



## Therapeutic Recreation Services

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### OUR MISSION



The Therapeutic Recreation Division of the Chattanooga Youth and Family Development Department seeks to provide leisure and recreation opportunities for citizens of all abilities. We serve both youth and adults with physical, cognitive, and/or emotional disabilities. Through our programs, education and advocacy, individuals can build confidence, improve physical and cognitive abilities, expand support and social networks; and enhance overall quality of life.

### Chattanooga Therapeutic Recreation Services - Fall 2016

Greetings!

Here is your Fall Newsletter that contains the programs and events through the end of the year, that are planned at this time. As we put away our beach towels and start to get ready for cooler temperatures, we are looking forward to an exciting fall here at Therapeutic Recreation Services. Our programs keep growing and we are excited to share with you the busy schedule we have lined up!

As always, we welcome your new ideas, ways to make Therapeutic Recreation here in Chattanooga better and any overall feedback so please stay in touch throughout the upcoming months and we look forward to having you involved with our exciting fall line-up. Keep in mind, plans may change, get moved around, and new programs are added, so please review each month's newsletter to find any potential changes!

Sincerely,

Elaine Adams, CTRS  
[eadams@chattanooga.gov](mailto:eadams@chattanooga.gov)  
423.643.6607

Michelle Brickey, CTRS  
[mtbrickey@chattanooga.gov](mailto:mtbrickey@chattanooga.gov)  
423.643.6606



## Catalyst Climbing Clinics

**CLINICS FOR INDIVIDUALS WITH**

## PHYSICAL DISABILITIES!



NEVER GIVE UP



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**WHAT:** Catalyst Sports is a non-profit organization based out of Atlanta whose mission is as follows: to empower people by providing the highest quality of adaptive sports to the disabled community.

[www.gocatalystsports.org](http://www.gocatalystsports.org)

**WHO:** Individuals with *physical disabilities*, ages 5 and up

**WHEN:** The 3rd Thursday of each month, September- December

**TIME:** 5:30-7:30pm

**DATES:** September 15, October 20, November 17, and December 15 (you must sign up to attend)

**WHERE:** High Point Climbing and Fitness Center

**COST:** Free!

**CONTACT:** To sign up and for more information, questions, dates, times, etc. please contact Jessie at [jessiesteele1@gmail.com](mailto:jessiesteele1@gmail.com) or Michelle at [mtbrickey@chattanooga.gov](mailto:mtbrickey@chattanooga.gov) or 423.643.6606

## Chillin' Like Villains

### Young Adult Social Group



**NEW!**

Therapeutic Recreation Services now has a Youtube Channel!!



Check us out at the link below:

[Chatt Therapeutic Rec](#)

**September:** UTC Mocs Football Game! Saturday, September 24th at 2pm. UTC vs. Samford.

Tickets are limited, Cost TBD. *Please RSVP by Sept. 16th*

**October:** Fall Surprise! Stay tuned for more info!

**November:** Chattanooga Lady Mocs Women's Basketball Game! More details to come.

**December:** Holiday Potluck at Walker Pavilion in Coolidge Park;

Tuesday, December 13th, 6-8pm. *Please RSVP by Dec. 9th.*

**PLEASE RSVP FOR ALL THE ABOVE EVENTS BY THE REQUESTED DATES (along with any questions) TO:**

Michelle at 423.643.6606 OR

[mtbrickey@chattanooga.gov](mailto:mtbrickey@chattanooga.gov)

This will assure you have tickets, make the list, are in the know about

## C.H.I.P.S. Golf

### Golf Program



**WHAT:** A weekly round and instruction of golf for individuals with disabilities.

**WHO:** Participants must be able to play nine holes independently with previous golf experience and able to play with minimal assistance.

**WHEN:** Tuesday evenings beginning in September

**DATES:** 9/6, 9/13, 9/20, 9/27, 10/4, 10/11

**TIME:** 5:30pm-dusk

**WHERE:** Brown Acres Golf Course (406 Brown Road, 37421)

**COST:** \$5 each game

**CONTACT:** Must register 3 days before scheduled dates to Elaine at 423.643.6607 or [eadams@chattanooga.gov](mailto:eadams@chattanooga.gov)

## Climbing Higher

### Adaptive Climbing Program



**WHAT:** An indoor adaptive climbing program

**WHO:** Individuals with a variety of cognitive and/or physical disabilities, ages 6 and up

**WHEN:** Mondays, 5:00-6:00pm and 6:00-7:00pm (first hour for younger participants, second hour for older participants)

**DATES:** November 7- December 5

**WHERE:** High Point RIVERSIDE (formerly known as Urban Rocks Climbing Gym- 1007 Appling Street)

**COST:** FREE!

**CONTACT:** Interested? Let us know ASAP as space is limited! To register or for more information, contact Elaine at [eadams@chattanooga.gov](mailto:eadams@chattanooga.gov) or 423.643.6607

# Hiking

## Monthly Hiking Group



**WHAT:** A group comprised of individuals with disabilities, their family members and friends who want to explore the beautiful trails in Chattanooga together! All trails are easy to moderate, and the group naturally splits up (with a trail leader) based on desired hiking speed.

**September:** *Greenway Farms (Thursday, September 8th at 5:30pm)*

Greenway Farms is a 180-acre park along North Chickamauga Creek in Hixson, TN. –5051 Gann Store Rd. Hixson, TN 37343

**October and November:** TBD

**CONTACT:** Michelle to RSVP and with any questions and to get on the list: [mtbrickey@chattanooga.gov](mailto:mtbrickey@chattanooga.gov) or 423.643.6606

**PLEASE NOTE:** All dates, times and locations are subject to change based on weather conditions. BE SURE TO GET ON THE LIST so you are in the know regarding meeting locations, cancellations, etc. Directions and exact meeting spot is provided to those who RSVP.

## SPARC, A Chapter of DSUSA Adaptive Cycling

**This program is Co-Sponsored by SPARC (SPorts, Arts and Recreation of Chattanooga - a local chapter of DSUSA) and Outdoor Chattanooga**



**WHAT/WHO:** SPARC is a local 501(c)(3) non-profit organization, which provides competitive and recreational opportunities to persons with disabilities in an integrated setting, i.e., persons with and without disabilities participating together. SPARC is a chapter of Disabled Sports USA, (DSUSA), which was founded by USA military veterans, with a motto of: "If I can do this, I can do anything."

An adaptive cycling program for individuals with disabilities. Hand cycles and tandem bikes are available for individuals who have physical and visual disabilities. Three wheeled bikes and additional bikes available too! In addition to this, Outdoor Chattanooga brings their bike fleet for additional support and traditional bike are available to check out. Depending on the cycle needed, participants will have to be approved by the group that owns the cycle and fill out liability forms from the specific group you use a cycle form. Visit the website for more info on SPARC [www.sparcctn.org](http://www.sparcctn.org)

**WHEN:** August, September, October

**DATES:** August 22, September 12, September 19, and October 10.

**TIME:** 6pm-dusk

**WHERE:** The Tennessee Riverpark at the Hubert Fry Center (4501 Amnicola Hwy)

**COST:** FREE!

**CONTACT:** Elaine at 423.643.6607 [eadams@chattanooga.gov](mailto:eadams@chattanooga.gov)  
or Jerry at 423.596.5268 [jhightower@ctiengr.com](mailto:jhightower@ctiengr.com)

**Please note that equipment is limited and pre-registration is REQUIRED!**

### **Minimum Requirements for the Safety of Participants:**

1. Must have the cognitive ability to follow directions and instructions.
2. Must be able to apply the brakes and come to a complete stop by the end of the first day of participation.
3. Must be able to ride independently on the path with a volunteer by the third day of participation.
4. Traumatic Brain Injury (TBI) must be one year post injury.
5. Must not have medical issues which could endanger the participant, including seizures.
6. Approved helmets must be worn by all riders.
7. Participants, or guardians for participants under the age of 18, must sign liability release forms from SPARC, a chapter or DSUSA.

This program is co-sponsored by SPARC (SPorts, Arts and Recreation of Chattanooga, a local chapter of DS-USA) and Outdoor Chattanooga

## **Scenic City Adaptive Paddling Program**

### **Adaptive Kayaking Class**



**WHAT:** This program provides the opportunity for participants to learn the basic skills of kayaking under skilled instruction in a safe environment. All equipment and adaptations are provided.

**WHO:** Individuals with physical and/or cognitive disabilities and their family members. No prior skill or experience is necessary!

**WHEN:** Every other Wednesday night, 5:30-7:00pm - get on the list to

receive detailed information

WHERE: TBD

COST: FREE!

CONTACT: Michelle at [mtbrickey@chattanooga.gov](mailto:mtbrickey@chattanooga.gov) or 423.643.6606. You MUST get on the contact list in order to receive information on this program!

## Super Hoops

### Basketball Program



Coming August 29th!!!

*\*REGISTER BY AUGUST 24TH*

WHAT: An intramural basketball program focusing on the sport as well as social, physical, cognitive, and emotional skills.

WHO: For individuals ages 12 and up who have cognitive disabilities.

WHEN: Mondays;

Skill Level 1 (Beginner/Intermediate): 5:30-6:30pm

Skill Level 2 (Advanced): 6:30-7:30pm

DATES: Mondays, August 29th-Oct. 24th **NO PRACTICE 9/5**

WHERE: North Chattanooga Recreation Center (406 May St, 37405)

COST: \$20 for the entire 8-week program, please bring cash or check first day of practice.

RSVP: Michelle at [mtbrickey@chattanooga.gov](mailto:mtbrickey@chattanooga.gov) or 423.643.6606

*\*REGISTRATION DEADLINE IS AUGUST 24TH!*

## Team River Runner

### Paddling for Wounded Veterans and Their Families



WHAT: Team River Runner (TRR), a 501(c)3 non-profit organization, gives active duty service members and veterans an opportunity to find health, healing, and new challenges through whitewater boating and other paddling sports. Therapeutic Recreation Services is Chattanooga's local

chapter! ([teamriverrunner.org](http://teamriverrunner.org))

**WHO:** Veterans and active duty service members who are service connected, and their family members. This includes PTSD, TBI, SCI and others that qualify as a disability. No previous kayak experience required! Each participant is met on whichever level that are currently at. All equipment and adaptations provided.

**WHEN:** Every other Wednesday night, 6:00-7:30pm - get on the list to receive detailed information

**WHERE:** TBD

**COST:** FREE!

**CONTACT:** Michelle to get on the list, or with any questions at [mtbrickey@chattanooga.gov](mailto:mtbrickey@chattanooga.gov) or 423.643.6606

## TOPS Soccer

### Soccer Team at Redoubt Soccer Complex



**WHAT:** TOPSoccer is an official US Youth Soccer Program enriching the lives of young athletes with disabilities through the game of soccer.

**WHO:** Males and Females, ages 5-18 years old, with a physical and/or cognitive disability

**WHEN:** 8 sessions on Saturdays, 10-11am

**DATES:** August 27 - November 5; **NO PRACTICE:** September 3, October 8 and October 15

**WHERE:** Redoubt Soccer Complex (6900 Bonny Oaks Drive)

**COST:** FREE!

**CONTACT:** Registration will take place on the first day of practice (August 27th) under the pavilion located at the concession stand. To pre-register or for questions, Please contact Elaine at 423.643.6607 or [eadams@chattanooga.gov](mailto:eadams@chattanooga.gov)

## Wheelchair Basketball

### Monthly Pick Up Games



### Overview:

These are "pick-up games", which are designed to encourage skill development, recreational wheelchair basketball play opportunities and community awareness on a monthly basis. The program is designed for individuals with physical disabilities/mobility impairments along with individuals without disabilities that want to encourage inclusive opportunities. All participants must meet the following requirements:

### Minimum Requirements for the Safety of Participants:

1. Must have the cognitive ability to follow directions and instructions.
2. Must be able to stop the wheelchair quickly and appropriately maneuver chair safely during participation.
3. Must not have medical issues which could endanger the participant, including seizures.
4. Minimum age for all participants is 15; maximum weight is based upon chair specifications.
5. Participants, or guardians for participants under the age of 18, must sign liability release forms from SPARC, A Chapter of DSUSA.
6. Participants must follow all NWBA rules and regulations in order to facilitate safe and fair play.
7. Must have basic ball control skills (or the ability to develop skills) including: throwing, catching, and passing.

TIME: 10am-12:30pm

DATES: One Saturday/month: Nov. 12, Dec. 10, Jan. 7, Feb. 11, March 4

WHERE: Hixson Community Center (5401 School Dr, Hixson, TN 37343)

COST: FREE

CONTACT: To sign up, contact Elaine at 423.643.6607

[eadams@chattanooga.gov](mailto:eadams@chattanooga.gov)

or Jerry at 423.596.5268 [jhightower@ctiengr.com](mailto:jhightower@ctiengr.com)

## Welcome, Interns!

Therapeutic Recreation Services is so excited about the arrival of our Fall Interns: Brittany and Melanie! Read below to find out more about each of these students and please join us in making them feel welcome in our community!

### Brittany Harris

Hi everyone! My name is Brittany Harris and I'm a Recreational Therapy student at the University of Tennessee, Knoxville. I'm 22 years old and was born and raised here in Chattanooga. I have been working as a preschool teacher for three years and have loved every second of it. I grew up playing soccer and drawing any chance I could and still do some sketching to this day. When I'm not busy with school or work, I love to be outside and go hiking whenever I can. I originally got into TR because I have a heart for serving others and wanted a meaningful career to reflect that passion. Once I started taking classes, I immediately fell in love with the



field. I've worked at a couple of different camps throughout the last two school years, both as a counselor and on activity staff, and I have had a blast each time. I'm so excited to be doing my internship with Chattanooga Therapeutic Recreation Services and to be serving the community where I grew up! I'm pumped to see what this journey has in

store, and getting to know and work with some amazing people along the way.

## Melanie McCaskill



My name is Melanie McCaskill and I am from the historic town of Vicksburg, Mississippi and The University of Southern Mississippi is the school I attend. I definitely chose an amazing University that has offered me a wonderful college experience. After being introduced to Therapeutic Recreation I fell IN LOVE. My personality goes way beyond this profession. Helping others and giving them a life they did not think they could have is what I love most about TR. A couple things that I am most excited about with this upcoming internship is all of the outside activities we will be doing and meeting new people. Some fun facts about me: I am loud; I have a thick accent; I taught myself how to play guitar and I LOVE to sing! My mother once told me I have an infectious smile so I take pride in that. Lastly, God has given me the most wonderful parents I could have ever asked for. If it were not for them I would not be in school and would not be on my way to a wonderful town and an experience I believe is about to change my life!!

## **Go!Fest 2016**

Save the Date!

*Saturday, September 17th*

10 - 3 p.m. at the Chattanooga Zoo



Visitors of all abilities will go wild for a free day at the Chattanooga Zoo at Warner Park during the 12th Annual Go!Fest Celebration on:

**Saturday, September 17th, 2016 from 10 AM to 3 PM.**

Animal attractions and interactions abound, but breaking boundaries and increasing disability awareness are at the heart of Go!Fest, which also will showcase activities, entertainment and information from various social service agencies and other civic-minded groups, businesses and institutions.

Go!Fest is part of an initiative created to help make Chattanooga more accessible to everyone, regardless of their ability.

For more information please visit Go!Fest's website:

<http://www.chattanooga.gov/gofest>

*\*Vendors and activities will be in the Fitness Center Parking Lot en route to the Zoo's side entrance (enter from 3rd street).*

## Special Events

**RSVP and mark your calendars for these awesome events!**

***RSVP REQUIRED to the contact indicated at least 5 days prior to each event!***

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### Best Buddies

**WHAT:** Best Buddies is an international, non-profit organization that matches people who have intellectual and/or developmental disabilities in meaningful one-to-one friendships with volunteers. This is a collaborative effort between UTC Best Buddies Tennessee and Chattanooga Therapeutic Recreation Services.

**WHO:** Individuals with intellectual and/or developmental disabilities ages 18 -mid 30's.



**We welcome Peyton Okain as President of UTC Best Buddies Chapter for this year!**



"Hello! My name is Peyton Okain. I'm a senior at UTC studying nursing. I have been involved with Best Buddies since my junior year of high school where I helped start my chapter. Last year I was vice president, and I'm excited to be president this year. This summer, myself and our current vice president, Lainey Harrison, attended Best Buddies International Leadership Conference where we learned valuable leadership skills and ideas to improve and grow our chapter. We can't wait to hear back from you all! Thank you so much for your time!"

**To sign son/daughter up please go to this link:**

[bestbuddiesonline.org](http://bestbuddiesonline.org)

\*You should be able to update the application from last year unless you don't remember your login or you are a new member

If you want more information, please contact Elaine at [eadams@chattanooga.gov](mailto:eadams@chattanooga.gov) or 423.643.6607

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**Boo In the Zoo - Dreamnight**



*Dreamnight is a free, open house event for individuals with special needs and/or terminal illnesses and their families or caretakers. Dreamnight offers VIP Zoo visit that acknowledges and accommodates the unique circumstances that generally limit relaxing outings for these families during normal operating hours.*

Boo In the Zoo will have food, costume contests, moon bounces, a hay ride and lots of fun!

**WHO:** Individuals of all ages with special needs and/or terminal illnesses and their families or caretakers.

**WHEN:** Wednesday, October 26th

**WHERE:** The Chattanooga Zoo in Warner Park

**TIME:** 5:30-8:30pm

**COST:** FREE!

**RSVP:** **TO THE CHATTANOOGA ZOO** at [info@chattzoo.org](mailto:info@chattzoo.org)  
or 423.697.1319

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## Turkey Strut and "Give Thanks" Dance



**WHAT:** Come with your favorite dance moves for an evening of dancing, food and fun!

**WHO:** Individuals with special needs, ages 16 and up

**WHEN:** Thursday, November 10th

**WHERE:** The Chattanooga Zoo in Warner Park, in the Education Building (you will enter through the back gate)

**TIME:** 6-8pm

**COST:** \$5/person and bring 2 canned food items to be entered into the raffle drawing for prizes!

**RSVP:** to Michelle by 11/6 [mtbrickeychattanooga.gov](http://mtbrickeychattanooga.gov) or 423.643.6606

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## Holiday Lights - Dreamnight



*See the Chattanooga Zoo transformed into a magical wonderland! Visit the animals, get your pictures taken with the one and only Santa Claus, and enjoy fun holiday games, crafts, and pizza!*

**WHAT:** Dreamnight is a free, open house event and offers a VIP Zoo visit that acknowledges and accommodates the unique circumstances that generally limit relaxing outings for these families during normal operating hours.

**WHO:** Individuals of all ages with special needs and/or terminal illnesses and their families or caretakers.

**WHEN:** Wednesday, December 8th

**WHERE:** The Chattanooga Zoo in Warner Park

**TIME:** 5:30-8pm

**COST:** FREE!

**RSVP:** TO THE CHATTANOOGA ZOO at [info@chattzoo.org](mailto:info@chattzoo.org) or 423.697.1319

## Additional Community Info

### Chattanooga Down Syndrome Society Annual Buddy Walk 2016



**WHAT:** Join the Chattanooga Down Syndrome Society as we unite for a common cause and raise funds at the 2016 CDSS Buddy Walk®. Whether you have Down syndrome, know someone who does, or just want to show your support, take the first step and donate or register today! Help us spread the word; all are welcome for our day of celebration!

- Goal is to raise \$50,000

- Registration is at 9:30, festivities start at 10:30 am
- Walk registration - \$5 (does not include a shirt)
- Walk registration for Individuals with Down syndrome and ages under 3 - FREE
- Free parking for Buddy Walk participants is available at the Sixth Street Republic Parking Garage.

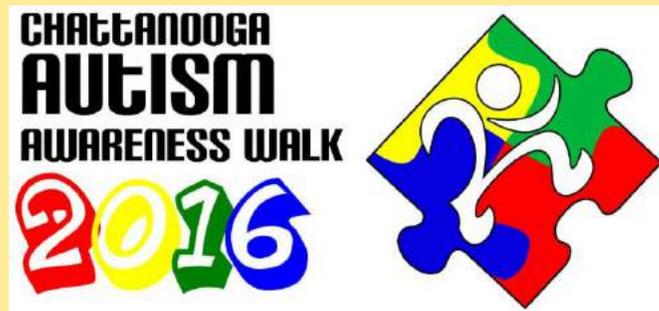
**WHEN:** Saturday, October 1st

**WHERE:** AT&T Field

**To Learn More and To Register:** Visit the website at

<http://www.ds-stride.org/chattanoogaobuddywalk> or [Click Here!](#)

4th Annual  
Chattanooga Autism Awareness Walk  
*Saturday, November 12th*



**WHAT:** Raising awareness in Chattanooga, North Georgia, and East Tennessee. We have new goals this year! We want to see if we can raise \$60,000!

**WHEN:** Saturday, November 12th

**WHERE:** Coolidge Park

To Learn More and To Register: [www.chattautismwalk.com](http://www.chattautismwalk.com) OR [CLICK HERE](#)

**NEW THIS YEAR:**

We're excited to host the biggest and best Autism Awareness in Chattanooga yet! Sign up today, join a team or donate and support a great cause while you help everyone celebrate and raise awareness about Autism Spectrum Disorder.

**BIG TEAM LEADERS:** If you get at least 10 member, to pay and register for your team, your registration is free. Just choose 'BIG TEAM LEADER' as your registration type at no cost. However, if you don't get 10 members on your team, then you must pay the registration fee.

**BASIC WALK AGENDA:**

8:30am: check in @ Coolidge Park Pavilion. Get shirts, buy stuff, etc..

8:30 to 10:30: Take kids to activities at various tables, visit exhibitors, play in the field, listen to music.

We'll also be acknowledging teams and giving out prizes and listening to music.

10:40: Begin to line up, stretches, listen to instructions, show team spirit.

11:00: Walk starts!!! 2-miles, across Walnut Street Bridge Click link to see

route.

11:45ish: Last walker returns. Snacks/water available near exhibitors.

12:15: Exhibitors pack up. Event complete.

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