SOARING SPIRIT
Abraham Lincoln once said, “If you want to predict your future, create it.” These are profound and powerful words that describe our attitude, culture and everyday work here at Lakeshore Foundation.

We constantly work to use our time, energy, expertise and resources to be a leader in addressing the needs of people within our mission while developing new opportunities for a lifelong path to wellness. We want that experience to extend beyond our doors and our campus, and we want that experience to be grounded in clear evidence that we are indeed having a positive impact on those we serve.

There was a time when the majority of Lakeshore’s work was thought to be contained within our beautiful campus. Now, with the vision to “Improve the lives of people with physical disability around the world,” our opportunity, our reach and indeed our obligation goes beyond our walls and our grounds. There are no limits.

While we are more expansive in our three pillars of Physical Activity, Research and Advocacy and Policy, it is essential that we not forget the core of who we are, our very roots as an organization. In this issue of Soaring Spirit you will find an article on wheelchair basketball, which we recognize as our first example of using physical activity as a route to an overall healthier lifestyle. Before there was a specific organization called Lakeshore Foundation, before there was a gym on campus, and for certain before Paralympic athletes came to Birmingham to train, there was wheelchair basketball.

A word you hear more and more around Lakeshore is “inclusion.” For us, this term represents the opportunity for someone with a disability to enjoy and pursue life as everyone else does. We have long understood that an inclusive society is one that truly benefits everyone, and we are committed to doing the hard work that it will take to make that a reality. For those we serve, Lakeshore cannot be an isolated island but rather a gateway or starting point where someone can get on the path to a healthy life. Whether they continue their journey at Lakeshore or somewhere else, we have succeeded whenever someone gets on that path and stays there.

Through Physical Activity we get people moving, and through Research we provide evidence on the benefits of that physical activity while developing new technologies and methodologies. Finally, through Advocacy and Policy we put research and our expertise into action hoping that it leads to a more inclusive society, while improving the lives of people with physical disability.

We cannot do this work alone. Our participants, donors, volunteers, Board and Junior Board, partnering organizations, the community as a whole and the amazing staff of Lakeshore Foundation are all essential ingredients of what we do. To you all, a heartfelt thanks.

Jeff Underwood
President, Lakeshore Foundation
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Although there are many facets to Lakeshore Foundation, we are woven together by a shared mission and purpose — to serve individuals with physical disability through physical activity, research and advocacy and policy. We continually strive to maintain balance among our programs, honoring our past while welcoming the opportunities of the present and future.
Still Thriving at 40 Years

Lakeshore Foundation has always been a mission-driven organization. For 40 years we have created fitness, recreation and athletic opportunities for individuals with a physical disability or chronic health conditions. While keeping our focused mission, we have remained multi-dimensional in our approach. Our facilities and programs are as diverse as our members and offer a vast array of new and ever changing opportunities for physical activity.

Inside Lakeshore’s main facility, there is one prominent space that reminds us where Lakeshore began and how far it has come. The HealthSouth Fieldhouse, named in recognition of a generous gift from HealthSouth Corporation in 2009, is a multi-functional facility home to walkers, runners and cyclists during the day; after-school youth recreation programs and athletic teams in the evenings; and national team training camps on the weekends. But at first glance, and at its core, the Fieldhouse is a three-court, sunlit basketball haven. It is where the Paralympic agitos and Olympic rings hang above the hardwood and 37 nations’ flags face Lakeshore’s championship banners across court.

IT ALL STARTED WITH WHEELCHAIR BASKETBALL

Wheelchair basketball laid the foundation for Lakeshore - not just the facility, but our mission. Now, more than 40 years since inception, Lakeshore’s wheelchair basketball program continues to grow and provide opportunities for our youngest to our most veteran athletes and everyone in between.

In 1974, before the birth of Lakeshore Foundation, a local wheelchair basketball team named the Birmingham Chariots was founded. The team practiced at UAB’s Bell Gymnasium and other recreation centers throughout Birmingham. Most venues were inaccessible and not welcoming to athletes with a disability. Mike Stephens, the executive director of Lakeshore Hospital, was one of the Chariots’ first players and coaches. He understood the importance of sport in the rehabilitation process and fought to create a sport and recreation facility designed specifically for individuals with a disability. In 1978 Stephens met with Governor George Wallace, who had recently sustained a spinal cord injury, and secured the funds to build Lakeshore’s first sport and recreation facility.

On June 15, 1981, the George C. Wallace Recreation Center opened and ushered in
a new wave of adapted sport opportunities for Alabamians. Now the Chariots had a full-time practice facility and competition venue, and Lakeshore was primed to be the leader in adapted sport and recreation in the United States. This growth created change within Lakeshore Hospital, and by 1984, Lakeshore Foundation was established. With the establishment of Lakeshore Foundation, came a new name for Lakeshore’s wheelchair basketball team. The Chariots became the Pioneers and continued to pave the way for future wheelchair basketball players thanks to the generous support of the AT&T Pioneers led by Jo Fowler.

TOP ATHLETES HAVE ALWAYS CALLED LAKESHORE HOME

The next decade produced great growth within Lakeshore’s wheelchair basketball programs. Top national and international athletes moved to Birmingham, and youth programs developed young, local players. By the late ‘90s, Lakeshore had four wheelchair basketball teams. The Pioneers, now called the Storm, had enough players to field two adult teams. The National Wheelchair Basketball Association (NWBA) Junior Division gained two teams in the Prep (6 to 12 year-olds) and Varsity (13 to 18 year-olds) Division with the Lakeshore Sharks and Lakers.

With the completion of the new Lakeshore facility in 2001, Lakeshore wheelchair basketball was on top and continued hosting the Pioneer Classic, the longest running wheelchair basketball tournament in the nation. In 2001 the Lakers and Storm won the NWBA National Championship in their respective divisions. The year 2003 brought another national championship for the Storm and the Sharks’ first title. Once again, a talented roster led the Lakers to a national championship in 2006.

After the Storm’s 2003 championship season, key veteran players retired, and long-time coaches moved on to new opportunities. Lakeshore’s title as a perennial powerhouse began to fade. By 2008, the Storm had a five-member squad compete at the Pioneer Classic. While wheelchair basketball at Lakeshore may have been in a slump, across the state things were heating up.

STATE COLLEGIATE PROGRAMS ARE UNIQUE TO ALABAMA

Wheelchair basketball in Alabama is not limited to the youth and adult teams at Lakeshore. In fact, Alabama is the only state in the union that offers wheelchair basketball programs at both of its flagship state universities. In 2003, Brent Hardin and Margaret Stran, with help from Lakeshore Foundation, founded the nation’s third collegiate women’s wheelchair basketball program at The University of Alabama. In 2006, Alabama added a men’s team and hired Miles Thompson, long-time coach of the Lakeshore Lakers, as head coach. Four years later, former Lakeshore player Jared Rehm, began a wheelchair basketball program at Auburn University. By 2010, Lakeshore was infused in all levels of wheelchair basketball in the state, and young players saw an opportunity to take their game and their education to the next level.

Rashad Bennett was one of those athletes. Bennett rolled into the Lakeshore Fieldhouse in the fall of 2008, and the wheelchair basketball coaching staff grinned widely. Big enough to compete on the 10’ Varsity roster but age-eligible for Prep, he was a perfect fit for wheelchair basketball. Even larger than his physical presence was his passion for basketball. Bennett spent every Saturday in the gym working on his shooting and chair skills, but he quickly realized that his basketball skills alone would not help him achieve his goal. He needed to make the grades. By sophomore year, Bennett made the honor roll and continued his academic success through graduation. Now, Rashad is entering his sophomore year at The University of Alabama as a computer science major and member of the men’s wheelchair basketball team. He, along with Will Kirkpatrick and Kayla Hicks make up Lakeshore’s 2015 graduating class who all went on to play for the Tide.

BASKETBALL REMAINS AT THE CORE OF LAKESHORE’S MISSION

While Alabama college programs were growing, Lakeshore refocused our efforts to energize the basketball program. In 2011, current Athletic Director Lisa Hilborn was hired. She brought over 20 years of experience directing the Rancho Wheelchair Sports Program in Downey, California, which included five wheelchair basketball teams. Hilborn was familiar with Lakeshore. She brought her varsity team, the Rancho Renegades, to Birmingham in 2003 when Lakeshore hosted the NWBA
Junior National Tournament.

“I remember coaching on court one,” said Hilborn. “I looked up and was distracted by the facility. Everything anyone had said about Lakeshore was true and then some. It truly is the standard for which to strive.”

That standard motivated Hilborn’s move to Lakeshore and influenced her coaching approach.

“I see sport as a vehicle to facilitate (re)integration into society and foster the development of successful individuals,” said Hilborn.

In order to create these individuals, Hilborn focused on increasing the expectations of Lakeshore’s veteran players and recruiting and developing new athletes. She worked with Volunteer Coordinator Amy Belcher to require athletes to complete volunteer hours at Lakeshore during the season and began Basketball 101, a twice-a-week basketball session where players learn and refine the fundamentals of the game.

“My personal love is grassroots development – developing the athlete on every level,” said Hilborn.

Hilborn worked closely with Peggy Turner, the director of recreation, to create a pipeline for members. Adult recreation programs were added to recruit new players and teach skill development. In February 2014 Cliff Cook, recreation and athletics coordinator, introduced an adult recreation wheelchair basketball league for members interested in learning the basics of wheelchair basketball. Many new members like John Mason joined the league.

Mason grew up playing basketball. He began playing in a church league as a child and progressed through his middle and high school teams. By senior year, he helped Wenonah High School win the state championship. Two years after graduation, Mason acquired a traumatic brain injury and began using a wheelchair. He became a member of Lakeshore and learned about the wheelchair basketball program.

“Cliff told me about the basketball team, and I saw the banners hanging in the Fieldhouse,” said Mason. “Man, I wanted to play.”

So he joined the recreation wheelchair basketball league and began to learn the fundamentals of the game. After a year of practicing the basics, Mason tried out for the Storm, Lakeshore’s Division III team, and made it.

“When I first made the team I couldn’t believe it,” said Mason. “I loved my first season, but it was really hard. I think I am going to play wheelchair basketball for the rest of my life.”

Participation in youth recreation programs and camps also increased, and many children crossed over from recreation programs to competitive teams. In 2013 the Lakers captured the NWBA Junior National Invitational Tournament national title. The following season the Sharks’ roster grew from five to 12 athletes. By 2015 Lakeshore qualified three teams to the NWBA National Tournament for the first time in six years. The Sharks finished sixth in the Prep Division, the Lakers finished third in the JNIT Division, and the Storm finished fourteenth in the Championship Division. In the fall of 2015 Rob Welty, a graduate of the University of Wisconsin-Whitewater and its storied men’s wheelchair basketball team was hired as an athletics and recreation specialist and new coach of the Sharks and Storm. He continued developing both teams and took the largest Sharks roster to the 2016 NWBA National Tournament since 2010.

Lakeshore’s rise to the top is far from complete. Staff will continue to focus on recruitment and player development. New training methods will be introduced, but the legacy that began in 1974 will never be forgotten. The Fieldhouse will continue to be the only gym where a 9-year-old can practice on a court adjacent to a national team training camp; a college coach will bring his athletes for joint practices; and tournaments like the Pioneer Classic and NWBA Junior Division Southeastern Regional allow friends and families to watch their local athletes compete against the best in the nation. Like any athletic program, it will have its ups and downs, but it will always find a way to recruit, rebuild, and succeed.
Lakeshore Foundation is a 501(c)(3) nonprofit governed by a diverse Board of Directors from business, healthcare, government, law, disability, education and community leadership. Since our beginning, we have made a strong commitment to fiscal stewardship and long-term financial sustainability. As a result, Lakeshore is able to support its work through multiple revenue sources.

Because of this diversity of income, 100 percent of every dollar raised through philanthropic contributions directly supports mission related activities of Lakeshore. We are grateful to receive philanthropic contributions from individuals, foundations, grant-making organizations, corporations and government agencies. Every dollar given is vital to our mission.

*Lakeshore Foundation has a Board approved spending policy associated with the annual budget. During fiscal year 2015, an allocation from investments of $3.5 million was used for operations. Source: Lakeshore Foundation September 30, 2015 year-end financial statements.
From our beginning, Lakeshore’s mission has been to promote a healthy, active lifestyle for individuals with a physical disability or chronic health condition.

Lakeshore’s activity began off-campus and was later housed in the Wallace Recreation Center. One regulation-size basketball court, a 25-meter pool, a fitness loft and a staff of 35 served approximately 830 members. Individuals were referred to Lakeshore for specific classes, teams or programs and paid for individual services.

In 2001, when our current multi-purpose facility opened, it revolutionized how and who we served. Since 2001, more than one million facility visits have been made, and membership has grown to more than 3,000 individuals who receive inclusive membership packages, which offer more than 50 classes, programs, camps and competitive sports for children and adults. With the addition of the UAB/Lakeshore Research Collaborative, National Center on Health, Physical Activity and Disability (NCHPAD), and the policy and public affairs department in 2012, Lakeshore’s ability to share our message dramatically increased.

Among all of the diverse programs and opportunities available, Director of Fitness and Health Promotion Carol Kutik noticed that each department had its own method of motivating individuals and promoting Lakeshore’s mission. In fitness, Kutik and her team developed structured health promotions to encourage members to improve their fitness level and overall health. Healthy for the Holidays ran annually during December and allowed members to log their hours of cardio exercise to receive prizes and rewards. During Makeover May, fitness specialists worked with members to update their workout plans and infuse new life into their daily routines. Recreation Coordinator Lori Watkins developed monthly themes like the Iron Kid Challenge and March Madness Fitness
lifestyle,” said Kutik.

This desire, which was echoed by many Lakeshore staff, became one of Lakeshore’s 2016 Annual Performance Objectives, and from the objective, Lakeshore Life was born.

Lakeshore Life is a new health promotion program designed to reach all Lakeshore members and staff from the youngest youth to the oldest aquatics or research participant. Lakeshore Life not only focuses on the physical activity component of a healthy lifestyle, but also the nutritional component. In the fall of 2015, thanks to a grant from the Hill Crest Foundation and an in-kind donation from CRC Insurance, a new Lakeshore Life nutrition program was developed called Lakeshore Food and Fitness or LF².

The program is comprised of two components to reach a wide range of Lakeshore members. The first component of LF² is a 10-week fitness and nutrition program. Each participant in the program meets with a fitness specialist to record baseline fitness measurements, receives a Fitbit® to use during the program, and attends weekly nutritional meetings.

“We don’t provide participants with a specific diet or plan,” said Kutik. “We use the Dietary Guidelines for Americans, published by the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA), to teach people what a healthy plate is.”

Staff like Fitness Specialist Crystal Russell also encourage participants to visit a new area of the facility.

“We challenge them to try something new,” said Russell.

The first wave of the 10-week program
produced great results. Out of the 22 participants, 95.11 pounds were lost. Long-time fitness center users joined the recreation cycling program. Zumba enthusiasts tried yoga. Participants broadened their scope of what a healthy lifestyle looked like and how Lakeshore could help them achieve it.

For members who are unable to participate in the 10-week program, a Healthy Eating Series was developed. The series features monthly hour-long snack-and-learn sessions open to all members and staff on topics related to nutrition. Topics covered in the sessions are similar to the topics introduced in the 10-week program like sodium and sugar intake and how to read a food label.

Lakeshore Life’s official introduction and newest program, the Lakeshore to Rio Health Incentive, which kicked off June 22, is Lakeshore’s largest health promotion program. This Lakeshore-wide incentive program motivates members to ramp up their activity level and nutrition during the lead-up to the Rio 2016 Olympic and Paralympic Games. Members who participate in the program earn minutes for every workout, class, program or camp they complete between June 22 and September 7. Participants track these minutes and aim for bronze (1500 minutes), silver (3000 minutes) and gold (5000 minutes) levels of achievement. For every level that is achieved a prize is awarded. While this health promotion is similar to past programs like 2012’s Lakeshore to London, this is the first member incentive where every form of activity is recorded and counted equally to create unity across departments and promote participation in multiple, diverse programs.

Over the past 40 years, Lakeshore has grown far beyond our walls of classes, programs and activity. Lakeshore has created a culture of unlimited possibility and success that stretches worldwide. Lakeshore Life aims to unify us all around Lakeshore’s mission and motivate us to achieve our best.
Almost five years ago the staff at Lakeshore Foundation first heard Dr. James Rimmer’s vision: “The road to physical activity for individuals with disability runs through Lakeshore.”

He passionately explained this vision during his interview for director of the UAB/Lakeshore Research Collaborative. Since then, he has moved to Birmingham, joined the Lakeshore team and has built a solid, evidence-based research program.

BACK TO THE FUTURE, FRAMINGHAM

Before looking at the current state of Lakeshore’s research program or our future plans, it’s important to first look to the past in order to put things into perspective. You may or may not have heard of Framingham, a classic heart study that took place in the small town of Framingham, Massachusetts in 1948. The first director of the project was Tom Dawber. Framingham was a National Institutes of Health project with the purpose of trying to better understand why people were having heart attacks and why that was the number one cause of death. In the early phases of the research, they discovered that they needed a standard set of norms associated with blood pressure and cholesterol. They developed those norms based on the scores obtained from the Framingham residents in addition to the rate of and incidence of mortality and morbidity associated with heart disease. Through this study, many of the guidelines for blood pressure and cholesterol measurement originated. When they started the study, they needed a model that would reduce confounding variables (i.e., preexisting conditions). This meant they could not enroll people who already had conditions like multiple sclerosis or a spinal cord injury; this essentially excluded anyone with a physical disability. Therefore all the guidelines that have been established in the literature from this and other longitudinal studies excludes people with disabilities.

“The question now becomes, if you exclude people with disabilities, are these numbers representative of their risk for heart disease and death?” Rimmer asked. “And the answer is, we don’t know.”

According to Rimmer, billions of research dollars have been spent in our society, and we don’t know what the generalized ability of these findings are for people with disabilities. Is 120/80 a good blood pressure reading for someone with a spinal cord injury? We don’t know.

“What we’re trying to do with our research study called BLADE2S, which stands for Birmingham Lakeshore Aging with Disability Exercise Environment Study, is to go back and do research that wasn’t done 60 or 70 years ago,” he said. “It’s a longitudinal study funded by a federal agency to look at multiple sclerosis and spinal cord injury. We’re also using funding from the University of Alabama at Birmingham (UAB) to take anyone who’s a Lakeshore member and track their health over time so that we can begin developing interventions that will address these health issues using our outstanding research and program staff at Lakeshore and a world-class group of researchers from UAB.”
POLICY & ADVOCACY

“When it comes to research, policy and advocacy,” Rimmer said, “you have to be able to document the benefits and effects of your programs and services. Sustainable advocacy then connects people with physical disabilities to what they need in order to have equal access in health and wellness participation. It also educates and informs people in power to create and enforce policies that support health for people with physical disabilities.”

Rimmer added, “You need to be able to show that if these programs and services are provided, there is an element of inclusion and equality. Research can drive advocacy, just like it can drive policy; you can’t have policy or advocacy without having the evidence that what you’re advocating for will achieve a measure of success and have a tangible outcome.”

LAKESHORE AS THE INDUSTRY STANDARD AND SANCTUARY OF HEALTH

“A major component of the research collaborative we don’t really talk about but probably should,” said Rimmer, “is the Rehabilitation Engineering Center, or RECTECH, which is also located at Lakeshore. We need to start thinking about Rehab Engineering in Recreational and Exercise Technology. There is only one of these centers in the world, and it’s right here at Lakeshore Foundation. It serves as the gateway to understanding how technology, research, and development can enhance performance, productivity and perspectives for people with physical disabilities.”

Peter Axelson and Seanna Kringen from Beneficial Designs, Inc. were funded through RECTECH to develop a set of universal design standards for fitness equipment. Remarkably, they have received the attention of one of the largest standards organizations in the world called the American Society for Testing and Materials (ASTM), and they have approved these standards.

The UAB/Lakeshore collaborative is pleased to announce the successful continued funding of the National Center on Health, Physical Activity and Disability (NCHPAD). This five-year grant will support local, state and national organizations in adapting evidence-based programs, policies, systems and environments (PSEs) in physical activity, nutrition and weight management for children and adults with mobility disability.

“Lakeshore is the sanctuary of health, in my opinion, for people with physical disabilities,” added Rimmer. “The connotation of sacred is that it has some connection to the here and now, as well as to the hereafter. That sanctuary of health is being driven through the portal of programs which have been remarkably successful, policy and advocacy which is growing into its own identity, and through research which has grown over the last two or three years because of the reputation of Lakeshore. Establishing a good research plan and putting it into practice at a place like Lakeshore is a perfect match.”
AN IDEA AND A LITTLE ENGINEERING

One need that was recognized was for the creation of a home-based wheelchair scale. The scale needed to be convenient, portable, affordable and it could not resemble a piece of hospital equipment. The scale would also have to be small enough to slide under the bed and have WiFi access so the person’s weight could go directly to a trainer or a doctor for monitoring.

Not long after the idea hatched, Dr. Alan Eberhardt, co-investigator in RECTECH, called on UAB medical and engineering student, Brandon Sherrod to develop the wheelchair scale. Sherrod took on the challenge as his engineering project, and he developed a scale with a price tag of a couple hundred dollars. The average price of the scale that hospitals use is about $3,000.

“The prototype device has been tested on users at Lakeshore, and a manuscript has been submitted,” Eberhardt said. Ten of these devices are currently being constructed for a research program led by Dr. Brooks Wingo at UAB.”

Wingo just received a National Institute of Health grant and is going to use 10 of the scales to monitor people’s weight at home.

THE EPICENTER

“I hate to use the cliché, but if you build it, they will come,” said Rimmer. “We've built something now that is beginning to attract some of the greatest scientists in the world who are now starting to shift their thought processes from working with people without a disability to consider that their talents can be applied to people with disabilities. They are starting to recognize that there’s a real gap between what we know about people with disabilities and what we know about people without disabilities, and we're starting to see a nascent paradigm shift because of Lakeshore and because of the investment made in research. My feeling is, as Winston Churchill said, ‘this is not the end, this is not even the beginning of the end, but it may be the end of the beginning.’ From here on out, Lakeshore will be known, as I said when I came in 2012 for the interview, as the place where all roads to physical activity and disability will lead through Lakeshore. At this point we’re still setting the table, but we’re growing, and now we’re thinking about outdoor space and indoor space, and other facilities. So this is only the tip of where we will be in my estimation, five years from now thanks to the leadership of Jeff Underwood, key members of the Lakeshore Board and Dean Harold Jones and UAB.”

Rimmer concluded, “You really could not build a collaborative like this anywhere else in this country or around the world. It could only happen in one place and that place is Lakeshore Foundation and its research partner, UAB which are transforming Birmingham into the epicenter of health for people with disabilities.”
As Lakeshore Foundation continues to expand our focus beyond the Homewood, Alabama campus we are firmly establishing our identity as an international resource for people with a physical disability. At the forefront of this growth effort is advocacy and policy. What is advocacy and policy in terms of our mission? It can be as individual as a member sharing life skills with another member or as far-reaching as staff speaking at the United Nations on behalf of children with a disability throughout the world.

Lakeshore’s commitment to increase its focus on advocacy and policy springs from an understanding that it plays a significant role in creating opportunities for individuals within our mission.

Last year marked the 25th anniversary of the Americans with Disabilities Act (ADA) which was signed into law on July 26, 1990 by President George H. W. Bush. As we listen to the stories told both before and after this landmark legislation, it becomes clear that the work of those in advocacy and policy is of the utmost importance.

LONGTIME MEMBER JERRY ALLRED TELLS HIS STORY

Lakeshore member, athlete and wheelchair basketball coach Jerry Allred is an excellent example of how advocating on the behalf of others creates a profound impact on individuals with a physical disability.

On December 3, 1976, his life was significantly altered when he was hit by a drunk driver. At the time he was just six months shy of high school graduation, a member of Future Farmers of America and a budding artist with a particular interest in creating murals. Allred sustained numerous serious injuries from the accident and began using a wheelchair for mobility following lifesaving surgery.

Upon returning home, Allred was expected to adapt, navigating his new life with a physical disability. He did not depend on others to make accommodations for him, although he found a great deal of support from his mother and siblings and some state resources. Allred also attributes his success largely to his strong faith in God.

There were a few aids; before he was home from the hospital, Vocational Rehabilitation Services built a ramp on the family home and later helped put hand controls in his 1969 Dodge Dart. But for the most part Allred forged ahead, completing vocational rehabilitation school for computer programming on Lakeshore’s campus at what is presently known as the Alabama Department of Rehabilitation Services (ADRS). He completed on the job training, graduated from the program and
“I wish people would look at others and see what they are capable of and not what they cannot do. Limitations should not be put on what people with disabilities can do.”

— Jerry Allred
secured a position in the workforce.

Allred worked for several years at a Birmingham company. Although he describes his time there as positive overall and his coworkers friendly and accommodating, he did experience a level of discrimination. When he was hired he was not given benefits, neither health insurance nor retirement, because he was considered “high risk.” He had to cross two blocks in downtown Birmingham to get to accessible parking from his office building. This meant when it was raining he was sure to get soaked. His office was located on the 13th floor; in the possible event of fire or another emergency, no accommodations were made for his safety.

While Allred said work was for the most part accommodating, he has experienced the most frustration with public venues where oftentimes no accommodations, such as accessible seating where his family can be seated together, are made for individuals with disabilities. On the swing side, Allred said that people’s responses and attempts to be helpful can be so over the top and in your face that the recipient feels inept and helpless.

“In my mind, I wish people would look at others and see what they are capable of and not what they cannot do,” he said. “Limitations should not be put on what people with disabilities can do.”

Allred’s experience of acclimating to his community in addition to his body post-injury could be that of millions of others. People’s responses can range from indifferent to overwhelmingly helpful and everywhere in between shedding light on the reality that we still have a long way to go in how we view, talk about and relate to disability.

**ADA IN ACTION**

The Americans with Disabilities Act gives civil rights protections to individuals with disabilities that are like those provided to individuals on the basis of race, sex, national origin and religion. It is one of America’s most comprehensive pieces of civil rights legislation that “prohibits discrimination and guarantees that people with disabilities have the same opportunities as everyone else to participate in the mainstream of American life – to enjoy employment opportunities, to purchase goods and services, and to participate in State and local government programs and services.”

Organized into three sub chapters, it includes Employment, Public Services—wherein lies public transportation – and Public Accommodations and Services Operated by Private Entities. The full law as well as additional history and information can be located at www.ada.gov.

Many of the issues described by Allred in the early days of his employment changed with this legislation.

“ADA provides protection and support,” he said. “If an individual wants to work in a certain place or eat at a specific restaurant, they can. In the big picture, it’s up to everyone to make sure they treat individuals with a disability like anyone else — with respect and dignity. You can make all kinds of laws, regulations and policy changes, but the biggest change comes through people’s attitudes and how we treat humanity as a whole.”

**NCHPAD & LAKE SHORE IN THE COMMUNITY**

Since its existence, Lakeshore Foundation’s mission has been to provide sports, recreation and fitness opportunities for individuals with physical disability. In recent years, with the relocation of the National Center on Health, Physical Activity and Disability (NCHPAD) to Lakeshore and the creation of a director of policy and public affairs position, significant efforts have been made for Lakeshore to enhance its role as an advocate locally, nationally and globally.

“We have decisively expanded our focus of programs and research to now also include advocacy and policy, referenced as the ‘three pillars’,” stated President Jeff Underwood. “Specifically, we want to be
a voice primarily regarding reducing and/or eliminating barriers to participation in physical activity and health promotion.”

In the summer of 2014, the following goal was added to Lakeshore’s Strategic Plan: To reduce health disparities and achieve optimal health for people with physical disability and chronic health conditions by ensuring people with disability gain access to health promoting resources and receive the right support and services, at the right time, in the right setting.

Lakeshore’s Director of Policy and Public Affairs Amy Rauworth, as well as her NCHPAD team, have made huge strides in amplifying the voice of our constituents on issues affecting engagement in health promotion and physical activity.

“Sometimes it’s just about starting the conversations, being the conveners,” said Rauworth. “For example, we aren’t experts on transportation, but we know our stakeholders aren’t being served as well as they could be, so it’s our job to reach out to the appropriate leaders and entities to assure that the voices of people with disability are heard and barriers are removed.”

Lakeshore has also focused its advocacy and policy efforts on a national and international level. Rauworth is the co-chair of the Global Partnership on Children with Disabilities Task Force on Physical Activity and Sport (GPcwd). She along with key members of Lakeshore’s staff have traveled to represent Lakeshore at national meetings and legislative venues.

For Allred, finding Lakeshore Foundation opened up a whole new world to him. He became one of the original members of Lakeshore’s wheelchair basketball team in the 1980s and has remained part of the program ever since.

Today he serves as coach to the youth track team and the Lakeshore Lakers, the Varsity wheelchair basketball team, teaching youth athletic skills on the court and track as well as how to succeed with a physical disability in the mainstream world.

“Lakeshore Foundation is making a significant impact in educating the public on how to provide accessibility for individuals with disabilities while handling situations with dignity and respect,” said Allred.

Whether it’s peer-to-peer mentoring or international policy, Lakeshore is using all of our resources to create change and provide opportunity.

Advocacy is not one action, but a series of steps necessary for sustainable change. It demands work in and among partnerships and is based on high-quality research. Most importantly it is informed by the voices of people with disabilities. Here are a few examples of our advocacy efforts in action:

• The President’s Council on Fitness, Sports and Nutrition and NCHPAD partnered to create Commit to Inclusion, a national campaign that supports the implementation of guidelines and programming to empower people with disability to lead healthy, active lifestyles. Visit www.committoinclusion.org for more information.

• When accessible transportation in Homewood, Alabama became at risk, Lakeshore staff and members got involved, communicating with riders, transit authorities and the City of Homewood to act as a resource and ensure that all the critical facts were considered as decisions about this important resource were decided. While permanent plans are still under development, there has been no interruption to service.

• Many Americans are familiar with the work of the Office of the Surgeon General. Through collaboration with NCHPAD, Step It UP!, the Surgeon General’s Call to Action to Promote Walking and Walkable Communities was inclusive for people who use wheelchairs in both the visuals and language used to encourage the adoption of this healthy lifestyle.

• Lakeshore collaborated with the Alabama High School Athletic Association (AHSAA) to assist in developing policies and practices that more appropriately include athletes with a physical disability in outdoor track and field competitions. The plan they adopted includes objective standards which the athlete must accomplish to advance to the state championships and includes eligible athletes’ points in scoring for their school’s team. Lakeshore youth athlete and Hewitt-Trussville High School graduate Colin Lafon competed on the Husky’s track and field team and contributed to their third-place finish in the Class 7A boys state championship.

• A guide was developed to offer journalists and media professionals information about the importance of person-first language and preferred terminology that should be used when addressing a person with a disability.

• The work of advocacy is also global in nature. Lakeshore professionals and other international colleagues representing The Global Partnership on Children with Disabilities Physical Activity and Sport Task Force (GPcwd) conducted a side-event at the 8th session of the Conference of States Parties to the CRPD entitled Realizing the Right to Sport and Physical Activity in 2015 and Beyond.
On any given day, some of the world’s best Paralympic athletes train at Lakeshore Foundation in Homewood, Alabama. Many people may not be aware that Lakeshore has produced 52 Paralympic athletes, coaches and staff, and that those athletes have captured 30 Paralympic medals. Lakeshore has been an official United States Olympic and Paralympic Training Site since 2003. It is also the High Performance Management Organization (HPMO) of USA Wheelchair Rugby and serves as a primary training facility for USA Women’s Goalball and USA Men’s and Women’s Wheelchair Basketball. Lakeshore will once again play a significant role in training and supporting our athletes for the Rio 2016 Paralympic Games. Lakeshore will send five staff members, four training site teams and two individual sport athletes to compete in Rio.

USA WHEELCHAIR RUGBY TEAM

The 2016 USA Wheelchair Rugby Team is a mix of veterans, experienced players and newcomers who are hoping to bring home the gold medal. In April, the team won gold and qualified for Rio by winning the 2016 International Wheelchair Rugby Federation (IWRF) Paralympic Qualifier Tournament in Paris, France. Lakeshore’s Mandy Goff is the high performance manager for the USA Wheelchair Rugby Team.

“Our team makeup this season could look different than it has in several years,” said Goff. “While there should be a good group of core guys who have been playing since 2010, we could see an emergence of new athletes and even the return of some retired players. Everyone wants to see USA back on top, and in years past while we had to work hard, this year we are facing even tougher circumstances.”

The team hosted Sweden in a warm-up tournament at Lakeshore in March. “By the last match we were firing on all cylinders and playing USA ball like the days of old. Our goal is to play like that every single time we hit the floor. There is no time to sit back on a play. The time is now,” said Goff.

Head Coach James Gumbert said, “It has been a season of growth for the team, and after a disappointing finish at the Parapan American Games the team has recommitted themselves to getting better every play, every day. Recent competitions in London, Vancouver and Paris show that the team is dedicated to make this side the best on and off the court.”

The 2016 USA Wheelchair Rugby Paralympic Team will feature Chuck Aoki, one of the top players in the world, who is on the International Paralympic Committee’s Ones to Watch list. Aoki is one of six international wheelchair rugby athletes featured on the list including two talented rivals from Canada and Australia. Australia, Canada and the U.S. placed in the top three at the Beijing 2008 and London 2012 Games. Both the U.S. and Australia have won a gold medal, but it could be a first for Canada. Since wheelchair rugby’s Paralympic debut at the Sydney 2000 Games, the U.S. has won a medal at each of the Paralympic Games. Currently, the U.S. has two gold and two bronze medals.

To add additional excitement to the Paralympic wheelchair rugby competition, the USA Wheelchair Rugby Team reclaimed its number one world ranking in June, defeating Canada 56-53 and Australia 60-56 at the 2016 Canada Cup in Richmond, British Columbia. The wheelchair rugby games will be played in Olympic Hall within the Rio Olympic Park Precinct in the Barra region of Rio. The complex was built specifically for the Games and will hold about 16,000 fans.

USA WOMEN’S WHEELCHAIR BASKETBALL TEAM

The U.S. women are focused on returning to their medal-winning ways after finishing in fourth place at the 2012 Paralympic Games in London. Previously, the team won gold medals at the 2004
and 2008 Paralympic Games. The team features 12 athletes comprised of seven wheelchair basketball Paralympians, eight of the 12 returning from the 2014 World Championships, and 10 athletes from the gold-medal winning 2015 Parapan American Games team. Two team members, Desiree Miller and Mackenzie Soldan, are alumnae of The University of Alabama and its women’s wheelchair basketball team. Abby Dunkin, making her Paralympic debut, is from Florence, Alabama.

The USA Women’s Wheelchair Basketball Team qualified for Rio by winning the 2015 Parapan American Games. The U.S. women dominated the Parapan Am competition by outscoring their opponents by 55 points per game and avenged their 2014 World Championships fourth-place finish by defeating Canada for the gold medal in Toronto, Canada.

In preparation for the Games, the U.S. women competed in friendly international tournaments at the Olympic Training Centers in Colorado Springs, Colorado and Lake Placid, New York where they faced five of the seven teams they will see in Rio. Team USA was dominant in the tournaments, finishing 11-1 and defeating reigning Paralympic champion Germany and world champion Canada. The U.S. travels to Frankfurt, Germany for one final warm-up tournament before its opening game in Rio against France, September 8 at the Rio Olympic Arena.

**USA Men’s Wheelchair Basketball Team**

The USA Men’s Wheelchair Basketball Team has been on the rise this quadrennium after its bronze medal performance at the London 2012 Paralympics - the best result since the 2000 Games. After a second-place finish at the 2014 International Wheelchair Basketball Federation (IWBF) World Championship, the U.S. men are in a good position for success in Rio.

Included on the 12-man roster is Birmingham native and former Lakeshore youth player Brian Bell. Bell, who played for the Lakeshore Lakers, was one of the top junior players in the nation. He earned an athletic scholarship to the University of Illinois and now plays wheelchair basketball professionally in Italy where he lives with his wife and two daughters. Also representing the state is University of Alabama alumnus and Crimson Tide wheelchair basketball player Jared Arambula. Rob Taylor, the U.S. men’s assistant coach is the head men’s wheelchair basketball coach at Auburn University.

The U.S. men qualified for the Rio 2016 Paralympic Games by winning the 2015 Parapan American Games in Toronto, Canada. They dominated the competition by outscoring their six opponents by 36 points per game and defeated Canada en route to the gold medal.

Team USA is looking strong after defeating Paralympic favorites Australia, Canada and great Britain at the 2016 Continental Clash tournament in Great Britain in July.

The men will begin their competition with a blast, as they face host-nation Brazil at the Rio Olympic Arena, September 8.

**USA Women’s Goalball Team**

The USA Women’s Goalball Team has a history of dominance in the sport, winning bronze in 1996, silver in 2004 and gold at the Beijing 2008 Paralympic Games. Four years ago USA Women’s Goalball finished in fifth place at the London 2012 Paralympic Games, and is looking to improve in 2016. Two key players, Jen Armbruster and Asya Miller are former Birmingham residents and Lakeshore employees who coached Lakeshore’s youth goalball and field teams. Rio will mark the sixth Paralympic Games for Armbruster, who served as the U.S. flag bearer during the Opening Ceremony of the 2008 Paralympic Games. She will be joined by her father, Ken Armbruster, who serves as head coach of USA Women’s Goalball. The team’s recent success includes first place finishes at the 2014 World Championships and second place finish at the 2015 Parapan American Games in Toronto, Canada, which qualified the women to Rio 2016. Most recently the U.S. women dominated the competition at the FEDC Invitational Goalball Tournament in Villaviciosa de Odon, Spain, outsoring their opponents 49-10 over six games.

The USA will face one of its toughest opponents, host-nation Brazil, in its opening game at Future Arena on September 8.
INDIVIDUAL ATHLETES

Jennifer Schuble (cycling) -
Homewood, Alabama resident Jennifer Schuble conducts her off-road training at Lakeshore each week as she prepares to compete in her third Paralympic Games. A veteran of the U.S. Paralympic Cycling Team, Schuble has been a talented athlete throughout her life. She was a two-time state champion in soccer and a varsity track runner in high school. While attending the United States Military Academy at West Point to become a commissions officer, she was a varsity athlete in three separate sports. One day during hand-to-hand combat class at West Point, Schuble sustained a traumatic brain injury. She sustained an additional brain injury later in a car accident, and in 2004 was diagnosed with multiple sclerosis. Those challenges only fueled Schuble’s drive. After discovering Paralympic cycling, she won her first world championship title in 2007. Since then, Schuble has earned three additional world championship titles and five Paralympic medals from the 2008 and 2012 Games. Schuble works full-time at Mercedes-Benz, is an avid triathlete and enjoys spending time with her two English bulldogs. This summer she will look to add more medals to her collection of gold, silver and bronze.

Josh Roberts (track & field) -
Most weekdays, Josh Roberts can be found on Lakeshore’s indoor track or rollers moving at an incredible rate of speed. Roberts first made the U.S. Paralympic Team in 2008 and competed in the Paralympic Games in Beijing, China. That first experience on a world stage helped prepare Roberts for more great things ahead. In 2010 he won a silver and a bronze medal at the U.S. Paralympics Track & Field National Championships. After competing in the 2011 International Paralympic Committee (IPC) Athletics World Championships, Roberts was named to the 2012 U.S. Paralympic Team and competed at the Games in London where he placed fourth in the 400m, sixth in the 100m, and eighth in the 200m and 800m. Now Roberts is a veteran of the U.S. Paralympics Track & Field Team. He competed in his third U.S. Paralympic Team Trials in Charlotte, North Carolina in June and punched his ticket to Rio.

Robert’s T52 classification is filled with American talent including the 2012 Paralympic Champion in the 100, 200, 400 and 800m events. With the elimination of the 200 and 800m events in the T52 classification, Roberts will focus on the 100m in Rio. When he’s not competing, Roberts enjoys playing the guitar and listening to music.

OLYMPIC & PARALYMPIC CELEBRATIONS

Olympic Day and Lakeshore’s Amazing Race -
Both events collided this year on June 4 for one fantastic event. Olympic Day is held annually and is celebrated by millions of people in more than 160 countries. Commemorating the birth of the modern Olympic Games in 1894, Olympic Day’s mission is to promote fitness, well-being, culture and education, while promoting the Olympic values of excellence, friendship and respect. Lakeshore also celebrates the Paralympics on Olympic Day to recognize our many Paralympic athletes and promote the Paralympic movement.

Lakeshore’s Amazing Race is a popular community event presented by the Lakeshore Junior Board and is a unique blend of fundraising and outreach to encourage disability awareness. Modeled after the television show The Amazing Race, the event pits teams of four against each other in a fun and challenging race to complete interactive challenges designed specifically to show the capabilities of people with physical disabilities. This year’s version included Paralympic-themed challenges like wheelchair basketball, sled hockey and handcycling. The event is also an important fundraiser for Lakeshore,
providing financial support for its fitness, aquatics, recreation and sports programs.

Night of Champions, August 5, 2016 -

Every two years Lakeshore’s Fieldhouse is transformed into an Olympic and Paralympic-themed ballroom for Night of Champions. Attendees are able to watch the Olympic Games Opening Ceremony on giant video screens, surrounded by the sights, sounds and smells of the host country’s culture, music and cuisine. Night of Champions also allows guests to meet Olympic and Paralympic athletes and send them off with enthusiastic wishes for gold-medal performances. Support raised from Night of Champions helps Lakeshore provide opportunities for athletes with physical disabilities to pursue their dreams in sport and in life.

Lakeshore’s Family Festival featuring Road to Rio Tour, Presented by Liberty Mutual Insurance - September 10, 2016

In addition to Night of Champions, Lakeshore highlights and promotes the Rio 2016 Paralympic Games with Lakeshore’s Family Festival featuring the USOC Road to Rio Tour, presented by Liberty Mutual Insurance. This free festival aims to generate excitement in the Birmingham community about the Paralympic Games and allow attendees to try interactive exhibits, experience adapted sports and meet Paralympic and Olympic athletes. Birmingham is the only city in the Southeast included on the nine-city Road to Rio Tour.
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