

NewsLetter

Fall 2022



IRRC Out and About

This Fall it has been great to get out and share information about the IRRC and what it can do to help them improve access in their communities.

In recent weeks I have had the opportunity to table at two separate events. The first was the Triad on the Trails 2022 event held at the Inner Harbor in Syracuse. The second, was the Xperience for All event held at the Adirondack Experience at Blue Mountain Lake.

Rich Fabend: He Will be Missed

Rich Fabend, a longtime volunteer and supporter of the Inclusive Recreation Resource Center, passed away in Syracuse, New York on June 26, 2022. Rich will be deeply missed by all who knew him and were helped by him.

Rich acquired his disability (quadriplegia) in 1999, and since that time, worked tirelessly to develop ways to adapt and thrive in all he did. His website, Handihelp (<https://www.handihelp.net/>), has been used by people with disabilities, students, family members, and others around the world in learning Rich's unique ways to adapt activities and equipment so that all people could continue to play and enjoy their lives. Many students in therapeutic recreation at SUNY Cortland were touched by Rich and his ideas. His concept of "learned empowerment" helped students see that people with a functional impairment could continue to pursue their passions, dreams, and goals. Rich spoke often to undergraduate and graduate students, helping them see the possibilities for a full leisure lifestyle after a life-altering injury.

Rich was a mentor, an inspiration, and a kind soul. We will miss him dearly.

Dr. Lynn Anderson, CTRS, CPRP
IRRC Director Emeritus

DEC Cuts Ribbon on Access Upgrades at Carpenter Falls

This summer the NYSDEC officially opened upgraded facilities at Carpenter falls in Cayuga County, NY.

Upgrades include:

- New on-site paved parking lot for 20 single vehicles, designed with green infrastructure to manage stormwater;
- Bicycle rack to accommodate cyclists;
- Accessible commercial chemical toilet with a screened enclosure near the parking area;
- New elevated boardwalk accessible to visitors of all abilities, leading 630 feet from the parking lot to an observation platform;
- Accessible observation platform where visitors can enjoy a view of the 90-foot-tall Upper Carpenter Falls; and
- A new trail with stone steps to safely guide hikers down a steep ravine to view Upper Carpenter Falls from a unique, stream-level vantage.

To view the full press release please see: <https://www.dec.ny.gov/press/123751.html>

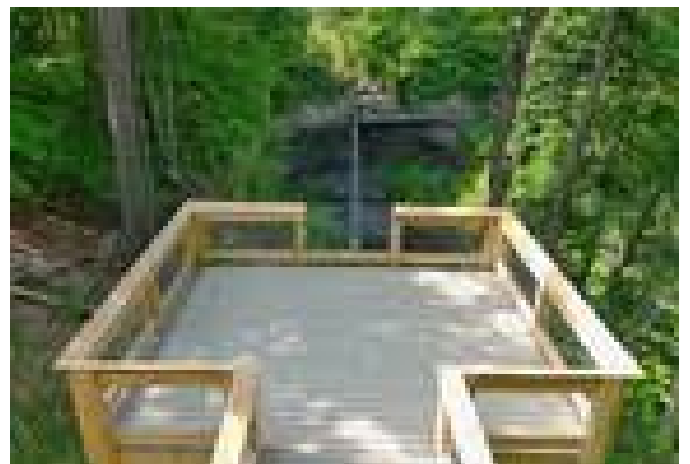
Disabled Individuals Should Be Using These Self-Care Tools

Practicing self-care when you're living with a disability often means focusing on how you're feeling on a given day and learning to adjust your lifestyle to make room for coping with stress, anxiety, health issues, or depression. It can be a tiring process, but there are some simple things you can do to make self-care a bit easier. Look for online tools you can incorporate into your schedule that will help you maximize your productivity at work, or resources that will help you make the most of any activity. For instance, [Inclusiverec.org](https://www.inclusiverec.org) offers a detailed database that allows you to search for inclusive, accessible recreational activities in different cities around the country. (continued on page 3)



A new 630 ft walk way (above) has been installed leading to an observation deck overlooking the falls (Below)

(credit: (A) Auburnpub.com, (B) CNYCentral)





Disabled Individuals Should Be Using These Self-Care Tools (Continued)

When it comes to practicing self-care, technology has come a long way. Here are a few of the best tools you can use as an individual living with a disability:

Make your health a priority

Finding the right healthcare is crucial for people of all abilities, but it can be challenging for individuals with disabilities to maintain access to doctors. These days, you can utilize virtual appointments through an app that will allow you to save time and money while ensuring that you have access to a private medical visit. Many of these apps also make it easier to handle prescriptions and seek care for mental health, as well. Not only that, when you [book a virtual doc visit](#), you have a wider selection of professionals to choose from. And the ability to speak to doctors from home is an incredible convenience.

Set your sights on your career

Once your health is in a good place, think about where you'd like to go in your career. Is your current job bringing you stress or not valuing you enough? These days there are numerous [resources](#) available to aspiring entrepreneurs and those who are looking to move up within their field; [look for resume tools](#) that will help you create the best possible first impression, as well as apps that will allow you to search for and apply to your dream jobs. Ever wanted to [start your own](#) business? Take a major step in the name of self-care and go for it. Start small with a home-based business in order to keep the risks—and stress—to a minimum.

(Continued on Pg4)

Disabled Individuals Should Be Using These Self-Care Tools (Continued)

Change your environment

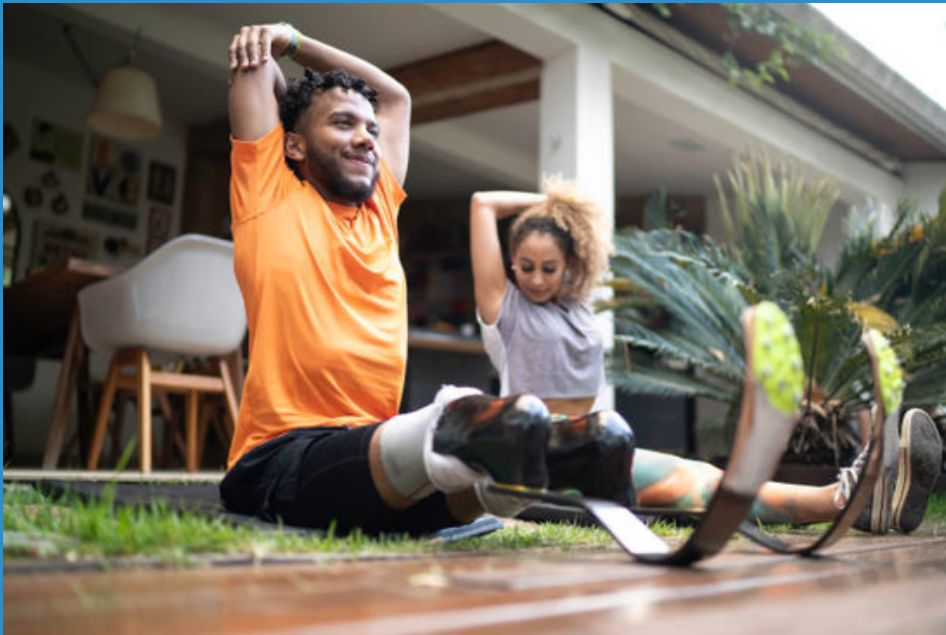
Your job isn't the only place that could be bringing you stress. If you've been feeling low or uninspired lately, take a look around your home; is it all it could be? Sometimes, even the smallest changes can make a big impact, so spruce up your surroundings by adding new bedding for better sleep, or decluttering the living area and adding natural light and fresh plants. Utilize smart home devices to make daily tasks more manageable, such as a programmable thermostat or a security system that incorporates door locks, lights, and cameras. Boosting your environment is an easy, effective method of self-care because it affects both your physical and mental wellbeing.

Set measurable goals

Whether you want to take better care of your mind and body, move up within your career, or make some positive changes to your living environment, it's important to set some goals that you can measure in order to see progress. This will help you maintain your momentum and stay motivated. You might start a journal, take photos so you'll have visual proof of the change, or use an app to help you keep track of each milestone. Certain apps can also help you stay organized throughout the process so you never lose track of where you've been or how much further you want to go.

There are many tools and resources you can use to enhance your life and practice self-care, so think carefully about the ones you'd like to try. Read reviews before downloading new software, and come up with a plan for feeling better that encompasses your overall well-being.

By Elena Stewart



Have a question, comment, or story you'd like to share with the team at Inclusiverec.org? Get in touch using the contact form.