Ride On!



Tour of smiles...

Those who visit us are always amazed by the amount of space, extent of equipment, and the number of dedicated team members that it takes to do what we do. This quick view was made in early 2020 and intended to highlight what happens behind the scenes.

Looking at the video now, we're struck by all the smiles that we miss seeing on a daily basis due to current Covid-19 mask protocols... So it seemed like the perfect time to put this out there for everyone to see.

Enjoy the tour -- and keep smiling, even if it's hidden by a mask these days! (We'll look for the tell-tale sparkle in your eyes and those little wrinkle lines around the edges...)
Learn more about the Ride Experience here.



The Americans with Disabilities Act at 30



Building accessibility into our lives

Discussing the possibilities

RespectAbility is hosting two-hour online educational sessions each day next week to explore:

- Education and Skills for a Better Future
- Ensuring Inclusive Communities
- Fighting Stigmas with Hollywood
- The Future of Work for People with Disabilities
- Leadership: Making a Difference for the Future

Events are free and fully accessible. Learn more and register here.

but as unique attributes that can be seen as powerful assets if given the right opportunities."

Oliver Sacks

Fun Finds / Resources

- Learn how athlete **Rob Balucas helped bring handcycling to the Strava app**. "Strava helps handcycle athletes track their routes, times, and expended energy with even more accuracy. But Balucas says it's the app's community that's proven most beneficial to adaptive athletes." Read his story <u>here</u>.
- Coping mechanisms... Would a primal scream do you good? Iceland has an <u>app</u> for that. Or, if zoning out is a better approach for you, we offer the mesmerizing <u>jellie-cam</u>.
- How to center disability in the tech response to COVID-19... Now more than ever, we need policymakers to understand that equitable access and meaningful participation of disabled people is not optional. Check out this essay by Lydia X.Z. Brown, here.

Thanks for reading, Your friends at Ride Designs



P.S. If you somehow missed the last newsletter, the most viewed article was about **free online chair** yoga classes from the "Impossible Dream" catamaran. Find class details on their <u>Facebook</u> page. Previous yoga classes can be found on the Impossible Dream <u>YouTube</u> channel. Enjoy the views, stretch, and clear your mind!

Visit our website

Follow us on your favorite social media platform:









