



LAKESHORE

Your Weekly Update

October 5, 2021

Member News



Now is the perfect time to check out our campus outdoor spaces. Stroll along the tree covered Woodland Trail; take a moment to be mindful in the Contemplative Garden; elevate your heart rate by completing one of the three .3 mile loops; or have a picnic with friends at the Campus Commons. Learn more about these spaces by visiting our [website](#).

New touchless water fountains have been installed around the facility in the Aquatics and Fitness Centers and Fieldhouse. Just hold your finger in front of the "Dispense" sensor to activate the fountain. Don't forget to bring a water bottle, and stay hydrated while working out.

Try our Mindfulness-Based Stress Reduction Program



Mindfulness-Based Stress Reduction (MBSR) is a new online program we are excited to offer in partnership with the Christopher and Dana Reeve Foundation. This program is open to people living with paralysis caused by spinal cord or other injuries and diseases or birth conditions, including but not limited to stroke, spina bifida, multiple sclerosis, cerebral palsy and amyotrophic lateral sclerosis (ALS). Family members and/or caregivers are also eligible, but priority is given to people with paralysis.

So, what is MBSR?

It is an eight-week online program that offers mindfulness training to assist you in managing stress, anxiety, depression and pain. MBSR utilizes meditation and mindful movement to cultivate skills that can lead to better health and well-being.

The first session will begin Wednesday, October 27 with an orientation session on October 20. To learn more about the program visit lakeshore.org/mbsr.

Register for MBSR

Your Weekly Reservations

The launch of **Lakeshore Online Fitness** does not change the way you register for in-person fitness classes. To register for a live online fitness class, visit fitness.lakeshore.org and create an account.

**In-person Fitness Classes
October 11-16**

**In-person Fitness
Classes October 4-9**

**Wheelchair Tennis Clinic
October 13**

Congrats WD Foster!

Lakeshore member WD Foster recently competed in the [National Veterans Wheelchair Games](#) in New York City and came home with medals in powerlifting, adaptive fitness, and disc golf. Congrats WD! If you are a disabled veteran and would like to get more involved in Lakeshore's Lima Foxtrot injured military programs or other adapted sporting events for veterans, contact susanr@lakeshore.org.



Coming Soon...

Lights, camera, cycle! We will be hosting a youth bike-in movie in the Fieldhouse on Friday, November 5 at 6 p.m. This event will utilize our brand new virtual cycling equipment, so mark your calendar for this upcoming event. Registration information will be in next week's Weekly Update email.



COVID-19 Accessible Resources Microsite from Georgia Tech

New videos and resources have been added to the COVID-19 Accessible Resources Microsite including ASL videos, accessible PDFs and braille documents. Visit cidi.gatech.edu/covid to learn more.



A new recipe from Chef J and the NutriLab

Fall might be approaching, but sweater weather hasn't fully arrived. So add this summer vegetable pesto pasta to your meal rotation. It's packed with colorful veggies and lots of nutrients.

COVID-19 Reminders

We continue our commitment to providing an environment that is as safe as possible for you and your fellow members. Please remember the following guidelines for using the Lakeshore facility:

- Wear a mask that covers your nose and mouth at all times while in the building unless in the pool.
- Remain, at minimum, 6 feet apart from one another.
- Wash your hands frequently.
- If you become aware of a potential exposure to COVID or have a positive COVID diagnosis, please notify Debbie Smith, debbies@lakeshore.org. She will assist with next steps before you return to Lakeshore.
- Self-monitor, and do not come to Lakeshore if you have any known COVID symptoms or potential exposure.
- We encourage you to [get vaccinated](#) if you are able.

Give Today

Lakeshore Foundation | lakeshore.org

