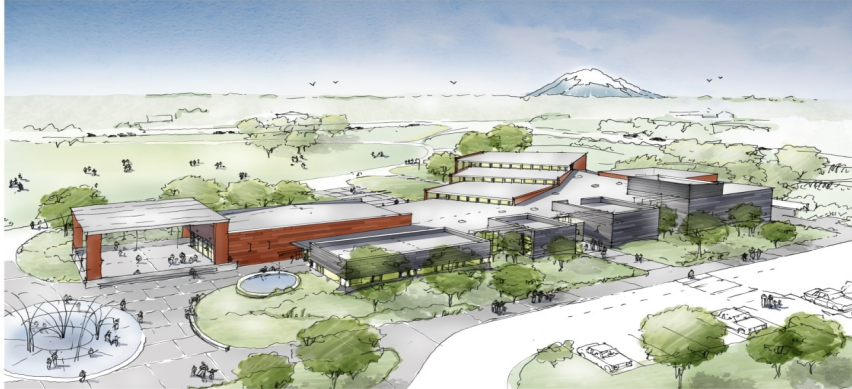


# The STAR Center & SERA Campus

A hub for recreation and rehabilitation in South Tacoma



**M**ore than 31,000 military personnel have sustained severe physical injuries in the conflicts in Iraq and Afghanistan. Currently, there are almost 800 families classified as disabled based at Joint Base Lewis McCord, WA. A significant number of these injured servicemen and women choose to stay in the Puget Sound area making our commitment to serving people with disabilities all the more imperative.

**Joint Base Lewis McCord, WA** has begun the Warrior Transition Battalion (WTB) to assist wounded warriors in their recovery journey through a variety of programs to help them: rejoin, retrain or be released from the military. These programs are individualized to fit the needs of each soldier who was injured or became ill during their service. All wounded, injured, and ill soldiers receive at least six months of rehabilitative care which requires the need for complex medical management. Each person is assigned to a Warrior Transition Unit to focus on healing before returning to duty or transitioning to Veteran status.

**National Recreation and Park Association (NRPA)** has been working with the **United States Olympic Committee (USOC)** and the WTB to create the perfect opportunity for these soldiers to find and participate in adaptive recreational programs to assist with their recovery. Currently, Metro Parks Tacoma is working with Joint Base Lewis McCord, WA and the USOC Paralympic Military Program to provide rehabilitation opportunities to warriors in transition through community-based sports and recreation. Metro Parks is augmenting the services the base has to offer by utilizing our local resources, including facilities and specially trained staff.

The STAR Center will be the hub of several community recreation programs offered to this population and their families. Programs include sit volleyball, core strength training, and other basic fitness opportunities. In the same campus, athletes will have close access to basketball courts for goal ball, wheelchair basketball practices and competition. The opportunity for soldiers to socialize with local community members who may share the same disability assists in their recovery process. Joining classes at a community center brings the different families together and bridges an uncomfortable gap in the reentry to the community.

The STAR Center focuses on universal design to accommodate and welcome individuals of all abilities. The single story facility will have friendly amenities to wheelchair users and their small children, like lower customer service windows, drinking fountains, lower lockers, private accessible shower stalls and family restrooms. The campus will have accessible trails to enjoy exercise and nature at the same time.

*If interested in our adaptive recreation programs or the opportunity for your agency or association to partner with Metro Parks Tacoma, please call: **253-404-3939***