

Capstone Health Plan  
 914 N. San Francisco St. Suite A  
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# Member ~ Caregiver Newsletter June 2005 Vol. 1 ~ Issue 3

**CAPSTONE**  
**HEALTH PLAN**

*Serving Those With Special  
 Health Care Needs*

914 N. San Francisco St. Suite A ~ Flagstaff, AZ 86001  
 Phone (928)779-2113 or (800)336-3874 ~ Fax (928)779-5108

## MAKING DREAMS COME TRUE

### How Brad Parks Used His Wheelchair to Become a Champion

As Brad Parks watches other wheelchair players play tennis he says, "This is what I dreamed about."

A skiing accident left Brad paralyzed from the waist down. "I cried," he said, "but I knew I had to get on with the business of living."

Things were hard in the beginning. Brad wanted to be with his friends. He could not go up and down the curbs. His wheelchair got stuck in the sand when he went to the beach. "I had to learn to cope," says Brad.

Brad went to college in 1977. The students raced bicycles. Brad used his wheelchair. He even designed a special wheelchair for racing. Soon he was the fastest guy in the world in a wheelchair.

That was not enough for Brad Parks. He wanted a sport where he could compete with his friends. He had never played tennis before, but

his mom and dad did. They encouraged him to try. "I was bad, and there was only one way to go and that was up," said Brad. "It was a challenge, but I knew this was a game I could play with my parents and my friends. I set out to be the best I could."

With lots of practice his game got better. Brad began to dream of playing in tournaments with other wheelchair athletes. His dream helped him form the National Foundation of Wheelchair Tennis in 1979. In 1980 there were 60 players in the first tournament.

Today, wheelchair tennis is the fastest-growing sport for persons with disabilities. Thousands of athletes from all over the world compete in pro tours. Brad Parks, who became a champion player, is now known as the "father of wheelchair tennis."



**"PEOPLE THINK BEING IN A WHEELCHAIR IS THE WORST THING IN THE WORLD. I THINK ANYBODY WHO IS ABLE TO GO OUT AND PLAY 3 SETS OF TENNIS IS VERY LUCKY."**  
 ~ BRAD PARKS



## About Our Organization...

### Capstone Cares

*Our mission is to manage a health plan responsible for providing health care and related services to the developmentally disabled. Our members are the focus of our organization and the reason for our existence. We strive to make available the resources needed to give quality, comprehensive, yet cost-effective care. We work with the covered members and their families as well as all providers, vendors, agencies and others to ensure that health care needs are met while maintaining the dignity of, and respect for our members.*

*Capstone Health Plan is a non-profit organization funded in part by the state of Arizona.*



### The Cracked Pot

A water carrier in India had 2 large pots. Each hung on the end of a pole which he carried across his neck. One of the pots was perfect and never leaked. The other pot had a crack. By the time the water carrier reached his master's house it was only ½ full. The cracked pot was so ashamed of its flaw it said, "I want to apologize." "Why?" asked the water carrier. "I have been able to deliver only ½ my load because of this crack in my side. Because of my flaws, you have to do all this work," the pot said.

The water carrier said, "On our way to the master's house, I want you to notice the flowers along the path." As they went up the hill, the cracked pot noticed the flowers, but at the end of the trail, it apologized again for its failure. Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path and every day while we walk back from the stream, you've watered them. For 2 years I have picked beautiful flowers for my master's table. Without you being just the way you are, he would not have this beauty to grace his house." ~ Author Unknown

## The Scenic Route ~ A non-profit organization providing social and recreational activities for individuals with disabilities.



The Scenic Route provides adventures and social opportunities for people with disabilities. Their focus is on the trip, not the disability!

This creates a completely unique community atmosphere in which everyone must work together to support one another. This means that their trips are cooperative environments in which each person is expected to pitch in to the best of his/her abilities. AWESOME!!!

For more information call **928-380-4915** or go to [www.scenic-route.org](http://www.scenic-route.org).

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**PHARMACY REIMBURSEMENT**

You can take your prescription to any of the national chain pharmacies and many smaller, independent pharmacies.

Some pharmacies will not split the bill if you have other insurance.

You can ask your pharmacist if they will split the bill for you. If they cannot split it you will need to pay the co-pay. You can get your money back. The process can take anywhere from 10 – 12 weeks.

Please call Member Services to find a pharmacy that will split your bill OR find out how to get your money back.

"Throw a resourceful person into a river, and he will probably come out with a fish in his hand."  
~ Arabian Proverb

**HANTAVIRUS ALERT**

The Az. Dept. of Public Health urges caution. Two unrelated cases of the hantavirus have been reported this year. Proper Clean-Up Suggestions:

1. Spray rodent droppings with household disinfectant; let soak for at least 15 minutes.
2. Wear rubber gloves and use disposable materials like paper towels.
3. Seal all droppings/nests in double plastic bags and throw them in the trash.
4. Do not sweep, brush or vacuum droppings/nests, since this stirs up dust, sending the virus in the air for breathing.
5. Be especially careful when going to a summer cabin or other building that has been closed up. WEAR A MASK.

For more information call the Arizona Department of Health Services 602-364-4562.

**F.O.C.U.S.**  
Families Of Children and Adults with Disabilities United for Support

Education/Information/Advocacy/Support for families with children and/or adults dealing with disabilities.

Contact Laurie Diver: (928) 527-4698

**STOP THE MEDICAL BILLS**

*Stop* getting medical bills! If you have other insurance and we don't know about it, you could get a bill!

Remember to ALWAYS let your health care providers know about Capstone Health Plan and any other insurance you might have. This includes Medicare.

As a Capstone member it is your job to let us know when there are changes to your personal information. Contact your DDD Support Coordinator or Capstone Member Services if you get a medical bill.

**WHOOPING COUGH**

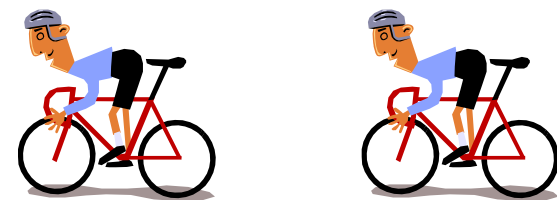
Maricopa County Department of Public Health is reporting a 94% increase compared to this time last year in the number of cases of whooping cough.

Fully immunized children can still develop whooping cough. Usually, infected adults or older children share the disease with infants in the household. Exposed infants frequently become very sick needing to be hospitalized.

Please contact your PCP if you or a family member has had a cough for more than 7 days.

*"When you come to the end of all the light you have and are forced to step out into the darkness; trust that one of two things will happen. You will either step onto something solid, or you will be taught how to fly!"*  
~ Unknown

**Pedal for a Cure** *Illinois Resident Turns Life-long Dream into Fundraiser for Autism Research*



Looking for a way to make a difference in his daughter, Amber's life, Jeff Spaetzel decided to combine his long-time dream of a cross-country bike trip with a plan to raise \$100,000 for Cure Autism Now, an organization dedicated to finding a cure for Autism.

Spaetzel hoped to raise Autism awareness during a 2,400 mile ride. The ride coincided with National Autism Awareness Month. A fellow co-worker, Adam Dabrowski, joined Spaetzel on the month long trip.

The ride started Sunday, April 17, in Newport Beach, California. It ended at the Cure Autism Now Walk on Sunday, May 22, at Soldier Field in Chicago, Illinois.

They passed through more than 28 cities and nine states. Spaetzel and Dabrowski rode through Flagstaff, Arizona on April 25<sup>th</sup>.

One might think it a coincidence that the person Spaetzel contacted for bike route information through Flagstaff turned out to be Teri Martin, a parent of an autistic child, but she was not surprised. More than 100,000 families in the United States are affected by Autism.

To date, Spaetzel and Dabrowski have raised over \$25,000. The Pedal for a Cure team invites you to track the ride at [www.pedal4acure.org](http://www.pedal4acure.org).

Watch for a formal Autism Support group in Flagstaff. The National Autism Society of America (ASA) will help make it possible. Contact Cheryl Willers at [WILLERC@nahealth.com](mailto:WILLERC@nahealth.com) for more information.

**EASY DENTAL APPOINTMENTS!!!**

*Now members between the ages 3 and 21 can get routine dental services without prior authorization. Simply call your dentist for an appointment.*

*Call Member Services for details.*

**CRS FAMILY FUN DAY**

At the request of CRS families, Children's Rehabilitative Services held their 3rd Annual Family Fun Day on Saturday, April 2.

Karaoke, motor cycle photo ops, candy and craft activities filled the afternoon. Over 100 families had fun while they learned about agencies and services available to them.

With a table next to APIPA, Capstone Health Plan gave away candy and APIPA gave away toothpaste & brushes! You cannot go wrong with sugar *and* fluoride!!!



**Under The Sun**

Arizona averages more than 300 days of sunshine per year. As an Arizona resident you are twice as likely to develop melanoma, the most serious form of skin cancer. Here's how to shield yourself from the sun's harmful rays while enjoying the weather:

- Stay in the shade. Avoid sun exposure during peak hours, 10 a.m. to 4 p.m.
- Use sunscreen. Use SPF 15 or higher.
- Cover up. Wear pants, a long-sleeved shirt, a wide-brimmed hat and sunglasses.
- Get checked out. Check your skin monthly, looking for lesions and changes in moles. Ask your PCP for help.