

ADAPTED FITNESS



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WELCOME TO OUR SPRING 2018 NEWSLETTER

Welcome to the third installment of the Adapted Fitness newsletter! For those of you new to Adapted Fitness, we are a group of clients and students within the Department of Kinesiology residing at the UW Natatorium on 2000 Observatory Drive. Relationships develop between students and clients as students provide support to help clients progress towards their fitness goals, and clients give the students real-life experiences that help them develop professionally.

Leadership in Adapted Fitness (LAF)

Leadership in Adapted Fitness (LAF) is a student organization dedicated to working closely with Adapted Fitness and its members by organizing events related to adapting fitness for those with disabilities, and advocating for inclusion within our society.

MISSION STATEMENT

"We are committed to improving the quality of healthcare for all people by exposing future healthcare professionals to the diverse abilities of members in our community."

GOALS

Change the public perception of limitations for those with disabilities, help develop a universally inclusive community, and give student and clients the experience of putting ideas into action.

Email Co-Presidents Lizzie and Brenna at leadershipinadaptedfitness@gmail.com for more information!

Spring Events

Open House

When: Thursday, April 19th at 10am-1pm

Where: UW-Madison Natatorium, 2000 Observatory Dr, Madison, WI, 53706

Why: This event is our opportunity to showcase the hard work that our clients put in every week! We will have keynote speakers, bios of our beloved clients, food, and much more!

Badgers Adapt

When: Saturday, April 21 10am – 1pm

Where: Camp Randall Sports Center
1430 Monroe Street
Madison WI, 53711

Why: Badgers ADAPT is for "athletes of all abilities," and introduces people to adapted sports and activities. If you would like to learn more, please visit <https://recsports.wisc.edu/badgers-ADAPT.htm>



Winter Events Recap

"The 2018 winter season for the UW Adapted Fitness Ski Team was a successful one. Throughout the season we attended Badger State Games, Winter Fest in Madison, and the American Birkebeiner. At Badger State Games, the following athletes participated and completed: Jane Schmieding with a 4K in 1:17:51, Moe Ewing with a 3K in 58:59, Doug Householder with a 2K in 45:15, Jim Hammen with a 1K in 28.45, and Autumn Neugent a 1K in 24:18.

Participation at Winter Fest was new this year with the team. Our participation consisted of a 1K ski loop tour on Saturday and a sit ski clinic for new sit skiers on Sunday. Over this weekend, we had (phil, Ziheng, Autumn, Amanda, Leah, two veterans from Chicago). Out of all these people, 5 were new to skiing!

Our final event we participated in was The American Birkebeiner adapted ski event. Autumn Neugent, Doug Householder, and Jane Schmieding all completed a 3K race in 33:24 min.

Overall, we had a really successful season with growth in our visibility and our membership. We now have a logo, bumper stickers, and team jackets. This season we had 22 volunteers throughout the events and appreciate their help! It could never have happened without them. We look forward to a busy season with even more participants next year!" -Ashley Ford, LAF Competitive Sports Coordinator



Durango Ski Trip

Scholarship Recipients



A distribution of funds from the Madison West Kiwanis Club is used exclusively for scholarships for Madison area residents with disabilities to participate in Adaptive Sports Association (ASA) programming and disabled sports in Durango, Colorado. The Adaptive Sports Association's (ASA) winter program has been providing adaptive skiing, snowboarding and a variety of "sit-ski" instruction to people with disabilities for over 30 years. Two clients from Adaptive Fitness won this scholarship this past winter.



"Six years ago, while raking leaves in my backyard, I tripped and fell due to cerebellum ataxia; completely tearing my left ACL. Through the following years; many falls, and multiple new ACL/MCL/Mencius tears, I ended up in UWHealth Rehabilitation Hospital unable to walk. It was there that I was informed about Adaptive Fitness, and Tim Gattenby's wonderful Adaptive Fitness Program, where I applied from my hospital bed. Two semesters later, I was encouraged to apply for the Ethel Allen Adaptive Ski Association Scholarship (and to my surprise), I was selected to go to Durango, Colorado this past February-March 2018, whereby words and pictures cannot tell the whole emotional rebirth that this trip has given me. Besides learning to ride a ski bike, I made lifelong friends; and discovered a new hobby that I will be going back to year after year! Adaptive Fitness gave me the fitness, and mindset needed for the trip and beyond!" -Mark Graser

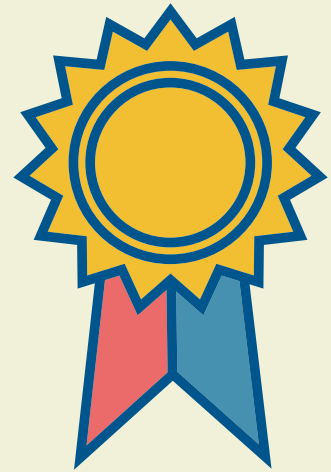




"When Tim first announced the scholarship for the ski trip, I thought "no way – my skiing days are over". A couple weeks later, he said they were still looking for more applicants. I thought "what do I have to loose"? So I filled out the form and sent it in. I hadn't skied in about 15 years, since I became symptomatic with ataxia. I was shocked when I was selected by the Kiwanis. The trip to Durango was fabulous. The first day was spent on a bunny hill, progressing from a sit-ski to a ski-bike. The second day, I told the assistant the ski-bike took too much balance (which people with ataxia don't have), and I just wanted to have fun. She switched to a slightly different sit-ski and we went all the way to the top of the mountain. It was breathtaking. I was surprised by the way the sit-ski could be jacked up for the lift. My husband came with me, and we actually got to ski together, something we hadn't been able to do for a long time. The third day, I got to see how they "up-righted" you when you fell over, as I took a few spills. That night, the Adaptive Sports Association (ASA), had a dinner for us at a local brew-pub. By the fourth day, I was really getting the hang of it, steering the sled with my legs and core muscles. It was really fun! The people at the ASA were extremely accommodating, and I'm hoping to go back soon. Adaptive Fitness gave me the confidence to try something I had never done; to not let my disability stop me from doing something." -Robin Manley



Jeff Schramm Inspiration Award Recipient



"My name is Amanda Beatty. I had a vertebral artery dissection (VAD) in 2013 followed by a stroke. The stroke left me with paralysis and weakness on my left side along with severe balance issues. Prior to my stroke, I was very active, including fitness bootcamp, golfing and running 5Ks. Adaptive Fitness class has allowed me to get more active as well as provided exposure to other adaptive opportunities such as skiing and cycling. I went from being very active to inactive after my stroke to active again once I found Adaptive Fitness. Working with the students has been great. They have offered me guidance, provided me with new ideas and given me great encouragement. Being recognized with the Schramm Memorial Award was an unexpected honor. Although I didn't get the opportunity to meet Jeff personally, I know how much this program meant to him and those who cared about him. We can all live our lives as he did: with courage and determination, continuing to push our boundaries and explore our capabilities as best as can."

-Amanda Beatty



CONGRATULATIONS

In Memory

Sushil Kumar Bansal, who was a client in adaptive fitness for several years, passed away this past December. He was loved by many and is missed dearly. Below is an obituary written by his daughter Sandhia.

Sushil Kumar Bansal, 84 of Fitchburg, Wisconsin, passed away on December 29, 2017 peacefully in his bed at Belmont Nursing Home and Rehab.

Sushil is survived by his daughter Sandhia McLeod, son-in-law Christopher McLeod, son Ashish Bansal, daughter-in-law, Gauri Bansal, and many grandchildren, one niece, nephews and extended family. Sushil was a loving father, husband, grandfather and friend to all.

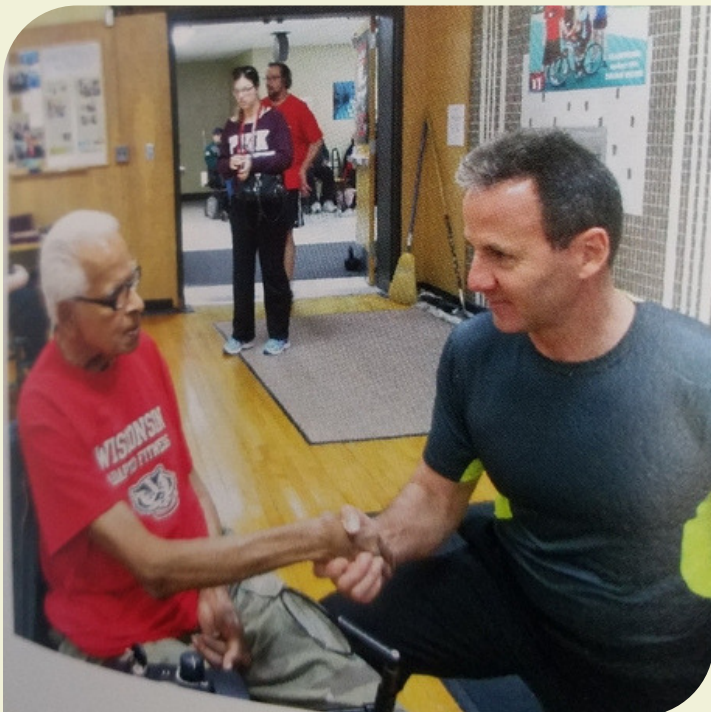
Sushil came to United States with him family in September 1977 to join Embassy of India in Washington DC. He regretfully left his loving parents who were with him most of his life until then. The pain of this separation was felt gravely by all. He resigned from Indian Government Service in 1981 so that he could make a life here and give better opportunity to his children. Sushil and his wife, Saroj, started a new business which was doing well until they were forced to give it up due to Saroj's illness. Later they moved to Fitchburg, Wisconsin to join their son and his family and were there until the end came. He loved to travel, volunteering at St. Mary's Hospital and Fitchburg Senior Center. He taught exercise classes at the Senior Center and started a Bridge club, a game he developed a great love for. He did a lot of work for Indian American Association and developed a great love for working with computers while working on a website for them. He was not afraid of taking chances and never knew how to say "I don't know how to do this" - he was always 'Can do' kind of person. (See next page for the rest of the obituary).



...Then came 2013 and brought an end of his life as he knew it. First he was struck by Stroke in February which left his left side weak and then later in September he lost his wife of 54 years. It was also the same year that brought a very good friend and advocate in his life when he was able to join Tim Gattenby's Adaptive Fitness class. This class, the participating students and Tim's friendship brought lots of smiles into his life for which we are all deeply appreciative. Even as his health slowly declined over the next 5 years, and life took even more downward turn and he ended up at nursing home, he still enjoyed all these activities; whenever he felt better, he would do daring things like take a bus and then transfer to a taxi or just ride his mobility scooter one mile to go to Sr. Center to play Bridge; go to Tim's class; go to Community Center for religious activities or just ride his scooter to go to nearby park. He never held a paint brush in his hand but in last few months of his life a 'painter' was discovered in him. He was very interested in activities provided at the nursing home - loved to play Bingo and paint. For the first time in his life he wanted 'coloring books, easels and paints' for Christmas instead of iPad or any other digital products.

Sushil is preceded in his death by his parents, Dhanpat Rai Gupta and Prakash Vati; his wife Saroj Bala Bansal; his brothers Rajendra Kumar Bansal, Sukumar Chandra Bansal and Subodh Kumar Bansal and a sister-in-law, Bala Bansal.

Condolences to the family may be left on Sushil's online memorial website at <https://www.forevermissed.com/sushil-kumar-bansal>.



Forever Missed

Student Perspective

"Two years ago as freshman, I signed up for the pool session of Adapted Fitness to fulfill the service learning component of a class I was taking. I had no idea what to expect, and I was very nervous. I had limited experience in helping people with diverse abilities exercise, and had never assisted with a transfer or even used a gait belt before. As the weeks went on, I learned not only how to do all of these skills with more confidence, but I also learned more about the clients I was helping. This quickly became my favorite part of the program. Getting to know the clients on a personal level made watching them perfect a new swimming stroke or be able to shoot a basket in the shallow end of the pool that much more rewarding. Over the several semesters of volunteering in the class at the Natatorium, as well as my time participating in the club Leadership for Adaptive Fitness, I have been witness to the joys of a client learning how to sit-ski for the first time, watching a client experience the freedom of being capable of movements in the water that they were not able to do on land, and have watched numerous clients push themselves and develop into physically and mentally stronger individuals. Most importantly, I have established relationships with clients that have turned into friendships. This program not only developed my skills professionally and continued to foster my goal of one day becoming an occupational therapist, but it has undoubtedly played a large role in developing who I am as a person." -Carly Wunrow



In the photo above, Carly is featured among two clients and several LAF Members at Winter Fest that took place this past February where clients were able to sit-ski.

Interested in Supporting Adapted Fitness?

Thank you for your continued support of Adapted Fitness! Because of you, we are able to provide our clients with updated equipment and a safe workout environment. If you are interested in donating to our program, any amount can make a difference and is greatly appreciated. Donations are made directly to the Department of Kinesiology.

Follow this link,

<https://kinesiology.education.wisc.edu/giving/>, and you can either click on the Adapted Fitness Program Fund or the Kurt Christensen Adapted Fitness Scholarship Fund to make a difference today!

*thank
you*

Tim's Tidings

"Of course one of the most significant things that happened since our last newsletter is the passing of Sushil Bansal. One happy memory about having known Sushil was that when he first signed up for the program he actually either called me every week or actually showed up well before his programming ever started simply because he was so excited and so adamant about not missing the first day. Sushil was a hard worker, fun to work with and helped to train easily a hundred UW students about adapting exercise. At first glance, Sushil would appear as being a smaller framed and fragile man. But this was far from the truth. In one class session I took a 20 lb weighted vest and I set it on Sushil's shoulders while he did his squats, gait training, and balance exercises. The students working with Sushil were rather shocked that I would inflict this type of added weight on him. At the end of the session Sushil walked over with his cane, still having the weighted vest on and said to me, " put my name on that vest." In the next week's session on his return he came up to me first thing, and said "where's my vest!" We will all miss him.

On behalf of our UW student staff our clients and myself, I also need to throw out one more time a huge THANK YOU to the Recreational Sports Department. Over the summer Rec Sports donated nearly 20 pieces of exercise equipment that now gets regularly used in gym 6 of the Natatorium. With this equipment and the generous donations of many individuals over the years, we have quite an impressive array of exercise equipment and opportunities for a UW students to learn and our adapted fitness clients the opportunity to train and improve their health and well being.

For those of you that are curious about Omelet the rooster, who I'm pictured with, he is doing very well. My wife has accepted him as a member of our family.... because he has not attacked her as of late. My son Tanner however, had an incident with Omlet. Tanner decided one afternoon while doing some chores around the house that he would assist us by putting the chickens back into the coop. However Omelette decided he was going spend more time outside. Not knowing that a few morsels of bread thrown into the coop would luer Omelette back inside, Tanner chose to try to capture omelette in a fishing net. So Omelette ran through the back woods across numerous neighbor properties, under fences, through shrubbery and ended up not being captured until he was easily a mile away. He was eventually caught on an unknown neighbor's porches. Tanner then proudly slung omelet in the fishing net over his back and proceeded to walk down the road back to the house and gently toss Omelte back into the coup. We are quite sure that our neighbors were amused and entertained by Tanner's attempts at trying to chase down a rooster with a fishing net. And I'm sure they were equally entertained by him parading the rooster back down the road over his shoulder.

I plan to present Tanner with a Rooster Search and Rescue Award Certificate." -Tim Gattenby

