Christine Hà
‘MasterChef’ winner talks authenticity & disability

Adaptive Van Life
Living out of 60 sq. ft. as a quad

MLB Making Inclusive Push
Oakland Athletics open sensory room

Adaptive Gaming
All ages, all abilities ... people just wanna play

Chef Steve’s Pumpkin-spiced Curry

Employment Edition
Valley Metro is connecting you to art, music and culture destinations.

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Perhaps nothing is more empowering than having a job. A career.

In our capitalistic society, it is the yardstick for which society, right or wrong, measures your worth. Yes, we need society and business to be more accommodating, but so too, do I want to say to everyone with a disability, the time to make your way in this world is now.

LivAbility is constantly coming across amazing stories of people with some really cool careers. Often, the secret is that they followed their passion.

In this edition, we have three very different stories about people taking it upon themselves to create meaningful careers. From an amazing chef who continues to set the bar by opening up her own restaurant in Houston, to a young engineer who invented his own rehabilitation device, to an impressive young woman who is beginning to see her future helping animals.

October is National Disability Employment Awareness Month (NDEAM), an initiative that is led by the U.S. Department of Labor’s Office of Disability Employment. In 2019, the NDEAM theme is “The Right Talent, Right Now.” A fitting theme for all of us to remind those in the corporate world that we too belong.

But I would also remind all of us that right now is the time to show our value and push ourselves to follow your passion. You don’t always need a corporation to open the door.

Opportunities are everywhere.

This summer we welcomed Larry Wanger back to take over as the VP of Employment Services. I know Larry has some great ideas about how we can help consumers who want to work. I’m excited to see which one of you is the next we feature in LivAbility.

Ability360 has been and will always be working to improve the opportunities we all want and deserve. We will work for justice. But don’t just wait. I hope each of you gets out there and shows the world you’ve got what it takes.
Welcome to another edition of LivAbility! Spoiler alert: Yet again our writers have created some great stories about people doing the things they’re passionate about from all over the Southwest. As you peruse the stories, one common theme is clear: that the time for people with disabilities to get off the proverbial sofa and make a mark in this world is now.

With every edition, we map our direction and new stories to chase. As we go chasing one story, we uncover more and more stories of people with disabilities following their passions.

Passion is exactly what you will find when you read this edition’s cover story about Christine Hà. The “MasterChef” season 3 winner opens up to Yvette Mallari about food; her restaurant, The Blind Goat; representation and authenticity.

It’s passion that drives world travelers Cory Lee Woodard and Kirk Williams. Visiting Ability360 from his native state of Georgia, Cory explores Bearizona and the Grand Canyon. Kirk, meanwhile, takes us through the first steps of a six-month-long trip to South America in a van custom-made for a quadriplegic.

In both cases, their adventures require persistence. It isn’t an easy road, but it’s the one fueled by passion.

Fall (hopefully) brings us rich yellows, oranges and reds, something that you will find when you read what Chef Steve has us cooking up for this edition. Steve’s recipe of pumpkin-spiced curry will have your entire neighborhood knocking at your door, asking what’s for dinner.

October is National Disability Employment Awareness Month (NDEAM). This year, the NDEAM theme is “The Right Talent, Right Now.” If this edition of LivAbility is any indication, there is plenty of talent in this labor pool.

One such talent who we are ecstatic to introduce you to is Marieke Davis, a visual artist who we hope contributes satirical comic strips to us for many editions to come. Her first comic brings light to an issue that LivAbility readers and members of the disability community are all too familiar with: scooter clutter.

This edition also takes you behind the scenes as one MLB team partnered with an Oakland nonprofit to introduce a sensory room at Oakland-Alameda County Coliseum. These are the types of stories that get our team fired up, the ones that push the boundaries of what is accessible and inclusive in order for everyone to enjoy a baseball game.

Wow, we are just 10 months away from the 2020 Paralympics in Tokyo. Over the next four editions we’ll be featuring a few of the many athletes in the Southwest with their sights set on the pinnacle of adaptive sports, the Summer Paralympic Games.
Welcome to the newest edition of LivAbility

LivAbility is a quarterly lifestyle magazine for people with disabilities. Each edition contains articles that promote an active, fulfilling lifestyle for every ability.

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## Featured

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**On the Cover**

Christine Ha, chef and restaurant owner.

Photo by Kolanowski Studio, Inc.
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Contributors

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Steph Amaya is an Arizona native of Central American descent. Steph is a non-binary person, using the pronouns they/them. They’re a recent graduate of Arizona State University, where they studied journalism.

Alison Baionno
Born and raised in Philadelphia, PA, Alison came to Phoenix in 2016. After graduating with a degree in Therapeutic Recreation from Temple University, Alison pursued her career as a recreational therapist at Ability360. With a love for leisure and recreation, Alison enjoys hiking, painting, drawing, and making people smile any chance she can.

Cipriano Chayrez
Cipriano Chayrez Jr., (C.J.) is a student at the Walter Cronkite School of Journalism and Mass Communication at Arizona State University, pursuing a bachelor's degree in sports journalism. His love for all Arizona sports teams began in 2008, and he has been living with the consequences ever since.

Marieke Davis
Phoenix native Marieke Davis, a visually-impaired visual artist with hemi-anopsia, is a summa cum laude ASU graduate with a Bachelor of Fine Arts and minors in English literature, women’s & gender studies, and creative writing. She is the creator of the graphic series, “Ember Black,” in print and audio, and the recipient of numerous awards for her semi-autobiographical series, “Life is Blurry.”

Sarah Farrell
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Sarah Farrell is a Texas native, digital journalist, avid hiker and tennis fanatic. She’s currently working on her master's in sports journalism at the Walter Cronkite School of Journalism and Mass Communication at Arizona State University.

Cory Lee Woodard
Cory Lee Woodard is an award-winning accessible travel blogger, authoring Curb Free with Cory Lee since 2013.

Aitana Yvette Mallari
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Aitana Yvette Mallari is an online media journalist who runs on caffeine and WiFi. She’s lived in the Middle East, Asia, and both coasts of the U.S. and writes about health, tech, and amazing people doing amazing things. She is a graduate of the Walter Cronkite School of Journalism and Mass Communication and probably has a deadline to get to.

Steve Norton
A native of Santa Ana, CA, Steve Norton has been in the hospitality industry for the past 30 years. He attended New York’s prestigious Culinary Institute of America and has worked as a private chef. Steve loves to share his knowledge and expertise in healthy eating, including menu planning, managing a food budget, and cooking with fresh ingredients.

Gabrielle Olivera
Gabrielle Olivera is a student at the Walter Cronkite School of Journalism and Mass Communication. When Gabrielle isn’t writing or filming stories, she’s planning her next trip destination. Gabrielle hopes to make a lasting impact with the stories that she writes.
Laura Stack
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Laura Stack is a student at the Walter Cronkite School of Journalism and Mass Communication. She grew up in Buffalo, New York and loves food, traveling and power naps.

Larry Wanger

Larry Wanger has been the Executive Director of the Arizona Statewide Independent living Council since October 2013 and has worked in the Independent Living field for over 18 years. He served as the manager of Employment Services at Ability360 from 2004 to 2013. Outside of work Larry enjoys running, travel and reading.

Kirk Williams
@Spock.The.Van

Kirk Williams is a quadriplegic adventure photographer and blogger who refuses to sit still. From rugby to world travel, Kirk has tried it all. His most recent discovery is a love for Overlanding, where he is embarking on a trip to South America in 2019 in his custom outfitted 4x4 Campervan.

LivAbility

Ahora en español

PDF disponible para descarga en línea gratis.

Encuentranos en ability360.org/livability
Volunteering

Amanda Malik is taking steps to prepare her for a future career

by Karam Gafsi

Every Friday, Amanda Malik calls a Dial-a-Ride to take her to the Arizona Humane Society Sunnyslope campus. Occasionally, the driver who picks her up will not know how to get to the shelter, prompting Malik to take initiative and direct.

When Malik finally arrives at the shelter, she typically cleans kennels, washes bowls and takes some of the dogs for a walk. While this may all seem like an average volunteering routine, these Fridays—heavy with fur, borks, barks, woofs and tail wags—signify a momentous step in Malik's journey toward an independent life.

Before getting into volunteer work, Malik described her past self as both shy and reclusive. By getting out and volunteering she is able to build her confidence and do what she loves. Malik credits her time at the shelter for her growing independence.

Malik's desire to help animals harks back to her childhood where she would frequently watch the reality series, "Animal Cops," which
followed the everyday work of animal cruelty agents.

After seeing so many documented cases of pets becoming victims of animal abuse, Malik said she knew that she wanted to work to not only care for animals, but to also help them find homes.

“I’m doing what I’ve always wanted to do. It brings me joy to make [animals] happy in their worst moments of life,” Malik said.

According to Ashliegh Goebel, the volunteer engagement manager at the Arizona Humane Society Sunnyslope campus, Malik has proven to be a wonderful and driven volunteer.

“We’re so lucky to have her,” Goebel said. “She’s got this so down-pat. She’s a very passionate animal lover.”

Two years ago, Malik began visiting Ability360 to help her become more independent and to give her guidance in dealing with her epilepsy and cerebral palsy.

“It was there she met her caseworker, Douglas West, who worked alongside Malik to find her opportunities and encourage her to fulfill her goal of working with animals.

“‘Amanda has made amazing progress. She’s become a huge self-advocate,” said West.

“Volunteering is giving her the confidence she needs.”

According to West, the initial challenges Malik faced when she began volunteering were transportation and learning the layout of the shelter. Due to some bad experiences on public transit, Malik was hesitant about utilizing Dial-a-Ride.

To ease her stress, West began riding Dial-A-Ride with Malik until she became acclimated with the service and routine. West said it didn’t take long for Malik to start using it on her own.

“It was a big step for her,” West said. “All those steps that she took have just helped her blossom [to be] a great volunteer at the Humane Society.”

“Before Ability360, I really didn’t know if anyone could help me,” said Malik. “Now, I’ve learned to advocate for myself when there is a problem and get those problems solved.”

Malik said she plans to continue volunteering with the hopes that she’ll eventually land employment at the Humane Society. And perhaps, she’ll eventually adopt a few dogs of her own.

“If I could say anything to myself from three years ago, it would be don’t worry. Everything is going to be fine,” said Malik.

It was there she met her caseworker, Douglas West, who worked alongside Malik to find her opportunities and encourage her to fulfill her goal of working with animals.

“‘If I could say anything to myself from three years ago, it would be don’t worry. Everything is going to be fine,” said Malik.

It was there she met her caseworker, Douglas West, who worked alongside Malik to find her opportunities and encourage her to fulfill her goal of working with animals.

“‘If I could say anything to myself from three years ago, it would be don’t worry. Everything is going to be fine,” said Malik.
The culinary industry is flourishing with people from the disability community. There are numerous organizations providing culinary skills training programs to prepare adults and children with intellectual, developmental and physical disabilities for in-demand careers in the foodservice industry.

One Step Beyond, Inc., with a location in Peoria, Arizona and San Mateo, California, offers a Culinary Program for people with intellectual disabilities that focuses on two main areas: life skills and catering.

In Randolph, New Jersey, the County College of Morris (CCM) recently launched a Culinary Opportunity Program (COP) for adults with developmental disabilities. This program is designed to provide training to work in a range of food production environments, such as restaurants, cafeterias and food-specialty shops.

Abilities, Inc. at The Viscardi Center in Albertson, New York, prepares adults and adolescents with all types of disabilities and experience levels for entry or re-entry into the workforce. Its Work Readiness program is set in an on-site simulated retail workspace. Its Culinary Skills program has a 100% placement rate.

In this edition, you’ll find two stories of different restaurants in the Southwest that are working to make jobs readily available for people with disabilities and one chef who is taking on Houston with a modern Vietnamese gastropub. LivAbility takes you behind the scenes of the newly-opened restaurant, The Blind Goat, by Christine Hà, winner of “MasterChef” season 3.
No matter your disability, if you are interested in the culinary field, many opportunities exist. I encourage you to explore your options and follow your dreams.

Right now, I am dreaming about fall and the lower temperatures that come with it, the beginning of reduced daylight hours, and trees abundant with leaves in stunning colors of golden yellow, burnt orange and radiant red that remind me of spices commonly used in Indian cooking.

Indian spices are packed with flavor and beneficial to your health. Ginger aids in relieving colds, joint pain and digestion. An easy remedy for an upset stomach is to drink a cup of hot water that has been steeped with a slice of peeled ginger root. Turmeric is related to ginger and is what gives yellow curry its color. It is a powerful antioxidant, has anti-inflammatory properties and helps cleanse the liver of toxins. Cardamom is a digestive aid. Cloves are an expectorant, so they are useful for coughs. Cinnamon helps control blood glucose, so it is good for those with diabetes to incorporate it into their diets. Cumin seeds boost the immune system and help with nausea and digestive problems. Saffron improves appetite and digestion. Mustard seed/oil has properties that help control asthma symptoms and relieve arthritis and muscle pain.

Pumpkin is also synonymous with the arrival of fall. You can find a multitude of pumpkin-spiced foods and beverages everywhere you look. Pumpkin can be used in many different recipes and has many health benefits. It is 94% water, so it is fairly low in calories. It is very high in beta-carotene, which the body turns into vitamin A; vitamin A strengthens your immune system and helps fight infections. Pumpkin contains antioxidants and is high in vitamin C, which increases white blood cell production. It is also high in potassium and fiber which have shown benefits to the heart.

To reap the benefits of a nutrient-packed dish reminiscent of the rich fall colors, combine flavorful Indian spices with fresh or canned pumpkin. Try your hand at this recipe!

All my best,

Chef Steve
Pumpkin Curry
Serves 4 to 6

1 medium white onion, diced
2 tablespoons coconut oil
2 to 3 garlic cloves, minced
1 to 1 ½ ounces canned chickpeas, rinsed & drained
4 carrots, cut into ¼” pieces or ½ small bag of baby carrots
2 cups cubed pumpkin or butternut squash (can substitute with 1 to 1 ½ ounces canned pure pumpkin puree)
2 cups vegetable broth
2 teaspoonfuls curry powder
1 teaspoon turmeric
½ teaspoon salt
½ teaspoon black pepper
¼ teaspoon cayenne
Juice from ½ a lemon

Parsley and brown rice for serving; chopped cashews for topping

Bring a drizzle of coconut oil to medium heat in a large pot. Add in the diced onion and sauté for 5 to 10 minutes. Add in the minced garlic and sauté until fragrant, about 1 minute. Add in all other ingredients and stir or whisk until evenly combined. Simmer for about 20 to 25 minutes, partially covered, or until chickpeas are soft and curry has thickened. Sprinkle parsley and chopped cashews on top and serve with brown rice.
Let’s face it, not everyone loves to travel. Planning and preparation can be challenging. Add a disability, and the challenges only increase. The what-ifs are oftentimes so overwhelming that you end up staying home where everything is familiar and set up just for you.

It’s nice, it’s comfy, and it’s not for me.

It’s not that I don’t love home comforts, it’s merely that a stationary life terrifies me! I want to see the world and its different cultures, lifestyles and ideals. Getting outside of the country can quickly change your perspective on life. Sometimes you have to experience things firsthand.

I’ve figured out a new way to travel.

It’s not for everyone, but for those of us who like to get off the beaten path, take control of your destiny and have complete off-grid independence, nothing compares.

Welcome to adaptive van life.

On the road, I’ve learned to maximize my freedom as a C6-7 quadriplegic.

Before my accident in 2009, owning a van was never on my radar. But after needing a vehicle with a wheelchair lift and all the modifications to drive again, I ended up in a full-sized van, as many of us do.

The first thing I did was remove the seats in the back and built a bed platform. I wanted to go camping with my friends, but setting up a tent and transferring off the ground was not an option.

Once I had a place to sleep, a light bulb illuminated an idea.

“This means you can camp ANYWHERE, Kirk!”
No more paying ridiculous sums for an accessible hotel room! That, and being able to carry medical supplies and spare clothing gave me the confidence to continue pushing.

It stinks, but I need to mention an important detail here: bathroom duty.

Sometimes it feels like my life revolves around when and where I can go to the bathroom. I plan trips around my ‘days’ and never want to get caught unprepared. For this, the van is a savior. Because space is limited, I have a travel shower/commode chair by Nuprodx and a trash can. The rest, you can figure out.

I began taking small weekend trips with friends, but it quickly escalated to cross-country tours and eventually a journey from Colorado to Alaska!

I didn’t know it yet, but this modification was revolutionary.

Three years ago, I flew to Peru. While it was amazing, accessibility is pretty much non-existent there. The best sightseeing often came from the passenger’s seat. That got me thinking about how neat it’d be to have my own vehicle and no bounds on my exploration or ability to pull over, take photos and have meaningful interactions with small-town locals.

The wheels were spinning...

Two years ago I had the chance to design a new van from the ground up. I spent enough time in my previous van to know what I needed to survive independently, even in a foreign country. I over-researched until I came up with practical, reliable solutions.

My current camper van is so much more than a vehicle. It’s an extension of myself, my mobility and my independence. Anywhere the van can go, I can go too. And I carry everything I need with me.

The layout started with the necessary adaptive equipment to drive, including a Superarm Lift, 6-Way Transfer Seat and hand controls.
From there, the fun began: building an accessible apartment in under 60 square feet!

I started by making a list of the most critical items. I was able to get the Division of Vocational Rehabilitation in Colorado on board to help significantly with the funding because this van is essentially a mobile office for my drone photography business. Certain items I knew would be covered. From there, a builder, Benchmark Vehicles, helped with the design.

We began with the largest items, like the bed, and made measurements: The bed frame, mattress and topper couldn’t be too tall. It’s critical that everything is as simple as possible. The easier it is, the more you’ll use it. Fortunately, I can sleep sideways which opens up space.

**Next, the work area.**

Without dexterity or abdominal functionality, I’ve learned that finding switches and plugs in an easy-to-reach spot is important. I’m constantly charging drone batteries, computers and cameras, so we had to calculate ample plugs, wiring and sufficient wattage. I also added USB and light switches near my pillow. Again, convenience is key!

Keep in mind, you don’t need a fully renovated van to enjoy this lifestyle! I was fortunate to have state funding that allowed me to build my dream vehicle, but I drove over 150,000 miles in my first van without any of these bells and whistles! The real magic lies in what you do with it.

I’m stoked to be taking this new van around South America with my brother later this year! Remember those roads in Peru? Now, I get to explore them on my own. I will be working with nonprofits to help bring mobility to those who can’t afford it and sharing my story online.

Hopefully, the social media presence will be developed into something where adaptive van users can network with one another to figure out solutions for mobile living. I’m hoping you’ll follow my adventures on Instagram at @Impact.Overland! 🌏

Photos by Kirk Williams
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Dude, I don’t know where these scooters came from, but they’re awesome!

Totally! And they’re everywhere! Just lyin’ around!

Clack!

They’re so eco-friendly too!

Agh!!!

Right?!

Wump!

Help... me.

It’s all about making the world better for everyone, bro.

For everyone, dude.
The Blind Goat’s Christine Hà works alongside a staff member to prepare a dish at Bravery Hall.
When I open my laptop in the airport at 5 a.m., 20 episodes of "MasterChef" season 3 start playing simultaneously at full volume; the terminal is haunted by the furious voice of Gordon Ramsey.

I scramble with my headphones and close each video in shame, except one—the one famous for the scene from season 3, episode 5.

Christine Hà, the first blind contestant on "MasterChef," presents an apple pie to Gordon Ramsey. She's the last one to be judged, and worried. Pie isn't her forte, and Hà expects to be eliminated.

“What do you think this pie looks like?” Ramsey asks her.

Hà looks down. “I think it probably looks like a pile of rubbish.”

“Visually,” Ramsey says, “it looks stunning.” He goes on to describe her pie—the brown crisp of the crust, the glaze of the sugar. At one point, he scrapes a knife across the top so Hà and the other contestants can hear its texture. The celebrity chef, known for his fiery critique, softens his voice.

“You’ve got to start believing in yourself more, okay?” he says. Hà nods and begins to cry. Soon, other contestants watching from a distance cry, too.

Ramsey takes a bite, and the flavor’s amazing. Hà stays in the competition, passing round after round until finally winning the MasterChef title in 2012.

Since then, she released "Recipes from My Home Kitchen," her cookbook of Asian and American comfort food; guest-judged on both "MasterChef U.S." and "MasterChef Vietnam;" traveled

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**SEASON THREE, EPISODE FIVE**

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Since then, she released "Recipes from My Home Kitchen," her cookbook of Asian and American comfort food; guest-judged on both "MasterChef U.S." and "MasterChef Vietnam;" traveled
worldwide as a speaker and chef; served as a culinary envoy of the American Embassy and blogged it all on her website, “The Blind Cook.”

In 2018, Hà announced that her first restaurant venture, The Blind Goat, was underway. She started a YouTube mini-series with her husband, John Suh, to document the process, and by the time I flew to Texas to visit during the restaurant’s soft opening, I had watched them deal with everything from paperwork to construction.

But there was more to Hà’s story than any research could reveal.

THE BLIND GOAT

Bravery Chef Hall is new and unmarked. But once you find it, you’re rewarded with five restaurant concepts inhabiting the same space—The Blind Goat among them.

I recognize the station’s jade blue tiles from the vlogs and seat myself in a wicker chair by the counter, watching workers weave past each other with bundles of greens, chopped sugar canes and steam baskets.

While waiting for Hà, I’m handed a copy of the soft opening menu and order “G.O.A.T. Curry.” It’s based on Vietnamese chicken curry, but uses goat sourced from a local ranch.

The name is a play on the restaurant’s namesake animal (Hà’s zodiac sign) as well as the acronym for “greatest of all time.” Served in a china bowl, it evokes an unmistakable nostalgia—this was a meal you had at your childhood friend’s house after barely making curfew.

I also jump at the opportunity to get fresh sugarcane juice, a Southeast Asian staple tinged with citrus. LaCroix could never.

As I sip, soft taps of a cane approach from behind. Hà, sporting green rubber rain boots, is led by Suh. They check in with the staff, and when they separate, Suh retreats to a corner to work on his laptop while Hà feels her way around the counter’s perimeter until she reaches me.

“Wanna eat and talk?” Hà asks.

Way ahead of you.

Hà begins with her parents, refugees who fled Vietnam on a naval ship just one day before the fall of Saigon. She was born in Southern California and grew up in Houston, an only child who spoke Vietnamese at home.

Like many immigrants, Hà grappled with cultural identity—too Asian to be American, but too American to be Asian. She would open her lunch box in school, wishing for the same peanut butter jelly sandwiches her classmates had, only to find her mom’s home cooking instead. For a kid
who just wanted to fit in, she couldn’t help but feel ashamed.

Hà was 14 when her mom died.

She left recipes behind, and Hà returned to them to make things right, but anyone who has tried to replicate their parents’ dishes knows it’s almost impossible. There was always something missing, like a secret ingredient lost in time. It was a while before Hà, a perfectionist, realized an exact copy wasn’t what mattered—it was keeping her mom’s memory alive.

These were her mom’s recipes, yes, but they became Hà’s too.

**TRY ANYWAY**

Peek at any online comment section about Hà, and you’ll find people who think she’s faking blindness because she doesn’t “look” it (whatever that means).

Hà started losing her vision in 2004 due to neuromyelitis optica, an autoimmune disorder that affects the eyes and spine. Medically, she is considered “counting fingers” blind at 10 inches in both eyes, seeing blurry fuzziness, contrasting color and shadow.

“It’s like after you take a hot shower and look in the bathroom mirror,” she says.

As Hà lost more of her vision, she learned orientation mobility (used to teach those with visual impairments how to safely, confidently and independently move in their environment), how to use a white, probing cane and how to navigate public transportation during grad school. Nowadays she gets around with the help of her husband, a friend or rideshare apps. Since her time on “MasterChef,” people have reached out to her saying her story helped them not only with disability, but other areas of life as well, like broken relationships, losing a job or the death of a family member.

What really helped Hà through the years was a good support system and the friends and family that create that network.

“They’re not gonna try to pretend and understand what you’re going through, but they’re gonna be there to offer support, a shoulder to cry on, a lending hand, or help you read your bills when you’re losing your vision,” Hà says. “A supportive community means everything to mental wellbeing.”

She thinks about what advice she would’ve given her younger self beginning to lose vision.

“You need to properly grieve your loss,” Hà says. “Whether it’s loss of independence, your vision, use of your limbs. You have to go through the proper motions of grief. At some point, you tell yourself that the world continues with or without you. You need to find a way to contribute to society. Whatever hand you’re dealt with, learn to play that hand to the best of your abilities. I would’ve never thought in a million years that I’d get a master’s in creative writing, or go audition for ‘MasterChef’ and win, or open a restaurant.”

But Hà tried anyway.

“I learned in my 40 years of life that the greatest rewards come at the greatest risks and the greatest challenges,” she says. “People are afraid to fail, but you gotta go balls-out and do it.”

“Even for a perfectionist like you?”

“Even for a perfectionist like me,” she laughs. "And then you learn over time that things will never be perfect. You just have to roll with the punches and adapt.”

**AUTHENTIC ENOUGH**

A group of fans surrounds Hà mid-interview, and I offer to take their picture. They’re ecstatic, excitedly switching between Vietnamese and English.

“Do you know her from ‘MasterChef U.S.’ or Vietnam?” I ask.

“Both!” one says.

Photos by Kolanowski Studio, Inc.
“Imagine” is a packed word.

Imagine learning how to cook without vision.

Imagine completing a master’s in creative writing.

Imagine being the first blind contestant to win MasterChef.

Imagine opening a restaurant in the city you love.”

“Recipes from My Home Kitchen”

“Garlic Cilantro Fish Sauce”

THE BLIND GOAT
“The Blind Cook.”
As they leave, Hà tells me that although there's actually a large Vietnamese population and food scene in Houston, she wanted The Blind Goat to showcase lesser-known dishes, like street and comfort foods.

"I lived in Houston most of my life, so I know what's missing in the food scene," Hà says. "And I learn more whenever I go back to Vietnam."

In the restaurant industry, strategically executing a menu of that kind is its own challenge. Vietnamese food requires a lot of preparation, all of which is done in the confines of a 400-square-foot kitchen. For Hà, it's an exhausting labor of love, mixing American and Asian concepts to create dishes that embody her identity and experiences. It's a menu seen as inventive and narrative—she is a writer, after all—but also seen as inauthentic or non-traditional.

Sometimes, the inconsistency is unintentional. In her cookbook, one of her mother's recipes uses Coco Rico, a coconut soda. While translating it into Vietnamese, the publishing house contacted her.

"They were like, 'I find it strange that you use Coco Rico instead of fresh coconut water' but growing up, that's what my mom did," Hà says. "It's a result of being a refugee—it's all she could find here."

But for The Blind Goat, remixes are intentional.

One of Hà's next concepts is making chips and queso. As a native Houstonian, it's one of those ubiquitous dishes she grew up with. However, she plans to add Asian spices to the cheese and use wontons instead of tortilla chips. The result? A dish called "kè xò—" same pronunciation, just in Vietnamese.

"Here in America, there's so much more to what we thought there was," Hà says about these assimilation foods. "We can celebrate differences."

Suh, who often helps Hà invent in the kitchen, recommends I try the "Rubbish Apple Pie." It's the famous pie Hà made for Gordon Ramsey, reformatted to look like a rectangular McDonald's apple pie, but with pho ingredients like ginger and star anise in place of allspice. Topped with a caramel drizzle made with fish sauce, it's flaky, savory, sweet and sells out often.

"I'm not authentic enough for some," Hà says. "But I'm authentic for me.

**IMAGINE**

Even with all the chaos of opening a restaurant, Hà still has personal plans. One of her smaller goals, she says, is another tattoo. Right now, she has three.

"My very first one I got when I was 18," she says. "I won't even talk about what that one was. " (For those curious, it's a Chinese character she got after a bet with a friend).

Hà got her second one, a freehanded Japanese print, right after winning "MasterChef."

"Garlic, cilantro and fish sauce, which is represented by anchovies—my favorite three ingredients."

Her third and most recent one is on her wrist: a chef's knife to signify her love of cooking and a feather pen for her love of writing.

But Hà has a fourth tattoo in mind, inspired by her mom.

"Her favorite song was 'Imagine' by John Lennon," Hà says. "As someone who writes, someone who cooks, 'Imagine' is a packed word."

Imagine learning how to cook without vision.

Imagine completing a master's in creative writing.

Imagine being the first blind contestant to win "MasterChef."

Imagine opening a restaurant in the city you love.

"I haven't decided what font, where or when," Hà says, "but it's my next one."
The popularity of video games is global, transcending many of the societal boundaries placed on people. The Global Games Market Report detailed that there are 2.5 billion gamers worldwide who will spend $152.1 billion in 2019.

I loved playing video games as a child. My very first console was an Atari 2600 (yes ... I'm old) that I received on my 8th birthday. The controller was simple: a joystick and a single button. Having arthrogryposis since birth—which severely limits movement due to contracted joints—did not diminish my ability to play video games when I was younger.

With the proliferation of online gaming since the early 2000s, video games provide a social and recreational outlet. Although there are millions of gamers with disabilities, a lot of extra planning and effort is required for some to play, particularly those with limited motor function.

The gaming world is growing, but accessibility is lagging

by Tony Jackson

The popularity of video games is global, transcending many of the societal boundaries placed on people. The Global Games Market Report detailed that there are 2.5 billion gamers worldwide who will spend $152.1 billion in 2019.
As the technology behind gaming consoles developed and became robust, the hardware followed suit. Controllers started adding more buttons and joysticks. When the Sony Playstation made its debut in 1994, its controller revolutionized console gaming with its dual grip, eight-button design.

From there, gaming console controllers added more features with each new generation. It became increasingly difficult to play sports and fighting games—my favorites—so the Playstation 2 was the last gaming console I owned ... and I effectively stopped gaming.

I understand that today, there are adaptive gaming options for people, but this was not the case in the early 2000s, and I decided to pursue other interests, like power soccer and broadcasting. My affinity for video games was never completely extinguished, but interest certainly waned as the years passed. However, while riding home on the light rail one evening, I saw the 5th Annual Game On Expo was slated to take over the South Hall of the Phoenix Convention Center from Aug. 9-11, 2019. I thought this was a great opportunity to explore potential adaptive gaming possibilities and relive a portion of my childhood.

Considering the large disability population in Arizona and the popularity of gaming within the disability community, I figured Arizona's largest gaming convention would have at least one adaptive gaming option.

I was wrong.

I saw three wheelchair users during my two hours at the convention, two were working vendor booths selling art and collectibles, and the other was actually pushing his power wheelchair.

I traversed the labyrinth of booths and gaming stations, eager to find adaptive gaming equipment. As I wound through the convention center, I also shared my story about why I am no longer a gamer and the purpose of this story. My tale was generally met with a sympathetic, "I hope you find something..." as I carried forth on a quest that would ultimately end with disappointment.

At one point, I saw two guys playing "Street Fighter II: Champions Edition." They didn't know the fighters' moves, so I taught them as I sat there watching.

Yes, I knew the game better than they did but I was unable to display my clear superiority.
To be fair, the responsibility to be more inclusive shouldn’t be squarely placed on the convention organizers.

It’s on all of us.

Although there were no adaptive options at the convention, that doesn’t mean nothing is being done to make gaming more accessible.

Quite the contrary, as there is a sizable community of disabled gamers and allies working to bring the gaming experience to everyone. AbleGamers, SpecialEffect and Warfighter Engaged are a few grassroots organizations that tirelessly strive to bring accessible gaming to people with disabilities.

One of the biggest tech companies in the world is also part of the movement toward more inclusive gaming.

After years of research and collaboration with the adaptive gaming community, Microsoft designed and released the Xbox Adaptive Controller in September 2018, making it the first adaptive gaming accessory manufactured by a first-party game developer. The adaptive controller has some functionality out of the box but primarily serves as a hub. Accessibility requirements are unique to the individual, so gamers can get separate buttons and joysticks, plug them into the Adaptive Controller, and have a custom setup that works for them.

Closer to home, Tempe, Arizona-based Evil Controllers works with gamers to create custom setups that allow them to fully enjoy their favorite games. I was curious to see what the company could do for me, so we visited its offices on a recent afternoon. You can visit the Ability360 YouTube channel to see what we created.

Although people with disabilities advocate for inclusion in all aspects of life, the gaming community is in the early stages of true inclusivity. There are dedicated people and groups all over the world joining forces to make this a reality.

Who knows, you may even see me throwing devastating attack combos again one day.

**Until then, those Street Fighter players are safe from my Tiger Uppercut.**
A right field suite nestled inside of the Oakland-Alameda County Coliseum is a great spot for anyone to take in an Athletics ballgame.

And now, for people with autism or other sensory processing disorders, it’s the ideal place to experience a baseball game.

The Oakland Athletics, often referred to as the A’s, have added an all-inclusive sensory room in one of its right field suites, ensuring that everyone can have the best possible experience at the ballpark, according to A’s Chief Operating Officer, Chris Giles.

“Our mindset as an industry is to be as inclusive as possible,” Giles said. “Some people love the noise aspect, but for others, the experience is impossible to enjoy.”
That’s why Giles and the A’s added the sensory room. It is equipped as a quiet space with beanbag chairs, sensory bags with noise-canceling headphones and of course, a great view of the game.

Sensory bags are an activity to stimulate one’s senses, e.g. touch, smell, taste, movement, balance, sight, and hearing.

“People who use that space are over the moon,” Giles said. “We are just really happy that we can accommodate their needs.”

Curtis Pride played 13 seasons in the big leagues as an outfielder. As a deaf baseball player, he has invested interest in the sport’s accessibility and inclusiveness and now serves as MLB’s Ambassador for Inclusion. He said the sensory room benefits fans of all ages with autism, down syndrome, post-traumatic stress disorder and dementia.

“It is great that all MLB clubs are recognizing the importance of including all fans with disabilities and are creating programs or accommodations such as a sensory room,” Pride said. “I anticipate at some point in the near future that all MLB ballparks will be sensory-inclusive.”

Giles said that currently, four to five families use the suite per game. As more people learn about the suite, people who weren’t comfortable coming to the stadium before will now feel encouraged to go.

Pride, who had one of the best views from on the field, as a player, for over 13 seasons, is happy that anyone can have a great time at the ballpark, and, with enjoyable seats.

“I am proud to say that MLB has become more inclusive for everyone, especially people with disabilities, so they can enjoy the game as much as anyone else,” Pride said.

One of the best parts of the suite is that it isn’t just in some seats at the very top of the stands. This is a premiere suite that was retrofitted and adapted to serve families and people with sensory conditions.

The A’s are one of the leaders in MLB when it comes to inclusion. On top of its new sensory room, the team also hosts an annual Autism Awareness Day at the beginning of each season.
“That lesson changed the course of my life forever,” Davenport said. “And that was kind of the beginning of our adaptive program; it was just with one lesson.”

That program he’s referring to is Skiable, an event held every year at the Arizona Snowbowl in Flagstaff, where kids with disabilities learn how to ski. In its first year of existence in 2011, Skiable saw just 12 participants. In 2018, that number leaped to 750 lessons, and over 1000 are expected to be taught at the next event in November.

The exponential growth and popularity of Skiable has led Davenport to recruit instructors from outside organizations—such as Breckenridge Outdoor Education Center in Colorado—just to meet the demand of adaptive lessons.

“It’s a wonderful event. It fills up very quickly each year,” Davenport said. “And we’re really looking forward to having it again this upcoming season.”

Teaching someone who has never skied how to safely reach the bottom of a mountain is a task of its own. But teaching someone who may be partially blind or have a physical disability to do the same thing? Where do you even start?
According to Davenport, it’s a simple process that starts with an email to his staff, introducing themselves to Davenport and the organization. Afterward, Davenport, or a member of his staff, sends a form back to the student or parents to get more information about what he or she would like to accomplish at Skiable.

That introduction provides enough information to start assessing what adaptive equipment will be needed and to pair the student with a compatible instructor.

Finding that compatibility between an instructor and a student with a visual impairment is especially crucial. “It’s actually one of my favorite lessons to teach,” Davenport said.

Davenport went on to explain there are three main ways people learn: visually, auditorily or kinesthetically. When it comes to someone with a visual impairment, Davenport stressed the importance of the instructor being well-versed in the auditory and kinesthetic portion of the lesson.

Over the last nine years, Davenport has put together a widely successful program that has helped hundreds, if not thousands, of kids learn that anything can be accomplished—whether you have a disability or not.

Gina Schuh, a C5 quadriplegic, has skied with Davenport many times since her injury. “Sit-skiing is exhilarating and hands-down the most fun I’ve had since becoming a wheelchair-user.”

Schuh liked the program so much she helped Davenport raise funds to buy another sit-ski.

If you are looking to book your next snow getaway, check out the map or visit LivAbility.org for more.
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This past summer, I visited Arizona for the first time, and I had one week to see as much as possible.

My trip started with a few days in Tempe and ended in the small, but charming town of Williams. While I was able to explore many places, two of my favorite wheelchair-friendly attractions were Williams’ Bearizona Wildlife Park and the Grand Canyon Railway.

As someone who loves interacting with animals, Bearizona impressed me. It's known primarily for its drive-thru wildlife park, where you can stay in your own vehicle for more than three miles on paved terrain, admiring wolves, bison and bears (oh my!). I was lucky enough to see about eight bears during my 45-minute drive, and they were closer than expected.

After the immersive excursion, I rolled out of the car and visited Fort Bearizona, an area more like a traditional zoo, complete with shows, a restaurant and plenty of animals. It was paved and mostly flat—easy to navigate in a wheelchair. Bearizona is open daily from 8 a.m. to 6 p.m. and admission is $25 per adult or $15 per child. Plan at least three hours to see everything; not a minute will be wasted!
The next morning, it was time to tick a huge item off my bucket list – See the Grand Canyon!

Instead of driving there, I rode the Grand Canyon Railway to the South Rim and absolutely loved it. The 2-hour and 45-minute journey started in Williams, where I boarded the train in my power wheelchair with a lift. It was a smooth process, and I had a great space to park my wheelchair during the ride. I was thrilled to discover a wheelchair-friendly restroom in my train car. If you need access on the train, just be sure to request it when making your reservation.

The ride offered incredible views. Pine trees lined the path, while hills and valleys varied the landscape. But one of the best parts was listening to a cowboy play the ukulele and sing live, right there on the train with us.

Once at the Grand Canyon, we were given about three hours to explore on our own before returning. I was awestruck by the vast canyon. It was unreal, like a painting. My expectations were high, but it still surpassed them.

Once I was able to tear my eyes from the view, I rolled along the South Rim paved trail, got a sandwich in a café and visited a few souvenir stores. A few hours was plenty of time for me to appreciate the natural beauty and vow to return to this surreal escape.

The train entertainment on the ride back was an enacted train robbery, all part of the fun!

It was a nine-hour day filled with remarkable memories. Whether you’re looking to visit the Grand Canyon for the first time like me or the 10th time, the railway is a unique experience.

For more travel tips, you can visit Cory Lee’s website, curbfreewithcorylee.com.
Target has released an inclusive and affordable Halloween costume line called Hyde & EEK! Boutique designed for children with disabilities.

The line includes two wheelchair-cover costumes, including a princess costume for $20 and a pirate costume for $25. Each of the costumes is designed to have an opening in the back for easy accessibility and offers wheelchair covers sold separately for $45 each.

The wheelchair covers are designed to fit a variety of differently sized wheelchairs.

The line also offers costumes that accommodate sensory sensitivities like adaptive, tag-less and flat-seamed shark and unicorn costumes for toddlers and infants for $25 each. Each of these costumes also has removable zip-off attachments for comfort and extended zippers for diaper changes.

"My 9-year-old daughter has autism, and I've always had to plan for Halloween well in advance, including making her costume because she doesn’t want things on her head or against her skin," Stacey Monsen, a Hyde & EEK! Boutique designer, said in a press release.

The designers focused on the details during the design process, including features that made the costume easy to get in and out of, comfortable and less bulky.

"That attention to detail is absolutely worthwhile when we hear stories about what these costumes mean to families," Monsen said.

"Following the launch of Cat & Jack adaptive apparel, we continued talking to parents with kids who have specific needs," Mari Anderson, another Hyde & EEK! Boutique designer said in the same press release.

"They told us again and again that they want their children to have the same exciting, magical experience other kids enjoy on Halloween," Anderson said. "And there's a huge gap of fun, affordable options in the marketplace."

"I'm beyond blessed that he is part of this much-needed movement toward inclusion," Marissa Smith, the mother of the child that modeled the pirate costume for Target, said in the press release.
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Getting up and speaking in front of people is a daunting task for nearly everyone. For people with disabilities, there is added anxiety. This is especially true if you have a hearing impairment.

Toastmasters International has been helping people around the world improve their public speaking skills for nearly a century, but Audible Talkers, in Tempe, Arizona is the first club to be accessible to those who are hard of hearing.

They meet twice a month in a hearing-loop room at the Tempe Public Library.

Participants with hearing aids or cochlear implants set their devices to the t-coil setting. That allows the sound to travel directly from the microphone through the looping system to a person’s device. Those without hearing aids can use a headphone set for the same experience.

For Peggy Staples, the idea of getting up and speaking in front of her friends and co-workers was what scared her the most.

“I had always wanted to do Toastmasters in the past,” Staples said, “but my hearing loss always held me back. I was fearful of attending a meeting and not being able to hear and fully participate.”

Now, she is able to use the hearing loop system to listen to all of the speakers. Knowing that she could fully hear and participate gave Staples the confidence to join Audible Talkers.

Toastmasters is touted as a club that helps its members network, as well as improves their public speaking and leadership skills.

“It’s scary when you have hearing loss to get up and talk, and to know how to talk properly,” Michele Stokes, an ADA compliance specialist for the City of Tempe, said.
Stokes believes this club will give people who are hard of hearing the opportunity to practice and improve those skills.

The idea to start Audible Talkers began with Harry Wolfe. He has been a member of Toastmasters clubs around the world for over 30 years. When Wolfe began having trouble hearing, he researched technology to help him and then gave a speech about it during a meeting.

"I found a small wireless microphone, which I brought with me to the meetings that helped quite a bit," Wolfe said. "But that was just a one-on-one kind of solution, and it prompted me to think, 'How many people would be deprived of joining Toastmasters or other organizations because they can't hear the speakers?'"

So he reached out to Michele Micheals, program director at the Arizona Commission for the Deaf and Hard of Hearing, for support and guidance. While Wolfe and Michaels were trying to find a space to hold meetings, they were led to Stokes and the City of Tempe.

Thanks to a generous grant from the Arizona Community Foundation, the Tempe Public Library installed hearing loops in two of its meeting rooms in the past year.

With the space, equipment and support from the community, Wolfe launched the new Toastmasters club.

The club meets on the first and third Mondays of every month from 6 p.m. to 7 p.m. at the Tempe Public Library. You don’t have to be a member to check out a meeting. As of Sept. 23, the cost of membership is $20 for new members and an additional $45 for every six months.
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This December will mark the 20th anniversary of Ability360’s Ticket to Work program and with it, the opportunity to celebrate the success of the employees in the program over the years.

The Ticket to Work program, available to people who receive Social Security benefits because of a disability, provides access to services that help with returning to the workforce.

Ability360 has helped hundreds of people achieve their dreams of returning to work and finding greater independence through financial self-sufficiency.

Earlier this year, LivAbility reported that participants in the program earned over $73 million in wages between 2013 and 2018.

An incredible accomplishment, but the impact on the lives of participants is far more powerful.

As we’ve heard before, the time to jump back into your career is now. Here are some things to know about the Ticket to Work program:

1. There are over 200,000 people in Arizona who are eligible for the Ticket to Work program. If you receive Supplemental Security Income or Social Security Disability Insurance cash benefits, you qualify for this program!

2. At Ability360, everyone who works on the Ticket to Work program is a person with a disability, so we do get it.
Work incentives are in place that can allow you to work without risking your benefits. Ability360 staff provides hands-on assistance to help manage cash benefits and healthcare coverage, so you can focus solely on work.

Participation is free and optional. You get to decide what business you think best fits your needs and helps you achieve your goals.

We are committed to your success. We will help you find work based on your skills, experience and qualifications.

The thought of returning to the workplace can be scary, and feeling that way is very common. While many consumers had successful careers previously, worries about maintaining healthcare coverage and the impact on other benefits are valid.

The Ticket to Work program can give consumers their career back without the risks of losing their benefits.

If you are considering going back to work, call Ability360's Ticket to Work program at 602-443-0712.
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In the world of neuroscience, music is the foundation for possible change.

"Every day when I walk into the session, the tool I have, I know it works," said Suzanne Oliver, founder of Neurologic Music Therapy Services of Arizona (NMTSA), in Phoenix, Ariz.

Oliver, considered the doyenne of music therapy in the Valley, started the organization after graduating from Arizona State University and seeing the lack of music therapy services.

"I had as many as 21 therapists, and we were driving all over the Valley, but I couldn't control the quality of what was happening, so I saw [the NMTSA] as a way to help the staff not be frustrated and to begin to understand what they were doing in order to be able to explain it to the parents better."

Like Lydia Rangel, who brings her 15-year-old son Daniel for music therapy with Oliver. Rangel is Daniel's biological grandmother, however, she has cared for Daniel since he was 2 years old. Daniel was diagnosed with a rare chromosomal abnormality called chromosome 22 ring, or ring 22, which has resulted in Daniel having low muscle tone, and non-verbal autism as well as an unsteady gait.

Through the Developmental Disability Division (DDD) in Phoenix, Daniel and Rangel were recommended to NMTSA to improve Daniel's balance.

Progress in Daniel's gait occurred in his sessions when Oliver started giving him a tempo to follow. Step-by-step, following the beat of a metronome (a device used by
musicians that marks time at a selected rate by giving a regular tick), Daniel’s walk improved substantially in just four months.

Oliver uses the metronome to help Daniel connect with his body and what he is feeling. This is coupled with Oliver giving Daniel “squeezes,” by gently and methodically squeezing sections of Daniel’s hands, arms, legs and feet.

“Feeling my body, I’m getting squeezes” is sang to him, along with a tempo and rhythm that helps him feel at ease.

This idea of feeling his body is central to helping Daniel along in his journey and is a critical element in his sessions with Oliver.

“Music changes the brain, whether you’re listening to it or not, which means you can do harm as well as good. So our job is to educate people with that. Yes, music can be a good thing, but in order to be a therapy, it’s got to be in the right hands to impact,” said Oliver.

This impact has given Daniel and his family the tools to move forward with Daniel’s independence.

“Music is something that’s accessible … and so if you identify it, you treat and change the brain and then identify what can work when a therapist isn’t there,” said Oliver. “We’re helping them understand their disability, helping the family understand how you can access music in a very functional way, so I think it does ultimately lead to independence.”

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Photo by Joe Kusumoto

DANA MATHEWSON

Wheelchair Tennis
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2019 Para-Pan American Games 1 gold and 1 bronze medal.

Photo by Joe Kusumoto
Just 20 years old, Daniel Campbell (pictured above) was living in a Chicago suburb in 2012 when his life changed forever.

“I broke my neck while wrestling with a buddy of mine and became paralyzed,” Campbell said. Campbell left school and moved back home with his parents and began physical therapy.

Campbell began participating in “activity-based therapy.”

“Activity-based therapies target the activation of neural pathways below the level of injury to excite the central nervous system (CNS) and elicit a neuroplastic response to promote functional regeneration. It’s all about retraining the CNS to perform motor tasks by imposing certain characteristics to their training,” Campbell explained.

“We were trying to see what would come back,” Campbell said. “My recovery started climbing.”

Campbell then decided that he wanted to go back to school. Arizona State University became an attractive place for Campbell, as he thought he would be able to access an activity-based clinic.

However, his options were limited when searching for physical therapy clinics.

Back home in Chicago, Campbell had fallen in love with assisted gait training.

What is assisted gait training?

Gait training is physical therapy that can improve standing and walking abilities. Generally, gait training is recommended for a patient whose disability is the result of neurological motor impairment. Assisted gait training is performing those same tasks with the assistance of a mobility device or physical therapist.

Although Campbell saw improvements while using assisted gait training, a lot of clinics around Phoenix did not have the proper equipment.

That is when Campbell had an idea.
Now majoring in engineering at ASU, he began to wonder if there was any way for gait training to be available more to smaller clinics.

“I built a device in late 2015. I just went to Home Depot and bought hardware to build the prototype,” Campbell said. He then began bringing it to therapy where people started asking questions about the machine.

According to Campbell, the device is “a powerful tool for performing assisted gait training (AGT). It attaches to a trainee’s legs at three points each and extends a few feet in front of their body.”

The Spartan was born.

“It slowly dawned on me that this can help a lot of people,” Campbell said. “Once I built it, I realized it would be a disservice not to put it out there,” he added.

Campbell then began participating in ASU’s business competitions, like eSeed and Glowing Minds. “In 2017, at one of those pitches, there was a private investor who saw the pitch and expressed interest in funding the enterprise the rest of the way,” he said.

As of summer 2019, Campbell is currently selling the Spartan to clinics and helps train staff. Eventually, he hopes that the Spartan will be available for the average consumer. It is currently available in clinics near Chicago, and in California and Arizona.

“It’s really rewarding. I thought I would just love the design and not the execution. When I go visit the clinics and see their moods, and it’s an incredible feeling,” Campbell said.

Despite the Spartan’s success, Campbell still had bumps in the road. “There’s so many moving pieces; when I was going into this I had a very naïve perspective. There’s a million moving parts,” he said.

Campbell hopes that the device will be beneficial to people who desperately need it. “I want it to be wherever it can help people in a way that something better can’t. I want to get it in the hands of individuals who it can really help,” he said.
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