



Angels Bridging Gaps

Palm Bay Autism Support Group
www.angelsbridginggaps.org

Contact Info: Jackie Yearby Jbyearby@angelsbridginggaps.org
Newsletter Editor: Jennifer Rentrope

Newsletter

May 24, 2010

Letter from the Coach

By Coach Poppie



Dear Jackie,

I am writing this letter with the hopes to help inform the families within your circle of influence in regard to the success your son Omari is having at the Adaptive Tennis Learn Practice Play sessions. As we discussed Omari would be the first special needs player to participate in the QuickStart Tennis program as a test before adding an Adaptive Tennis Program.

Since the Adaptive Tennis program was added to the City of Palm Bay Parks & Recreation flyer, which started distribution at the beginning of the year, only Omari stood in the gap. Kudos x10. As we cheer at the end of each LPP session Omari is a winner regardless of the score.

When Omari first took the court, I thought WOW what has the Lord put on my plate. Am I up for this? That lasted a nano second. I took one look into Omari's eyes and said, "Yes, send me to the Lord."

Using a graduated length method of instruction, slowly LPP session after LPP session Omari improved in all areas - Focus, Movement, Balance, Timing (coordination), and Judgment. From watching the ball roll past with him doing nothing; to him demonstrating visual anticipation and raising his level each session.

While your sister was present one evening, I asked her to get out the camera. Although Omari has not mastered a multi-ball rally yet, he can occasionally return the ball after one bounce and more often on the second bounce. His accuracy with a self-drop ball is the most accurate of all the players. When I say, "Hit it to me Omari", he lifts the ball high over his head (his way), drops the ball, adjusts his feet and the ball is hit right to me.

One of the things that really stood out was his ability to volley at the net. I hope the pictures your sister took came out perfect. Omari's focus and anticipate while volleying (hitting the ball in the air - no bounce) was error free; not one or two balls but ten in a row.

Continued on page 2

Events

5/25 - Adaptive Tennis Classes
Veteran's Memorial Park, Palm Bay
Tues and Thurs. 5:00-5:55pm with certified instructor Coach Poppie.
Call 321-952-3443

5/28 - Free Movie In the Park - Avatar
Palm Bay Regional Park, Palm Bay. 8pm Ages 13 and up.
Call 321-637-5434

5/29- 20th Annual Space Coast Sports Festival 5K Run and Fun Walk
Wickham Park, Melbourne. Event to benefit Space Coast Early Intervention Center. 321-433-4891

6/3- World's Largest Swimming Lesson
Palm Bay Aquatic Center Palm Bay. Global event to set the new Guinness World Record for the largest simultaneous swimming lesson ever conducted and build awareness about the importance of teaching children to swim. Free. Ages 3-14. Register May 24 to 26. Call 321-952-2232.

6/5 - 4th Annual Palm Bay Baseball Bash
Space Coast Stadium, Viera. 7:05pm. Cheer on Brevard Manatees. Discount for Palm Bay residents. 321-952-3443

6/9 - CARD Orientation
UCF Cocoa, Cocoa. 6-8pm. Workshop for newly registered parents and/or parents who want a clearer understanding of the CARD program and services. Presenter Jason Klazon. Call 407-737-2566 to register.

Our upcoming Events

5/25 - Parent Support Meeting - Malabar Baptist Church, Malabar 6pm-7pm. Call 723-1602 Next date: 6/8

5/24 - Bowling - Shore Lanes, Palm Bay 4pm-5pm Come out and join us. \$2.99 including shoes. Next date: 6/7

6/12 - Horseback Riding - Rescued Horses Saves Kids, Malabar. 10-12noon. R.S.V.P. By 6/11. Contact jbyearby@angelsbridginggaps.org

Continued from page 1 - Letter from the Coach

While many of the QuickStart players were swinging and making errors, Omari was returning volley after volley, smiling and doing his dance.



Toward the end of our LPP sessions, as we do most evenings, we played "Sole Survivor" and Omari won his first Tennis Necklace as the "Sole Survivor." I'm not sure if he was even aware of his accomplishment. Better yet, it does not matter. He had FUN. He was playing tennis and everybody cheered and called out his name, "Omari, Omari, Yeh Omari!"



Omari knows he is a player and a winner, regardless of the score. Hence, his first Certificate of Achievement Award for Adaptive Tennis. The QST papers given to him the first time were just to give to him a sense of belonging.

This Certificate of Achievement he earned. His name and date typed in and in print forever.

It is my goal to get at least eight players into the Adaptive Tennis program and with parent assistance continue with my overall program of Growing Kids – Growing the Game.

Here is what the United States Tennis Association has to say regarding Adaptive Tennis:

Adaptive Tennis' goal is to promote and develop recreational tennis opportunities for individuals with differing abilities and circumstances through inclusion, knowledge, and support, and by providing, where needed, adaptive programming, equipment, and teaching techniques.

Tennis benefits both mind and body. Physically, playing tennis helps to improve balance, mobility, agility, strength, fitness, and to burn calories. Mentally, tennis works on one's focus, concentration, and reactive and problem-solving behaviors. Emotionally it can promote self-confidence, instill feelings of success, relieve stress, and provide social outlets to meet new friends, enhance relationships, or experience great family outings. These benefits are so much more important for those with disabilities, in special life situations, or with special circumstances.

Benefits of Adaptive Tennis

For people with special circumstances or disabilities, these benefits are enhanced with new elements added to success as typically defined. A different way of looking at some benefits is as follows:

- Tennis is for everyone and the game of tennis can be adapted to accommodate any age, environment, condition, or disability.
- Tennis is fun.
- Tennis provides a venue for positive social interaction.
- Tennis participation enhances self-esteem and self-confidence.
- Tennis is good exercise and improves overall fitness.
- Tennis improves flexibility, strength, and weight control.
- Tennis helps develop eye-hand coordination and body control.
- Tennis can be played for a lifetime.

Continued on page 3



Continued from page 2 - Letter from the Coach

Autism, I could not initially spell it, but after a quick Google, my eyes were opened. It is amazing the stigma that is attached. However, I see the light and I see them coming. They are not disabled; they just have a need to be enabled. Enabled to do what they can do, the best way they do it, when they can do it, at their pace, to the beat of their drum, what ever it may be.

So folks understand where I'm coming from, this is my philosophy toward tennis:

All tennis programs are based on the philosophy that puts the player, whether social or competitive, first and winning second. This means making the overriding priority of the tennis professional helping young players reach their maximum potential as people through a commitment to excellence in tennis. While, for adults, to help them enjoy the game at their maximum potential, what ever that may be to them. Players should be treated equitably and with respect for their inherent individual worth. The long-term welfare and happiness of players should be valued more than the results or reward of the moment

In closing, thank you for your continuous support and help in getting the word out about this very important new program for our special needs players.

Sincerely,

Coach Poppie
PTR Professional 4A



William's Store Toys and More!

WilliamsStore.com was established in 2004 with an emphasis on helping children with special needs. While we now offer products suitable for all children, we still specialize in hands-on toys that encourage creative play.

\$5 Off
any order over \$30
use coupon code **Angels**
Good through the end of 2010

Please note: We are updating our Web site and many items are not yet listed. Please email or call at 478.750.7519 if you don't see what you want

www.WilliamsStore.com



Mimi's Crafts

A Paint Your Own Ceramic Studio

www.mimiscrafts.com

214 Hwy A1A Satellite Beach, FL 32937

321-779-3266



It takes time to be a success, but time is all it takes - Anonymous

Discount Drug Card Saves Brevard Residents \$2.6 Million

VIERA, Fla. -- Brevard County residents have saved more than \$2.6 million on prescription drugs over the past 18 months through the National Association of Counties/Caremark prescription discount card. Brevard County, with a population of 557,000 residents, is the heaviest consumer of the NACo program in the nation, and ranks sixth in the country for savings directly to the consumer.

Since the Brevard County Board of County Commissioners approved providing the free program to the residents of Brevard County, the card has been used for more than 127,000 transactions, discounting more than 175,000 prescription drug purchases. With more than 90,000 uninsured residents and more than 28,000 unemployed residents, Brevard County statistics show the need for this program.

The discount drug card can be used by Brevard County residents, regardless of age, income or existing health coverage. There are no enrollment fees, restrictions or limits on the frequency of use, and an entire family can use one card for their purchases. The program also offers an additional safety benefit feature that alerts pharmacists when medications purchased using the discount card may conflict.

The NACo card helps consumers save money on their prescription medications any time their prescription is not covered by insurance, including a Medicare Part D plan. Brevard residents who are uninsured or underinsured are able to save an average of 23 percent off retail prices, depending on the drug and the quantity of purchase. Card holders can also save on pet medications through retail pharmacies.



The discount drug card program is provided through the National Association of Counties, Caremark, Brevard County Board of County Commissioners, Brevard County Housing and Human Services, and the Brevard County Commission on Aging.

For more information on how to become a distributor or to obtain a card, contact Tammy Harris at (321) 633-2076 or tammy.harris@brevardcounty.us.

calming tools and sleeping solutions

1500+ therapeutic specialties for all your sensory-motor needs!

Fidget Toys • Oral Motor Goodies
 Massagers • Spinning Boards
 Weighted Specialties
 Social Skill & Play Resources
 Fine/Gross Motor Toys & Games
 Self-Regulation Tools
 Sensory Earmuffs
MUCH, MUCH MORE!



Write for a free copy of our catalog:
thershoppe@aol.com



Therapy Shoppe®

The extraordinary little sensory integration specialty shoppe

1-800-261-5590

www.therapysoppe.com

Fun Stuff

Unscramble each of the clue words about sports. Copy the letters in the numbered boxes to the corresponding boxes of the hidden phrase to solve the puzzle.

LELTSBAAKB

NESNIT
2

COCRES

LAELASBB
1

MIGWIMSN
3

Hidden Phrase

1 2

3

