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Go Baby Go!

Pictured are occupational therapy students from the University of St. Augustine located in San Marcos, CA. This group of students were inspired by the "Go Baby Go" project which takes on the challenge of adapting universal ride-on toy cars.

Some thoughts from the students:

Adapting and donating ride-on toy vehicles to the United Cerebral Palsy Center (UCP) of San Diego was a great learning experience and also a rewarding one. Our group, inspired by the "Go Baby Go" project decided to take on the challenge of adapting universal ride-on toy cars for our assistive technology class at the University of St Augustine in San Marcos, CA. As occupational therapy students, we understand the importance of
mobility in promoting social participation, play skills, and empowering children in the exploration of their environment. Our project focused on providing adapted toy cars to children under the age of 6, who are unable to access wheelchairs due to cost or limited physical abilities. Providing the children with the opportunity to engage in self-guided mobilization will help children develop the necessary socialization and play skills, which are significant in a child's development.

Our goal was to donate the adapted toy cars to UCP, which would make these cars available to qualified families within the community. Our main goal was to provide a universal design and have the necessary adaptations available, which would allow for customization specific to a child's needs. We adapted two different vehicles, each with the capability to be driven by either push button on steering wheel, pedal on floor, or any adapted switch placed at an accessible area for the child. The cars also include built-up steering that allowed for a universal design.

Throughout the development we enjoyed the adapting process and overcoming obstacles to complete this project. Our main obstacle was finding the ride-on toy vehicles and the necessary adaptive equipment given a small budget. The process took lots of research and bargaining to achieve our goal. We are both thankful and delighted to partner with UCP in providing the opportunity of self-mobilization to the children in our community, and overall contributing to the engagement of one's meaningful and purposeful occupations.

For any questions or to provide funding or part donations for the continuance of the adapted car program at the University of St Augustine please contact the Occupational Therapy Program director, Dr. Judith Olson OTR/L at jolson@usa.edu or (760) 591-3012 ext 2420.

"Life Without Limits" Tribute Dinner: Big Hit
United Cerebral Palsy is pleased to announce that the tribute dinner honoring biotech pioneer David Hale as the "Life Sciences Leader of the Year," was a rousing success. The event, held on November 5th at the Marriott Marquis Hotel and Marina in downtown San Diego, saw nearly 400 people in attendance and helped raise in excess of $140,000.

The Association would like to thank the following sponsors for their support of the event: Rady Children's Hospital, Cushman & Wakefield, Domain Associates, Latham & Watkins, LLP, Scott Glenn and Cam Garner.

Funds raised from the evening will be put to use immediately to help fund numerous ongoing program services that UCP provides for local people with cerebral palsy and other disabilities - and their families - throughout San Diego County.

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**No Limits Walk Draws Record Crowd**

The 2014 No Limits Walk, held at De Anza Cove on Saturday, October 18, was a great day of Music, Food, Fun & Friends - and a resounding success!

This gentle 5k walk/roll around Mission Bay was attended by over 400 walkers and rollers. With the help of our top fundraising team - Kelly Belly - our top fundraiser - Jason White - and our corporate sponsors, the event raised over $50,000 to advance the independence, productivity and full citizenship for close to 10,000 people in San Diego County affected by Cerebral Palsy and other disabilities.

Thanks to all this year's attendees! View the photo album [here](https://www.youtube.com/watch?v=0mXok66VvV4) and the video below.
Fire Fighters & Celebs
Heat Up Luncheon

For the 31st year in a row, the San Diego City Fire Fighters graciously donated their financial support as "Title Sponsor" to the always wild and crazy "Celebrity Waiters Luncheon."

This year's edition was held on a sunny work day in mid-September and patrons were treated to good food, lots of local and Hollywood stars and the high energy of many of the San Diego City Fire Fighters, bayside at the Coronado Island Marriott Resort & Spa.

Russ T. Nailz and Susan DeVincent co-hosted the event and kept the festivities going at a lively pace. Tips were given freely and, with special live auctions, close to $54,000 was raised for the cause.

https://www.youtube.com/watch?v=oLTit9Rfu-s
Is A Success

The 32nd Annual Golf Classic was held on August 11th at The Crossings at Carlsbad Golf Course. Golfers hit the links in bright sunshine and did their best to conquer a challenging course, while raising $60,000 for United Cerebral Palsy of San Diego County. After an afternoon of play, golfers were treated to dinner, a live auction and the awards banquet hosted by comedian Russ T. Nailz.

UCP thanks The Crossings at Carlsbad general manager Gary Glaser and his excellent staff and all the participants and supporters that came out to this annual event.

https://www.youtube.com/watch?v=l65vbbmp2lk

Paralympic Dream

Hello,

My name is Ahkeel Whitehead and I am a 19 year old United States Paralympic Track and Field Athlete; I was born with Hemiplegia Cerebral Palsy. I however did not grow up knowing I had Cerebral Palsy, it was never mentioned in my house. My parents decided to keep this fact from me so I would not use it as an excuse for when I would try to do something. In 2nd grade I started to play basketball and in 4th grade I switched to flag football. Around the end of 4th grade I became more competitive in my head at sports but I wasn't good. I didn't know why but I couldn't catch, throw, or run like any of the other kids. I did know, however, that I enjoyed it and that I wanted to be the better than every other kid around me. It was tough trying to keep up with the able bodied kids now that I think back to it but no matter how much I lost I never stopped wanting to be the best. I saw it as a challenge and every day, I tried to play a little harder or to run a little faster to better myself. When my parents revealed to me that I had Cerebral Palsy going into my freshman year of high school, it didn't mean anything to me. I developed this “can do” attitude that is still with me today.

In 2012, I missed making the Paralympic team for London, but I
set the US record for the long jump for my classification (T/F 37) at the Paralympic T/F trials in Indianapolis. In 2013 I competed in the IPC World Championships in Lyon, France and reset my US record for long jump. Later that year I received the Junior Paralympic male track athlete of the year award for my performances in the 2013 IWAS Junior games in Mayaguez, Puerto Rico; I received a gold medal in the 100m and two silver medals in the 200m and 400m.

Today I am training under Coach Joaquim Cruz at the Chula Vista Olympic Training Center in San Diego, California. I train with the goal of medaling in every event that I do in 2016 Paralympic games in Rio de Janeiro, Brazil. So far in 2014 I have set the American records for the 200m and 400m for my classification and I am ranked 9th in world in the 100m. I am going to be participating in multiple track meets throughout California however my biggest event is the 2014 Track and Field Paralympic Nationals in San Mateo, California. There I plan to move up in the world rankings for my events and I plan to run/jump personal bests.

Off the track I am attending San Diego State University and majoring in kinesiology for a few reasons. I want to better understand the human body for my sport and so I can further understand CP. I also want to give back to the community by inspiring and supporting people with CP to become more athletic and to strive to reach their goals. Being athletic can provide camaraderie, fun, and an opportunity to build character, independence, and confidence. It has also given me a way to channel my feelings so that I can be a productive person and contribute positively to society. I think all people with Cerebral Palsy should and can experience all of these wonderful things.

I know Cerebral Palsy is tough and I know that it is not going away for any of us. However if you approached yourself with encouragement and patience, looked at the people around you for love and support, and worked at your craft every day to the best of your abilities...I just know you will be amazing. If you do these things, no doctor can tell you what your limits are! So don’t put a cap on your goals, be limitless. You CAN do it!

**CALL TO ACTION**

Ahkeel trains every day to represent the United States on the world stage, but he cannot do it alone. To support Ahkeel’s dream, please go to NAI-USA.com and donate today! 100% of the funds go to support some of his basic needs such as equipment, travel, and coaching.

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