

Access Anything:

The Traveler



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www.ckconsultingonline.com

<http://accessanything.blogspot.com>

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www.youtube.com/accessanything

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Publication & Design
Andrea J Kennedy

Editor
Craig P Kennedy

Contributors

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On the Road

Where We've Been and What We've Seen

The benefits of being on the road all summer are meeting new people, hearing their stories, and seeing their adaptations. We've been on the road for months, and it feels great to finally be home for a while, as there's no place like home, especially if it's Steamboat!

Check out page 4 as well as the new links on page 10 for some findings from our travels – from the Abilities Expo in California in June to the World Congress on Disabilities in Reading, PA in July, we've been collecting inventions, ideas, creations, and adaptations just for you!

3rd Annual Behind the Boat Water Ski Camp, Steamboat Springs, CO

It's that time of year again, when we bring up the fun Adaptive Adventures crew, load the boat with the cameramen, and film and photograph participants of all ages and abilities out on the water of Bald Eagle Lake in Steamboat Springs for the 3rd annual Behind the Boat Adaptive Waterski and Wakeboard Camp!

If you haven't heard of our camp before, check out prior year's videos on our [website](#). Starting last year, we began adding a day of rafting down the Colorado River with Colorado River Center as well, and a relaxing August float down the river is the perfect way to follow up on two days of action-packed water fun. If you're interested in joining us, please [email us](#), we'd love to have you!



Happy summer, and GET OUT!
The Access Anything Team

EQUIPMENT AND INVENTIONS – Summer '08 Update

From our travels this summer to Abilities in CA and WCD in Reading PA, we've come across some awesome equipment we can't help but share with you! Click on the blue links for more info.



DPX Systems – Coming in at 1st place, this is the invention that made us go, “What won’t they think of next??” Run your wheelchair with a cordless power drill? Why Not? With 3-12 mph of additional speed and assisted power, save your arms, shoulders, and energy with a remote throttle-controlled addition to your wheelchair for a minimal additional cost. 13 extra lbs and you’re rolling!

GO PED Wheelchairs – For a company that specializes in “portable transportation devices,” adding wheelchairs to their tech list was a no-brainer. Their new innovative design for a chair with fat tubing and full suspension has a modern look to it, and is already getting great feedback. This fatty design takes our 2nd place for the summer inventions update, email them for more info!



Clean Butt Bidet Spa – Just the name alone made us want to bump this up a notch or two, the Bidet Spa is an adaptive and hands-free device for “rear-end maintenance.” Excuse the pun, but this is one whirl-wind invention that makes everyone smile and is not just for the lazy. A wireless remote controls this semi-permanent fixture with a warmed seat, angling the spray, water pressure, and air dryer. For those whom the bathroom “routine” is a nuisance, embarrassment, or two-person ritual, use this inexpensive device to regain your independence and make the process more fun while “going green” and saving paper!

Lift Vest – An excellent invention for Physical Therapists and home-care companions, this save-your-back device is a no brainer. Available in several different styles, including original, kid, and swim, the LiftVests provide handholds and slip-free safety for lifting patients out of their seats for easy transfers. Also good for gait training, airline and auto travel, and “cabin fever,” the newest discovery for the LiftVest is for autistic children who feel more secure with a little pressure applied to their torso.



Mobi-Mat – Originally designed for the military as a landing device and transporting, this portable and extremely durable mat system has taken the adaptive world by storm, creating a moveable access device for agencies and individuals alike. From parks and beaches to flooring and roadways this roll-out path system is not only for wheelchairs but great for strollers, walkers, skiers, boats, work pads and more!

Media Camping – In a time when gas prices are affecting all modes of travel, RVing might sound inappropriate. But weigh in the ease of always having your own reliable access that travels around with you at no extra cost above the price of gas and adaptive RVs sound more enticing by the word. Specializing in “Ability Equipped” as well as “Med-One” specialty vehicles, Media Camping is familiar with adding lifts, medical equipment, and universal-design appliances and furniture to their Mini RVs, Fifth Wheels, Trailers, and Motor homes out of their Pennsylvania office.



If you have an ingenious invention, or know of someone who does, email us with a link, description, or photo for our spring Newsletter!

project walk

A visit with Dave Genchi

Carlsbad, CA, early June

Many of you might remember our friend Dave, the videographer for Powdercats Backcountry Skiing, who broke his c-7 vertebrae on Buffalo Pass outside of Steamboat Springs, CO in December of 2006. After over 6 months at Craig Hospital in Denver, and some recoup time with family in Florida, Dave relocated himself to the San Diego Area in November of 2007 to be closer to an innovative rehabilitation program called "Project Walk." One of our stops this summer while in California was to check out the facility and see for ourselves: just how does a quad become a Super-Quad?

Our first lesson was that no one at Project Walk uses injury terms like quad or para. They're all athletes, improving motor skills and muscle mass, working with trainers individually as if they were Lance Armstrong training for the Tour. This was refreshing to us, seeing Dave put on the same level with everyone else, and doing the physical work that you wouldn't think possible of a c-7 injury.

He was boxing, sliding, lifting, crunching... even walking. We saw what Dave calls the Monkey Machine, a contraption of slings and a conveyer belt that simulates gate, reminds the body of the movement of walking, and encourages a lot of sweat.

But he and his trainers have seen amazing progress over the last nine months; he's gotten back his grip, range of motion, and sweat glands. And just being there surrounded by such focus and genuine success from everyone was inspiring. Below are some our photos and a video of Dave Genchi, getting his body back. We still hope to get Dave back on the slopes of Steamboat for our winter camp, so keep up the good work Dave!

Learn more about his recovery, see videos, and keep posted on the progress through www.davegenchi.com.

Learn more about Project Walk at www.projectwalk.org.



Check out the video Dave loaded from some of our photos and clips while visiting...
<http://www.youtube.com/watch?v=jmUsVFInly0>

THE ADVENTURER

Sherri Backstrom – Sailing the Seas

Sherri Backstrom was born and raised in Bellingham, WA, growing up in a sailing community with physical challenges. Since a young age, Sherri has been dealing with the progression of CMT (Charcot-Marie-Tooth Disease, similar to MS), watching nerves and muscles deteriorate and affecting her balance, stance, and ability to stay on her feet and have full use of her hands. She was fully diagnosed in 1984 during pregnancy at the age of 22, but did not get surgery for her condition until 2003.

She closed her Montessori School in 2000, but thanks to her upbringing, staying off her feet reminded Sherri of sailing, and her new path led her to the docks of Bellingham where she proceeded to overcome her challenges and get her sailing certifications for instructing. She was soon offered a job at San Juan Sailing in the area, and over the next few years she began to combine her own experience of living with a disability with her love of the sea.

Inspired by a woman who was refitting her 98' trawler for people with disabilities (to include an elevator, wider decks and remodeled rooms), Sherri realized this is where her calling must be. After some research in finding only a few options for sailors with disabilities, Sherri embarked into a yacht charter brokering agency that helped connect the sailors with the means. She promotes excursions through her company, Waypoint Charter www.waypointcharter.com, offering semi-private charter vacations that cater to people with disabilities.

Amenities include wider pathways and adapted ramps, chair lifts, elevators, wide staterooms and seating, lowered sinks and raised toilets, and roll-in showers with benches.

The locations are not limited to the San Juan Islands either; and include Alaska, the Caribbean, Europe, Mediterranean, Mexico and more.

Sherri looks forward to sharing her dream of seeing the world via the waterways with anyone who dares to dream.



Traveler's Calendar

August

12-14: [3rd Annual Behind the Boat Waterski and Wakeboard Camp](#), Steamboat Springs, CO

September

12-14: [Abilities Expo](#), Minnesota

Events to Watch For

January 12-15: [4th Annual All-Mountain Adaptive Ski Camp](#) in Steamboat Springs, CO

Online Destinations

Africa Safari and UK Travel: <http://www.endeavour-uk.co.uk>

California Flight Seeing: <http://www.pacificcrestaviation.com>

Sports Equipment: <http://www.dpxsystems.com>

Tenerife, Spain: <http://www.bluebadge-tenerife.com/>

Travel Agent: <http://www.waypointcharter.com>

Walt Disney Guide: <http://www.diz-abled.com/>

Washington State Park: www.parks.wa.gov/ada-rec

ACCESSIBLE HOME FOR SALE IN COLORADO

<http://boulder.craigslist.org/rfs/736445658.html>

ADA Features include the following:

- zero stairs from driveway to front porch, gentle sloping ramp.
- all doors appropriate ADA width
- single story home
- lower countertops in kitchen with a wall oven
- ramp from back patio to grass in backyard
- ramp from 3 car garage into home
- both bathrooms accessible
- master shower fits shower chair easily and has hand held shower

Destination Motivation

No great man ever complains of want of opportunities.

Ralph Waldo Emerson

The Crip's Tip

Learning the Links-tips from an avid adaptive golfer

Depending on what type of cart you are using, adaptive golfing can be quite different from location to location. Most of my experience is golfing from a SoloRider, which allows you to golf right- or left- handed thanks to the swivel seat that elevates you over the ball. I swing one handed and "choke up" on the grip for better club control.

For best results play your drive off of your front hip and your irons off of your back hip. My secret to a good solid strike is a slow back swing with a pause at the top and then a nice easy swing through the ball. I have also found that it is best to get to the course early a hit a few balls on the driving range to warm up. No matter what, remember that you are out there to have fun!

Also make sure to check out the newest cart to hit the market, The ParaGolfer from Otto Bock. This cart stands up all the way up and allows for a full two-handed swing. They are only available at www.LegsDon'tWork.com.

