



## Jolly December E-News from STRIDE!

### Happy Holidays Message from the CEO

By Pat Hayslett

Twas the week of Christmas,  
and all throughout STRIDE,  
Mary Ellen and her elves  
helped our programs provide  
fair access for all  
and the passion to try  
for a fun active lifestyle  
where your limit's the sky!



Lois taught classes,  
Camille took calls,  
Joe worked on budget,  
and Pat gave his all  
to bring in a grant  
for a new year of fun,  
an inclusive community  
fit for everyone.

"Break through those barriers,  
your talents, don't hide!  
we'll support each other  
until we all fly."  
That was her message  
as she strode through the gym.  
"Every single one of you  
is destined to win!"

That was the promise of STRIDE's DNA,  
Mary Ellen Whitney,  
who has this to say:  
"2022 will come and will go,  
but STRIDE's mission will last  
and our people will grow!"

So hop aboard, hop aboard  
Adapt everyone's life,  
Happy Holidays to all,  
We'll make your future shine bright!!!

### Volunteer Spotlight: Lois Whitman

There are many things  
that STRIDE would like to  
forget about the early  
days of the COVID-19  
pandemic...



Beginning our relationship  
with Lois Whitman is definitely NOT one of them!!! Lois has  
been a silver lining that just keeps shining brighter and  
brighter! She is the anchor of our "Fitness Fanatics" inclusive  
group that exercises regularly at the SHARE Center on  
weekdays, and provides volunteers for events. She works with  
our STRIDE athletes designing training programs; she organizes  
dances for kids; and she personally invests a ton of money  
into the equipment we use for fitness classes. She is our  
Holiday Gift Bomb!  
Lois has many certifications in fitness, including adaptive,  
yoga, barre, personal training. She lives in Wynantskill NY with  
her husband Brian who is a golf pro.

### Snowsports Season Underway... Jiminy Peak leads the way for Training and lessons!

Open since Thanksgiving we we  
have already racked up dozens





of lessons and training is almost complete for our 50+ coaches. Catamount will open this week with all kinds of new operations; new lodge, new lifts and new trails. Lessons begin January 1 at Catamount, and Ski Sundown 12/26... and the phone is ringing!! STRIDE was well represented at Ski Spectacular in Breckenridge CO this month, where Mare Whitney was one of 15 national representatives for [National](#)

#### Adaptive Academy.

Scott Henricks was a coach for Junior PaAlympic team hopefuls; and A pair of Sundown coaches Bryce and Lisa took athlete Joan Sidney to take national level lessons. Additionally, an exchange of clinicians has been set up for some high level education between [NEDS at Loon](#) Mountain and STRIDE for the end of January.

Sign up for lessons now! Consider purchasing a discounted 5-pack of lessons at any mountain site! Contact [cpawlowski@stride.org](mailto:cpawlowski@stride.org)

## Holiday Cheer! Santa, sleigh bells, & dancing!

STRIDE's Sensory Santa and holiday dance party had kids on their best behavior before Santa & Mrs. Claus! Photos with Santa, picture frame crafts, and hot chocolate was plentiful Saturday December 11th at STRIDE's SHARE center. A



huge THANK YOU to the Elf Squad who volunteered at the dance; and also to First Reformed Church Schenectady for decorating to make this day special for kids and families all throughout the Capital District. We hope Santa brings everything that was asked for!

Looking for your digital photos with Santa? [Click here to find and download yours!](#) Thanks to our talented photographer, Ottmar Klaas.

**Check out STRIDE programs currently (or soon to be) in session:**



## UPCOMING WARRIOR EVENT

**Warrior Dinner with Chef Chavez  
And Guest Speaker Benita Zahn!!!**

### "Taking Control"

**JANUARY 20 @ 6PM**

**STRIDE SHARE Center: 4482 NY Highway150, West Sand Lake, NY**

Join with fellow comrades and veterans in a comfortable environment to socialize, learn, eat and help yourself be healthy in mind, body, and spirit. Family members are welcome to join!

#### **ON THE AGENDA:**

**LIFE CHANGES TO IMPROVE WELLNESS**

**DISCUSS FUTURE TOPICS OF INTEREST**

**DINNER & REFRESHMENTS**

You must RSVP for this program. Contact STRIDE Program Director  
Camille Pawlowski | [cpawlowski@stride.org](mailto:cpawlowski@stride.org)

**HEARTFELT THANK YOU TO OUR DONORS!!!** We would like to take this opportunity to thank December contributors for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible.

#### **Donors**

Gail Belles  
Mary Bousquet  
Darlene DeMott  
Amy Earing  
Jay Epstein  
Scott Henricks  
Kathleen Jimino  
Carol Karpier  
Justine Keefer  
Sara Kelly  
Maithao Le  
Jane Lesslauer  
Maureen Madden  
Linda Madsen  
Kristen Maroni  
Audry McHugh  
Julie Panke  
Katrina Regan  
Pam Rehak  
Jessica Torre  
Diane & Harris Unger

#### **In-kind Corporations, Stores & Resorts**

Cheesecake Machismo  
Milliman Insurance  
Yawgoo Mountain

#### **Organizations & Foundations**

American Legion Gerald O'Neil Post 1683  
American Legion JJ Weir Post 246



# Wellness Wednesday





**January 5th - February 23rd**

**5pm - 6pm**

**Where: STRIDE SHARE Center  
4482 NY Highway 150  
West Sand Lake, NY, 12196  
Ages: 8-21**

With as little equipment as possible, instructor Emelia Carlino will help your child learn how to have fun with fitness. Play along with your peers and have fun exercising in our new adaptive facility.  
Bring the fun and games home to your family to continue your wellness goals with everyone!

All participants must have a current STRIDE registration and new liability waiver on file.

A \$25 admin fee will secure your child's spot in the program.

All participants must wear a mask regardless of vaccination status throughout the length of the class.

A parent or caregiver must remain with the athlete to help with hand over hand instruction.

**SPACE IS LIMITED!**

In order to sign up for the class, you must call or email

STRIDE Program Director, Camille Pawlowski : 518-598-1279 : [cpawlowski@stride.org](mailto:cpawlowski@stride.org)



## Advanced Swim



Advanced swim is for swimmers who can: swim the full length of the pool or longer with no hesitation, side-breath, under water turn, dive, etc.

The goal of this class is for swimmers to become meet-ready.

Tuesday's 7:00pm - 8:00pm

1/4 - 3/1 (no practice 2/22)

**WHERE:** Mohonasen High School 2072 Curry Rd, Schenectady, NY 12303

**SPACE IS LIMITED!**

Masks must be worn by all athletes, volunteers, and parents at all times unless in the pool. Locker rooms provided for changing.

Updated STRIDE registration forms and waivers required to participate. A \$25 admin fee will secure reservations.

Financial assistance is available if needed!

Contact Program Coordinator to enroll

Camille Pawlowski [cpawlowski@stride.org](mailto:cpawlowski@stride.org) | (518) 598-1279

**More programs to come winter 2022 - keep an eye out on your email for new programs in the coming months!**



## Dancers & Prancers

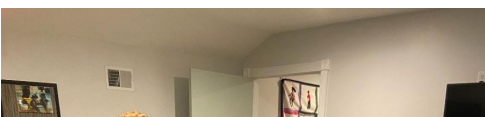
As STRIDE's Dance program came to an end this month, our athletes had an awesome last class with a Christmas theme! Thank you so much to the [Isabelle School of Dance](#) and the wonderful ladies who

volunteered to teach our athletes.

Missed this session? Don't worry - there will be **anew session** in winter 2022! More exciting dance activities are in the works with collaboration with SPAC and their Arts Education program TBA!

## New Holiday

**Respite Program - it's a Wrap!**



American Legion JJ Weir Post 246  
American Legion Post 1324  
Disabled American Veterans #38  
Troy Savings Bank Charitable Foundation

## 35<sup>th</sup> Anniversary Honorary Committee

Diane Albano  
Anonymous  
Terrence Arndt  
Phil & Carolyn Bayly  
Karen Chave  
Ann Myers & Ed Hallenbeck  
Barbara Hrachian  
Kathleen Jimino  
Garry Klein  
Barbara Lawrence  
Colin Liebert  
Clem & Janette Marino  
The Mandel Family (Amanda)  
Joanne Moses  
John Murphy  
Virginia Lynn & Steven Patterson  
Don & Betsy Reutemann  
Frank & Wilma Schmeler  
William Schollenberger  
Elise Stillo  
Bill Watkins  
Spencer Wohlers & Linda Cassidy

## In Memory of Elizabeth Bulger

Amy de Soya

## In Memory of Patrick Bulger

Marcy Bulger

## In Memory of Nora MacIntosh

Gregory Hitchcock  
Erin Muller

## In Memory of Joanne Nicholson

Carol Gardner

## In Memory of Frank Varricchio

Dotti/Carmine Arpino  
Theresa Olchanowski  
David/Karen Rosick

## In Memory of John Wyszomirski

Theresa Johns

## In Honor of Marcel Chaine

Martin Silver

## In Honor of Lachlan Forrester-Willis

Adrienne Willis

## In Honor of Mary Ellen Whitney

Savell Quinn

**Wounded Warrior Snowfest 2022 Dinner Tickets  
NOW AVAILABLE!!!**



Using the SHARE Center from 11/19 - 12/17, STRIDE gave mothers and families 3 hours of respite on prime-time Friday nights to get their shopping done and have some off-duty time.



With fitness activities, making healthy dinners, and crafts every session from 6:00pm - 9:00pm, families reported that they were able to go grocery shopping, catch up with friends and family, get holiday shopping done, and relax during these hours! A huge thank you to all of the volunteers including Averill Park HS students for community service hours, that made this program possible and helping us wrap up with gingerbread house decorating this past weekend!



**1 Day  
4 People  
87 Runs**

Are **YOU** Up For The Challenge??!!



**Ski or snowboard 100K vertical feet in a day for a great cause!**

**Monday, February 28th, 2022 at Jiminy Peak in Hancock, MA!!!**

**Virtual participation - commit to your athletic challenge & peer to peer fundraise with your own page!!!**

**Fundraising Team commitment: \$1,000**

**Virtual Registration is FREE!**

**Tons of cool prizes/t-shirts etc.!**

STRIDE Adaptive Sports is a volunteer non-profit organization that provides over 11,000 adaptive sport lessons annually to individuals with disabilities.

With a focus on individual life-time sports, our programs use specialized equipment to "level the playing field" for all.

1. **Bragging Rights!** Compete against the efforts of other groups across the northeast.
2. **Free Tickets and cool prizes!** Get an additional lift ticket for Jiminy Peak, good any day in 2022.
3. A great way to support STRIDE adaptive athletes.
4. **A day on the slopes always beats a day in the office.**

**Registration coming soon at [www.stride.org](http://www.stride.org)**



**17 YEAR ANNIVERSARY!!!**

*Please Join us in Recognizing our Region's Heroes*

**STRIDE WOUNDED WARRIOR SNOWFEST  
WELCOME CEREMONY**

Friday, March 4, 2022 • 6:00 to 10:00 pm  
Hilton Garden Inn, Troy, NY

Tickets available at [www.stride.org/ww2022](http://www.stride.org/ww2022)

Questions? Contact Patrick Hayslett  
[phayslett@STRIDE.org](mailto:phayslett@STRIDE.org) or 518-598-1279

**GET WELL WISHES GLOBALLY** to all those suffering or affected by COVID-19



- Congrats to Greg Adams, Honorary Board member, on his retirement from SABIC
- Deepest Sympathy to past volunteer Christopher Mueller and family, on the loss of his baby.
- Congrats to long-time volunteer/donor John Hudson, on retirement.
- Get Well wishes to volunteer Rachel Swyer
- Get Well wishes to Chris Darby-King after surgery



We have a very active "SOCIAL" life at STRIDE! Join us on Facebook, for all the latest and greatest activities and resources.



STRIDE Adaptive Sports 4482 NY Highway 150 West Sand Lake NY 12196 [www.stride.org](http://www.stride.org) 518-598-1279