

New Ambassador to Ability Online:

Jessica Lewis

From her Blog:

<http://jessicalewistrack.weebly.com>

Goodbye 2016



Photo courtesy of Earl Basden at islandstats.com

As 2016 comes to a close we say goodbye to an Olympic and Paralympic Year...and what a year it has been!

This year has been amazing and I am so grateful for the opportunities I have had to race around the world again and continue chasing my dreams. Racing in Rio was definitely the highlight of the year and provided me with even more determination and drive to continue developing as an athlete. Competing at my second Paralympic Games is a feeling I will never forget. It's so amazing to see so many countries come together for one common goal and to show what they are all capable of doing.



I have learned a lot this year in school, training, competing and in life and am so excited to take all of that with me into 2017. 2017 is an IPC Athletics World Championships year, which will be taking place in London, in the same stadium as the London Paralympic Games! I can't wait to be back in that stadium :) 2017 will not only be a great year for racing but I will be beginning the next chapter of my life as I am finishing at Brock University and will be doing an internship at a Long-term Care Home.

Thank you to all the people that made this year so special and for your continued support along my track racing journey. Thank you to my sponsor Tokio Millennium Re for their continued support. I am looking forward to developing more as an athlete as I start my 4 year journey to Tokyo 2020 and it couldn't be done without all the love and support from everyone.

I wish you all a happy and healthy year ahead filled with love, happiness, and dreams :)

And remember...

"Tomorrow is the first blank page of a 365 page book. Write a good one!" – Brad Paisley

Jessica

Excerpt from Jessica Lewis' Summer Newsletter 2017

During that week (June 22) Jessica was asked to speak at a fundraiser dinner for an organization called 'Ability Online'. This organization is an online community in which individuals who are differently abled can join where they can interact with others like them, find support, make social connections and build different skills. The idea is to showcase what abilities they have and to support inclusion. Jessica received a message back in March from the executive director, Michelle McClure, who heard about Jessica from her daughter Jane, who attended Brock and met Jessica at a club event hosted by A.B.L.E (Jessica was V.P of). Michelle reached out to her to offer an internship. But since Jessica already secured an internship she got involved with the organization as a mentor. Michelle also went to school for Therapeutic Recreation so that is a great connection to have!

Jessica's thoughts: Michelle is an amazing, kindhearted and energetic woman who I am so happy I had the opportunity to meet. Helping out with Ability Online has been a great experience and I am excited to continue to be involved and working with Michelle and the Ability Online family. It's a great opportunity to use some of my Therapeutic Recreation knowledge as well and to have Michelle as a contact. At the dinner I spoke about my experience of the Paralympics and being an athlete and how I am connected with Ability Online. Bragging Granny and I are also very grateful to Tera and her daughter Ariel (Ability Online Members) for driving us to the dinner.