



## Mark Andrews

Dad, Founder & Executive Director



*Every day, local dad Mark Andrews gets to help thousands of people of all ages and abilities through the non-profit Therapeutic Adventures (TA), Inc. With the guidance of Andrews, TA, which is going on four decades of service, strives to help those in need of improving their functional independence, fitness and overall quality of life through participation in adaptive sports and outdoor adventures. As the founder and executive director, he often plays a multitude of roles but knows that all of them are necessary in helping those who come to TA. For information on services or donating, visit [taonline.org](http://taonline.org).*

*What are the best and most challenging parts about your job?*  
TA (Therapeutic Adventures) works with such a wide variety of people of all ages with physical and developmental disabilities, disabled military heroes, women cancer survivors and those with other chronic and terminal health problems. As for the most challenging aspect, as the only full-time employee of a small non-profit, I must balance my duties and wear a different hat each day—fundraising, grant writing, adaptive program specialist, coach, special events coordinator, adaptive guide and volunteer manager.

*How do you balance all the different, often conflicting, needs of your community?*

I thank God my faith and my family (my wife and two sons) encourage me and support the mission of Therapeutic Adventures. Without their support, I would have conflict. They believe I am doing what I have been called to do.

*How have you grown and changed over the years?*

I have learned that it is not and never has been about me. Our purpose is “to help people achieve their potential and to care for others.” Adaptive sports and outdoor adventures provide opportunities to make this happen.

*What are your hopes for the future?*

For almost 40 years, I have been blessed to do what I love. My hope is that TA will continue for another 40 years enriching the lives of all who are a part of it.

*What advice do you have for young aspiring to help others through their careers?*

It takes what I refer to as P4: Passion. Patience. Persistence. Perseverance.

*Do you have advice for their parents?*

Help them to discover and follow their dreams.

*If you had a 25-hour day, what would you do with that extra hour?* I would spend it outside walking with my wife, as crazy schedules often prevent us from being together until late in the evening after 12+ hours of work.

*What routine or habit helps you keep on top of life and work obligations?*

As I mentioned, my faith is important. Prior to mapping out all that I need to do and setting my priorities for each day or for each project, I pray for guidance, insight, support and the necessary strength to complete my plan of action. I like my quiet time—going for a walk or driving in the car with the radio off. This is when I receive my best ideas. It is very comforting and uplifting to have my private conversations that draw me close to God. It is amazing how new ideas flow with a strong sense of purpose.



*Before switching to capturing the look of love and the inner beauty of her subjects, Beth was a sports photographer with her work appearing in Sports Illustrated, USA Today and Pro Cycling, among other publications. See her work at [3catsphoto.com](http://3catsphoto.com).*

