



Your Story, Your Community:

Hometown News at the Wheelchair Games

By Susan Varcie, Program Specialist, VA National Programs & Special Events

The hometown news program lets local newspapers know about your participation and accomplishments in the National Veterans Wheelchair Games. The public affairs team prepares individual news releases for any Veteran who signed the consent forms and places them, along with a photo, on the Games' Web site www.wheelchairgames.va.gov, so they are available to your local media, family and friends.

This year, you may have noticed that the consent forms have changed, and we are also trying to make sure that all news releases on the Web site meet VA's new accessibility requirements for visual disabilities. This will extend our production time somewhat, but we hope to have the individual releases posted on the Web site by Wednesday; most photos will be posted by Friday, July 9. We can never guarantee that the information will be printed by the newspapers, but we do our best to make it available to media outlets throughout the country. We also plan to contact local media by e-mail and phone to generate interest in this wonderful story. If you requested a news release, you will receive a copy of it at the end of the week. We also hope to provide each athlete with one printed photograph.

Thank you for allowing us to tell your community about your participation in the National Veterans Wheelchair Games this week.

Your Denver!

By Jordan Schupbach, Public Affairs Officer, Eastern Colorado Health Care System

Denver is known for its great festivals and exciting events. Don't miss these fun, free activities.

The Colorado State Capitol, modeled after the Washington D.C. Capitol Building, is a stunning attraction with stained glass depicting events and people of Colorado. Its famous gold-plated dome rises 272 feet and offers temporary exhibits, visitor galleries and complimentary tours by reservation.

No trip to Denver would be complete without visiting the Tattered Cover Bookstore, one of the top independent booksellers in the country, located at 1628 16th Street in Denver. Grab a latte from the in-house java joint and enjoy the latest best seller.

If you're a coin collector, head to the Denver U.S. Mint at 320 West Colfax Avenue. Join one of the hour-long weekday tours for a fascinating look into the history of coinage. Admission is complimentary, but reservations are needed.

Free attractions abound near Confluence Park, a stunning greenway located at the nexus of the Cherry Creek and South Platte Rivers, just west of downtown Denver. This is where Denver was founded in 1858, when the area was gilded with gold.

Find more information on these and many more attractions at www.denver.org.

2010 Rosenberg Award Winner

by Kristi Nuckols Bell, National Programs and Special Events

The Rosenberg Award is a grant up to \$1,000 awarded each year to a deserving first-time athlete to help offset expenses for the Games. The annual grant began in 2002 when Robin L. Higgins, a former VA under secretary for memorial affairs, named it in tribute to her grandfather, a disabled World War I Veteran.

This year's winner is Andy Marcum from Webbville, Ky., who is competing in bowling, air guns and powerchair events. He receives care at the VA Medical Center in Richmond, Va. Shari Hicks, a VA recreation specialist, nominated Marcum. "He is an outstanding example for other Veterans who are facing many of the same issues," she said. "He is enthusiastic and dedicated to helping Veterans with spinal cord injuries and other disabilities understand that, although they have gone through a traumatic change in their lives, life is not over." Marcum is married for 28 years and the father of three. He recently became a volunteer at the Huntington VA Medical Center.

If you know of a Veteran who needs assistance next year, consider a nomination for the Rosenberg Award. They are eligible if they receive care at a VA facility and need financial assistance to participate for the first time in the Games. They must exhibit contagious enthusiasm and have a proven record of therapeutic performance in both sports and their rehabilitation process.

For more information about the award, contact Tom Brown, NVWG director at (210) 616-8204.

VA Secretary Eric K. Shinseki is visiting the Games today. A great supporter of VA's special events, it is a great honor to have Secretary Shinseki with us. Please look for him at your activities – he is looking forward to meeting you.

Paralyzed Veterans of American National President Gene A. Crayton is also here at the Games all this week. He will also be visiting the events and venues each day. Be sure to say hello!

Revvin' It Up!

A rundown from the Games Kick-off!

by Andy Ruben, Public Affairs Officer, Cheyenne, Wyo., VA Medical Center

The 30th Games Kick-off was held yesterday morning in Civic Center Park. Under warm Colorado sunshine, the event was well attended by athletes, coaches, volunteers, spectators, local motorcycle riders and members of the Denver media. Fast moving and hard hitting, athletes pushed their quad rugby chairs into action – making great impact.

In the second half of play, celebrity athletes from the U.S. Olympic training Center, U.S. Air Force Academy and the Denver VA Medical Center jumped right into the mix and experienced first-hand the challenges and rewards of wheelchair competition. The first cheers of the week were heard, while the athletes pushed themselves full steam ahead toward a week of stiff competition.

After singer Barry Michael sang the National Anthem, Colorado Congressman Ed Perlmutter and Senator Michael Bennet addressed the crowd, as NVWG official Tim Davis announced the play-by-play action. Upon the proclamation of “Let the Games Begin,” nearly 40 motorcycle riders from the Combat Veterans Motorcycle Association of Colorado revved up their motors and roared to their next event. The kick-off demonstrates to the community just one of the great events coming up this week. Best of luck to everyone competing in the 2010 events.

Attention Caregivers:

In appreciation for all that you do, a raffle is being held to award free massages on July 7. The massages will be provided by a registered and licensed massage therapist (and local VA employee). To enter, fill out an entry form at the hospitality tables in the Hyatt Hotel lobby or the Convention Center (Lobby B—Welton Street entrance). The drawing will be held at 6 p.m. on July 6 and winners will be notified that evening. All massages will be given at the Hyatt Hotel July 7.

Dr. Dan's Decrees

Be Aware of the Altitude!

Welcome to the Mile High City! Since I live right here in Denver, I am especially happy to have you all visiting my home town this week. On behalf of the medical team, I want to share some suggestions for your stay in our area.

Did you know that altitude sickness can affect almost anyone visiting an area with an altitude higher than they are used to? It is caused by a decrease in barometric pressure. As altitude increases, the air becomes “thinner,” which means there is less oxygen in the atmosphere. Since you get less oxygen in your lungs with each breath, the amount of oxygen in your blood declines.

Symptoms will usually occur within 48 hours and can include shortness of breath with or without exertion, fatigue, dizziness or light-headedness, headaches, loss of appetite, nausea or vomiting, difficulty sleeping and rapid heart rate. To avoid these unwelcome symptoms, make sure to drink lots of water, between eight to ten glasses a day, and refrain from too much alcohol.

Enjoy your time in Denver!

Paralympian of the Day

Scott Severn, Caro, Michigan

- First NVWG: St. Louis, 2004

- Paralympic Games:

Beijing 2008

- Events he competes in:

Discus, Shot-put, Javelin (Paralympics)

Discus, Air Guns, Swimming, Softball and Rugby (NVWG)

- How have the NVWG helped you?

“The NVWG have exposed me to a lot of other sports, especially team sports. I first got into softball and rugby at the NVWG.”

- Advice to newcomers:

“Try everything. You’ll never know what you will like until you try it. Sign up for the maximum number of events, and find out what you like and what you are good at.”

Question of the Day

What are you looking forward to this week?

Terry Rock: Norwalk, Ohio “I’m looking forward to meeting new faces and teaching novice participants about the Games and what it means to live in a chair.”

Laura Pearson: Long Beach, California “I’m looking forward to everything, but since I have been unable to participate in normal sports, it has always been my dream to kayak, which will be realized during these Games.”

Rudy Lee: Long Beach, California “I am looking forward to relaxing, getting involved in the Games, and meeting up with old friends.”

Wendy Clouser: Lucerne Valley, California “This is my 1st year competing and I’m looking forward to the track and field events, as well as meeting new veterans.”

Robert Oliver: Long Beach, California “I’m looking forward to hanging out with the guys and competing with them.”

Dawn Mattson: Chicago, Illinois “This is my first time at the Games and I am excited about the new experience.”

30th Anniversary NVWG Quiz

1. How many events were offered at the first Games in Richmond, Virginia?

Bonus: What were they?

2. When and where did the British team first compete in the Games?

3. Who was the emcee at the closing ceremonies of the Games in Pittsburgh in 1998?

4. When did quad rugby become a medal event?

5. When did handcycling become a medal event?

Answers:

1. Seven. Bonus: track, field, swimming, weightlifting, billiards, slalom, table tennis; 2. 1987, Ann Arbor; 3. Rocky Blier; 4. 1992, Dayton; 5. 2003, Long Beach

Spirit of the Games

Since 1987, one athlete has been selected for the Spirit of the Games award, given to a Veteran who clearly demonstrates athletic competence, sportsmanship and character. Many athletes here fit this description, so please nominate one for the 2010 Spirit of the Games award. Nomination forms and ballot boxes are located in the dining area and the main hospitality desk. All ballots are due by 10 a.m. Thursday, July 8.

Team Assignments

Pick up your roster this morning at the Hyatt's Hospitality Desk or at breakfast.

It is very important that you know what team you are on so you can report to the correct venue at the right time. Pick up your team assignments as soon as possible to verify starting times and locations.

Notice

Tomorrow: If you competing in an 8 a.m. bowling event, plan to be on the bus at 5:45 a.m. Breakfast begins at 5:30 a.m. this year to accommodate your extra early departure.

NVWG Web site

www.wheelchairgames.va.gov

Remember to stop at the Rings booth in C Lobby some time this week to get your 30th NVWG anniversary ring sized and ordered!

Monday's Meal Schedule:

Breakfast:

5:30 - 9 a.m.

Lunch:

11 a.m. - 1:30 p.m.

Dinner:

4:30 - 7 p.m.

Breakfast today will be served at the Hyatt Regency in the Centennial Ballroom. (The location on your Games Credential Card is not correct.) Lunch and dinner will be served at the Colorado Convention Center in Lobby B.

Go Gourmet (located behind the hotel lobby) will be open for lunch and dinner for family and guests to purchase food and dine with the athletes.

Menus for Monday, July 5

Breakfast:

Chilled apple and orange juice; grapefruit and watermelon wedges; traditional oatmeal with raisins, brown sugar; 1% milk; scrambled eggs with cheddar cheese, ham and peppers; low fat blueberry bran muffins; Seattle's Best coffee and Tazo tea selection

Lunch:

Lean roast beef & provolone sandwich on herb focaccia bread, with lettuce & tomato; orange; individual baked Lay's potato chip; brownie; choice of bottled water or soda

Dinner:

Garden salad with ranch and Italian dressing; garlic & herb breadsticks; penne pasta with marinara; chicken parmesan; sautéed zucchini, yellow squash, and roasted peppers; Italian ice; freshly brewed regular and decaf coffee and herbal tea selection

Drink up!

Staying hydrated during your time in Denver will help prevent altitude sickness. Please remember to bring your reusable water bottle to all events and venues this week!

Don't forget your Camera!

If you are a participant in the Motor Rally at Invesco Field today, remember to take along your camera. There will be lots to see and photograph!

Details, details, details...

Hospitality: Hospitality tables are located in the Hyatt Regency Hotel near the Altitude restaurant and in the Convention Center B Lobby at the Welton Street entrance. They will be staffed daily from 6 a.m. to 8:30 p.m. Hospitality staff are wearing straw cowboy hats with a colorful bandana (or a military uniform). There will also be "On-the-Go" roving hospitality concierges. Welcome packets for athletes are available – stop and get one.

Lost and Found: Contact the Command Center, Convention Center Room 703, if you have lost (or found) something.

Medical Assistance: Hyatt Regency Hotel, Room 519 and in the C Mezzanine at the Convention Center. Normal hours are from 7 a.m. to 10:30 p.m. daily. For non-emergent medical attention after 11 p.m., please call the hotel operator. Medical staff are also available at each event, identified by their red T-shirt with a white medical cross on the back.

Durable Medical Equipment: Mineral Hall D/E at the Hyatt Regency Hotel.

Memorabilia items: Available throughout the week near the Awards table in Lobby C of the Convention Center. Stop by to pick up your favorite mementos of this great week!

Internet Café: Ten workstations are available at the Internet Café, located in B Lobby. Stop by to check your e-mail, Facebook or Games results! The Internet Café is open daily from 7:30 a.m. to 9:30 p.m. Special thanks to HP for making this service possible.

Main Wheelchair Repair Shop: Hyatt Regency Mineral B, C from 8 a.m. to 5 p.m., extended when necessary.

Invacare Minor Repair: Service for minor repairs will be available at the Convention Center venues and at all off-site venues Monday, July 5 through Friday, July 9. They operate 7:30 a.m. to 7:30 p.m.

Specialty (Sport Chair) Chair Corral: Store your specialty chair in the Chair Corral in Exhibit Hall C. You can claim your chair one hour before your event(s).

Emergency Repair: Service will be available by calling (720) 939-6633 or (303) 359-6244.

Transportation: Buses run daily from 5:15 a.m. - 10 p.m. Buses to off-site venues will be loaded at the Transportation Hub outside of the Convention Center, B Lobby. Please check your specialty chair into the chair corral to be transported to your events.

Event	Time
Bowling (a.m. session)	start loading at 5:45 a.m. buses depart every 5-10 minutes
Bowling (p.m. session)	start loading 10:45 a.m. buses depart every 5-10 minutes
Motor Rally	start loading at 7:15 a.m. buses depart every 5-10 minutes

Awards: Immediate Awards will be given two ways. Most will be awarded in the Immediate Awards area located between Halls B and C. Team events, Slalom Super G and handcycling will be awarded at those event locations.

Delayed Awards will be given in Lower Lobby C, next to the memorabilia area and around the corner from the food court.

Award Presentations for July 5
3 – 11:30 p.m. Immediate Awards

Weather

High 83 degrees

Low 58 degrees

Chance of rain 10%

NVWG Schedule

Time	Event	Location
Monday, July 5		
7:30 to 8:30 a.m.	Late Registration and Classification	Colorado Convention Center, Room 705
8 a.m.	Bowling, Class 4 & 5	Brunswick Zone
	Quad Rugby, Game 1	Colorado Convention Center
	Table Tennis, Class 2 & 3	Colorado Convention Center, Exhibit Hall B
9 a.m.	Motor Rally	Invesco Field at Mile High Stadium
10 a.m.	Quad Rugby, Game 2	Colorado Convention Center
1 p.m.	Bowling, Class 2 & 3	Brunswick Zone
	Power Soccer, Games 1 & 2	Colorado Convention Center, Exhibit Hall C
	Slalom, I A, B & C	Colorado Convention Center, Exhibit Hall B
	Nine-Ball, Class 4 & 5	Colorado Convention Center, Exhibit Hall B
4:30 to 7 p.m.	Dinner	Colorado Convention Center
6:30 p.m.	Basketball, Games 1, 2 & 3	Colorado Convention Center, Exhibit Hall C
	Nine-Ball, I A, B & C	Colorado Convention Center, Exhibit Hall B
8 p.m.	Basketball, Games 4, 5 & 6	Colorado Convention Center, Exhibit Hall C