

MEDIA RELEASE



Turnstone
Creating Possibilities

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Local Veteran Competes at Valor Games

Fort Wayne, IN – Tim Leonard is not new to the spotlight of the media. Earlier this year, Tim was featured in the local paper for a project—“Operation Thank you”— he created at IPFW. Through Operation Thank You, Tim gathered and sent thank you cards to veterans in the hospital.

Seeking a way to connect with veterans with disabilities, Turnstone contacted Leonard. Leonard, age 25, uses a wheelchair as a result of an injury obtained while in the military. He had heard about Turnstone, but never investigated what the agency offered. Leonard toured the agency, learned that it offered wheelchair basketball, and immediately an interest was sparked.

Then he saw the fitness center. For the past 2 months, Leonard has been working out at Turnstone. At Turnstone he doesn't have to get out of his chair to work out; he can roll up and lift independently. His focus—weightlifting, and the results are in. He has lost 46 pounds of fat; but, gained 30 pounds of muscle. His waistline has shrunk 7", while his chest has increased 10". Leonard is a machine.

Thanks to the support of Turnstone, Leonard will compete in the Valor Games held in Chicago on August 23-25. The games are designed for Veterans who have been injured or become disabled. Leonard will wear the Turnstone colors, as he says and represent the agency and Fort Wayne with pride. He says, “Where there is a way, there is how”. He's found both. At the Valor Games, he will compete in shot put, handcycling and bench press events.

ABOUT TURNSTONE: Founded in 1943, Turnstone empowers people with disabilities by maximizing their independence. The agency's mission is to provide therapeutic, educational, wellness and recreational programs to empower people with disabilities, and it is the only not-for-profit in the region that offers a full range of programs and facilities designed to meet the unique needs of people with disabilities.

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