



Access Bensenville O Newsletter for a Community in Motion

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Summer Program Highlights

FAMILY GOLF NIGHTS May 15 | June 19 | July 17 | White Pines Golf Club

PARK 'N PLAY (All summer long) Begins May 21 | DiOrio Park BvilleParks.org/park-n-play

MEMORIAL DAY PARADE May 30 | Wood Dale

WATER PARK & SPLASH PAD OPENING DAY May 30 | Bensenville Water Park Season passes for sale now!

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Community Resources

Bensenville Park District:

Phyllis Schmidt, ADA Coordinator, CPRP, pschmidt@bvilleparks.org, 630-238-4922

Village of Bensenville:

Ron Herff, ADA Compliance, rherff@bensenville.il.us, 630-594-1009

Bensenville Elementary School District 2:

Kristine Stalzer, Special Education Coordinator, kstalzer@bsd2.org, 630-766-5940 Juliann Greene, Director of Special Education, jgreene@bsd2.org, 630-766-5940 Eva Carpentar, Clerk-Special Education Department., ecarpenter@bsd2.org, 630-766-5940 Christi Poli, Birth to Three Director, cpoli@bsd2.org, 630-766-2602 Dianne Thronburg, Birth to Three, dthornburg@bsd2.org, 630-766-2602

Bensenville Community Library:

Sophie Welsh, Youth Services Coordinator, swelsh@benlib.org, 630-766-4642 Chris Sloan, Adult Services Coordinator, csloan@benlib.org, 630-766-4642 Mary Lingle, Homebound Delivery Program, mlingle@benlib.org, 630-766-4642

Fenton Community High School 100:

Nancy Coleman, Director of Special Education, coleman@fenton100.org, 630-860-4924

Northeast DuPage Special Recreation Association (NEDSRA): Nedsra.org Jerry Barton, Superintendent, CTRS, jnedsra@barton.org, 630-620-4500

For more resources, please visit bvilleparks.org/about-us/ada-inclusion



Dear Residents,

Thank you for taking time to read the Access Bensenville community newsletter, which aims to inform our residents about the important and relevant topics, issues, and concerns regarding the unique needs of our community of diverse abilities.

Our goal as a district is to incorporate the entire family into everything we do and provide safe, inclusive recreational experiences at allour parks, playgrounds, facilities, programs and special events. You will see this in our ADA Transition Plan as well as the activities we bring to our neighborhood parks and the new facilities we construct or improve.

Feel free to reach out to offer any suggestions that may assist us in improving the park district and encourage you to direct feedback and direct communication to ADA Coordinator Phyllis Schmidt (pschmidt@bvilleparks.org, 630-238-4922).

-Joseph C. Vallez, Executive Director



Swimming offers benefits to those of different abilities

According to the Center for Disease Control, half of all adults with disabilities do not get any aerobic physical activity. Fortunately, swimming is an activity that can be enjoyed by most everyone if the facility is accessible. Because water activities like swimming often reduce or eradicate mobility issues once in the water, swimming can also be a fun and relaxing way to exercise.

Swimming offers numerous benefits for those of all abilities. It helps differently-abled children feel more connected to others as well as gain independence while increasing physical strength and stamina without putting undue stress on the body. The following are specific benefits of swimming:

- · Builds muscle and bone mass,
- · Alleviates pressure on joints and muscles,
- Improves heart and lung health,
- Reduces pain,
- · Increases self-confidence and independence,
- · Helps maintain a healthy weight,
- · Improves motor skills and coordination, and
- Improves mental health and social wellbeing.

Still, access for those of all abilities needs to be considered for aquatics programs. Northeast DuPage Special Recreation Association (NEDSRA) Recreation Supervisor Sean Fritsch identifies several things that make the Bensenville Water Park & Splash Pad extremely accessible, including "the main entrance, which has a ramp which is easy for power chair accessibility."

There are hand rails and textured, non-skid surfaces located throughout the water park. Fritsch adds, "There is plenty of space on the pool deck to walk or move safely, whether you're walking or using a mobility device."



The facility's *Splash!* chair lift/hoist meets the Department of Justice's 2010 Standards for Accessible Design, providing a safe and reliable means to ensure guests can continue to gain access to their pool, especially during retirement years. The 344-degree rotation ensures a safe transfer for those up to 400 lbs.

"The zero depth is very helpful, especially for children who are just getting used to the water," Fritch says.

Many people need assistance getting in and out of a pool as stairs or depth can be dangerous. Staff are sufficiently trained to help in their operation. At the Bensenville Water Park & Splash Pad, inclusion services also include swimming instructions simplified for persons with cognitive disabilities.

The district acknowledges and supports the Americans with Disabilities Act and prohibits discrimination on the basis of disability in the services, programs and activities of the District. The district will make all reasonable accommodations to facilitate community access and full participation by citizens. Those requiring special accommodation may do so by contacting ADA Coordinator Phyllis Schmidt, pschmidt@bvilleparks.org. For more information, visit BvilleParks.org/about-us/ada-inclusion.



Breiter-Palm Park Construction Enters Final Month

After rain and cold weather caused numerous delays, the reopening of Breiter-Palm Park may take place in early June, weather permitting. Pour in place surfacing will be installed after temperatures are continuously at or above 45 degrees at night. Parking lot pavers are scheduled to be installed in early May, along with fitness equipment surfacing. Stay tuned to BvilleParks.org for opening information.