

the Wave Writer

Tuesday, September 30, 2008

SURF'S UP!



This week at beautiful La Jolla Shores, veterans are not only testing their physical abilities but their mental ones as well as they gather for a day of thrill, skill and okay, perhaps a few spills, at the Clinic's surfing venue.

Imagine getting on the surfboard if you've never had that feeling before. You know you'll be a natural – after all you love Beach Boys music and have seen lots of surfing competitions on TV. Now, you will experience the thrill for yourself and we know you're going to love it! While it does take some initial courage, once you give it a try and exert the effort to take on your first wave, a completely new world of adaptive sports will open up.

Unlike the other events, surfing takes place for a full day. Randi Woodrow, a physical therapist who is part of the VA Greater Los Angeles Healthcare System (GLA) surfing program, is coordinating the event here in San Diego. Woodrow says that many people have a natural fear of surfing, whether it is their first time ever or first time since their injury. Once they conquer that fear though, results can be awesome. "GLA is the only VA Medical Center in the country that has surfing as part of its

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WEATHER

TODAY



High 78°

Sunny

Low 66°

TOMORROW



High 78°

Sunny

Low 65°



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Presented by the Department of Veterans Affairs

Discover San Diego

A daily guide to discovering the host city for the National Veterans Summer Sports Clinic.

Wild Animal Park

Get up close and personal to Lions, Flamingos, Giraffes and a host of exotic birds and wild animals. San Diego Wild Animal Park is a 1,800-acre wildlife preserve featuring 38 endangered species of mammals and 11 endangered species of birds amongst its collection of over 3,500 exotic animals. Wild Animal Park is located 32 miles northeast of its sister, San Diego Zoo, and operated under the auspices of the San Diego Zoological Society.



Midway Museum

Located at Navy Pier in downtown San Diego, Midway provides a dynamic and enriching experience “from boiler to bridge.” A visit to Midway instills a greater appreciation for courage, freedom, and service to country. Live the adventure. Honor the legend aboard the longest-serving U.S. Navy aircraft carrier of the 20th century, a 47 year odyssey that spanned the end of World War II and the liberation of Kuwait in 1991.



Surf's Up! ...continued from front page.

rehabilitation program,” Woodrow explains. “We just concluded our fourth surf camp and had visitors participating from Alabama, Arizona, and even a California Highway Patrolman.” This week, there is a minimum of two volunteers for every participant at the surfing venue, so there is lots of help on hand for everyone taking part.

As in Woodrow’s surf camp, the event gives all veterans an opportunity to do things their own way, at their own pace. Each team will take part in an introduction to the volunteers, orientation to adaptive surfing, on-the-land instruction, and a review of varying levels of surfing abilities based on prior experience and present conditioning. After this, an individual surfing program is tailored for each participant, followed by a session in the water.

Adaptive surfing programs are available to people with a wide range of abilities and disabilities, including amputations, spinal cord injuries, and others. There is a lot of information about adaptive surfing activities and organizations on the internet. A favorite quote on one Web site may prove inspirational to all of our “Little Surfers” this week. The International Surfing Association, which encourages disabled people to pursue the pleasures of surfing, puts it like this. “No matter what your physical abilities, the only limitations to enjoying the ocean are in your mind.”

So c’mon – enjoy those “Good Vibrations” and have some “Fun, Fun, Fun” in La Jolla while you go on your very own “Surfin’ Safari” this week! 🌊



HHV Wants to Hear From You

Have you ever used one of Help Hospitalized Veterans’ (HHV) Craft Care Kits?

Perhaps it was a paint by number, a leather tool kit or some of the model building kits that are provided to approximately 280 VA Medical centers in the U.S. and abroad. If you’ve ever used these kits or would like to talk more about how these kits have helped you or a fellow veteran, contact Pete Sergel from HHV’s communication team at (646) 315-5406 or at Peter.Sergel@bm.com

These kits go a long way in patients’ rehabilitation, strengthening both mental and physical capabilities, while keeping patients morale high during their hospital stay. 🔄

Snapped!



Schedule of Today's Events

Tuesday, September 30

am	Breakfast Marriott Hotel Restaurants • 6:30 a.m. - 8:30 a.m.				
8					
9	Team Nautilus Kayaking Mission Bay Yacht Club 9 a.m. - 3 p.m.	Team Titan Cycling Embarcadero 9:30 - 11:30 a.m.	Team Poseidon Surfing La Jolla Shores 8:30 a.m. - 3 p.m.	Team Olympus Sailing San Diego Harbor 9 - 11:30 a.m.	Team Neptune Track & Field Chula Vista Olympic Training Center 8:30 a.m. - 3 p.m.
10					
11					
12	Lunch Served at all venues • Noon - 1 p.m.				
1					
2	Team Titan Sailing San Diego Harbor 1 - 4 p.m.			Team Olympus Cycling Embarcadero • 1:30 - 3 p.m.	
3					
4	The 4:30 sessions presented below are mandatory for all participants.				
5	Team Nautilus Coping San Francisco Rm. • 4:30 p.m.	Team Titan Stress Management New York Rm. • 4:30 p.m.	Team Poseidon Coping San Francisco Rm. • 4:30 p.m.	Team Olympus Community Integration Chicago Rm. • 4:30 p.m.	Team Neptune Nutrition Orlando Rm. • 4:30 p.m.
6	Dinner Marriott Hotel Restaurants • 6 p.m.				
7					
8					
9					
pm					



Tuesday's Bus Schedule

Morning Sessions

Surfing, Team Poseidon:

Load at 7 a.m., depart hotel at 7:30 a.m.

Kayaking, Team Nautilus:

Load at 8 a.m., depart hotel at 8:30 a.m.

Track & Field, Team Neptune:

Load at 7 a.m., depart hotel at 7:30 a.m.

Sailing, Team Olympus:

Load sailboat at 9 a.m.

Cycling, Team Titan:

Load at 9 a.m., depart hotel at 9:30 a.m.

Afternoon Sessions

Surfing, Team Poseidon:

Load at 3 p.m., depart venue at 3:30 p.m.

Kayaking, Team Nautilus:

Load at 3 p.m., depart venue at 3:30 p.m.

Track & Field, Team Neptune:

Load at 3 p.m., depart venue at 3:30 p.m.

Sailing, Team Titan:

Load sailboat at 1p.m., depart venue at 3:30 p.m.

Cycling, Team Olympus:

Load at 1 p.m., depart hotel at 1:30 p.m.

4

Medical Information

For life threatening emergencies call 911.

Medical care is available 24 hours a day, every day at the Clinic.

The medical room is located at **Marriott Hotel, Room 2000, 20th Floor in the North Tower**. A nurse or doctor, will be on duty in the room from **7:30 a.m. - 8 p.m. daily**. If, for some reason the nurse is not in the room, please call **(619) 886-4058**.

Host Room

Participants who have questions or need assistance at the hotel should go to the Host Room in **Torrey 3**. The Host Room opens Monday at 6:30 a.m. and will operate through Wednesday from **6:30 - 10:30 a.m.** and **2:30 - 6:30 p.m.** If you need any assistance outside these hours, please call **(619) 888-4026**. Make note that the Host Room will be closed on Thursday and on Friday.

Prosthetics and Wheelchair Repair

There is not going to be a central location for wheelchair or prosthetic repair at the Clinic. There will, however, be a Wheelchair Technician at the Track & Field and Cycling venues from 8 a.m. to 4 p.m., Monday-Friday.

The Track & Field venue is the Chula Olympic Training Center, and Cycling is located at the North Park, Embarcadero.

The Wheelchair Technician can be contacted at **(619) 886-4940**. The "on call" Prosthetist is at **(619) 886-4187**.