

ADAPTABILITY COMMUNITY

NEWSLETTER

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Food for Thought

The following question will be a discussion topic for next meeting.

If you are not able to attend but would like to participate, please feel free to share any information or ideas via email and we can share it with the group.

If you have a question you'd like to suggest, please email Stephanie.Marrocco@sjhc.london.on.ca

***Do your participants experience any difficulties with transportation?
If so, do you have any strategies to overcome these challenges?***

Try-it-Day Update

Tentatively scheduled for October 5, 2024

Aligning with the Walk, Run, Roll event
(see the Save the Date on Page 2)

Purpose: raise awareness of great programs; attract participants and volunteers.

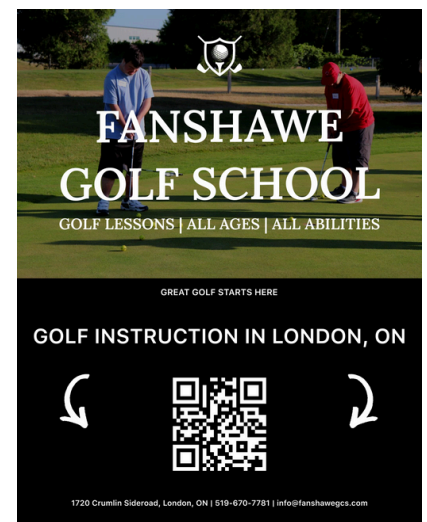
Interested in participating or joining the organizing committee?

Please reach out to Stephanie Marrocco – stephanie.marrocco@sjhc.london.on.ca or Adnan Shabbir - ashabbi7@uwo.ca

Fanshawe Golf School

Please share this flyer with anyone you think might be interested!

A full page version can be found after Page 3.



Community Events

Photo Gallery Night

When?

Wednesday, June 26th
3:30 - 6:30 pm

Where?

Parkwood Institute Main Building
Main Auditorium

This Gallery Night will display various individuals' pictures and quote of their experience discharging. These pictures aim to help spread awareness and understanding of what things may influence reintegration and help current patients prepare for their own discharge.

Please see flyer after below for information and different ways to get involved. If you'd like to contribute, please do so by Wednesday, June 19th at the latest

Get Active with Hutton House

When?

Saturday, June 15th
8:30 - 11:30 am

Where?

Greenway Park Saturn Playground
50 Greenside Avenue London, ON

Come join us at Greenway Park for our third annual event! Choose to run, walk, or roll a timed 2.5k, 5k, or 10k. This family friendly event will provide refreshments, timing chip and bib; medals are available for purchase with tickets. Children under 10 and support workers are free.

Advanced registration is preferred, [please click here for link](#); last minute registrations will be accepted in person at 8:30am the morning of the race.

SAVE THE DATE

Walk, Run, Roll

When?

Saturday, October 5th, 2024

Where?

Kiwanis Park

This is an outdoor event geared to supporting families and children in the London Middlesex region. Kids with abilities and others with ability issues.

It is an Olympic-style event paired with a walk, run, and roll. Also includes: games, scavenger hunts, food (from Growing Chefs) and other refreshments, as well as a presentation areas for local organizations that support children, families, and others.

Community Navigator Co-Design

We have started the co-design process for the community navigator service.

ASK: Currently seeking 2 – 4 participants (persons with significant mobility impairment resulting from a neurological condition and/or caregivers) for a 1-time focus group.

Next steps: 2 online surveys with focus group members and any other stakeholders.

Please see poster below for more details

If you are interested or have any questions please reach out to Stephanie Marrocco – stephanie.marrocco@sjhc.london.on.ca

Shared Platform

A prototype of a website has been created – <https://dwolfe62.wixsite.com/wellnesshubprototype>

Adnan Shabbir was awarded a summer internship grant to help push forward this work. Congrats, Adnan!

If you would like to be featured as a partner on the website, and/or engaged for helping inform/give feedback to the website, please fill out the form in the following link.

<https://forms.office.com/r/F4RDEHvJdQ>

Virtual Physical Activity Classes

Parkwood Institute offers virtual adapted physical activity programs at no cost.

Offering 6 – 7 classes per week.

Please see poster below for details.

Reminders

Meeting schedule

The next 2 meetings dates and times would be as follows:

- Tuesday, August 6th, 1 pm
- Tuesday, November 5th, 1 pm

If this date and time does not work for you or if you prefer a different meeting frequency, please let a team member know.

Newsletter content

Contributions welcomed and encouraged! If you have anything you would like to share with the group, please send the information to [Stephanie Marrocco](#) and [Adnan Shabbir](#).

Any type of information is welcome: Good news, challenges, events, etc.

If there is any other way to share information that would be useful, please share your suggestions.



FANSHAWE GOLF SCHOOL

GOLF LESSONS | ALL AGES | ALL ABILITIES

GREAT GOLF STARTS HERE

GOLF INSTRUCTION IN LONDON, ON



1720 Crumlin Sideroad, London, ON | 519-670-7781 | info@fanshawegcs.com

Interested in helping develop a program that helps people with mobility impairments find adapted sport and physical activity programming that fits their needs?

What is involved?

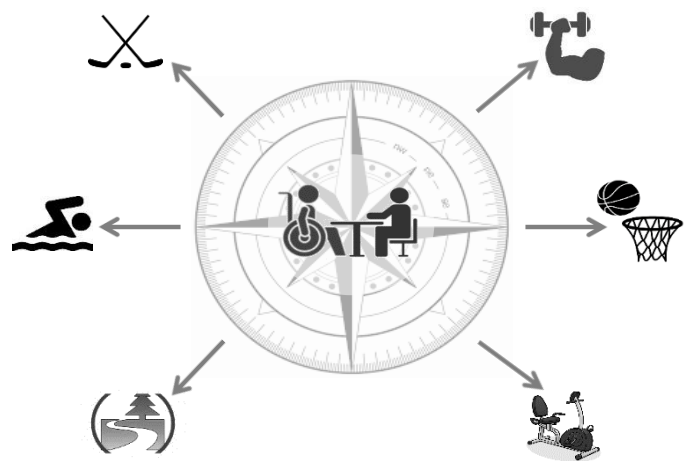
There are 2 parts to this research study:

- Focus group (2-hours)
- 2-rounds of voting

You can participate in *both* part or the *voting only*

You are being invited to participate if you are:

- ✓ 18 years of age;
- ✓ Able to speak, read, and write in English;
- ✓ Reside in Middlesex or Elgin counties AND
- ✓ You represent one or more of the following groups:
 - Person, or a caregiver of a person, with mobility challenges caused by a neurological condition;
 - Fitness instructor who works with persons with physical disability;
 - Parasport organization and/or adapted physical activity organization;
 - Healthcare provider who works with persons with physical disability;
 - Researcher who specialized in adapted physical activity/sport participation.



If you have any questions or are interested in participating, please contact:

Principle Investigator: Dalton Wolfe, PhD

Research Coordinator: Stephanie Marrocco

Stephanie.Marrocco@sjhc.london.on.ca

519-646-6100 ext. 42631



PARKWOOD VIRTUAL FITNESS CENTRE



This program offers live, adaptive virtual fitness classes to adults with disabilities and/or mobility impairments.

PARTICIPATION REQUEST

If you are interested and qualify to participate in this program, see the Participation Request Form for more detailed information and to request participation.

<https://forms.office.com/r/0PM7v8ZNqY>



CONTACT US

If you have questions or would like to hear more about this program, please reach out to Lead Fitness Instructor, Ariel Gavronski.



Ariel Gavronski

Email: ariel.gavronski@sjhc.london.on.ca

Phone: 519-685-4292 ext. 41192



CURRENT CLASSES

- **Boxercise** is a moderate- to high-intensity seated class with an emphasis on cardio and strength.
- **Full Body Circuit** is a low- to moderate-intensity class that incorporates cardio, strength, balance, stretching and breathing with both seated and standing variations.
- **Seated Aerobics** is a moderate- to high-intensity class with an emphasis on cardio and strength.
- **Seated HIIT Yoga** is a combination of yoga inspired high-intensity interval training (HIIT) with to more traditional yoga at the beginning and end of the class.
- **Seated Yoga** is a low- to moderate-intensity class that incorporates strength, stretching, breathing, and meditation.