

NO LIMIT NEWS

Living Life Without Limits



The Official Newsletter of New Horizons Disability Empowerment Center



Steve, Andres, Steve Jr., Obie, Tommy, and Matt

NEW ADAPTIVE BASKETBALL TEAM

By: **Tiffany Kronz, Social Media Manager**

New Horizons Disability Empowerment Center (NHDEC) is excited to introduce their first Wheelchair Basketball Team. This has been a goal for New Horizons since 2016 when they were donated a 9000 sq. ft building which is now our Disability Empowerment Campus. Andrew Bogdonav, Fitness Coordinator, has been working diligently with Ability360 in Phoenix, AZ and the Executive Team at NHDEC to get the Adaptive Sports Program off the ground. His perseverance paid off as the summer basketball league started at Ability360.

Currently, our team practices at New Horizons Disability Empowerment Center and goes to Ability360 on Thursday afternoons to play with the league. Our team consists of 6 members and we are still campaigning for more new members to play in the league next summer. If you know someone who is interested in wheelchair basketball and would like more information, please call Andrew Bogdonav at 928-772-1266.

WHAT'S IN THIS ISSUE

New Adaptive Basketball Team

Adaptive Sports Happenings

Mankind Project: New Warrior Training Adventure

Remembering Our Friend Mildred

Connect With Us



9400 E Valley Rd
Prescott Valley, AZ
86314



MAIN

(928) 772-1266

TRANSPORTATION

(928) 775-8870

We're Social

www.nhdec.org



NewHorizonsDEC



#NewHorizonsDEC



www.youtube.com/my_videos?o=U

Adaptive Sports Happenings

By: Andrew Bogdonav, Fitness Coordinator

We have some exciting things happening with our Adaptive Sports and Fitness Center. This last month we have really been focusing on our Sports Programs. New Horizons is now starting a wheelchair basketball team! This will be the first wheelchair basketball team that Prescott has ever had. We will be competing at a D3 level, playing against Phoenix and Tucson teams. We are still working on funding for basketball wheelchairs and looking for an indoor facility at which to hold practices. We are always looking for more players interested in playing wheelchair basketball. Contact Andrew Bogdanov, Fitness Coordinator, at New Horizons if you would like to join the team.

Another awesome program that just ended for this year, was Day on the Lake, sponsored by Barrow Neurological Institute. Day on the Lake is a fun day for people with disabilities who want to participate in water sports. These sports include adaptive wakeboarding, skiing, fishing, kayaking, tubing, and jet skiing. Day on the Lake happens twice a year, usually in June and September. New Horizons is excited to share that we sponsored a total of 14 individuals who went down to Bartlett Lake in Phoenix, Arizona to participate in Day on the Lake this year!

And last but not least, we have an Adaptive Golf Clinic organized by 3 different organizations: Mountain Valley Rehab, New Horizons, and Ability 360. This clinic is scheduled for September 26th and 27th. This will be Prescott's first ever adaptive golf clinic. The golf clinic will be held at Antelope Hills Golf Course in Prescott, Arizona with golf pros teaching the fundamentals of golf. Ability 360 will be bringing "Paramobiles" which are Stand Up and Play machines that allow disabled golfers who are wheelchair bound to play golf standing! Participants will be putting, using the driving range, and playing 3 holes to get a feel for the game. If you are interested or know anyone who would like to play, you can call Mountain Valley Rehab at (928) 759-8800 to register!

Don't Forget! We have an adaptive fitness facility at our campus with a fitness coordinator; both are offered as a free service. So don't hesitate to give us a call or stop by.

Adaptive Fitness Center

Open 8:30a-5:00p Monday to Friday
Personal Training with Andrew Bogdanov
by appointment, call (928)772-1266 x 116

THE
ManKindProject
U S A
Inspiring Men Since 1985
NWT.A.MKP.org

November 30 – December 2, 2018

Sleeping Dog Ranch, Prescott, AZ (2-1/2 hours north of Phoenix)

Contact Dan Schou at danschou@q.com call 307-690-8498
To Register or go online to NWT.A.MKP.org

THE
NEW WARRIOR
TRAINING ADVENTURE®

The Southwest Community of the ManKind Project USA will present the first ever Barrier Free NWT.A (New Warrior Training Adventure), taking place in Prescott, AZ November 30th through December 2nd, 2018. The New Warrior Training Adventure will include both staff and participants with varying physical abilities and challenges. This is a "Gateway" training for men with physical disabilities. This training (NWT.A) is a modern male initiation and self-examination. The Mankind Project believes that this is crucial to the development of a healthy and mature male self, no matter how old a man is. For more details contact Michael (808)937-9564 or Dee Spitler (928) 308-2616. Scholarships may be available.

Support Groups



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



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

OUTREACH COORDINATOR

Mary Hesselschwerdt
(928)772-1266 x 109
Direct Dial (928)515-2529

COMMUNITY INFORMATION COORDINATOR

Jean Lasher
(928)772-1266 ext 108



Starts

October 25, 2015

Call (928)772-1266 ext. 113

APPLY NOW!

For additional events
please visit our website
at www.nhdec.org



COMPUTER TUTORING

Bring Your Questions!
Tuesdays 10-11:30am

New! PHOTOGRAPHY CLUB
Last Tuesday of the month
11-12pm

New! EMPLOYMENT INFO
Meet with Job Developer
Last Wednesday of Month
11am - 12pm

*Please remember
NHDEC office is a*

**SCENT FREE
ENVIRONMENT**



Employment Information & Meet Our Job Developer

What are you doing the last Wednesday of the month - from 11-12 Noon? Come to New Horizons' Employment Information Meeting and meet our Job Developer, Mike Walling. If you are looking for a job and have any type of disability, we may be able to help you find one! New Horizons has their very own Employment Specialist that assists the disabled in finding work or getting back to work. He even helps you get setup to deal with employment if it's your first job, plus much more. Mike has lots of great ideas to help you on the employment path and there is no age restriction as he has worked with those from age 15 -70+. New Horizons works in conjunction with DRES and Vocational Rehabilitation Services. If your disability has been documented by a government agency, a physician or mental health care professional, that is the link we need to help you! Mike has placed many great workers at businesses in the areas. Come talk with him! Let's see what your future holds for you!

Remembering Our Friend Mildred

By: David Seigler, Executive Director



I wish I could introduce all of you to our friend Mildred. She was a bright spirit, always with a smile. Mildred was a client, as well as a devoted volunteer who was always willing to help New Horizons in any way we needed.

While on occasion she might make a monetary donation, she was not a woman of financial wealth, although she was rich in good friends and spent much of her time doing things for others.

In the past year, Mildred passed from this world. While we were all deeply saddened by this loss, she left us something to remember her by. When Mildred passed, we found that she had remembered New Horizons Disability Empowerment Center in her estate plan and left a portion of her estate to New Horizons and another local charity.

What a wonderful way to make an impact that lasts for generations. Again, Mildred was not wealthy by any account, however once her estate is settled, and the monies come to NHDEC, and we plan to create a special fund in her honor. A memorial fund that will continue to help others in her name, for many years. I would like to hold Mildred up as an example of how a little forethought can make a BIG difference. Just consider the MANY ways you can give your final gift to the world. Please consider having an estate plan that would include New Horizons DisAbility Empowerment Center here in Prescott Valley, as a recipient. If you have questions, please give me a call at New Horizons and I will personally talk you through a couple options.



Next issue ...

Multiple Chemical Sensitivity

& Happy holidays



NHDEC is a NPO, 502c(3) charitable organization and we are grateful to receive funds from many sources, including: individuals, businesses, private and public foundations, Area Agency on Aging-Nacog, Arizona DES, Rehabilitation Services Administration, ADOT, Federal govt/title 7, and more. Your support is needed and appreciated! NHDEC acknowledges Pacific ADA Center, NIDRR and NIDILRR sponsorship, and the Department of Health and Human Services Administration for Community Living.