



Access for Disabled Americans

The Complete and Positive Newsletter for People with Disabilities

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HAPPY NEW YEAR !

A new year has begun and we are here to help! We want to open the doors to many wonderful opportunities that are coming available for people with disabilities. We want to provide accessible housing, job opportunities, accessible transportation, renovations to homes for more independence, education for more self-worth. We want to help make a better place to live for all those with disabilities. We want to make a difference.

We Can All Make A Difference....

With Your Donation !

Your donation will enable us to meet our many goals of helping others. Your donation of any amount *will make a difference.*

Please complete the form on the back and return it along with your donation...

All donations are Tax Deductible

Access for Disabled Americans is a

501 © 3 nonprofit organization

ID #68-0296360

Thank you for your Support!



Now receive our newsletter by EMAIL. . . If not already—send us your email address and you will be added to the list !

***** NEW ADDRESS *****

Access for Disabled Americans

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A Very Special THANK YOU to ALL OUR FRIENDS for your support in 2009

K.C. Rourke-Kaleidoscopic Concepts—
Berkeley, California
Michael & Debbie Schoenholz—
Walnut Creek, California
David & Pam Smith-Toledo, Ohio
Mary Jane Scanlon-Pleasant Hill, California
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Anchorage, Alaska
Gayle Martinelli-Livonia, Michigan
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Robert & Connie Harrison-Milwaukie, Oregon
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Roland Winters Jr.-Surprise, Arizona
Walter & Helen Huecker-Happy Valley, Oregon
John & Roberta Simcoe-Yountville, California
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Karen Smither-Modesto, California
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Ron & Katie Wolfman, Walnut Creek, California
Robert Levine, Grass Valley, California
Lisa & Patrick Knight, Bothell, Washington

Also Thank You to our friends that supported the Muscular Dystrophy Fundraiser

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Lisa & Patrick Knight-Bothell, Washington
Steven Gebing-Phoenix, Arizona
Kimberly Hickey-San Ramon, California
Don Fletcher-Phoenix, Arizona
Karen Smither-Modesto, California
David Guido-Phoenix, Arizona

TRAVEL—Niagara Falls—Ontario, Canada (continued on Page 4)



The mighty Niagara Falls. It is well worth seeing and the city won the *Accessibility Award* for 3 years straight. We flew into Buffalo, New York and rented an accessible van from Wheelchair Getaway (866-366-6869). The hotels on the Canadian side have spectacular views of the American and Canadian falls. We chose to stay at the Marriott since we read from Linda Crabtree's website: www.accessibleniagara.com that room # 1511 was the best accessible room in the city. Thank you Linda for that information.

We found it easy to get to the many sights using a wheelchair. We drove the van. to the sights that were further away. We spent 3 days at the falls and wish we had a few more days to see the surrounding areas and city of Toronto.

The people movers (busses that get you from one sight to the next) are not wheelchair accessible, so we did have to use a long alternate route to get to the lower level where the main attractions were located. The city needs to work on that.

Resources



Travel Tours

Flying Wheels Travel/Tours
www.flyingwheelstravel.com

Search Beyond Adventures
www.searchbeyond.com



Accessible
Camp-
grounds and
RV parks

United States, Spain,
New Zealand, Canada
and Mexico

www.whenwerv.com/
camp-
grounds



Coming
Soon!
2010

Accessible Resources on the Web

The Internet Yellow Pages
for People with
Disabilities
accessfordisabled.com

Healthy Cooking

SPICY CHICKEN SOUP

- | | |
|---------------------------------------|--------------------------|
| 1 can Chipotle Chilies in Adobo Sauce | 1 tsp Virgin Olive Oil |
| 1 cup chopped Red Bell Pepper | 1 Tbsp minced Garlic |
| 1/2 cup chopped Green Onion | 1/4 cup chopped Carrot |
| 1 tsp Ground Cumin | 2 cans Chicken Broth |
| 2 cups chopped Chicken Breast Strips | 1 can Mexicorn (drained) |
| 1 can diced Tomatoes (undrained) | |

Mince 1 chile, heat oil in large saucepan, sauté pepper, onion, carrots, garlic and cumin until soft. Stir in minced chile, chicken, broth, tomatoes and corn. Bring to a boil, reduce heat, simmer 5 minutes.

A Word from the President (of ADA)

2010 is a good year to set your goals; but then again, every year is a good year to set your goals. Start with the ones that you truly want to accomplish. Make a numbered list, set a time that you want to reach these goals. Now you need to believe that you will accomplish these goals that you have written down. Everyday you need to look at your list and concentrate on that goal. Keep the goals as a mental picture in your mind always and keep believing that you will reach that goal. There is a great book and CD called, *Think and Grow Rich* by Napoleon

Hill. He teaches the importance of setting goals. He says "What you can conceive and believe, you will achieve. I have practiced his theory for many years and have found it to be very rewarding. I personally make my list of goals every year. Sit down right now and make a list of your goals, make a plan, follow your plan and you will achieve your goal. Think of goals that can be reached in a month, a year and long time goals of 5 to 10 years. Then believe they will be achieved.

Neal W. Smither

Thought of the Day
"Humility is the only
thing we need;
one can still fall
having virtues
other than
humility—but with
humility one
does not fall. "

Elder Herman of
Mount Athos



LEMONS

Sniff a lemon to help
make you calmer.
Lemons contain
compound linalool, a
fragrant substance also
found in mango,
lavender, basil and
some teas.
Inhaling the scent also
reduces the activity of
more than 100 genes
that are activated
during stressful
situations.

HELPFUL PRODUCT



Thiphone

The Thiphone works with virtually any mobile device, such as an iPhone or iPod. It connects to your thigh with an adjustable strap and holds the device at an angle with a suction cup allowing the device to rotate. This is great for someone in a wheelchair or not. Order yours today for only \$24.95. More information and contact information located on the website—www.thiphone.com

REACH FOR THE STARS



Dedicated to providing the Hot Air Balloon experience to all people, especially those that are physically challenged. For over ten years Pat Murphy, the foundation founder, has volunteered many immeasurable

hours sharing ballooning at camps for special needs children as well as numerous school classes and church groups. It took Pat 3 long



years to come up with a custom wheelchair basket that was ap-

proved by the FAA. Our hats off to Pat and Carol Murphy for making this wonderful dream come true for many children and adults in wheelchairs.

Reach for the Stars

Hot Air Balloon Foundation

www.reach4thestars.org

TRAVEL: *Niagara Falls, Ontario, Canada* (continued from Page 2)



The first day we took the *Maid of the Mist* boat tour that takes you to the foot of the falls. We then headed to the *Journey behind the Falls* tour, that is spectacular. Both tours require plastic ponchos that they provide. We watched the *Fury of Niagara* movie, but wasn't that impressed. We headed to the Sky-lon Tower and rode the outside elevator to the observation deck, that was well worth seeing. You get a great birds-eye view of both falls and surrounding areas.



The next day we drove along the river to many more attractions. The first stop was the White Water Walk where you take an elevator down 150' to a viewing platform and boardwalk. They say it is the roughest and most dangerous rapids. We continued along the river to the Whirlpool Aero Tram, this was not wheelchair accessible; then to the Sir Beck's Generating Power Plant tour, the Butterfly Conservatory and back to the hotel for our last night. This was a trip we will never forget.

WE NEED YOUR SUPPORT!

Please complete the form below and send along with your donation to:

Access for Disabled Americans

1 Camino Sobrante—Suite 217

Orinda, CA 94563

And we will send you our bonus publication—"Healthy Cooking" (Volume I or Volume II) that has over 200 pages of healthy, good-tasting recipes. Another great publication by *Access for Disabled Americans*

NAME: _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

I am enclosing my donation in the amount of \$_____, made payable to Access for Disabled Americans. Please enter my name under the checked Status...Each status earns you additional benefits and discounts for future publications.

____ SILVER STATUS (\$5.00—\$15.00 donation)

____ GOLD STATUS (\$20.00- \$50.00 donation)

____ PLATINUM STATUS (Over \$100.00 donation)

SEND A FRIEND A FREE ISSUE OF THE NEWSLETTER

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

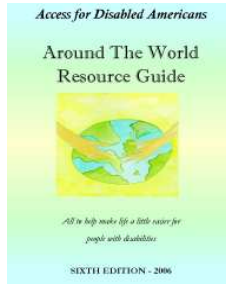


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We're on the Web
www.accessfordisabled.com



Around the World Resource Guide—6th Edition

Cost: \$20.00 Updated listings of over 1,800 resources in various categories (*all to make life a little easier for people with disabilities*) resources for publications, magazines, travel guides, city guides, newsletters, travel agents, tour groups, recreation, outdoor adventures, sports, accessible vehicle rentals, products, caregiving, accessible vacation rentals, companion dogs, world resources and much more. (2006) 359 pages—Spiral Binding for easy-lay-flat reading.



Access for Disabled Americans—A Guide for the Wheelchair Traveler—Second Edition

Cost: \$30.00 Steps for planning that *perfect* vacation. Information on air travel, cruises, ground transportation, what questions to ask when selecting the *right* hotel and access to many exciting destinations. (2003) 240 pages—Spiral Binding for easy-lay-flat reading.

OCOTILLO APARTMENTS is one of our major projects, providing accessible housing for people with disabilities. Situated in a very convenient location of Central Phoenix, Arizona, next to the new light rail station, 2 blocks from shopping, theaters, banks and near hospitals, & bus lines. This 173-unit quiet apartment complex is completely wheelchair accessible with elevators to reach the all levels. If needed we will help convert an apartment for your needs. Arizona is a wonderful place to live.



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