

ABLE & WHEELING

NEWSLETTER



August 2021



Tuesday, September 7th, the SCI support group is going to a Smokies baseball game at 7:00 and everyone is invited. You will need to purchase your tickets at the gate and we will meet inside the stadium. We have enjoyed this outing for many years so if you haven't attended before, now is a good time to get started! Go Smokies!!! Contact Theresa at 331-1356 or email at tthomas4@covhlth.com.



The Covenant Health Marathon, Half marathon and fun run is October 3rd. You can sign up using the link below!

<https://knoxvillemarathon.com/>



The Knoxville chapter of Catalyst has a lot to offer the adventurous spirit..

Adaptive rock climbing is September 19

Adaptive mountain biking is September 18

Adaptive Kayaking ———More next year.

Check out the Website below for more information!

<https://www.catalystsports.org/adventures/knoxville/>





Don't miss out on the 1st annual **SPARK**
Fun Run & Roll Saturday, October 23rd!



SPARK
PRESENTS

1st Annual
FUN
RUN &
ROLL!

4 Miles of trails for run/walk along the greenway then through the Calloway ridge and west Concord park trails.
2 miles of paved greenway will accommodate wheelchair participants.

ENTRY FEE
\$35

People of all ages and abilities are welcome!
SATURDAY, OCT. 23, 2021
9 AM - 12 PM THE COVE AT CONCORD PARK
Come join us for our first annual Fun Run and Roll while supporting a great cause!

Sign up today at <https://runsignup.com/Race/TN/Knoxville/FunRunRoll> or call (865) 219-0130

Spark is a non-profit organization that connects people with disabilities across 24 counties in East Tennessee to assistive technology and services, such as adaptive devices, community outreach, and programming.

To donate please visit www.sparktn.org



According to the most recent statistics from the [National Spinal Cord Injury Statistical Center](#) (NSCISC), there are estimated to be between 247,000 and 358,000 people living with SCIs living in the United States. There are estimated to be approximately 17,700 new cases occurring each year — a number that does not include individuals who die at the location of the incident that resulted in the SCI.

With all of this in mind, [U.S. Senate Resolution 533](#) recognizes the month of September 2021 as National Spinal Cord Injury Awareness Month. This resolution is a follow-up to S.Res. 211, which has celebrated each September in the same way since 2013 to call attention to the severity of spinal cord injuries and the ongoing need for research to find a cure..

Find yourself a green ribbon and wear it to help spread awareness!!!

SCI Support Group Meeting



Fun time at the Downtown Grill and Brewery in August. We are having support group gatherings away from the hospital for now due to COVID. We will let you know when those can resume. In the mean time we are out and having fun. Remember September's gathering is the Smokies game on the 7th ! Come join us!



What our Able and Wheeling peers are up to in their lives and in the community:



Joel Simmons is a member of CODI and is involved in a project to improve awareness of accessible parking and helping the public to understand the importance of leaving van parking for van drivers. Much of the community is unaware of how the striped area for van parking is used and Joel wants to help change that. He is active with CODI concerning this disability issues. He along with the disABILITY Resource Center are working with CTV ,Community Television to film public service announcements educating the public on accessible parking spaces and the reason for the lines. It's not right to park in the stripes. Encourage folks to get involved. CODI meets are open to the public and meet the second Wednesday of every month at 4:00.

The council to the City of Knoxville on disability related programs and policies, and regularly provides information to the City on concerns within the disability and senior communities.

Please come join us! Whether you are a senior, veteran, an individual with a disability, and/or a family member, business owner or employer of individuals with disabilities, CODI is committed to issues that affect everyone! We want to hear YOUR voice and learn more about what is happening in our community surrounding disability-related topics. All meetings are open to the public.

Regular CODI meetings are typically held at 4 p.m. on the second Wednesday of each month, either in the City County Building's Small Assembly Room or via Zoom. To confirm the location of our future meetings, please visit the CODI website.

We accept nominations to serve on CODI year-round, with new members starting each July, and encourage you to apply by filling out the nomination form on our website or emailing us for a nomination form. Members are appointed by the Mayor and approved by City Council in June. Member Terms are for three years, and members may serve up to two consecutive terms.

There are several ways to get in touch with us to attend a meeting or to find out more about what we do. For more information, please visit us at KnoxvilleTN.gov/CODI or

FaceBook.com/CityofKnoxvilleCODI. To nominate someone for CODI membership, or attend a Zoom meeting please email MByrne@KnoxvilleTN.gov, or call 865-215-2423 for details.



Get to Know Jacob Polk.....

Jacob is a bright and charismatic young man of 18 years and was born with a condition known as spina bifida. Spina bifida is a birth defect that occurs when the spine and spinal cord do not form properly in the womb. He reports it had little effect on him as a young boy but after some necessary surgeries at age 12 he had some poor results. The surgeon hit a nerve while needing to untether the spinal cord and remove fatty deposits. This procedure caused deficits in mobility. After that Jacob required crutches and a wheelchair. In May 2021 Jacob had another necessary surgery which made him a full time wheelchair user.

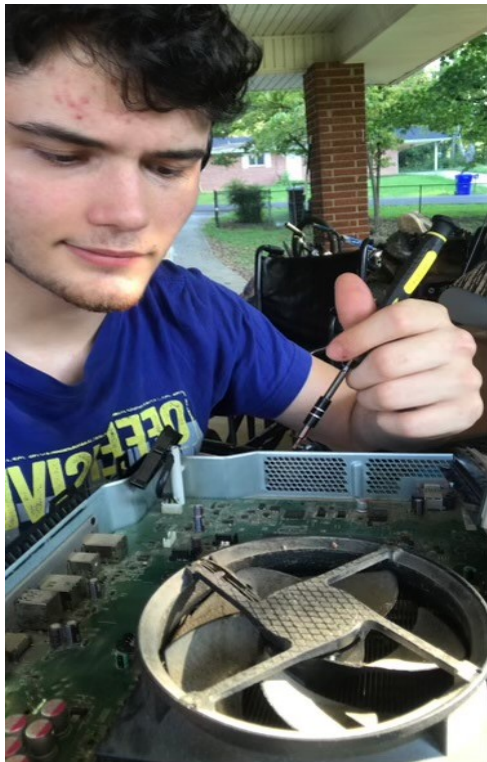
Jacob has always been one to strive and succeed through his many trials. He reports that he attended school and learned alongside his peers. He said that school was difficult from the 3rd to 10th grade and children often bullied him or made fun of how he walked with his crutches. He said, "I was bullied, but I didn't always let people push me around. I just wanted to be nice to people and didn't want to cause any problems." Thank goodness this changed his last 2 years of high school where he made 2 best friends, both named Connor, and his peers matured and were much more supportive and accepting of Jacob.

There are currently 3 exciting things happening in Jacob's life. One is his entrepreneur business. The second is his preparing to drive, and finally a fundraiser designed to help with some needed equipment. Jacob has an electronic repair business he calls "JP Electronic Repairs". He said "I love to help people with their electronic challenges and I charge a reasonable fee to help them be able to afford my services. I get repairs locally and from around the state of Tennessee. I can fix consoles, phones, TVs, computers and most any electronics." Jacob said he learned the basics from his dad and from there is mostly self-taught. This is a part time endeavor.

Now that Jacob is getting ready to drive he has been getting instructions on how to use hand controls and is planning on taking his driver's test the end of 2021. An accessible and adapted vehicle doesn't come cheap which brings us to the last exciting thing for Jacob. There was a recent fund raiser for Jacob hosted by the Ridge Runner's motorcycle club August 28th. The biker rally has titled the fund raiser "Get Scootn' for Jacob." Look for his go fund me page for details and donations. The club writes "Our hope is to give him an opportunity to have an equal quality of life as before except in a different form. Jacob's faith is strong and his dream is to be independent one day. "

The individuals that inspire Jacob the most are his mother Elizabeth, his brothers Clint and Dylan,. His 4 sisters are also a big support and are always there for him. Jacob said he looks forward to being with his mom and seeing his brothers every day. He is grateful for all the love and support they have given him. He said they help him a lot with what he needs and also with his attitude. It's this attitude that keeps Jacob positive and what he would like to share with others to help inspire them. "When something happens life isn't over. There is a lot to life and there is still a lot you can do. Never stop trying to be the best you can. I have learned over the years that you should give your heart in all that you do and that will stomp out the bad. Never stop striving for a better future!!!

Keep Scootn', Jacob.....



Left : Jacob working on his electronic business..

Top right: Brother Clint, mother Elizabeth, and brother Dylan.

Bottom: Check out Jacob's promotional flyer for his fundraiser.



LET'S GET JACOB SCOOTIN'
Poker Run
SATURDAY, AUGUST 28TH
RIDGERUNNERSBAR.COM

COFFEE, HOT FOOD, TABLES

MEET JACOB POLK, AN 18 YEAR OLD WHO SUFFERS FROM SPINA BIFIDA, WHICH WILL EVENTUALLY TAKE HIS ABILITY TO WALK COMPLETELY. HE CURRENTLY RELIES ON CRUTCHES AND A WHEELCHAIR TO GET AROUND. GARZA LAW HAS TEAMED UP WITH THE UNION TRADES MOTORCYCLE RIDERS OF OAK RIDGE TO RAISE FUNDS AND AWARENESS FOR JACOB IN HOPES TO EASE THE BURDEN ON HIS FAMILY AND GET HIM A **NICK ASS SCOOTER!**

REGISTRATION AND 1ST CARD @ BIKER RAGS BETWEEN 9-10AM. COFFEE AND DONUTS PROVIDED BY GARZA LAW.

2ND CARD @ BOOTLEGGER HARLEY-DAVIDSON, 3RD CARD @ HATMAKER'S BAR AND GRILL, 4TH CARD @ PETE'S PLACE IN MAYNARDVILLE

RIDERS WILL RETURN TO RIDGE RUNNERS IN OAK RIDGE @ 3:30PM FOR 5TH CARD, GAMES, PRIZES, RAFFLES, 50/50 DRAWING, KARAOKE & MORE!

\$20 FIRST HAND \$10 ADDITIONAL HAND

1ST STOP 2ND STOP 3RD STOP 4TH STOP PARTY!

GARZA LAW FIRM

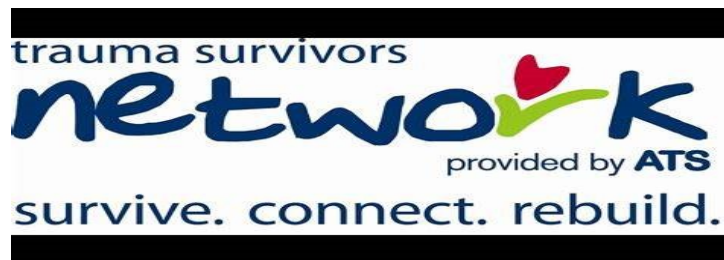
BIKER RAGS
BOOTLEGGER HARLEY-DAVIDSON
HATMAKER'S BAR AND GRILL
PETE'S PLACE



INTERNATIONAL PARALYMPIC COMMITTEE

The Tokyo 2020 Paralympics are in full swing until September 5th. Hope you have had the opportunity to watch and celebrate these talented athletes. Check out the link below for a brief history of the Paralympics and some of the highlights for this year's games.

<https://www.bing.com/news/search?q=History+Of+Paralympic+Games&qvt=history+of+paralympic+games&FORM=EWRE>



**NextSteps Online Class Begins September 1!
Enroll for FREE today.**

NextSteps is a free online program to help you manage your life after a serious injury. You can engage in the weekly education modules and live chats with other trauma survivors. NextSteps can help you explore the ways your life has changed after traumatic injury and how you can move forward on your journey. This program can help you manage difficult emotions and find the courage to achieve your goals. Join us!

Two Steps to Register:

1. Sign up today at: www.nextstepsonline.org

CLASS BEGINS: September 1, 2021

ONLINE CHAT BEGINS: September 7, 2021

2. After you register online, check your e-mail and confirm your registration.

Once you confirm your registration, Dr. Nathan Parmer, who leads NextSteps Online, will e-mail you with information and instructions to begin the NextSteps Class material and chats.

Cliff Hanger for November Newsletter...

Carly Pearson was inducted into The Greater Knoxville Sports Hall of Fame on August 24 2021 as a Para-Athlete! Congratulations, Carly! Next Newsletter we want to let all you in on all the details of the story!!

