

City of Birmingham

Care Giving for the Elderly

NCAA CrossPlex Events:

2015 - D11 -Men's & Women's Indoor Track & Field Championship

2016 - D1- Men's & Women's Indoor Track & Field Championship

2017 D 11- Winter Festival (track, swimming, and wrestling)

2018 D111- Men's & Women's Track & Field.

Birmingham CrossPlex Receives Award

The Birmingham CrossPlex receives American Sports Builders Association Indoor Facility of the Year Award through Mondo USA. Opened in August 2011, CrossPlex is completely accessible for persons with disabilities. The facility has an aquatic center with an Olympic-sized pool, and a state-of-the-art indoor track stadium. When CrossPlex opened, anticipation was high that the indoor track and field venue, that features a 200-meter hydraulic Super X track, eight-

lane sprint track, and four,-lane warm-up track, would draw athletes from around the world. It has lived up to expectations. The facility can accommodate several events simultaneously for all field events, including shot put, long jump, triple jump, pole vault, and high jump. The track surface can also be converted to hold nine volleyball courts. The W. F. "Bill" Harris State Fair Arena is a 6,000-seat multipurpose indoor arena located at the Alabama State Fair-

grounds. The arena is used primarily for basketball, but also hosts concerts, wrestling, rodeo and other events. The final phase of the Bill Harris Arena has been completed and the facility is totally accessible. Some of the upgrades included new ticket windows, concession areas, showers, hardware, bathrooms, automatic door openers, seating and more. The importance of the CrossPlex & Bill Harris Arena to our community cannot be overstated.

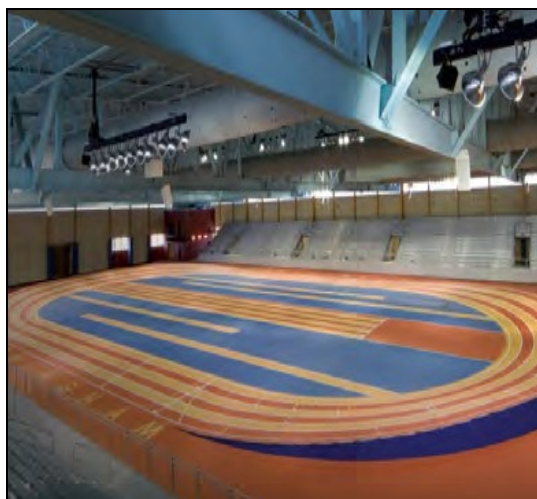
Inside Stories

Birmingham Zoo Honored 2

Adaptive Tennis 2

Care Giving for the Elderly 3

B'ham City Schools Partner with BSC 4



The Birmingham Zoo Honored for Employment of Persons with Disabilities



One of the state's most popular attractions, the Birmingham Zoo an ever-evolving adventure, was selected as the "Large Business Employer" for 2013 at a luncheon held in October, and sponsored by the Governor's Commission on Employment of People with Disabilities. Thanks to a partnership between the

Birmingham Zoo and United Cerebral Palsy, the Birmingham Zoo has hired seven individuals for various positions throughout the zoo. According to a zoo representative, it was the person's personality and work experience of each candidate that was important during the interview process- not the person's disability. In

addition, the zoo has made a number of important accommodations including building ramps and lowering time clocks. This experience has helped the individuals employed to gain confidence as they interact with hundreds of people every day which allows others to see their abilities.



Adaptive Tennis Program

Tennis is a year round sport that can be played both indoors and outdoors. George Ward and James Lewis Tennis Centers were the sites for the 2013 adaptive tennis camp. Both centers offer adult as well as junior lessons. Lessons at both

centers are for juniors ages 5 through 18 years old. Adult tennis leagues are also available. For more information contact Rudy Lewis at (205) 527-9240 or email teniszyx@aol.com.

Care Giving for the Elderly

Caregivers often play the most important role many of us will ever play in life. The caregiver role carries much responsibility which can result in a variety of forms of caregiver stress. One easily noticeable stressor is exhaustion. Some studies' results conclude care giving on a long-term basis can be draining both mentally and physically. The Alzheimer's association websites can be a helpful resource to assist caregivers with realistic, doable goals when planning and deciding daily priorities. Visit www.alz.org for more information. The option to get paid to care a loved one varies depending on the state.



If you are providing care for those who are veterans there may be other opportunities for help. Visit the link VA Caregiver Support to see a list of assistance opportunities. In addition to that link, Family Caregiver Alliance can provide more information about being paid to care for a family member. If you are the primary caregiver for a loved one, chances are you need a break. When caregivers find themselves in need of a break, help or a short reprieve, respite care sources are there to assist them. Respite care can exist in the form of programs offered by the community as well as adult day-care or day programs. Respite is a temporary rest period or break for caregivers of the ill or disabled. This can make a world of difference in helping to maintain the quality care needed to continue the work you do to keep a loved one at home. Alabama Respite can provide information about hiring a quality respite provider. They also maintain a database of respite programs for every county in Alabama and is available online at www.alabamarespite.org or call 1-866-737-8252. In some cases, they can offer voucher respite funding for families to pay a respite voucher.

The Caregiver Alliance link at www.caregiving.org has more detailed information about the number of American households where there are caregivers for someone 50 years old or older and lists some social programs available to those who find themselves needing care. There are some special programs available to those who find themselves needing care. One of the major factors to take into consideration is Medicare. Visit www.medicare.gov to find valuable information for those who are in care giving positions/roles as well.

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ADA Advisory meets bi-monthly
second Friday
10:00 AM 2nd Floor, City Hall



**Working to Open Doors to
Accessible City Services**

ADA Advisory Committee

Chair – Tina Kay Hughes, Sickle Cell Spokesperson

Vice Chair -John Duplessis— SSTE Employment Program

Secretary– Lisa George, The Plant Program

Xaveria Anderson - Ms. Wheelchair Alabama 2007

Trisston Burrows - Ms. Wheelchair America/Alabama 2005

Wendy Hicks– Alabama Head Injury Foundation

Lorine Kelly—MAX Transit (VIP Para transit)

Dan Kessler, Director- Disability Rights and Resources

Keith Strothers- Jefferson County Workforce Dev WIA

Graham Sisson– Governor’s Office on Disabilities (GOOD)

Yolanda Spencer- Alabama Department of Rehab Services

Myra Shamburger- Alabama Department of Rehab Services

Maria Lyas-Young - Birmingham City Schools

Larscene Turk-Director, Alabama Industries for the Deaf & Blind **

Peggy Turner – The Lakeshore Foundation **

***Resource Agency*

Birmingham City Schools Project Search

Birmingham City School’s Special Education Department is participating in a new initiative for high school students. Being part of the national initiative Project SEARCH based in Cincinnati, Ohio, the district’s local Project SEARCH team consists of eleven students from various participating high schools. Birmingham Southern College is the business host site. These student, also known as Interns receive job skills instruction and job

etiquette training from Special Education Teachers. The High School Transition Program is a one year internship program for high school seniors with disabilities. It is targeted for students whose goal is competitive employment in areas such as healthcare and government or business setting with total immersion in the workplace facilitates the teaching and learning process as well as the acquisition of employability and marketable

work skills. Students participate in three internships to explore a variety of career paths. The students work with a team that includes their family, a special education teacher and Rehabilitation Services Administration to create an employment goal.