

ADAPTED FITNESS NEWSLETTER



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WELCOME TO OUR SPRING 2019 NEWSLETTER!

Welcome to the fifth 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)

What is 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 students and clients the experience of putting ideas into action.

Contact

For more information email
Co-Presidents Carly and Kylie at:
leadershipinadaptedfitness@gmail.com

Program Announcement

We would like to express our many thanks and extreme appreciation to Michael and Ginny Conway for their recent donation! Both are former graduates of the University of Wisconsin- having graduated from the Department of Engineering and the School of Education.

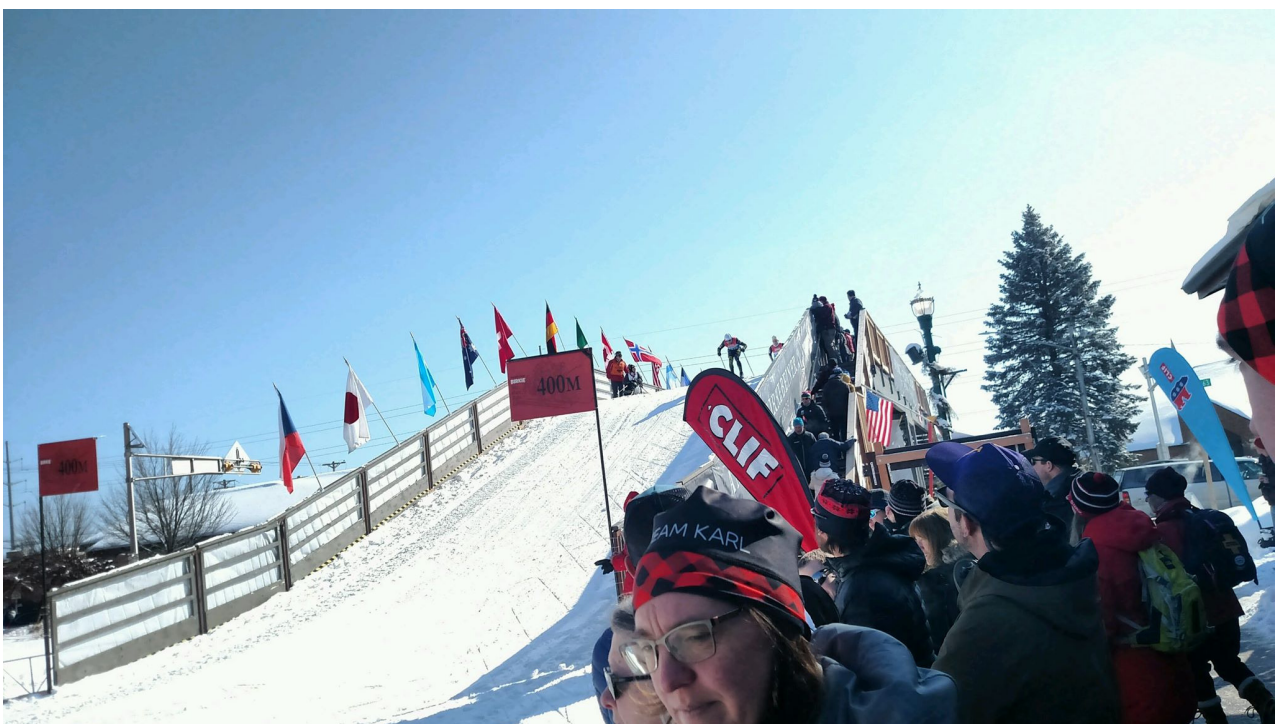
A generous donation from Michael and Ginny has provided us with the means to offer a Graduate Fellowship that will provide graduate-level training and assistance to Adapted Fitness such that we will now be able to offer an additional section of class and more assistance and oversight of the existing classes. This is a win, win, win!

As a direct result of the Conway's donation, we will have a graduate level student position teaching more undergraduate students, and with a larger team, we are able to provide more opportunities for more students with disabilities every semester. This allows UW-Madison students an amazing opportunity to gain service learning and hands on experience.

We couldn't do it without the Conway's and are extremely grateful for the opportunity they have provided to the Adapted Fitness Program and the UW-Madison campus as a whole!

Winter Events Recap

This winter, Adapted Fitness clients were able to participate in two different adaptive skiing events, Winterfest in Madison and the American Birkebeiner in Hayward, WI. The participants used sit skis to compete with one another, with the help of many volunteers. Winterfest gives any individual the opportunities to try different types of sit skis to see what works best for them. The American Birkebeiner is a large national race that has an adaptive skiers event that clients are able to participate in a more competitive race. These are unique and fun opportunities for clients and volunteers to participate in.



Winter Events Recap



CLIENT SPOTLIGHTS

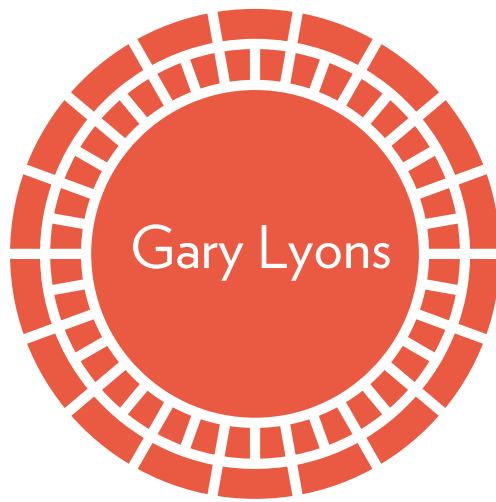
Spotlight Questions:

- 1) What is your name, and how many semesters have you been with Adapted Fitness?
- 2) What or who inspired you to check out the Adapted Fitness program?
- 3) What has been your biggest accomplishment either within this program specifically or something you have accomplished outside of class that AF helped you with?
- 4) What have been the most memorable experiences thus far with Adapted Fitness?
- 5) If there is any advice you would give to other individuals who may be dealing with the same challenges you have faced, what would you tell them?
- 6) What goals do you look forward to achieving in the future? Any special events such as skiing the Birkie?
- 7) Overall, how has being in Adapted Fitness played a part in your life? Is the program what you expected coming into it, or have there been a lot more surprises?



1) Gary Lyons, Spring 2019 is my first semester in Adapted Fitness program.

2) This program was recommended by L. Guse, a physical therapist in the Rehabilitation Department at UW Health. Tim Gattenby, the AF program director, inspired my continued interest in AF when I spoke with him at the end of the Fall 2018 semester.



3) I came to AF seeking to become involved with an exercise program that would help increase my mobility, stamina and self-confidence. I have bilateral below the knee amputations from complications of Peripheral Artery Disease that have had significant impact on my activities.

4) As I exercise, I like to talk with the UW students who guide us through an individualized program that meets the needs of that client. I was delighted to find that many of the students represent future medical professionals planning on careers from OT and PT, to nursing, PA, DO and MD, are in the AF program not for credit, but as volunteers because they enjoy AF and appreciate how it is a positive experience for the people they work with. The empathy and compassion of the students is outstanding and memorable.

5) AF has multiple positive aspects that make it a better choice for individuals like me who have not done as well in conventional physical therapy programs that rely mainly on the motivation of the patient/client.

6) Before my amputations, my spouse and I loved to travel to other countries such as France, Holland, and Brazil. We look forward to traveling again after I retire later this year.

7) AF has been more than I expected and I hope to continue working with Tim and these dedicated students.

CLIENT SPOTLIGHTS

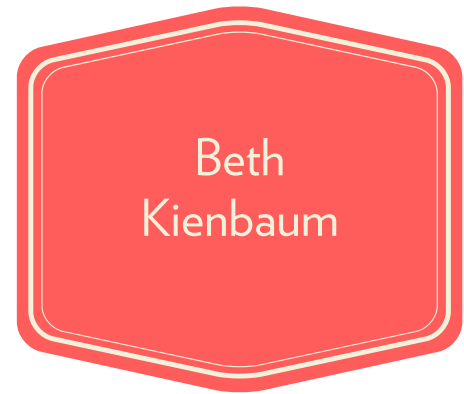


Beth
Kienbaum

1) Beth Kienbaum; enrolled last summer, followed by 2 semesters (Fall, Spring 2018-2019)

2) My husband found out about Adapted Fitness when he met Tim Gattenby at Elver Park, both of them training for the 2018 American Birkebeiner XC Ski Race. My husband encouraged me to meet with Tim to learn whether becoming a client in the class might help me.

3) I have not had any one remarkable accomplishment in the last year. Rather, my accomplishments represent small, gradual improvements over time. A year ago, I came to Adapted Fitness suffering with a more or less refractory medical condition that resulted from a medical mishap 7 years ago. I am working on regaining neuro-muscular function and in the last year, I believe AF has helped me make progress and along with that, have less pain.



4) Again, not one single experience, but many! Getting to know the different student instructors in the teams that have worked with me, and developing a sense of understanding and trust within our teams is something I will never forget. Their genuine interest in finding solutions, their patience and their positive attitude is uplifting in itself and keeps me inspired to work hard.

5) Never give up! No matter what is going on around you, never give up!

6) I am looking forward to being able to sleep through the night without waking up from muscle contractions and nerve pain! I'm now sleeping up to 5 hours before I have to get up and stretch, which is wonderful! Someday I want to again be able to hike, bike, canoe, camp, xc ski and do all the other outdoor activities that I love, without pain and without wearing compression garments.

7) Before enrolling in AF, I spent years on a roller coaster of frustration, anguish, pain, and worry that no one cared whether or not my abilities improved. Student instructors have been incredibly professional and compassionate in providing help and guidance. I've noticed that each student has a unique set of academic and personal experiences that has equipped them to explore ways to help their clients. Their diversity of skills is a huge advantage to clients!

CLIENT SPOTLIGHTS



Dee Squire

- 1) Dee Squire, 8 semesters starting in summer 3 years ago and only missed last summer.
- 2) Newspaper write-up about the program
- 3) Being chosen for the Ethel Allen scholarship to do Adaptive Skiing in Durango, Colorado.
- 4) We returned to Colorado for the summer program of Adaptive whitewater rafting and bicycling. I did some horseback riding with another place and my family and I took another vacation back to ski in Durango
- 5) I would encourage them to try the program and I have told people to check it out.
- 6) No special events planned but I did enjoy adaptive water-skiing last summer.
- 7) The program has been way more than what I expected in a very positive way. I look forward to working with such encouraging, kind people that are so helpful and have great ideas.

A NuStep was delivered to Adapted Fitness this year from an Anonymous Donor

Why did you want to donate to this program?

I am a "client" in the Adapted Fitness Program. I had an illness in the past that affected the functioning of my spinal cord. This is my first year attending the Program which I found out about from a relative who works at UW Madison.

I could tell from the start what a great program Tim Gattenby has in Adapted Fitness. It was obvious how much Tim and his students do to help people of all different abilities improve their functioning and mobility in an effort to achieve their goals.

I could not think of a better use of a donation than to support Tim and Adapted Fitness. I had previously worked in a field in which my goal was to help people and donating to Adapted Fitness made me feel like I was supporting Tim and his students in their efforts to help people.

How do you see the program benefiting from your donation?

I had used the NuStep machine in the past and was familiar with how helpful it can be. It is clear how many Adapted Fitness clients utilize the NuSteps every day.

The NuStep that I donated has some features that make it more accessible for people of varying abilities and I hope that it will be useful to Adapted Fitness clients in working with Tim and the Adapted Fitness students to reach their goals.



Is there anything else you would like to say about the program?

I feel very fortunate to have been a client in Adapted Fitness which is a unique program that Tim has developed to help people. Tim's philosophy of asking the question of the clients as to what they want to accomplish and achieve is one of the things that makes Adapted Fitness so special.

Tim has a gift for inspiring the Adapted Fitness students to exhibit the same enthusiasm he has for helping people. Through Tim's special approach, he not only helps the clients achieve their goals but is training many future professionals that will spread out and help people in the way that Tim does.

I would encourage everyone to consider making a donation to Adapted Fitness to support the great work that Tim and his students do.

Terra's Coat Rack

"I've always believed that when something negative happens that we should do our best to find a way to channel the negative aspect of that situation into something positive.

One of our most gracious and grateful clients that we support in Adapted Fitness is Terra Huber. Terra has more "thank yous" doled out to more people on any given day than any person that I'm aware of, and likely anyone that I will ever know. This past November we put up and dedicated a coat rack to Terra and placed a brass plaque on it. One month earlier, while getting ready to leave following her workout in gym number 6 of the Natatorium, Terra caught her foot on a book bag. As a result of catching her foot on the strap of a book bag, Terra took a little fall landing awkwardly on her knee and immediately looked up and said why can't people put their things away? We helped Terra up, and made sure that she was okay and I told her that I felt she was absolutely right in questioning why people can't put their things away. At that time there was no place for people to put their things away--book bags, winter clothing, and gear would be discarded by all of us before getting ready to work, causing trip hazards. We realized that there is always a way to improve efficiency and set a standard for safer operations, so as a result, we now have a really nice place to hang things that otherwise would have been cast on the floor around the gym. So, the positive aspect of that situation is now this great coat rack backpack rack that will now hopefully keep our gym safer and more organized. This organization, in addition to its safety benefits will also help students grab their gear and get on their way to their next class and also assist with students and clients in using the gym.



Terra, I am extremely grateful for your suggestion and dedicate this coat rack to you."

Tim

Autumn Neugent: Ms. Wheelchair Wisconsin!



Big congratulations to Autumn Neugent for winning the Ms. Wheelchair Wisconsin competition and being crowned on November 4, 2018!!

Here is a short excerpt from UW Health: *"I want to talk about 'ability,' not disability. I hate the word disability because the prefix dis means opposite. I'd rather talk about dif-ability,"* she says. *"My motto is: Don't let the wheelchair fool you. There are so many things I'm able to do: I downhill ski, I waterski, I kayak. Everyone has so much ability, we don't need the couldn't and the shouldn't."*

In regards to working with the volunteers in the Adapted Fitness Program, *"I love working with students,"* she says. *"I used to be a coach and it's very much the same kind of thing."*

The article later goes on to say: *"Neugent freely admits having bad days, too... but the message she'll be giving during her year as Wisconsin's wheelchair queen is that everyone in her situation has those bad days."*

"It's okay to go through denial, it's okay to cry and it's okay to fall," she says. *"It's the getting back up after you fall that is the accomplishment."*

Student Perspective

"My first experience with Adapted Fitness started my Sophomore year in the Fall of 2016. When I first walked into Gym 6, I had no idea what to expect of the program and was almost overwhelmed by the amount of knowledge displayed from the returning volunteers. Coming into this program as a Kinesiology major, though, I was super excited to learn from both the students and clients for how to set up and execute training plans for those with diverse-abilities. It took me a while to learn the proper usage for slide boards, gait belts, Nu-Step, and standing frames, as well as the techniques needed to transfer clients; however, it was nice to have the Best Expert there to fall back on for advice. After a few months of volunteering in the program, I became exposed to working with a wide variety of clients, such as those with multiple sclerosis, spinal cord injuries, and survivors of vehicle accidents. During this time frame, I became more confident in the techniques I used and developed relationships with these clients--both of which have been invaluable experiences. In the near future, I will be pursuing my Masters in Kinesiology here at UW-Madison, and hopefully to one day become a Physical Therapist where I can work with clientele such as the ones in Adapted Fitness. I have been inspired by so many individuals and the strides they have taken towards becoming even stronger people, and hope to share their stories of success with future patients in a clinical setting." -Brent Thiel



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 (or click the hyperlinks below), <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

Welcome to our newest Newsletter!

"Yes, time just does seem to move along quicker than expected. I'm now in my 33rd year of Coordinating Adapted Fitness here in the Department of Kinesiology at the University of Wisconsin at Madison. This past December in one day at the end of the fall semester I had two of the most important aspects of my career come to fulfillment. One was the final step in the creation, and approval of a new certificate called "Promoting Activity for Diverse Abilities." The certificate is designed to help new health and medical professionals, activity facilitators and programmers become comfortable with providing activities that will help individuals with diverse abilities become more physically active. This new certificate is designed to match extremely well with EMS/Exercise and Movement Science students in the department Kinesiology as well as students in Communicative Disorders and Rehabilitative Psychology and Special Education and also Dance. The certificate can be achieved without increasing time to graduation. There is already considerable interest by students all across campus. Officially declaring the certificate will become possible this coming Fall 2019.

In addition, I'd also like to express my personal thanks and appreciated to Michael and Ginny Conway for their generous donation. The Adapted Fitness plans to do a lot of great things with the help of this Graduate Fellowship and we thank the Conway's for the opportunity to involve more students throughout campus in our exciting program, as well as the ability to reach more students with disabilities within our community. We are extremely grateful!

Wishing You All the Best!"

TIM

