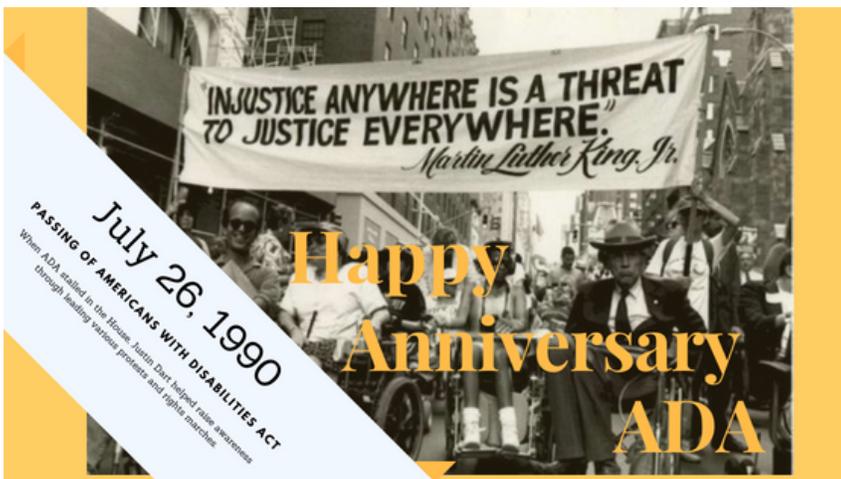


# NO LIMIT NEWS

## Living Life Without Limits



The Official Newsletter of New Horizons Disability Empowerment Center



## ADA ANNIVERSARY

By: Joan Baum , Director of Support Services

This July we celebrated the anniversary of the passage of the Americans with Disabilities Act (ADA) that was signed into law by President George H.W. Bush on July 26, 1990. The ADA is a national mandate intended to break down discrimination barriers that prevented the disabled from: being employed, when qualified, receiving information in formats they could understand, using public transportation and having access to buildings and programs in their vicinities, so they can fully engage in their communities. President Bush declared that the ADA would ensure people with disabilities “the opportunity to blend fully and equally into the rich mosaic of the American mainstream.” New Horizons Disability Empowerment Center in Northern Arizona offers programs to help the disabled live their lives as independently as possible, as valued contributing members of our society. With our Ongoing Workshops / Classes, Support Groups, Adaptive Gym, Employment Support, Computer Tutoring and Transportation we are constantly endeavoring to fulfil the ideals and goals put forth by the ADA. Stop In & Say Hello! Please remember we are a Fragrance-Free Facility.

### WHAT'S IN THIS ISSUE

- ADA Anniversary
- Yarnell Hotshots: Remembering 19
- Support Groups/CLA
- HELP

### Connect With Us



9400 E Valley Rd  
Prescott Valley, AZ  
86314



MAIN

(928) 772-1266

TRANSPORTATION

(928) 775-8870

CLA

(928) 772-1266 X113

### We're Social

[www.nhdec.org](http://www.nhdec.org)



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## Yarnell Hotshots: Remembering 19

**By: Monte Crooks, Lead Shuttle Driver**

I'm Monte Crooks, lead Shuttle Driver for the Granite Mountain Hotshots Memorial State Park in Yarnell, Arizona. It is a privilege to be involved with honoring our fallen 19 Hotshots on a daily basis. Interacting with some of the Park's many visitors is also a great joy. A most memorable moment occurred on Saturday, March 31, 2018 when young Luke and his family rode my shuttle to the Trailhead and took the hike. They had journeyed all the way from the East Coast!

This particular Saturday, the day before Easter, was Luke's 8th birthday. As a present, Luke got to choose the destination for his Birthday Trip and, since his dad is a Hotshot Wildland Firefighter, Luke chose the GMHS Memorial State Park. His Dad felt the experience of being where the 19 died would be too much for him personally, so he chose not to come to the Park just yet.

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*Luke wanted to donate his birthday money to support the Park and help honor and remember the Granite Mountain Hotshots.*

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After their very exhausting, emotional, yet joyful 5 hour hike to the fatality site and back, I had the joy of hearing all about their trek as I returned Luke and his family to their vehicle. About two minutes after the family exited the Shuttle Bus, Luke's mom returned and handed me a crisp new \$20 bill.

"This is Luke's birthday money from his dad and me. It was in his Birthday Card which he opened at the Fatality Site." She continued, "Luke wanted to donate it to support the Park and help honor and remember the Granite Mountain Hotshots."

I was too choked up to do anything but barely squeak out "Thank you and thank Luke," then give her a hug to pass on to him. I still can't even think of that moment without something getting in my eyes! After the family went on down the road, I took Luke's gift to Park Ranger Donovan with a simple request to pass on that now sacred \$20 bill through his Park Manager, Mark, all the way to the Arizona State Parks and Trails Executive Director, Sue Black, to have it framed and displayed.

With experiences like this, I am very confident our fallen Granite Mountain Hotshots, their Memorial State Park, and even the Town of Yarnell will forever be remembered. A great big heartfelt THANK YOU to all of our past, present, and future Park Visitors and Shuttle Riders!



courtesy of:

<http://www.cnn.com/2017/06/30/us/beyond-the-call-of-duty-granite-mountain-hotshots-yarnell-hill-wildfire-arizona-anniversary/index.html>

To learn more about the Granite Mountain Hotshot Crew, visit the Arizona Parks and Recreation website [azstateparks.com/hotshots](http://azstateparks.com/hotshots)  
**Park & Facility Hours**

Sunrise - Sunset

**Park Entrance Fee**

Free

Donations can be made at the park. Tax-deductible online donations are accepted through the Arizona State Parks Foundation.

Support Groups & Activities

OUTREACH COORDINATOR

Mary Hesselschwerdt

(928)772-1266 x 109

Direct Dial (928)515-2529

COMMUNITY INFORMATION COORDINATOR

Jean Lasher

(928)772-1266 ext 108



Need transportation?  
Call (928)775-8870  
to schedule a ride



When visiting,  
please remember  
we are a fragrance  
free facility!



2nd Thursday of Month

- Traumatic Brain Injury (BIG) 3-4 pm
- Diabetes Resource Group 4-5 pm
- Dave's Out to Lunch Brunch NOON

Social gathering at various local restaurants to meet people and enjoy a meal together. Contact office for monthly location.

3rd Tuesday of Month

- Multiple Chemical Sensitivities 2-3 pm

3rd Thursday of Month

- Chronic Fatigue Immune Dysfunction Syndrome (CFIDS) & Fibromyalgia 2-3 pm



COMPUTER TUTORING

Bring Your Questions!

Tuesdays 10-11:30am



PHOTOGRAPHY CLUB

Last Tuesday of the month  
11-12pm

EMPLOYMENT INFO

Meet with Job Developer  
Last Wednesday of Month  
11am - 12pm

Adaptive Fitness Center

Open 8:30a-5:00p Monday to Friday

Personal Training with Andrew Bogdanov  
by appointment, call (928)772-1266 x116



ARIZONA  
Community Leadership  
Academy

Call Office for Upcoming Class Information  
(928)772-1266

for additional events please visit our website  
at [www.nhdec.org](http://www.nhdec.org)

### Help Us, Help Others



By: David Seigler, Executive Director

Your HELP can make the difference that matters most! New Horizons Disability Empowerment Center is a non-profit, 501c3 charitable organization that has been helping any person, with any disAbility live independently and self-direct their own lives for 26 years! Isn't it about time you lent us your strengths? Your talents? Your treasures? We sure could use your help to get us to our next levels of service- we already help people find jobs, get fit, and learn to grow in many ways. We cannot continue these activities without some assistance. We are proud that our efforts help transform lives, yet we are concerned that there are so many people who we cannot yet reach.

Consider how much GOOD can be accomplished with the combined help of our community! Please make a financial gift today- and give an amount that makes you proud! Whether you can give \$5, or \$5,000- your gift will be put to work, combined with others, and will help restore Liberty to those who have had it stripped away! Don't wait, act now, and we will make it easy! Log on to our secure donor site, stop by, call us, or drop a check in the mail! Visit us at [www.NHDEC.org](http://www.NHDEC.org)

Next issue ...

*In our next issue, learn more about how to get involved with our adaptive sports and fitness programs.*

NHDEC is PROUD of our new Adaptive Sports programs, which include activities like "Day at the Lake," which includes adaptive water skiing and kayaking. NHDEC also has Yavapai County's only Wheelchair Basketball team!! Stop by the Campus today and see how you can get involved!



NHDEC is a Fragrance Free Facility