Project Airtime
Adaptive paragliding in Utah

Wheelchair Football
Move United launches nationwide football league

Athletics & COVID
How adaptive athletes have handled the challenges of COVID-19

Grocery Delivery
LivAbility reviews grocery delivery services
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There's no doubt that it's been a hard couple of months. Our staff has been working from home, once again producing an entire magazine from our workspaces. And while a familiar routine is starting to set in, there are times we find ourselves longing for more, whether it's out in the world, in a book or on the screen, a little adventure.

This edition, we've got a great mix of reviews, recipes, and amazing stories from around the Southwest.

With the summer winding down, you might have heard the phrase socially distanced vacation. People getting away, enjoying some time in the great outdoors. Even if it's just in the pages of this magazine, we've got some stories that will help you explore the vast outdoor beauty of the Southwest. Karam Gafsi will take you on a high-flying adventure paragliding through the skies of Draper, Utah with Project Airtime. You'll also find great reviews for accessible sightseeing at the Grand Canyon and camping in Northern Arizona.

If you're not quite ready to venture out of the house yet, this edition is chocked full of entertainment reviews. Read Sarah Farrell's book review on "Being Heumann: An Unrepentant Memoir of a Disability Rights Activist," and then pick up a copy for yourself. We hope you watch our team's web series produced with the author's Judy Heumann and Kristen Joiner on our social platforms. If that's not your cup of tea, check out Shane Crowe and Tony Jackson's review of the coming-of-age film "Come As You Are" for your next movie night.

Those of you more into watching live sports than reading the latest book or watching a new movie—like some of our staff—know able-bodied professional sports have largely returned around the world. In this edition, we take a look at the state of adaptive sports. Reinert Toft tells the story of a new wheelchair football league just taking off with virtual training and team building. Sarah Farrell also sat down with adaptive athletes from sports and teams around the country for a comprehensive story detailing how they've continued to train safely through COVID-19.

We know that consuming new media has not been the only way you've kept yourself busy during the last few months. Many of you have ventured into the kitchen, learning to cook or expanding your repertoire with new recipes. Chef Steve welcomes you into his home kitchen this edition with recipes for seasoned chefs and new cooks alike. He breaks down foods with vitamins, minerals and antioxidants that you should include in your diet to boost your immune system. And if you're still trying to figure out the best way to get your groceries during this time, our staff reviews four different grocery apps for you to try out.

As we wrap up this edition, it should be noted that without question, this magazine and our marketing team would not be what it is, and we would not have accomplished what we have without our President & CEO Phil Pangrazio's belief in what we are doing. We want to thank him for his unwavering support and leadership during his incredible career at Ability360, and congratulate him on his upcoming retirement.

No matter what brings you happiness and peace of mind during this COVID-19 time, there's a little something for everyone to enjoy in this edition of LivAbility.
In case you’ve been living under a rock, or hibernating due to a global pandemic, Phil Pangrazio recently announced he would be retiring as the President & CEO of Ability360.

Long before LivAbility magazine came along, Ability360, formally known as ABiL published a monthly newsletter. And each and every month, our CEO, Phil Pangrazio would take the time to give his thoughts on current events and things happening at the organization. While always insightful it was no doubt a chore.

When this magazine began five years ago, he got a reprieve and now only had to put pen to paper four times a year. As his 20-year tenure at Ability360 comes to a close, we thought we would give him some questions that allowed him to reflect on what he has accomplished.

LOOKING BACK ON A LEGACY
LivAbility Media (LM): What are you most proud of during your time at Ability360?

Phil Pangrazio (PP): Keeping it all together and growing our programs smartly. It hasn’t always been smooth or easy. There have been many bumps in the road. There were many discussions, opinions and occasional arguments amongst the management team and even the board, but we always overcame our differences and pushed the organization forward. We always stayed focused on our mission and serving the disability community from a consumer-led and needs-based perspective.

LM: When you first started at Ability360/ABIL, is this what you imagined it would grow into?

PP: No, not really. What we’ve achieved has undoubtedly exceeded my wildest dreams. It’s almost impossible to explain how we got here. Different pieces to the puzzle always seemed to fall into place. I feel like in so many ways, we just kept stacking chips in the win column, and before we knew it, new programs emerged and more people with disabilities were benefiting from them.

LM: What are some of your fondest memories?

PP: There are so many. The celebrations and milestones are always the most memorable: the 20th and 25th anniversaries of the Americans with Disabilities Act (ADA), for instance. The grand opening(s) of the Disability Empowerment Center (now Ability360 Center) in 2008 and the Sports & Fitness Center in 2011 were spectacular memories. The grand opening of the 50th Street light
rail station in 2019 was the icing on the cake.

Of course, holiday parties with staff and board members were always a great way to celebrate our accomplishments. The annual National Council on Independent Living (NCIL) conferences in DC were always energizing, yet humbling.

Most importantly, though, it's the relationships that we've established over the years and what they've meant for us—from mayors, city council members, congressional representatives, legislators, government administrators, community partners, donors, and other organizational champions. Each relationship has propelled our success.

**LM: What's the best piece of advice you could tell a new employee joining Ability360 tomorrow?**

**PP:** Be sure to learn about our mission and genuinely understand the independent living philosophy (IL). Watch the Ed Roberts “60 Minutes” interview video. It's the best explanation of the philosophy. We should always be consumer-led and controlled. We should always promote greater disability awareness and sensitivity and full access and inclusion in community life. Ability360 belongs to the disability community. We are obligated and must continue to fight and advocate for everyone's civil rights in the disability community. We are here to serve our consumers, but we should always listen to them, too. Only by listening can we best meet their needs.

**LM: What was the most formidable challenge in the early years?**

**PP:** Learning what land mines not to step on. This is a people business, so it's essential to be flexible and respectful of where others are coming from. Everyone's perspective is valuable and should be heard. I tried not to do too much, too fast. We had so many challenges early on. We had 60 staff members crowded into the old 12th Street office in Phoenix, Ariz. We had offices in Glendale and Mesa. Then we opened two new offices, one on Central Avenue and the other on 44th Street and Thomas Road. We were multiplying, but it was painful at times.

**LM: What has been the most formidable challenge of late?**

**PP:** I think the COVID-19 pandemic has been the hardest thing I've ever experienced. It's been hard on people individually, but it has created enormous challenges for all organizations, no matter what business you are in. I look forward to the time when we've conquered this invisible killer.

**LM: Who were some of your mentors, and what did they do to help you get the job done?**

**PP:** There have been so many over the years. I've never been afraid to ask for help. I've learned so much from other people. I am so grateful for the people who have helped me along the way. You cannot do this job alone. You must be willing to accept other opinions and be a lifelong learner.

**LM: 10 years from now, what do you think Ability360 will look like?**

**PP:** I have no idea, but I just hope we're bigger, better, and mightier than today. That'll mean we are fulfilling our mission and serving more people with disabilities than ever before. That will be a good thing!
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Contributors

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Shane Crowe is a senior at Arizona State University where he double majors in journalism and digital culture. Shane was born in Phoenix, Arizona and enjoys camping, making music and pursuing creative projects with his friends. He hopes to one day stick to a regular exercise schedule.

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As a travel writer for 45 years, Candy has covered accessible travel exclusively for the past 25 years. She’s the founding editor of Emerging Horizons, and the author of a library of accessible travel guidebooks, including her popular national park series. And when she’s not on the road, she enjoys spending time with her travel photographer husband in their California Sierra home.

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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 holds a master’s degree in sports journalism from the Walter Cronkite School of Journalism and Mass Communication at Arizona State University, and a bachelor’s degree in communication with a minor in sports management from Trinity University. She is a Texas native who has fallen in love with hiking the Arizona wilderness.

Tony Jackson
Tony Jackson is a graduate of the Walter Cronkite School of Journalism and Mass Communication at Arizona State University. He started playing power soccer in 2009 and has no plans to stop anytime soon. In addition to being an athlete, he puts his journalism skills to use as a broadcaster of power soccer tournaments around the world. He currently works at the Ability360 Sports & Fitness Center, and also coaches and plays for Ability360 FC.

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.
Kaitlyn Stone

Kaitlyn Stone is a graduate of The Art Institute of Phoenix with a Bachelor of Arts in Graphic and Web Design with a minor in Illustration. Stone currently owns her own graphic design business, INKHOUSE Design, where she creates graphic design projects, websites and social media for small businesses around the world. When she is not developing graphic design, she is an avid outdoorswoman and enjoying the nature Arizona has to offer.

Reinert Toft

Reinert Toft is graduate of the Walter Cronkite School of Journalism and Mass Communication with a B.A. in Sports Journalism and an M.A. in Mass Communication. Reinert currently works for the Arizona Department of Forestry and Fire Management as a data analyst but maintains his passion for sports whenever he can whether it’s TV watching, fantasy sports leagues, or pickup basketball.
A DIFFERENT P.O.V.
BY
MARIEKE DAVIS

MR. PRESIDENT, WE CAN'T PARK HERE--

EXECUTIVE PRIVILEGE.

SIR, THAT'S NOT HOW IT--

EXECUTIVE PRIVILEGE!

TRMP BGMAC
Move United launches nationwide wheelchair football league

by Reinert Toft

Teams formed, plans made, the new USA Wheelchair Football League (USAWFL) was set to debut in 2020.

With the support of an NFL-Bob Woodruff Foundation Healthy Lifestyles and Creating Community (HLCC) grant, the new league planned to spread the word in a significant way, via the 2020 NFL draft in Las Vegas.

USAWFL is the newest team sport offered by Move United, a new organization created after the merging of Disabled Sports USA and Adaptive Sports USA.

“We were [even] going to do a demo game, and the NFL was going to try to get some of their athletes over to hop in some chairs and play against our players,” said Karalyn Stott, the league’s commissioner and program manager at Move United.

Like so many things on tap for 2020, the new league’s unveiling didn’t go as planned. The coronavirus pushed the pause button for the USAWFL.

There is still hope, however. Adjustments were needed to keep some of the momentum going for the eventual start of the league. USAWFL still had its
big announcement when U.S. Marine veteran Brad Lang virtually delivered the message during the Panthers fourth-round pick in the NFL draft.

Glimmers of hope came when states attempted to open up. Disappointment followed instead with resurgences of coronavirus infections.

Patience and continued program building became the keys to success for the teams participating in the inaugural season. Four organizations were invited to participate in the pilot season, including Great Lakes Adaptive Sports Association from Chicago, Midwest Adaptive Sports from Kansas City, Ability360 from Phoenix, and Angel City Sports from Los Angeles.

"In this time of COVID-19 and not being able to meet in person, it's a lot about athlete recruitment and relationship building and training for coaches and really trying to put together a solid foundation so that once we are able to practice and meet in person and compete, the league will be at its best," said Stott.

Virtual training has become crucial to athlete recruitment and relationship building, and leading the charge for virtual training at Ability360 is strength and conditioning program specialist Luke Rumbyrt.

On top of zero gym access, Rumbyrt also had to consider an adaptive athlete’s history and functionality, some of which he had never met in person. Thinking outside the box became mandatory rather than a thought experiment.

"If you would have asked me back in March if we could keep an entire program afloat only by virtual means, I might shake my head and tell you it’s not possible," Rumbyrt said in a follow-up email. The results have exceeded expectations. "We are [still] learning every day, but our football team continues to grow, and the interest from athletes only continues to increase."

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When the league does debut, expect it to be fast-paced, hard-hitting and exciting. "We want it to be what people think of football," said Bart Salgado, the Angel City Sports coach.

On a 228-foot long by 66-foot wide field, the seven-on-seven game will be moving fast. The uptempo pace-of-play features a running game clock and, similar to the NFL, a 40-second play clock.

Each first down marker is 15 yards apart, but the offense will have set downs. For example, if the offense took over the ball at the three-yard line, it would be first and twelve. But if the offense took over the ball at the 13-yard line, it would be first and two.

Each team will have four downs to reach the first down markers, or they will either have to go for it or "punt" the ball. Defenses will have to remain vigilant, however, as every offensive player is considered an eligible receiver.

"We are [still] learning every day, but our football team continues to grow, and the interest from athletes only continues to increase."
“That’s super exciting because you’re just not isolating anybody in their role,” said Nick Pryor, the head coach of the Ability360 team.

Special team plays such as punting and kickoffs will involve throwing the football downfield. Field goals have been eliminated and teams will have to score their extra points on conversions from the three-yard line. One point is awarded to a team for a successful passing play and two points for a successful running play.

To keep a level playing field, USAWFL adopted the classification system from the National Wheelchair Basketball Association.

This classification system is points-based. These points take into account the leg, abdominal, and upper body function of an athlete, which leads to a final classification ranging from 1.0 to 4.5 in half-point increments.

Points become important when identifying matchups during a wheelchair football game. “If you take a 4.5, and you match him up against a 1.5, or a 1.0, I can tell you who’s gonna win that 9.9 times out of 10,” said Kolton Kincaid, the coach of the Midwest Adaptive Sports football team.

Each football team will have a 21-point limit for the players they will have in play.

According to Salgado, expect the final scores of these wheelchair football games in the 30s by both teams.

Although this is the first-ever nationwide wheelchair football league for adults, wheelchair football has been around since the 1960s. In the last 30 years, cities like Santa Barbara, Calif., and Las Vegas supported wheelchair football tournaments like the Blister Bowl and the Xtreme Bowl, respectively. Other regions throughout the country have also supported competitive and recreational leagues.

Despite the setbacks to the start of the USAWFL, the increased time for program building among the inaugural teams will eventually translate to a high-quality product on the field. A reward that fans of the game will enjoy.
Lyman Lake offers accessible getaway options

During a pandemic, more people are taking up camping to get away

by Kelly Beaubien

Lyman Lake State Park is a beautiful gem in Northeastern Arizona. Hidden away is a wonderful getaway from the Phoenix summer heat. As you turn the last bend after a long drive through flat farmland, you find yourself next to a gorgeous lake with lush greenery and towering groves of pine and Juniper trees.

The park offers a little something for everyone with accessible camping, fishing and hiking options to explore.

Camping at the state park is the best option if you want to enjoy all the amenities. The lake is just a short stroll from the cabins on-site. The ground is relatively firm approaching the water, allowing a wheelchair to get reasonably close to the water without issue. However, the closer to the water you get, the softer the terrain gets, and a wheelchair may get stuck.

The lake offers a family-friendly activity: fishing—with a license—as it is full of largemouth bass, channel catfish, carp and walleye fish.

Those with motorboats, canoes, and kayaks can also launch from the boat docks and spend a day on the water.

The park also has several hiking trails. The most interesting is the petroglyph trail, although it is not accessible yet. As you are walking...
along the 1/4-mile path, ancient petroglyphs are visible. Hopi tribe ancestors drew these petroglyphs. Seeing these petroglyphs gives you a glimpse of what life was like for the ancient tribespeople.

The trail is not wheelchair accessible now, but steps are being taken to make it accessible.

"Before COVID-19 shut everything down, plans were starting to make parts of the trail wheelchair accessible." The park ranger informed us at the camp general store. "Unfortunately, with everything getting closed, it may be longer before the trail is accessible by wheelchair."

For those interested in staying overnight or through a long weekend, wheelchair-accessible cabins are available at the site for rent at $65 per night. Cabins have electricity, AC, a ramp, wheelchair accessible picnic table, and firepit. The state park has eight total cabins, two being wheelchair-accessible.

Inside the cabins are a table and chairs, a set of bunk beds and a full-size bed. The cabins were reasonably big and easy to maneuver around inside. Each cabin comfortably sleeps four people and can fit as many as six people.

Dogs are also allowed in the cabins, with a pet fee, and must remain on a leash.

Less than 100 feet away were accessible bathrooms. The accessible stall was quite large, with enough room for a power wheelchair to turn around and a Hoyer lift (or other personal equipment).

Another amenity offered at Lyman Lake State Park is the general store with quick items available that you may have forgotten. The store was well laid out and easy for a person in a power wheelchair to access and move around. The park is about a 20-30 minute drive from the nearest town, so if you need other items, they are still easy to get.

Lyman Lake State Park is a wonderful and accessible campsite to visit. The friendly staff is accommodating and knowledgeable of the area. The views are breathtaking and the quiet campground is terrific to help you get away from the hustle and bustle of the big city.

Accessibility meets camping in comfort is a win in our book.

For more information about Lyman Lake State Park, visit AZStateParks.com/Lyman-Lake.
When you think about civil rights leaders, Martin Luther King Jr., Cesar Chavez and Nelson Mandela come to mind straight away—followed by images of marches, protests and great speeches.

Few would put the name Judith Heumann on that list.

But after reading her recently released memoir, “Being Heumann: An Unrepentant Memoir of a Disability Rights Activist,” this Brooklynite unquestionably belongs there.

Heumann, now in her 70s, has spent her whole life championing disability rights and the independent living movement in the United States and around the world.

As a non-disabled reader, this book brought the disability rights movement into perspective. It was informative in providing historical context and illustrating the emotions and experiences of living with a disability.

“She wasn’t on the radar in terms of a household name, and that really bothered me,” Kristen Joiner, co-author of Being Heumann, said in a Zoom interview with LivAbility Media, “because I think that her achievements and her leadership have achieved parallel results [as other civil rights leaders]. It was really important in the book that we show that Judy is a civil rights leader.”

This novel masterfully combines Joiner’s engaging writing style with Heumann’s penchant for storytelling and calculated approach to advocacy.

With the initial section dedicated to her youth, readers truly get a sense of the experience of growing up with a disability in New York City in the 1940s.
Modern features like ramps and curb cuts were merely non-existent.

And it had a significant impact on Heumann's life. As someone who used a wheelchair, she was barred from attending public school for many years as officials claimed her wheelchair was a fire hazard.

Beyond that, an overarching theme of the first few chapters is the impact that Heumann's family members had in shaping who she became and who she is today.

At the dinner table, Heumann, her parents and brothers would have heated conversations on almost any topic. It's where she learned to hold her own in discussions. If they invited people over for dinner, most would leave asking why they didn't know what happened at the Heumann dining room table.

As a teenager, Heumann attended Camp Oakhurst in New York City and later became a counselor at Camp Jened in Rock Hill, New York.

"At camp, we tasted freedom for the first time in our lives," she wrote.

Camp Jened, explored extensively in the Netflix documentary "Crip Camp," was a summer camp for people with disabilities, and as Heumann describes, an incredibly empowering experience.

"Camp was for us," Heumann wrote. "It was designed specifically with our needs in mind and our parents paid for us to be a part of it. Our participation wasn’t contingent on someone else's generosity; it was a given camp, I thought, was what it would feel like if society included us."

The in-depth discussions and bonding that occurred at Camp Jened would come to play an essential role in the disability rights movement-building shortly thereafter.

In 1977, Heumann and other leaders helped organize the 504 sit-in in San Francisco. It was part of a nationwide series of protests aimed at getting Section 504 of the Rehabilitation Act of 1973 signed and enforced.

"Section 504 had redefined disability," Heumann wrote, "instead of looking at disability as a medical issue, it had made disability a question of civil—and human—rights."

It was the most prolonged, non-violent occupation of a federal building in U.S. history, and the protest was overwhelmingly inclusive. Members from every segment of the disability community—even other civil rights groups like the Black and Grey Panthers—were involved. Heumann and other leaders made sure that every person had the opportunity to voice their opinion.

“We were sure that the only way to maintain the group [of over 100 people] was to create an overwhelming sense of unity—and the only way to do that was to be totally inclusive and open," Heumann wrote. “We waited until every single person had arrived and the sign language interpreters were ready to start translating [before starting the meeting].”

The final section of the book details Heumann’s extensive career in advocacy, after the successful signing of Section 504. She helped found the World Institute on Disability, served as the World Bank’s first advisor on Disability and Development, and worked within both the Clinton and Obama administrations in the Office of Special Education and Rehabilitation Services and State Department, respectively.

This novel illustrates Heumann’s personal history and the history of the disability rights movement as a whole.

Joiner, who is also non-disabled, said that this book was truly written for anyone to read and enjoy. This is especially so for those who do not know the whole history of the disability rights movement or understand its context within civil rights in this country. In my opinion, this book is a must-read for people of all ages and abilities. 📚
FIGHTING FOR JUSTICE
A conversation with Judith Heumann and Kristen Joiner

As a Center for Independent Living, we at Ability360 recognize the vital role our organization plays in facilitating conversations regarding the disability rights movement and community. Behind the Book with 360 is a video series produced by LivAbility Media, designed to do just that.

As it stands, the fight for equality—for many—is far from over. This organization firmly believes that the work accomplished during the independent living movement by Ed Roberts, Judith Heumann, Kitty Cone, Justin Dart and others is a fundamental piece of civil rights history. A portion of history that many of us are missing. We aren’t taught these vital pieces of civil rights history in school.

The United States has stood for nearly 250 years. To date, the longest occupation of a federal building in history was held by people with disabilities. The 504 sit-in was an example of what can happen when people of all different races, genders, sexual orientations, and more come together.

Lawrence Carter-Long, the communications director of the Disability Rights Education and Defense Fund, said it best:

"Why aren’t we using [the Section 504 sit-in] as an example to say, ‘this is what happens when communities come together? These are the changes that can occur when we stand together, roll together, sit together in solidarity.’"

In March, our LivAbility Media team was faced with the unique challenge of producing a virtual book tour for “Being Heumann: An Unrepentant Memoir of Disability Rights Activist” by Judy Heumann and Kristen Joiner. This sparked an idea for our team: The opportunity to produce a curated, multi-episode series based on a lengthy Zoom interview with Heumann and Joiner.

This five-month-long project did present a lot of obstacles for our team along the way. Some included organizing with Joiner, a human rights activist, now based in New
Zealand. Our team also spent time combining book details and themes with the social commentary of today's world while digging through hours of interviews to build episodes.

Each episode features a one-minute graphic introduction that our team created and voiced. Episodes also include footage from LivAbility Media's interview with Heumann and Joiner and interviews with other prominent figures and activists in the disability community. Each one follows its own theme ranging from the importance of Centers for Independent Living in the disability community to the impact of COVID-19.

The purpose of this series was to be an educational platform for the public to learn more about the history of the disability rights movement, the 504 Sit-in and the life of Judith Heumann. Beyond that, though, the audience has the opportunity to hear from two prominent activists about social issues shaping our world.

As a team, we hope that this is content that both persons with disabilities and non-disabled viewers will be able to enjoy and learn from for years to come.

**HIS FUTURE IS BRIGHT...**

You can ensure that FBC will be there for every child and family who need us...
Taking Flight

Adaptive paragliding in Utah

By Karam Gafsi

Photos by Ben White
When the wind allows it, it’s the town of Draper, Utah, where many first take flight.

Atop a mountain range in Draper known as “Point of the Mountain,” people of all kinds visit to run off its edge and soar the skies.

The wind whisks these visitors away and carries them upward, sometimes thousands of feet aboveground — enough to make the highways of Draper look like a trail of ants bustling between board game-like miniatures of houses, restaurants and an IKEA.

Many have been able to experience flight off Point of the Mountain, as well as many other locations nationwide, thanks to the efforts of Project Airtime, a nonprofit based in Draper.

Project Airtime specializes in introducing paragliding free of charge, regardless of any physical or cognitive disability. Thus, opening up a world of flight to those who would typically not have access to paragliding such as amputees and those who use wheelchairs.

It was because of Project Airtime that Sherene Ricci was able to travel to Draper for a paragliding flight.

During a battle with cancer, Ricci made the decision to have her left leg amputated after the cancer reached her leg’s sciatic nerve. Since the amputation, Ricci has utilized crutches to get around.

Residing in Missoula, Montana, Ricci traveled to Draper after getting in touch with Project Airtime with the hopes of paragliding off Point of the Mountain.

Ricci said becoming an amputee has led her to seek out more adrenaline-fueled activities that she wouldn’t have regularly done before losing her leg. She sees paragliding as adventurous rather than intimidating.
“I MIGHT AS WELL BE AFRAID OF SOMETHING THAT’S BEAUTIFUL AND AMAZING.”
Santacroce said Project Airtime is meant to offer free paragliding to those who may have their “horizons limited” in terms of what is deemed possible. This includes those with mental or physical disabilities, veterans and elderly who may not be aware that paragliding is a possibility.

“We really take everybody flying,” said Santacroce. “That’s our mission statement. We are taking people that are rising up against adversity.”

Project Airtime came about as Santacroce continued to encounter those who needed adaptive equipment to be able to paraglide. As a result, the nonprofit examines the needs of those they take paragliding and finds ways to get them into the air by offering solutions, such as flying with an adaptive chair.

With the increasing accessibility of paragliding nationwide thanks to the nonprofit, Santacroce said he sees Project Airtime as the “temporary custodians” of a movement allowing more people to experience the excitement of paragliding. While Project Airtime is based in Utah, the nonprofit will also work with paragliding pilots nationwide and ship out adaptive chairs for their consumers.

“We have a broad reach,” said Santacroce. “All of a sudden, we had multiple chairs and we had multiple pilots. And all of a sudden, we had flights happening in Missoula and Seattle the same day they’re happening here [Draper].”

After arriving in Draper, Santacroce met with Ricci to coordinate a tandem paragliding flight that would make use of the adaptive chair; however, once they got to Point of the Mountain, they encountered an issue.

The wind was not cooperating.

On site that day was Joe Stone, a professional paraglider and ambassador for Project Airtime. According to Stone, while the wind speeds were optimal, the wind was not blowing the right direction for a safe flight.

“That’s just part of paragliding sometimes,” said Stone. “You just gotta say no and wait for a better time to get in the air.”

After a few hours of waiting, the wind had finally decided to allow Ricci to fly.

Ricci was transferred and secured to the adaptive chair as Santacroce guided the wing into the air. The Draper wind billowed into the wing overhead.

Santacroce began to push Ricci and her chair forward. Just as they reached the edge of Point of the Mountain, Ricci’s wheels began to hover above ground.

And up they went.

Santacroce and Ricci soared along Point of the Mountain, enjoying a view of the small town of Draper.

Eventually, the two landed at the base of the mountain, about 280 feet from where they had originally begun to hover.

The flight was over; however, according to Ricci, there would be many more to come.

“Would I do this a million times?” Ricci asked. “Yes! Yes, I would. I definitely want more of this.”

According to Stone, it’s experiences like Ricci’s that Project Airtime exists to provide.

“I think the biggest misconception is something like paragliding isn’t possible for people with disabilities,” said Stone. “It’s proven to not only be possible, but way easier than most people think. I think it [Project Airtime] has really opened up a lot of people’s eyes.”

Stone said that by experiencing paragliding, people with disabilities can gain a greater sense of confidence that “trickles down” into other areas of life.

“By taking that energy we get from going out and doing these exciting things, we can bring that into everyday life,” said Stone. “It creates a higher quality of life when we have more opportunities to get out and experience life.”
Food has always played a major role in how our bodies function. Consuming healthy, vitamin-rich fruits and vegetables can improve your mood and help reduce anxiety. Eating too many salty, sugary junk foods can lead to increased anxiety, high blood pressure and a number of other health complications.

During recent months, with the COVID-19 pandemic, people have been searching out ways to improve their health through natural supplements and even food. Studies have shown that eating a wide variety of fruits and vegetables, or a low-fat plant-based diet may give the body’s immune system the extra boost it needs.

Now, with more time on our hands than ever, it’s the perfect time to experiment with cooking using some of these vitamin-rich foods.

Vitamins C and E are antioxidants that help destroy free radicals (unstable molecules that can damage cells in the body) and support the body’s natural immune response. Usually, when you think of vitamin C, you immediately think of oranges, but foods such as red peppers, strawberries, broccoli, blueberries, mangos and lemons are also great sources of vitamin C. The fruits especially make for great ingredients for a breakfast smoothie. Some sources of vitamin E include nuts, pumpkin seeds, sesame seeds, flaxseeds, shrimp, lima beans, and lentils. Shellfish, such as shrimp, are great low-calorie options to add zinc to your diet.

Zinc is a mineral that can help boost white blood cells that help the body fight against infectious disease, and helps reduce anxiety. Some great natural sources of zinc include nuts, pumpkin seeds, sesame seeds, flaxseeds, shrimp, lima beans, and lentils. Shellfish, such as shrimp, are great low-calorie options to add zinc to your diet.

Antioxidants reduce inflammation and increase disease-fighting cells in the body. Beta-Carotene is a powerful antioxidant and can be found in sweet potatoes, carrots, and green leafy vegetables. Antioxidants in berries, artichokes, and spinach, also aid in relieving anxiety. Adding a hearty salad into your meal planning each week can provide a great source of multiple vitamins and minerals listed here.

Probiotics help balance the natural bacteria in the digestive system. Studies have shown that the imbalance of this bacteria is linked to overall health. Some probiotics have been shown to promote the production of natural antibodies in the body and boost immune cells. Probiotics are best eaten raw as cooking can reduce some of the benefits.

Fermented plant-based foods contain beneficial probiotic bacteria. Some examples of these foods are tempeh, miso, kimchi, sauerkraut, and kombucha. Many of these foods are of Asian origin such as tempeh, a fermented soybean product similar to tofu. It can be added to stir fry in place of chicken or beef.

If you find yourself reaching for a snack every afternoon in between meals, consider one of these healthy alternatives to junk food. These are some of my favorite snack food options, and they can be found in most grocery stores.

• Sensible Portions Garden veggie straws (gluten-free, non-GMO, kosher, no artificial flavors or preservatives).
• Boom Chicka Pop popcorn (uses sunflower oil & sea salt).
• Lenny & Larry’s The Complete Cookie (contains 16 grams of plant-based protein).
• Larabar bars (made with whole foods, vegan & gluten-free).
• Bare fruit or veggie chips (sliced & slowly baked).
Coronavirus has definitely presented a major interruption to our way of life, but at the same time, it gives each and every one of us an opportunity to expand our diet and cooking repertoire. Small changes, like the addition of vitamin-rich foods, can go a long way in boosting your immune system and overall health.

In addition to the foods listed above, try to incorporate some of these immune/mood-boosting foods into your diet:

**Dark chocolate**
Contains antioxidants known as flavonoids; the darker the chocolate, the better it is for you.

**Turmeric**
A spice used in curry dishes; it has been used for centuries in Ayurvedic medicine to help inflammatory conditions, such as allergies, diabetes, and ulcers.

**Omega-3 fatty acids**
Fatty fish, such as salmon, are high in omega-3 fatty acids which aid in lowering the risk of coronary and heart disease and reducing cortisol levels resulting in reduced stress and improved mood.

**Ginger**
A strong anti-inflammatory with antioxidant effects crucial for a healthy immune system.

**Garlic**
Contains a high concentration of sulfur-containing compounds which reduce inflammation and protect against certain bacteria.

**Cruciferous vegetables**
Cabbage, collards, broccoli, Brussels sprouts, and kale provide sulfur-containing compounds similar to garlic, as well as vitamins, minerals, and phytonutrients; they are best consumed raw, steamed, or lightly cooked to retain their nutrients; kale, spinach, and broccoli are the best choices to aid in fighting off colds and the flu.

**Chamomile**
Natural herb that calms the mind and tastes great in tea.

An easy way to incorporate immune-boosting ingredients into your daily routine is by drinking **Switchel**, also known as apple cider vinegar water. It is a healthy, probiotic drink that lowers blood sugar, improves insulin sensitivity, builds healthy bacteria in the gut, lowers cholesterol, boosts immunity, aids with digestion and increases energy. Enjoy this drink first thing in the morning to aid the liver in cleansing, or in the afternoon for an energizing pick-me-up.

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### Switchel (Apple Cider Vinegar Water)
**Servings:** 4 cups

**Ingredients**
- 4 slices ginger (optional)
- 3 ¾ cups water, divided
- 2 tablespoons apple cider vinegar (like Braggs “with the mother in it”), or more to taste
- Juice from ½ - 1 lemon (can substitute with limes or another citrus)
- 1 tablespoon honey (preferably raw) or maple syrup (sweetener is optional)

**Optional:** Pinch of pink Himalayan salt to add electrolytes

**Directions**
Place ginger in 1 cup of water in a small pot and bring to a boil. Let cool. Once cooled, pour the ginger water, 2 ¾ cups remaining water, apple cider vinegar, ½ of the lemon juice, and honey or maple syrup. Stir and adjust lemon and sweetness to your taste. It is important to let the warm water cool so you do not kill the healthy bacteria in the vinegar or health benefits of the raw honey. If in a hurry, omit the ginger and make the drink in a glass with lemon, vinegar, and sweetener. As you become accustomed to the vinegar taste you may want to lower or omit the sweetener. Store in a pitcher or mason jar in the fridge up to 1 week. If drinking throughout the day, leave at room temperature.

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Start your day with this delicious plant-based recipe that helps give your immune system a boost!
Blueberry Cashew Pancakes
Servings: 6

Ingredients
3 cups garbanzo bean flour (can substitute with whole wheat flour, buckwheat or millet flour, or a nut flour such as almond)
1 ½ tablespoons of sea salt
3 tablespoons baking powder
6 tablespoons coconut sugar
1 ¾ cups cold water
Cooking spray
2 cups fresh blueberries (save some for garnish)
¼ cup cashews (save some for garnish)
1 ½ cups real maple syrup or honey
¼ cup avocado or coconut oil butter

Directions
Wash all produce before use. Heat griddle or non-stick pan on medium-high. Mix flour, salt, baking powder, and sugar together in a bowl, then slowly add water until desired thickness; batter should be pourable and spread while cooking. Spray griddle or pan with cooking spray and scoop batter into the center of the griddle or pan leaving room for the pancakes to expand. Sprinkle a few blueberries and cashews onto pancakes. Once bubbles form across the pancakes and they start to look dry around the edges (1-3 minutes), they are ready to be flipped. Cook for an additional 30-60 seconds. Serve pancakes on a plate garnished with butter, blueberries, and cashews. Serve with maple syrup or honey.

Until our next cooking adventure, keep eating to thrive!
- Chef Steve
Glendale-native Erik Hightower moved from the Chula Vista Elite Athlete Training Center in Chula Vista, Calif. back to the Valley in March at the onset of COVID-19 in the United States. He plans to compete in the Universal 4x100m relay in the upcoming Paralympic Games.
As 2020 began, so too began the countdown to the Tokyo Paralympic Games. Just 236 days of training left—the culmination of more than three years of hard work for hundreds of athletes.

For Erik Hightower, a wheelchair racer born with spina bifida, the games represented more than just a chance to compete on the biggest of stages. They were to be his swan song. The 34-year-old had plans to retire after the Tokyo games, but in mid-March, that all changed.

First, the Chula Vista Elite Athlete Training Center, where Hightower lived was shut down. Then, the 2020 Paralympic Games were postponed until Summer 2021. All because of COVID-19 concerns. The two-time Paralympian had a difficult choice to make: step away from the sporting world and retire as planned or push himself mentally and physically to train for one more year.

Hightower was part of a newly-formed Universal 4x100m relay team. A team that had won gold at both the 2019 Parapan American Games in Lima, Peru, and the 2019 World Para Athletics Championships in Dubai. He knew that this team, this Paralympics, could be his only shot to get on the podium. It was an opportunity he could not pass up.

"I was gonna retire at the end of [2020], but then it’s like, ‘Well I’m on this relay team. We’ve proven to be really good. If I still end up retiring, am I going to regret not being on that relay team watching them from my couch?’" Hightower said.

Hightower is just one of thousands of Paralympic, amateur and collegiate athletes facing a new normal during the COVID-19 pandemic.
The Transition

In March, the Chula Vista Elite Athlete Training Center, home of the U.S. Paralympics Track & Field team, closed the campus facilities to all athletes. They closed the gym, the cafeteria and the track.

“That was the last time I’ve been on a track,” Hightower said.

For an athlete who has spent decades running around that oval, that’s an excruciatingly long time to be away from the one thing necessary to your sport.

With the world around him closed, Hightower and his wife, fellow track & field Paralympian Kym Crosby, had to figure out where to go.

“I made the decision to come home [to Northern California],” Crosby said, “which was actually tough because I am not with my husband right now. My husband is actually in Arizona with his family. And we made the tough decision to be away from each other for our training’s sake because it’s easier for me to train here, and easier for him to train where he’s at.”

In his hometown, Phoenix, Arizona, is where Hightower, like other athletes around the country, began to accept that he would have to make the best out of a bad situation for the long haul.

Social Distanced Training

For most athletes, training is done individually, in their homes. And it’s a far cry from what they’re used to.

Hightowers daily training goes a little bit like this:

- Wake up at 6 a.m. to beat the blistering Phoenix summer heat
- Put in about 4-5 miles of road work a pretty different task for the 100m sprinter
- Use the hills in his neighborhood to work on hand speed training
- Add in some weight training with dumbbells he purchased online as well as a bench his brother had.

One of the hardest transitions for professional and adaptive collegiate athletes has been the closure of gyms around the country. A training staple for athletes in every sport; gone. And for adaptive athletes, it means the loss of specialized equipment like machines they can roll into for use.

Jason Keatseangslip is a former wheelchair tennis player at the University of Arizona. He has a T11-12 complete spinal cord injury, so it has been hard for him to adapt his workouts to use free weights instead of the adaptive equipment and weight machines at the Disability Resource Center gym on the UA campus.

Some athletes in non-contact sports, like wheelchair tennis, have found a way to socially distance and return to in-person practices.

Bryan Barten is the head coach of wheelchair tennis at the University of Arizona. He is also a touring professional on the International Tennis Federation (ITF) circuit, and Paralympian. Just like his players, he is separated from his coach right now. So he has relied on local, Tucson-based hitting partners that he knows are practicing safe social distancing.

“When we play, we’re washing our hands with hand sanitizer,” he said. “We’re trying not to touch the balls. To pick them up with the racket. And
obviously you’re staying a long ways away from each other."

For athletes in contact sports like rugby and basketball, that return to in-person training is harder. You certainly cannot play a socially distanced game of wheelchair rugby.

Continuing to Communicate Virtually

At the end of March, people around the country were adjusting to a new normal. Work meetings via Zoom or Microsoft Teams. Virtual happy hours and group messages with friends and family. Quarantining away from people, and living in a virtual world.

Colleges ended in-person classes and closed their campus to students. So adaptive athletes from programs like the University of Arizona and San Diego State University fanned out and returned home.

“You know the life they knew as a student-athlete has totally changed,” Barten said. “They’re doing all their education online now. They went home. They’re back with their families. We did school from their homes, and they had to pick up their whole lives and move...I’m in communication with them every week just checking in. Seeing how they’re doing. Asking how their grades are. ‘How’s your family? Is everybody safe?’"

Professional athletes weren’t far behind. Without access to facilities and in-person training with their coaches, it made sense for many to simply go home.

Instead of meeting in the gym for weight training and conditioning, athletes like Hightower receive a text from their coach with a weekly training plan. They work with their coaches and teammates to figure out the best way to train with what they have around them.

“We’re bouncing ideas off of all of us, our teammates and stuff,” Hightower said. “If you think of ideas that could help other people. We’re like, ‘Hey, this is what I’m doing. We’re all just still thinking outside the box, and giving ideas of what we can do to help each other out.”

Outside of training, athletes and coaches have found a way to use technology to stay connected and check in on one another as well. Using FaceTime to joke around with one another, trying to keep things lighthearted, and build chemistry in team sports like rugby and wheelchair football.

“What it allows me is—as a head coach—is to spend more individualized time with them,” James Gumbert, head coach of USA wheelchair rugby, said. "I would not have this moment with you [each of my players individually], in this [Olympic] year, had this not happened. But now you’ve got my undivided, full attention for this hour.”

And it’s especially beneficial for his new, young players to have this time to develop and grow with the help of national team coaches.

Mental Health

While this pandemic has certainly presented a lot of physical obstacles for athletes to continue training and competing, it has also tested their mental health.

For Crosby, the real mental challenge came when she got word the Paralympics had been postponed.

The negative thoughts set in quickly. First, of her losing all of this training time, losing the momentum of her success in 2019. She stopped and realized, “This is not you, Kym,” and turned around her mentally about the quarantine through journaling.

“I started listing out the positive things that are coming from COVID,” she said. “One of them, a big one was letting my body heal.”

The physical part of quarantine, going out and staying in shape, is fairly straightforward. It’s the mental side that is difficult Gumbert said. When people can’t see a way out, they begin to feel trapped by the situation. He reminds his players that we were all put here to not just exist, but to live. And often quotes their team saying, “Embrace the suck.”

“It’s like when a referee makes a bad call, you just embrace the suck,” Gumbert said. “It’s gonna happen. And it’s your reaction to that, that helps you actually get through it on the other side.”
Next Steps

The return of in-person training and competition looks different for every single sport. And it changes almost daily depending on the number of cases and guidelines in each city.

Some organizations, like Angel City Games in Los Angeles, have made the transition to virtual competition for 2020.

At the collegiate level, a lot is still up in the air. But the fact that adaptive athletic programs don’t fall under NCAA jurisdiction and are independent of the school athletic department in many cases gives adaptive programs the ability to create policy and guidelines with their athletes in mind.

Ahkeel Whitehead, program director of adaptive athletics at San Diego State University, is writing the policy for his program utilizing information from the CDC, university leadership and input from his coaches.

Mike Beardsley, head coach of the University of Arizona men’s wheelchair basketball team, added that his program will be working closely with a university doctor to establish testing and safety protocols when his athletes return to campus.

Each university will make a decision based on what is best for their student-athletes. And it will most certainly vary from state to state.

For national teams, like USA Wheelchair Rugby, resuming in-person training is more complex. While their training center at the Lakeshore Foundation in Birmingham, Alabama, could serve as a “bubble,” players live nationwide. Travel is a significant concern for Gumbert. But even if they find a way to get all of the players safely to Alabama for camp, keeping them safe while they’re there presents a whole new set of obstacles.

There is no set guideline in place yet, but Gumbert believes quarantine is the key. All equipment, chair included, go into quarantine with the players when they arrive at the camp bubble. After testing and 14 days, players could, theoretically, safely compete against each other on the court even with all the contact that takes place in rugby. It’s a model that other professional leagues like the NBA and MLS have instituted to restart competition.

A task force at U.S. Quad Rugby Association (USQRA) determines guidelines and policy about resuming in-person practice.
Amateur teams at Centers for Independent Living, like Ability360, have also been trying to figure out what a return to in-person practice may be. In hard-hit areas, like Arizona, gyms remain closed, and the heat prevents a lot of outdoor practice. For the Phoenix Wheelchair Suns and other teams at Ability360, the plan is to introduce virtual training, said head coach Nick Pryor. This gives teams the option to work with the staff strength and conditioning coach together.

Resident Paralympic athletes like Hightower and Crosby now follow the guidelines set forth by the USOPC (U.S. Olympic and Paralympic Committee). They have now reopened facilities with strict quarantine, testing and social distancing guidelines in place for all athletes.

Both Hightower and Crosby were excited about the Chula Vista Elite Athlete Training Center opening its doors in June.

"A lot of us were like, 'Well, we're gonna hang off for probably a month and see how [the training center’s] process is going. And how they're testing [everyone]. How athletes actually came back and got tested,'" Hightower said. "I don't want to be there right away and be exposed to all of these athletes coming back that might test positive."

The couple hopes to reunite soon, and return to some semblance of normal training for the remainder of the year.

The bottom line is that no one can predict what the world will look like a month from now or even a week. In one fell swoop, COVID-19 has changed the face of adaptive sports as we know it.

There isn't a coach, program director or player with a blueprint regarding when and how to resume in-person training and competition.

There is an overwhelming desire to put safety first throughout the adaptive sports landscape, even if it means holding off in-person training and competition a while longer.
COVID-19 alters online teleconferencing tools

How to make video conferencing tools work for you

by Shane Crowe

The onset of the COVID-19 pandemic introduced drastic changes to daily life for many people around the country. For non-essential workers, the biggest change was the transition from regular, in-person meetings to daily meetings in a digital space. With quarantine imminent, people had to rapidly learn to use video conferencing platforms like Zoom; however, without key accessibility features, services like Zoom can present obstacles and challenges for people with disabilities, especially those with hearing disabilities.

To address these challenges head-on, the Ability360 Advocacy department acquired an artificial intelligence (AI) live-captioning service offered by Rev in partnership with Zoom. Rev is a service that offers captions for videos and has been offering live captioning for Zoom meetings since June of this year. Vice President of Advocacy April Reed has been testing the service and getting feedback from consumers, volunteers and staff.

“It’s not perfect, it’s evolving. And that’s a good thing,” Reed said, “because I think all of us have a real opportunity to speak up right now.”

Rev’s service boasts up to 80% accuracy, but the transcription can still cause confusion. Other companies like Otter.ai and Ai-Media have partnered with Zoom to offer similar services that perform at about the same standard of accuracy as Rev.

Whether one contacts the company directly or provides feedback to Ability360, Reed said it is important for members of the disability community to “let them know what challenges you’re encountering or your ideas for accessibility, because I think that now is the time for us...to improve the accessibility features of these platforms for the better.”

Despite the obstacles that new technology provides, the community response to the service has been overwhelmingly positive, according to Reed.

“I think, of course, with any new technology, there’s always a sense of nervousness using it the first few times,” said Reed, “but what’s been really great for us is it’s allowed us to continue the community that we normally have in this building, through events, through classes, through the groups we do. That’s been really important.”

The transition to a digital space has actually allowed this community to grow. Many people who have previously been unable to attend Ability360 events have had an opportunity to join and participate, often for the first time.

“I really look at Zoom as an important tool for right now,” Reed said, “but I believe that it’s our intention to continue using it in the future, once we resume in-person classes, to still have this available so that we can continue to reach people in different communities or people that—maybe because of their disability—aren’t able to be here in person. That’s been a real gift.”
Soar Over the Grand Canyon on a Wheelchair-Accessible Flightseeing Tour

by Candy B. Harrington

Make no mistake about it, the best way to see the Grand Canyon is from the sky. Nothing beats the thrill of soaring like an eagle above this massive red rock chasm. And although most companies don’t offer wheelchair-accessible air tours, Grand Canyon Scenic Airlines is the exception.

The excellent wheelchair access at Grand Canyon Scenic Airlines begins the moment you arrive at their Tusayan Terminal, which is located just outside the national park’s South Entrance. There’s accessible parking near the terminal and a barrier-free pathway over to the accessible entrance. Inside, there’s plenty of room to maneuver a wheelchair or scooter over to the ticket counter and through the adjacent gift shop.

This South Rim Airplane Tour is conducted in a high-wing Vistaliner aircraft with six steps; however, a portable ramp is also available. There’s a single seat with extra legroom near the aircraft door and ample room for a wheelchair-user to transfer to the seat. Passengers must have enough trunk support to sit upright for the flight, and wheelchairs can be stored in a secure area at the terminal. And although the crew is happy to set up the ramp, they can’t physically assist with boarding or transfers.

The narrated flight takes 45 minutes and includes views of the Zuni Corridor, Imperial Point, Kaibab National Forest, Kaibab Plateau and the confluence of the Colorado and Little Colorado Rivers. Priced at $139.99 this wheelchair-accessible flight is definitely a memorable and inclusive Grand Canyon experience.

Grand Canyon Scenic Airlines is also taking extra precautions during COVID-19 to make sure all their passengers remain healthy. This includes extra cleaning of the aircraft and required temperature checks and face masks for passengers. Employees are also required to wear face masks and practice social distancing.

If You Go

Grand Canyon Scenic Airlines

www.scenic.com

(800) 634-6801
Penned by accessible travel expert Candy B. Harrington, this handy guidebook includes detailed access information for wheelchair-users and slow walkers about one of America’s favorite national parks.

- Access details on trails, attractions, and scenic drives on the North and South Rims
- Detailed access reviews and photos of all in-park lodging options
- Accessible attractions and accommodations in Kingman, Flagstaff, Williams, Winslow, Tusayan and Valle
- Fly-drive resources, including the location of nearby airports, and the availability of accessible shuttles, public transportation and van rentals
- Route 66 driving routes and attractions
- Accessible airplane, helicopter, bus and train tours of the Grand Canyon
- Access details on lodging and attractions at Grand Canyon West
- Access information for the Grand Canyon Skywalk
- Barrier-free camping choices, and accessible picnic areas
- The inside scoop on the only driving route to the bottom of the canyon
- Information on special access passes and permits

Available on Amazon or at BarrierFreeGrandCanyon.com

A Great Grand Canyon Road Trip Resource
Technology and mobile applications have changed the retail industry. As we continue to see large department store retailers like Macy's and JC Penney liquidate their assets and close hundreds of stores, grocery stores have witnessed massive growth over the last couple of years.

While one could point to several reasons for the extensive growth, for people with disabilities, this provides a solution to something that has been a headache for many, for years. And with COVID-19, utilizing grocery delivery apps can limit the number of people one comes into contact with.

If you’re looking for solutions to ease the worry of going out, here are some apps LivAbility tested and reviewed for accessibility and ease of use.

How it works: First, download the app on the App Store or Google Play. Then you have to input your Sam’s Club and credit card information. The app uses location tracking, so the scan & go feature is only available once you walk in. You simply open the app, scan your items as you walk around shopping and then slide to pay when you’re done. You do not need to go to a register to check out at all. When you leave the store, you show a QR Code generated with your purchase (on the app) to an associate. They’ll scan it, and a receipt will be sent immediately to the email associated with your account.

Service fees: No.
Subscription/Membership required: Yes, you must have a Sam’s Club membership which includes a yearly fee.
Tip driver/shopper: No.
Delivery/Curbside: There is a curbside option that allows you to shop through the app.

Pros
• The process is contactless. You don’t have to stand in the checkout line or interact with anyone other than the associate at the door when you leave.
• It’s a very streamlined and straightforward app to use.

Cons
• It does require you to still go into the store.
• You can only use this app if you are a Sam’s Club member.
• Alcohol is available to purchase but requires you to input your birthday when you scan it. When you check out, your QR Code appears red. The associate at the door checks your ID before you can leave. It is possible, but more of a process.
How it works: After downloading the app, it takes minutes to set up an account. At first, the app can appear busy as it offers you sales and coupons as if you were in the store. However, once you get past all of that, the app is easy to navigate. The app also will retain all your previous orders so if you’re simply reordering, you can click ‘Add to the Next Delivery.’ Once you are done shopping, you can select from a variety of delivery and pickup options.

Pros

- There is a feature that allows users to upload a recipe and the app will give you a list of all the ingredients for the recipe.
- If an item you selected isn’t available, the app gives you the option to allow the store to pick alternatives.
- There is an option for delivery via FedEx or UPS for $35.

Cons

- If you prefer delivery via FedEx or UPS, a $35 delivery fee is almost absurd.
- By selecting this option, produce and frozen goods aren’t available.
- For delivery to your house and curbside, you have to give a time range when they can show up or pick up at the store. So you have to be flexible.

Service fees: A delivery fee of $10.
Subscription/Membership required: No.
Tip driver/shopper: Yes
Delivery/Curbside: Both are options.

Walmart

How it works: Once you’ve downloaded the app from the App Store or Google Play Store, you’ll either have to make a Walmart account or sign in using your login information. Similar to other apps, it uses location services to find the closest Walmart store to you. If you’re doing this and not at your home, make sure you change the location to your home address or the nearest location to where you want to pick up. You’re able to navigate the app then select the items you want to be delivered or picked up curbside.

Pros

- It’s Walmart, so nearly anything you need is available for purchase.
- The app is straightforward to use, and it will remember items previously bought so that you can reorder them the next time.

Cons

- Finding a delivery time that fits your schedule can be a little complicated.
- If you’re having groceries delivered, the driver might not feel comfortable placing your groceries inside your home.
- Several items were replaced in a delivery order without notification.

Service fees: For non-subscribers, a $9.95 delivery fee was included.
Subscription/Membership required: No, although you can choose to sign up for a monthly plan for $12.95 or an annual plan for $98.
Tip driver/shopper: Yes.
Delivery/Curbside: Both are options.
**How it works:** Sign up via their website ([www.instacart.com](http://www.instacart.com)) or download the app via the App Store or Google Play. Enter your zip code to generate a list of stores that offer Instacart in your area. Some of the stores that offer Instacart service in Arizona are Sprouts, Sur La Table, The Vitamin Shoppe, Sam’s Club, Smart & Final, Costco, Safeway, CVS Pharmacy, Bashas, Natural Grocers, Petco, Fry’s, Albertson’s, Food City, AJ’s Fine Foods, Target, Big Lots and Staples.

Once you have a history of shopping with a store, items you frequently order will be listed when you select that store, which makes the ordering process faster. When your groceries are being shopped, they notify you via text if they are out of something you ordered. Then they will send you a picture of another option for your approval. You also have the option to follow the shopper as if you are in the store with them.

After you press “Check Out,” you will receive an option to approve the shopper to replace an item you ordered that is not available with another option. You will receive an email confirmation of your order along with your receipt. Once you have received your order, the app will ask you to rate their service.

**Pros**

- The process is contactless for curbside pickup or delivery.
- It’s a very streamlined and easy app to use.
- Same-day delivery.

**Cons**

- Stores charge a fee for this service.
- It takes a little time to get used to shopping online.
- Some stores raise their prices slightly to cover the costs of Instacart, so read the fine print under “View pricing policy” before you place an order from a store.

**Service fees:** There is a possible nominal fee for curbside pickup and a fee is charged for delivery service.

**Subscription/Membership required:** No unless you are ordering from a store that requires membership, such as Costco or Sam’s Club.

**Tip driver/shopper:** A tip is required for the driver, but optional for the shopper.

**Delivery/Curbside:**
Both are options.
We support the independent spirit

When you or someone you love needs extra care, you want someone you can trust. Someone who knows the health care system and can help you get the right services and support at the right time. With UnitedHealthcare Community Plan, you’ll have a case manager with you to help you get the care you need, while helping to support your independence.

UHCCCommunityPlan.com

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CST29191 6/20

SAVE THE DATE

April 1, 2021
7:30 a.m. – 9:00 a.m.

The 360Breakfast is postponed. Please stay tuned for more ways you can help support Ability360 virtually this Fall.

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**COME AS YOU ARE**

What’s not to love about a movie that has guys with disabilities heading to a brothel?

_by Shane Crowe and Tony Jackson_

**(Movie) Review**

“Come As You Are” is a coming-of-age movie about three men with disabilities taking a road trip to a brothel, Le Château Paradise, in Canada. Each is seeking their first sexual experience.

Despite the film being a remake of a 2011 Belgian movie of the same title, it feels like a fresh take on the Road-Trip-to-Sexual-Encounter sub-genre of comedy. The film highlights the unique challenges people with disabilities face regarding sexuality with characters that are mostly well-written, fun to watch, and have a lot of heart.

These elements make “Come As You Are” a stark contrast and breath of fresh air compared to any genre-based analogs like “Sex Drive” or “Eurotrip.”

The 2019 comedy is based on a true story by Asta Philpot. It stars Grant Rosenmeyer, Hayden Szeto, Ravi Patel, and Oscar-nominated Gibourey Sidibe.

Scotty (Grant Rosenmeyer), uses a wheelchair and is a snarky, crude, smartass. As the overly-anxious and atypical part of the group, Mo (Ravi Patel) is visually-impaired. Formerly an aspiring boxer, Matt (Hayden Szeto) is the group’s planner and one who acquired his disability later in life. Finally, we have Sam (Gibourey Sidibe), who is hired as the driver for the group and binds everyone together.

The film tackles many all-too-real situations for people with disabilities. All three live at home. All three have never had a sexual experience. All three desire freedom from their loving, yet overprotective families.

Overall, “Come As You Are” is funny, engaging, and entertaining while highlighting the social stigma surrounding disability and sex.

However (you knew this was coming), there was one glaring issue with the film: none of the three actors portraying people with disabilities have a disability. There are only two characters with disabilities in the movie with a real-life disability: Sarah (Delaney Feener), a receptionist where Scotty receives physical therapy, and Philpot, the film’s writer, who makes a cameo as the owner of the brothel.

The film is a small example of a looming issue in Hollywood, and the entertainment industry at-large. Although disabled characters don’t need to be exclusively played by actors with disabilities, those actors need to be given a fair opportunity for roles like these.

While the actors all did a commendable job, only people with disabilities can bring the nuance of disability into the roles. A person with a disability watching this film would say the same thing they’ve repeated nearly every time watching a disabled character, “That person isn’t really disabled.”

Representation matters. Until more actors with disabilities are cast in roles, characters with disabilities portrayed by non-disabled actors will always be missing the authenticity. That will keep the escapism of entertainment from ever crossing into the realm of believable.
In Memoriam

Jim Hemauer

On August 24, 1954, Lorena (Cordy) and Robert Hemauer welcomed their sixth child, a second son. He was named James Leo, after his father’s brother. For the first 15 years of his life, New Holstein, Wisconsin, was home.

In November of 1969, the family relocated to Plymouth, Wisconsin. Eight months later, he sustained a severe spinal cord injury in a swimming accident which left him paralyzed. His life as a quadriplegic (for the next 50 years) began.

Jim earned his degree in social work from UW Oshkosh, and in 1982 earned his Master’s Degree in Counseling with an emphasis on higher education and disabilities from ASU.

With a job offer at ASU in 1985, Jim returned to his alma mater. His work there was to ensure that all students with physical disabilities had equal access to classroom materials and that all campus buildings met the legal requirements for accessibility.

Jim was a member of various committees throughout the Phoenix Metropolitan Area that dealt with accessibility including working as a consultant with the NFL for Super Bowl XXX and also with the Grand Canyon National Park in creating accessible facilities.

After serving ASU for 25 years, Jim retired in 2010 as the Associate Director of the Disability Resource Center.

Death came on July 17, 2020. He is survived by his siblings: Mary Hoerth, Ellen (Keith) Enstrom, Arlene (Mark) Boll, Joe (Sylvia) Hemauer, Barbara (Paul) McCarthy, Bob (Cindy) Hemauer, and Greg Hemauer. He is also survived by 26 nieces and nephews, 53 great-nieces and nephews, and brother-in-law: Stephen (Lynn) Bittner.

James Leo Hemauer’s life was a testament to the power of the human spirit. Memorial services will be held on October 17, 2020.
Robert Michael McQuaid

In Memoriam

It is with tremendous sadness that we announce the passing of Robert Michael “Mike” McQuaid. Mike was an advocate for Ability360 personally, as a member of Thunderbirds Charities and as honorary chair of our Ability360 Breakfast. Mike was the catalyst for the breakfast and provided valuable insight, resources and support for the event. Mike quietly and effectively guided and mentored many nonprofit professionals in the Valley with his generosity and kindness. Our deepest sympathies go to his wife, Molly, his sons, extended family and all who loved him. We are forever grateful for his contribution to our community.
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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