

KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



Did you know?

August Organizational Spotlight: Adoption Freedom Foundation

This month I'm highlighting a foundation called Adoption Freedom Foundation, founded by Amy Lagera in 2016. The purpose of this foundation is to make wellness, adventure, and community accessible activities for everyone through adaptive sports, wellness programs, education, and inclusive events. Their social media handle is [@AdoptiveFreedomFoundation](#). They are based in Costa Mesa, California, and there is no physical office. Most of the programs are free or very low-cost due to grants, donations, and volunteers.

The Adoptive Freedom Foundation offers sports programs, education, and inclusive activities, and they currently have expansion in the works to offer even more services—like the Wave Program, where the foundation put on a community fair focused on inclusion for people with all levels and kinds of abilities. The foundation also hires disabled individuals at all levels and capacities when it comes to job opportunities.

Amy shared that her favorite part of her job is getting to see people experience adventure they never thought possible—like water sports or anything they believed they would never have access to. Seeing the community excited about being involved and included is what keeps her inspired. Her message to the public is that everyone deserves opportunities to experience adventure, wellness, and belonging. And in case anyone was wondering, there is no expensive equipment to buy or rent. All materials and supplies are provided to you by the Adoptive Freedom Foundation.

Until next month, I'm Gilbert J. for [KeepItPushing.org](#)