

Rise: Opening Doors for Adults with Disabilities

Anoka County SHIP Success Story

Rise is a private, nonprofit 501(c)(3) organization which supports people who have disabilities and other barriers, offering community integration and a wide range of programming choices help participants meet their personal goals.

In summer 2021, Rise was awarded an Anoka County SHIP Neighborhood mini grant for supplies and equipment aimed at increasing physical activity and healthy eating opportunities for 165 program participants at their Coon Rapids location. Rise received a variety of new exercise and sports equipment, as well as gardening and cooking supplies to be used for healthy cooking classes in their newly renovated kitchen.

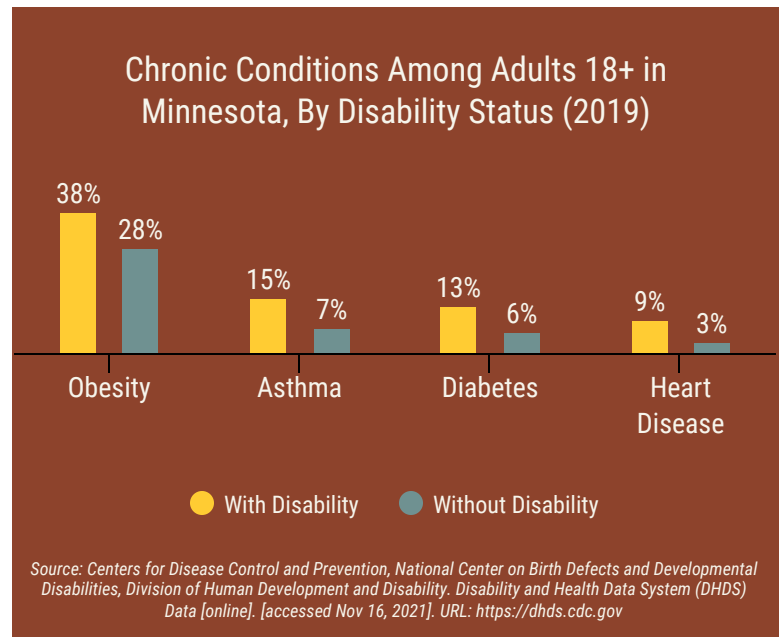


Images courtesy of Rise

Rise staff has had great positive feedback about the new equipment and the impact on program participants. On a recent trip to a local park, one participant enjoyed being active and connecting with peers:

"Bryan is a participant in our prevocational and life enrichment programs. He is very fun and easy-going, but he can be quiet sometimes. When Bryan went to the park, a brand new basketball caught his attention and he came out of his shell. He played basketball on the park's court with his friends and staff, and we were overjoyed to see his active and social side. By the end of the day, Bryan had even scored a basket! Thank you to Anoka County for opening doors for people like Bryan to have new experiences and new ways to stay healthy."

Across Minnesota, people with disabilities are more likely to experience chronic health conditions than adults without disability. Anoka County SHIP is happy to support the work at Rise in an effort to address these health disparities.



For more information about Rise, visit their website at rise.org



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