

Roll in the Holidays by Rolling with the Punches

A Networking Group for People Who Use Wheelchairs

by Mary Hayes • Volunteer • Mid-South ACT



Mary Hayes, Volunteer

Do you feel that your wheelchair may limit your dreams? Do you have success stories that you would like to share with other people who use wheelchairs? Come and join our start-up group. Meet people who have overcome their disabilities. We

will have group discussions on the issues you face, and gain knowledge about technology that you may be able to acquire that can help you.

Roll with the Punches is a networking group for people who use wheelchairs and provides a way for them to get acquainted with each other. They can also learn about technology and resources that may be new and helpful to them. The group is sponsored by Mid-South ACT. One service that Mid-South ACT provides is to promote community awareness of assistive technology (AT). During this demonstration, we hope to offer brief training on technology, introduction to art therapy, and have representatives from different companies come and talk to members about their new products. We will also have group discussions where success stories are shared, and in turn inspire others; or discussions regarding the challenges they have faced. **Roll with the Punches** is a month-long workshop. There are four separate sessions, which meet once a week. These meetings will be held in Patterson Hall.

MEETING I – Information Meet and Greet

This meeting will be a time for individuals who use wheelchairs and/or their parents and friends to come and see what will be going on in each meeting during the month. They will also meet the people that created the group and preview Mid-South ACT services and programs.

Meeting II – Group Discussion

The main goal of this meeting is to find out what types of AT would be useful to this group, so that Mid-South ACT can give demonstrations of that technology. People can discuss the obstacles that they have faced, and if they have been able to overcome them through the use of an assistive technology.

Meeting III – Show and Tell

Representatives from AT vendors will be on deck to show and tell about assistive technology devices. Ms. Betty Anderson, a Mid-South ACT volunteer and representative from MATA will share information on MATA and MATA Plus. Mid-South ACT staff and volunteers will

be available to demonstrate the AT devices and applications.

Meeting IV – Art Therapy and Technology Activities

An art therapist will be available to perform demonstrations for hands-on activities with the group. Mid-South ACT can let people try out the equipment that was displayed in the meeting before. The American Art Therapy Association (AATA) defines art therapy as "Employing the creative process of art-making to improve and enhance the physical, mental and emotional well-being of individuals of all ages with the aim of resolving conflicts and problems, developing interpersonal skills, managing behavior, reducing stress, and increasing self-esteem and self-awareness." Art therapy can have emotional, physical, cognitive, and social benefits.

You are welcome to come and "Roll with the Punches!"

For more information, contact:

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Website: <http://act.memphis.edu>
Email: act@memphis.edu



Register Today!

To register, please contact:

Karen, AmeriCorpsVISTA

at 901.678.1489, or

email act@memphis.edu.

**November sessions will begin Tuesday,
November 8, 2011, from 12:30 – 2:30 pm.**

*Please come and
Roll with the Punches with us!*