

# 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.



## To Visit Spoon Threads

Instagram: @spooniethreads

Facebook: SpoonieThreads

YouTube: SpoonieThreads

TikTok: SpoonieThreads

Twitter: SpoonieThreads

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## December

### Awareness Spotlight: SpoonieThreads.com

Hello KeepItPushing community! This month, we're excited to feature an incredible adaptive clothing line called WearSpoonieThreads.com. Founded by Dr. Julie Sanchez, a pediatric surgeon with a passion for creating adaptive clothing for kids and adults with medical needs, Spoonie Threads is a brand that truly makes a difference. Dr. Sanchez teamed up with designer Saba Kamaras in 2018 to expand her vision. Originally launched in 2015 and relaunched as in 2021, their mission is to design stylish, functional, and inclusive clothing for people with medical challenges. Spoonie Threads provides adaptive apparel and accessories for individuals with chronic illnesses, disabilities, or post-surgery needs. Their products ensure comfort, dignity, and functionality, making everyday life easier for those with feeding tubes, ostomy bags, glucose monitors, chest ports, or other medical devices. Spoonie Threads operates exclusively online, shipping both nationwide and internationally. For any questions, you can reach them at [hellospooniethreads.com](mailto:hellospooniethreads.com) or visit their website directly at [SpoonieThreads.com](http://SpoonieThreads.com).

The disabled community is central to Spoonie Threads' mission. They strive to bring representation into their company whenever possible, from hiring adaptive fit consultants to testing their clothing...

## Organizations for the Betterment of Mental Health

with disabled models. The brand also aims to expand by creating new adaptive products and being more size-inclusive. Dr. Sanchez was first inspired to create the line when parents opened her eyes to how placing medical devices in children would impact their everyday lives. Here are some of the prices for their items:

- Pajamas: \$18-\$24
- T-shirts: \$35-\$39
- Ostomy bag covers: \$15-\$20
- Hoodies: \$55
- Ankle zipper pants: \$49

All items are designed with special features to meet various medical needs for both children and adults. This is a brand specifically for the disabled community, which is a rare and valuable thing. If this newsletter reaches anyone who could benefit from their products, please visit them. Even if it doesn't directly impact you, please pass awareness of the brand on to someone who needs an option like this. Until the new year, Gilbert J. [KeepItPushing.org](http://KeepItPushing.org)