices.