



YOUTH & FAMILY DEVELOPMENT



YOUR OCTOBER NEWSLETTER

| Therapeutic Recreation Services |

Greetings!

This Newsletter contains October's program offerings and includes information for upcoming community events this Fall season. We hope you're excited for cooler weather and cool programs!

As always, we welcome your new ideas, ways to make Therapeutic Recreation here in Chattanooga better, and any overall feedback. Please stay in touch throughout the upcoming months and we look forward to your involvement. Keep in mind, plans may change or get moved around, so please review each month's newsletter to find any potential changes!

Sincerely,

Elaine Adams, CTRS
eadams@chattanooga.gov
423.643.6607

Michelle Brickey, CTRS

mtbrickey@chattanooga.gov
423.643.6606

Brittany Harris & Melanie
McCaskill
Therapeutic Recreation Student
Interns



 Like us on Facebook

Visit our website!



YOUTH & FAMILY
DEVELOPMENT

View our videos on 

Creation Station

Join us for an ARTS & CRAFTS CLASS!



WHAT: An inclusive, 4-session arts & crafts class that gives children with disabilities and their siblings a creative outlet. We will be doing two art projects/crafts per session and a snack will be provided between projects!

WHO: Children ages 6-12 with physical and/or cognitive disabilities.

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

WHEN: 4 sessions on Wednesday evenings, 5:30-7:00pm

DATES: 10/19, 11/2, 11/9, 11/16 **NO SESSION 10/26**

COST: FREE!

Space is limited! Please contact us if interested:

RSVP/CONTACT: Brittany at 423.643.6603 or brittanyharris@chattanooga.gov

OR Elaine at 423.643.6607 or eadams@chattanooga.gov

Catalyst Climbing Clinic

CLINICS FOR INDIVIDUALS WITH PHYSICAL DISABILITIES!



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

WHO: Individuals with physical disabilities, ages 5 and up

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

TIME: 5:30-7:30pm

DATES: 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 or
Michelle at mtbrickey@chattanooga.gov or 423.643.6606

Check out the Catalyst website at: <http://www.teamcatalyst.org/>



Chillin' Like Villains

WHAT: Chillin' Like Villains is a young adult social group for individuals who have various disabilities. We meet once a month at different locations around town and do a variety of activities such as attend sporting events, potluck dinners, movies and much more.

OCTOBER: Fall Festival!

--Games, food, and lots of fun!

WHEN: Tuesday, **October 18th at 6pm**

WHERE: Greenway Farms in Hixson (5051 Gann Store Rd. Hixson TN 37343)

COST: **FREE!** Please **RSVP by Oct. 12th**

NOVEMBER: Chattanooga Lady Mocs Basketball Game! More details to come.

RSVP: **Brittany** at brittanyharris.chattanooga.gov or 423.643.6603

OR Michelle at mtbrickey@chattanooga.gov or 423.643.6606

**This will assure you make the list, get detail updates, are in the know about parking, any changes, etc.*

C.H.I.P.S Golf

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

DATES: 10/4, 10/11 ***Last two sessions!***

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



Hiking

WHAT/WHO: 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.

WHERE: Reflection Riding Arboretum and Nature Center

–(400 Garden Rd. Chattanooga, TN 37419)

WHEN: To be determined

CONTACT: for more information or to get on the list... Melanie mmccaskill@chattanooga.gov or 423.643.6603
OR Michelle mtbrickey@chattanooga.gov or 423.643.6606



Let's Get Cookin'

Learn some extra cooking skills in time for Thanksgiving!

WHAT: A 4 week, hands-on cooking program where we learn to make our own creations– and then eat them!

WHO: Ages 16 and older, with intellectual and/or physical disabilities.

WHEN: Tuesday evenings

DATES: 10/25, 11/1, 11/8, 11/15

TIME: 5:15-7:00pm

WHERE: Dish T Pass (302 W 6th St. Chattanooga, TN 37402) *(10/25 will meet at a separate location)

COST: \$45/participant

*Space is limited! *Must RSVP by Tuesday, 10/18*

CONTACT/RSVP: Melanie at mmccaskill@chattanooga.gov or 423.643.6603 OR Elaine at eadams@chattanooga.gov or 423.643.6607

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.sparctn.org

WHEN/DATE: October 10th *Our last ride for the year!*

TIME: 6pm-dusk

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

COST: FREE!

CONTACT: Elaine at 423.643.6607 or eadams@chattanooga.gov

or Jerry at 423.596.5268 or 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

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)

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: Wednesday, October 12th *Our last outdoor paddle for the year!*

WHERE: Rivermont Park Boat launch (3400 Lupton Dr.)

COST: FREE!

CONTACT: Michelle to get on the list, or with any questions at mtbrickey@chattanooga.gov or 423.643.6606



TOP 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: *upcoming...*

10/1, 10/22, 10/29, 11/5

WHERE: Redoubt Soccer Complex (6900 Bonny Oaks Drive)

COST: FREE!

CONTACT: Elaine at eadams@chattanooga.gov or 423.643.6607

Interested in Volunteering?

We could not offer all of these programs without our wonderful volunteers! If you want to volunteer and join in helping others (and yourself) lead a fuller and more fulfilled life please let us know!



The following programs are currently accepting volunteers:

- Climbing Higher (must be belay certified)
- TOPSoccer
- Super Hoops
- Golf
- Creation Station

CONTACTS:

Michelle: mtbrickey@chattanooga.gov OR 423.643.6606

Elaine: eadams@chattanooga.gov OR 423.643.6607

PROGRAMS CURRENTLY RUNNING BUT FULL:

- SUPER HOOPS
- SCENIC CITY ADAPTIVE KAYAKING

Community and Special Events



Annual Buddy Walk 2016 10/1/2016

Chattanooga Down Syndrome Society

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/chattanoogabuddywalk> or [Click Here!](#)

Boo In the Zoo - Dreamnight 10/26/16

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

TIME: 5:30-8:30pm

WHERE: The Chattanooga Zoo in Warner Park

COST: FREE!

RSVP: TO THE CHATTANOOGA ZOO at info@chattzoo.org or 423.697.1319

Best Buddies *Openings still available!*

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!"



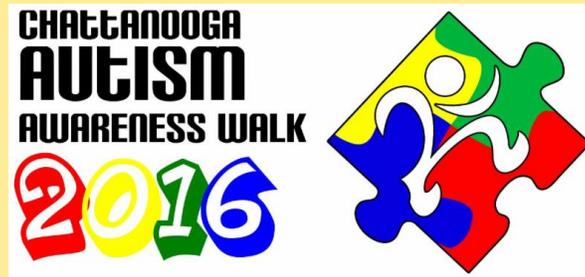
To sign son/daughter up please go to this link:

bestbuddiesonline.org

*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 or 423.643.6607

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 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.

