Member News

The Encompass Health Lakeshore Hospital cafeteria on campus is open to members Monday through Friday from 11 a.m. to 2 p.m. The back entrance is open for convenient access. Please remember that masks are required while in the hospital and cafeteria.

On Monday, August 2 no aquatics classes will be offered. This is due to our Aquatics staff working our Camp Strive family camp.

One Month Until Celebration of Champions!

In our lead up to Celebration of Champions, we have talked a lot about our Paralympians who train at Lakeshore, but supporting Paralympians is just one part of what we do. Every day we work to support you, our local members in achieving your goals. Whether you are a young wheelchair basketball player aspiring to play for Team USA or a grandparent wanting to improve your health and fitness, Lakeshore is here to support you.

That is why we hope you will join us for Celebration of Champions virtual event on August 12. It costs nothing to attend and will be an hour of high-energy motivation and celebration as we raise funds to support our mission.

Register today to attend, and invite your friends and family. There is still time to be a Table Captain and raise support for your virtual table.

Your Weekly Reservations

Reservations are no longer needed for lap lanes. Reservation links and class schedules can always be found on our Member Classes and Programs webpage.

Start your journey from Lakeshore to Tokyo

Lakeshore to Tokyo has officially begun, so it's time to start logging your minutes of exercise! Still haven't registered? You have until July 16, so register today.

You may log your minutes of exercise each day by clicking the Tracking Form button below, using the iPad in the Fitness Center, or scanning the QR codes with your smart phone at the bulletin board in the Atrium.

Don't forget, exercising is not the only way to earn your miles. Click the Watch Videos button to view Paralympic sport
videos. Each video you watch will earn you 25 miles. You may watch one or multiple videos at a time, just make sure you click the submit button after watching each video.

Lastly, if you register and attend Celebration of Champions you will earn 1,000 miles.

Emails will be sent every two weeks to all participants with a leaderboard and standings so you can see how many miles you have accumulated and where you stack up against other participants. Good luck!

Register  |  Tracking Form  |  Watch Videos

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**Take your cycling to the road at Hammerfest**

The 2nd Annual Birmingham Hammer Fest cycling event is quickly approaching. This year we have partnered with the event to make it more accessible to Para cyclists. This includes a handcycle division in the August 14 competitive CRIT race and an inclusive Hammer Ride on August 15. Visit [birminghamhammerfest.com](http://birminghamhammerfest.com) to learn more and register, or ask a Lakeshore cycling program staff member about the event. A limited number of Lakeshore handcycles and recumbent bikes will be available for members to use for the event.

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**Disability Pride Month**

Although it is Disability Pride Month, it can be really difficult to identify proudly as disabled or a person with a disability. Disability identity is complex, encompassing feelings of love and hate, power and oppression. One of main reasons for this complexity is internalized ableism. Here is what people with disabilities have to say about it.

"I define it as taking the ableism the world has inflicted upon me and internalizing it, thinking the way people view me or the ableist things they say are indeed true." - Karneshia, Disability Advocate and Creative

"Because of internalized ableism I am constantly assuming negativity from others. It also causes me to avoid asking for help." - Cadetric

"I grew up the first 30 years of my life without a disability, and in the past 15 years I have done a 360 in how I think, engage and see myself, now as a woman with a disability. I am still learning and growing. Dismantling internalized ableism for me starts with being honest about my self worth and feeling proud of who I am, as I am. It takes time and dedication to reading, listening and being proactive in finding those resources. It’s not easy, but it’s worth the work to get there." - Cara Elizabeth, Keynote Speaker

"To me, it’s the feeling of having to prove myself to the non-disabled world that I am less disabled and I should be grateful to have any access in a world that is not designed for me. It’s the feeling the need to prove I belong, that I can or should overcome the barriers set in place by a society that feels uncomfortable with me. It’s the voice in my head saying "I don’t relate to the disabled community" because of fear they will view me as weak. It’s the need to be overly thankful to the person who held the door open when I could not open it myself. It is the feeling that no matter what I achieve in life, it will always be overshadowed by the fact that I have a disability." - Grad Student of Urban Design

What can you do about ableism?

- Explore the diversity and intersectionality of the disability community and how your own ableism negatively impacts others - especially those from multiple marginalized communities.
- Reach out to your disabled friends. Listen and support them.
- Stop holding yourself to unrealistic expectations and start practicing self-love.
- Start to recognize internalized ableist thoughts and feelings and work out why you feel this way. Consider writing positive affirmations to change your internal narrative.

Are you a person with a disability who wants to contribute content to our Disability Pride Month series? Simply fill out our content form: [https://forms.office.com/r/iHDwgjSJmV](https://forms.office.com/r/iHDwgjSJmV)