

What I Can Do

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Synopsis

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Mary K. Hoodhood woke up in a hospital bed to find out that she had been in a catastrophic car accident. At 27, she became paralyzed from the chest down. She knew the dream life she thought she was headed toward was not going to be the same, but she vowed to build a life filled with love, laughter, and purpose. Using her ability to focus on the positive instead of what she could no longer do, she started repeating the mantra, "I will focus on what I *can* do."

Mary K. volunteered for Meals on Wheels at God's Kitchen, got married, helped raise her stepdaughter, took in her teenage nieces and nephew, and maintained lasting friendships. Building on her parents' lessons about service and leadership, she started a nonprofit organization feeding 125 kids. Today, Kid's Food Basket feeds 1.6 million Sack Suppers annually to kids who otherwise might not have nourishment once they leave school.

Journey with her as she faces life's challenges with resilience, hope, and humor.

Reader's comments

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