

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 prefer recreational or competitive involvement?
How do you balance between those different interests?***

Try-it-Day Update

When: October 5, 2024

Where: Kiwanis Park

Aligning with the It's Still Me: Walk, Run, Roll event (details in Community Events section)

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

Interested in participating?

Please see poster and Application Form Below or reach out to Stephanie Marrocco – stephanie.marrocco@sjhc.london.on.ca

Program Calendar

New activity!

What? Develop a coordinated program calendar that outlines active seasons, dates, and times of your amazing organizations.

Why? To help understand what each program does, to help with communication with participants who may like to participate in multiple activities, and to assist with communication across organizations.

Who? This will be supported by an undergrad Work Study student (TBD). If you have any suggestions for this activity or would like to be involved, please reach out to Stephanie Marrocco.

Community Events

It's Still Me: Walk, Run, Roll

When?

Saturday, October 5th, 2024

Where?

Kiwanis Park

[Click HERE to sign up](#)

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.

SCI Ontario's Wheelchair Relay

When?

Saturday, October 19th

1:00 pm - 3:00 pm

Where?

Carling Heights Optimist

Community Centre

656 Elizabeth St., London, ON

SAVE THE DATE!

It's Back! The SCI Ontario's Wheelchair Relay

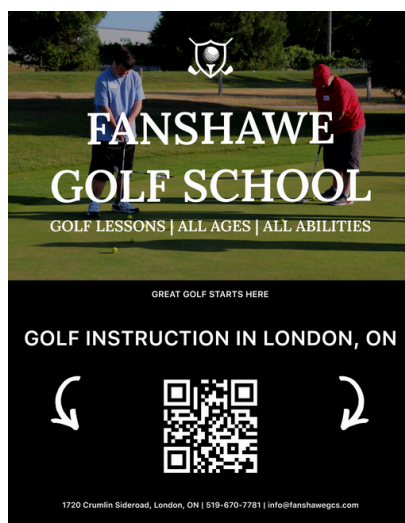
\$20/person

You can get sponsors to cover the cost or add more
Participate as an individual or a team!

Fanshawe Golf School

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

A full page version
can be found after
Page 3.



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.

Research Opportunities

*posters below

Community Navigator Co-design Project

Seeking participants: Organizations providing sport/physical activity services to persons with mobility impairments, persons with significant mobility impairment resulting from a neurological condition and/or caregivers, to provide their opinions on what would be important to include in a community navigator program.

This involves 2 online surveys to rate different features by their importance and feasibility. The surveys take about 15 minutes each. If you are interested or have any questions please reach out to Stephanie Marrocco – stephanie.marrocco@sjhc.london.on.ca

Physical Activity Preferences Survey

This study is seeking to gather opinions of persons with mobility impairments as a result of a neurological condition about their preferences for physical activity programming, as well as barriers and facilitators they may face.

This survey takes about 30 – 45 minutes to complete and is anonymous. If you are interested or have questions please reach out to Stephanie Marrocco – stephanie.marrocco@sjhc.london.on.ca

Design Online Active Living Program

The goal of this project is to develop a series of personalized online active living program that incorporates physical activity and wellness activities to support persons with spinal cord injury/disease maintain and improve their health and wellbeing. To create these programs, we will first identify key components of active living interventions that will promote personalization and therefore enhance the likelihood of continued participation in a healthy lifestyle. If interested, please contact Stephanie Cimino - stephanie.cimino@sjhc.london.on.ca

Reminders

Next meeting - Tuesday, November 5th, 1 pm via Teams Meeting ([link HERE](#))

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 - Please share your good news, stories, events, challenges, etc.

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!