

My name is Le'Toi Adams, I am from Los Angeles California. After suffering a spinal cord injury, in 2011 I was paralyzed from the waist down due to Non-Hodgkin's, after the process of chemotherapy, radiation and the fact that I would never walk again, I began dealing with depression and insecurities. I stayed in the house 24/7 as I was uncomfortable around other people. I was dependent on my family to get me through the day. In 2015 I joined the VA health care program I was offered physical therapy, group therapy and individual therapy. I took advantage of these opportunities that were offered to me. By 2016 I found the Triumph Foundation which is a non-profit organization whose mission is to help children, adults, and Veterans with Spinal Cord Injury/Disorder (SCI) to triumph over their disability and to inspire them to keep moving forward with their lives by pushing themselves to get better every day. Triumph Foundation works to minimize the obstacles that one faces after suffering traumatic injury. Triumph Foundation is a family community with mobility impairments in Southern California. I found comfort in going to the support groups for people with spinal cord injuries. I could see my life slowly looking up. Through this foundation I was introduced to adaptive sports and I quickly found a passion for wheelchair basketball. I have attended the Veterans wheelchair games where again I found myself surrounded by disabled individuals such as myself with the same drive I have when it comes to sports. I felt at home, comfortable and more secure about myself during these events I wanted my body to get stronger so I could continue to participate in adaptive sports. I decided to go back to school and obtain my bachelor's degree in Physical Education Health Human Performance Recreation. I believe with this degree I would be able to work in the same community that uplifted me and inspired me to move forward with my life. I want to be a board member because I believe that I can contribute to the PVA by taking a step in becoming a voice that will be heard for others that started off in stuff position I did, becoming a board member for me would be the first direction towards giving back to a community that has opened their arms to me.

