



Heidi Smith Kelowna - 4mo 



Organization Spotlight

For those living with disabilities in the Okanagan, [CRIS Adaptive Adventures](#) provides more than just outdoor recreation. It facilitates social interaction, breaks barriers, and makes the impossible possible. "Our programs allow participants to get away from the clinical environment, that so many of their days take place in," explains Crystal Davidson, Logistics Coordinator, "and our trips give our participants something to look forward to. The mental health benefits are substantial."

The organization provides access to adaptive sports equipment like TrailRiders (hiking chairs), tandem recumbent bikes, tandem kayaks, and sit-skis so that participants can get out into the great outdoors regardless of their level of ability. Volunteers who are passionate about the outdoors assist those with disabilities by paddling, pedaling, or pushing equipment, but even more importantly, by building relationships. Davidson also notes that "the ripple effect to their family, friends and support teams is phenomenal" as well. Living with a disability presents many challenges, but CRIS Adaptive Adventures is working to make it easier for participants to experience all the benefits nature has to offer.

Coming up on Sunday June 26, the West Kelowna Fire Rescue Paid On-Call Association will be hosting the first annual Boucherie Grind. Registrants can walk or run at their own pace to complete the new RUSH trail and enjoy the fabulous views from Mount Boucherie. TrailRiders will be supplied for those who need them and everyone will get a finish line photo and their official "Grind time". Funds raised through registration fees go directly to CRIS Adaptive Adventures.

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