

New Horizons Un-Limited Outlook



Summer 2019

Volume 16 Edition 2

NHU Outlook Newsletter is published quarterly by New Horizons Un-Limited Inc. (NHU), a 501(c)3 tax exempt non-profit organization based in Milwaukee with a mission to make information and life experiences more accessible to **people with lifelong disabilities**, their families and caregivers. Our programs are made possible through the generous contributions of our community partners, member and donor families and many in-kind donors. To contribute to New Horizons Un-Limited, see page 4. To learn more about NHU, visit our website at new-horizons.org/volnet.html or send us an e-mail at horizons@new-horizons.org

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts.” Rachel Carson (Nature Author, Conservationist)

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NHU 2019

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New Horizons Un-Limited - “Celebrating 25 Years of Progress”

2019 - Accessible Opportunities in the Outdoors!

You and your family should free yourselves from life's stresses and take in the physical and mental healing that nature offers. When we can look far out to a horizon our eyes can relax, when we breath in fresh air and discover trees and beauty in nature, we can allow ourselves to think, problem solve and focus on other abilities or sensitivities.

What if you have not had the experience of the outdoors or do not feel prepared for an outdoor adventure?

This website [Go All Outdoors](#) has some great ideas for getting started in acclimating to the outdoors. A first idea is to enjoy the outdoors close to home.

Start by bringing plants indoors and creating a conservatory space in a special corner of your house to learn more about plants and enjoy them.

A bird feeder outside a visually accessible window is a great way to witness nature and a source of inspiration.

Create a garden space in your backyard; bring out a table and bench where you can picnic and enjoy the outdoors.

Recently we visited with the organization, [Victory Garden](#), whose objective is to get people eating healthy food while enjoying growing their own vegetables and fruits in their own backyard.

Victory Garden will build a four by eight foot raised garden bed; you add some seeds and a couple hot house plants and you are feeding family and friends. (Go to [Buy a Blitz Garden](#))

If you live in the following Milwaukee county Zip Codes: 53204 - 53206 - 53208 - 53218 you can purchase a garden for only \$25.

If you live in certain other neighborhoods (check with Victory Garden) you can pay just \$50, otherwise gardens cost from \$175-200. If you require a wheelchair accessible garden bed these can be more costly. All gardens are built by volunteers during their Blitz, May 11-25, 2019. (Continued on page 2.)

(Continued from page 1.)

Volunteer at the Victory Garden Urban Farm and take home some produce. Call (414) 431-0888 for more information on volunteering.

Are you ready to move on to an outdoor experience away from home?

Ask a friend to share in the experience, possibly someone who knows more about it. If that may not be possible, there are many opportunities to join a class, or an event at a nature center. Check out places in Milwaukee like the [Wehr Nature Center](#) and the [Urban Ecology Center](#).

Sign up for fun accessible outdoor sports and events with organizations such as the [Milwaukee Community Sailing Center](#) or [Fishing Has No Boundaries](#) who has chapters throughout the State of Wisconsin.

Talk to your church group or veterans group about a day outing to a local or State Park, a hike along an accessible river trail in Wisconsin like the [Hank Aaron State Trail](#) in Milwaukee or a visit to an accessible urban State Forest or Park such as [Havenwoods State Forest](#) or [Lakeshore State Park](#) in Milwaukee.

Find an experienced friend who can guide you thru a camping experience. People who camp will be eager to share their knowledge about how to stay warm and dry, or hydrated and shaded, what gear is important, and what and how to pack for your adventure.

The Accessible Camping Cabins in our Wisconsin State Parks offer a respite opportunity to families with members with disabilities. For more information about the Camping Cabins and links to all the Accessible Outdoor Resources listed above and more, visit new-horizons.org/prcc19.html.

Update on the Accessible! Nature Explore Classroom! – Bong State Recreation Area



In the spring of 2018 Richard Bong State Recreation Area, (Kenosha County, WI) and the Bong Naturalist Association (BNA), broke ground on a new **Nature Explore Classroom (NEC)**. Hoping to disconnect kids from electronics and grant opportunities that may not otherwise be available, the NEC plans to help kids develop an appreciation of nature, science, art and music and a lifelong passion for nature activities.

Naturalist, Beth Goeppinger, plans a tentative opening of the NEC in August 2019 and it will be the first of its kind in the state! There will be eleven “classrooms” dedicated to nature, movement and exploring, including a dig area, a water feature, a living Willow tunnel, a sensory garden and other gardens, a climbing area, and a sunflower fort. Pictured to the left is the wonderful new gate to the NEC!

Known for the Accessible Cabin at Bong, our NHU President, Art Miller, along with Lavern Nall, Strass-Maguire & Associates, implemented the layout of accessible grading, and walkways. The meandering trail will take one through woods, by rocks and bushes, and up and down gentle slopes, which will now be entirely ADA accessible.

Do you know an individual or group that would benefit from the Nature Explore Classroom? Please let them know about this new accessible nature opportunity!

Although the BNA has reached their goal of \$140,000 there are some unanticipated surfaces expenses so they are still looking for help and donations. Do you know a scout group, class group or others who might like to get involved with the project? For more information, visit the bongnaturalistassociation.org or call (262) 878-5607.

May – June – July NHU Volunteer Opportunities!!

To sign up for volunteer opportunities, call (414) 299-0124 or e-mail horizons@new-horizons.org
 NHU volunteers are reimbursed up to \$16.00 per month for your parking or transportation.
 Report your volunteer hours to NHU on-line new-horizons.org/volnet.html

Join the Fun!



16th Annual NHU Benefit Golf Outing June 5, 2019

Hawk's View Golf Club
 Lake Geneva, Wisconsin

View our on-line registration form at:
new-horizons.org/golf19.html

Golf Outing Sponsors Needed!

Believe in all the good You can provide our community members with disabilities via your sponsorship participation of our golf outing.

Advertise Your Company by Becoming a Tee Sponsor for our NHU Golf Outing!

Your logo and company name will be advertised in our event program, Tee location, NHU newsletters and website.

Market Your Company, Offer a Golfer Gift

Provide a golfer gift with your company logo/name for our 120 participants. Hats, towels, pens, cups, cozies, etc. are some of the many ideas. Please contact us two weeks in advance to arrange your donation.

Donate to Our Raffle or Silent Auction

We are always looking for unique items. Your contribution will be acknowledged in our digital presentation, a table sign and event program. Please call us at least one week in advance.

For sponsorship details see our golf brochure at:
new-horizons.org/pdf/golf19.pdf

Questions? horizons@new-horizons.org

Purchase Scrip Gift Certificates from NHU

Are you planning purchases for Father's Day, the lucky graduate, summer lawn and garden supplies? Groceries, gas, movies, fast food, restaurants, and retailers are available.

Scrip orders are due: Thursday, May 16, 2019

Purchase scrip gift cards thru NHU, redeemable for the exact amount you pay for them. The retailer passes the discount savings (percentage listed next to each retailer on the order form) to NHU. We deliver your order to you within 10 days. **Print the NHU Scrip order form at new-horizons.org/pdf/scripf.pdf**

Fill out and send your order form and your check or money order to NHU.

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We would like to hear from you!
 Please-e-mail us at horizons@new-horizons.org

Sign Up for our Flower Bulb Sale!



NHU Fall Flower Bulb Sale

By planting flower bulbs each year, you have created your spectacular garden while supporting opportunities for community members with disabilities through NHU.

Sign up to receive your Fall Flower Bulb Sale invitation by July in time to order Flower Bulbs for Fall Planting!

There are many varieties of Flower Bulbs to choose from for beautifying your yard. Plant in Fall for Spring Blooms.

E-mail your address to :
horizons@new-horizons.org

Respite in the Outdoors!



Harrington Beach State Park
Sunday, June 2, 2019 - Wisconsin State Parks
Enjoy a FREE Pancake Breakfast
at the Ansay Center from 8am – Noon

Donations are appreciated!

June 1-2 are free admission days for all State Parks.

Support the Friends of Harrington Beach who support the Harrington Beach Accessible Camping Cabin and other accessible features in this state park.

Enjoy the accessible trails around the quarry, and accessible fishing and beach amenities!

Directions: Take Interstate 43 from Milwaukee 40 miles north to the Belgium, Wisconsin exit.

Sign up a family member with a disability to experience the outdoors this season at:

dnr.wi.gov/topic/parks/camping/cabin.html.

Giving back to your community... has never been easier!

Here are some simple ways to give back to NHU!

Volunteers reach out and make a world of difference!! For more information on volunteering, visit: new-horizons.org/volnet.html

NHU Wish List

Visit: new-horizons.org/wshlst.html Make an in-kind donation of used equipment or make a donation for purchase of:

- Windows 10 Licenses (\$6 each)
- Speaker sets (\$2.50 each)
- Desktop or Laptop computers (used)
- iPad or Android Tablets (used)

Use SmileAmazon to shop Amazon.com. Visit <https://smile.amazon.com>. Just sign in and Amazon will donate .5% of your eligible purchases to New Horizons Un-Limited.

Make a secure on-line credit card donation via PayPal. It's free, secure and so easy! Visit new-horizons.org/donnow.html and click on **Donate**. Complete the form to give back to your community!

Make a donation to NHU.

Fill out the form included on the back page of this newsletter. Make your check payable to: NHU.

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Thank you to everyone who contributed to our 2019 NHU Benefit Raffle and Silent Auction!
To check out our event donors, see our Donor Flyer or visit new-horizons.org/pdf/rdon19.pdf

**Please accept my contribution for NHU
in support of our community
members with disabilities:**

\$500 \$250 \$100 \$50 Other \$

Name:

Address:

City State: Zip:

Phone:

I would like to designate my contribution in memory of:

I would like for my gift to remain anonymous. Do not include my name in any publication to acknowledge donors.

I am interested in volunteering for NHU. Please contact me.



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**Your gift will ensure that our community
members with disabilities
are given access to the opportunities that
will improve their lives!**

Make check payable to **New Horizons Un-Limited**
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