



LAKESHORE

Your Weekly Update

July 21, 2021

Member News

We are continuing to monitor COVID-19 data and recommendations from the CDC. We strongly urge you to continue frequent hand washing and wearing a mask if you have not been vaccinated. If you need information on vaccination sites, visit the Alabama Department of Public Health's [website](#).

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

The time is now!



We are just three weeks away from **Celebration of Champions**, and now, more than ever, is the time to be a part of this important event on August 12.

Here is what you can do

Be a Table Captain. Rally your friends, family and co-workers together to join you at your virtual table and fundraise for the event. [Learn More](#)

Register to Attend. It's never been easier to attend this FREE virtual event. Join us from your home, office or on the go. [Purchase Tickets](#)

Spread the Word. We want as many people as possible to know about the event. Share one of our [Facebook](#), [Instagram](#) or [Twitter](#) posts with your friends.

Your Weekly Reservations

July 26-31 Fitness
Classes

July 19-24 Fitness
Classes



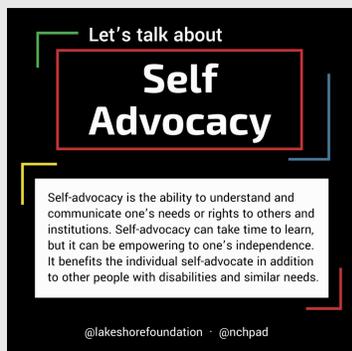
Lakeshore to Tokyo off to a Great Start

Wow! You have begun Lakeshore to Tokyo with an impressive start. In just over a week, the 174 participants have logged 478 exercise entires and 112 Paralympic video views totaling 105,490 miles! Be on the lookout for your first email with a leaderboard and standings on July 27. And don't forget to register and attend [Celebration of Champions](#) to get 1,000 extra miles!



Lakeshore Typhoons making waves at Junior Nationals

Our Lakeshore Typhoons youth swim team has made a splash during the first two days of competition at the Move United Junior Nationals in Denver, Colorado. Not only did all of our swimmers set personal records in multiple events, they medaled in every event they competed in! So far they have tallied 14 gold, 8 silver and 2 gold medals, and it's just day two. You can stay updated on results, including track and field later this week, by following us on [Facebook](#), [Instagram](#) or [Twitter](#).



#DisabilityPride: Let's talk about self-advocacy

Self-advocacy is an important tool people with disabilities use to gain access to everyday life. It can be an empowering practice but also feel like a heavy weight. Here is what people with disabilities have to say about it.

"To me self-advocacy is learning how to speak up for yourself, make your own decisions about your own life, get the right information so that you can understand what interests you, and find out who will support you in your journey. That is why I share my story. I stand up for myself, share information, and find who will support me in this process." - ReBe, Mental Health Advocate and Artist

"School was my first environment of self-advocacy. I enjoyed the confidence and success that happened as a result, and those instances where my advocacy made someone aware of a situation and caused them to make changes to their own actions. But I also fear the harassment, and I dislike the often inherent power imbalance that exists in many situations where I have to self-advocate." - Phillip, Disabled Activist and Grad Student

"It can be hard to step up and ask for what you need, especially when our society has conditioned us to just make due and not make any waves. While coming to terms with my disability initially shook my self-confidence, I've been forced to build my self-esteem to realize I deserve to still exist in this world and I have the right to ask for the accommodations I need to do that. But I've also had to the opportunity to educate people on why something that might work for someone else with a disability doesn't work for me, or vice versa. It helps people understand that the disability community isn't a monolith. We are diverse." - Kelly, Communications Professional

"At 3 years old, I was placed in a 'special' school for children with disabilities. I knew that wasn't where I belonged. I asked why I couldn't go to school with my brother. My parents advocated for me, and I became the first disabled student to attend my neighborhood elementary school. This led me to a life of self-advocacy. Self-advocacy empowers me to speak up, make changes and raise awareness. What is challenging is coming across as an angry, disabled woman. Women in leadership already get a bad rap for being bossy, then add disability on top of that. Living with a disability can be incredibly exhausting. What might be perceived as anger, is rather frustration or disappointment in a situation." - Dawna, Founder & CEO, All In Sport Consulting

How can we promote and support self-advocacy?

- Remember that your needs as a disabled person are not special, they are rights.
- Once you know your needs & rights, share them with others you trust. This can empower you to speak up to larger institutions & systems.
- Parents, friends and allies of people with disabilities, allow disabled people to communicate for themselves. Then use your power as a nondisabled person to support their rights and needs and empower them in their own self-advocacy journey.

And for some historical perspective, check out this [blog post](#) from one of our Disability Pride contributors and Advisory Council members, Dawna Callahan, about her experience as a young self-advocate growing up in the 70s and what has - and hasn't - changed in 50 years.

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