

## October 2016 Newsletter

### **Board Message:**

**We are moving!! HQ and Project SHARE.....**

STRIDE is moving! We have finally purchased our Headquarters and are developing a new and exciting project, the SHARE Center (STRIDE Health and Recreation Education Center) in West Sand Lake, New York. With the Center, STRIDE will be able to increase our programming for the local, regional and statewide disabled community through the creation of unique spaces that will not only allow us to directly provide services to an underserved community, but also to partner with other organizations who are recognized as experts in their areas.

### **Project SHARE:**

The SHARE Center is integral to STRIDE's continued growth and commitment to being a leader in the special needs community and will allow us to address several existing needs. For this purpose we will be creating a multi-purpose space, a warrior and family lounge, and an adaptive fitness area in the Center.

Multipurpose program space: better meet our programming goals and expand our offerings.

Training facility: 350 volunteers coach our students and provide a safe environment for learning. Many are millennials looking to gain experience to help enter the job market. Having a large space with audio, video and internet capabilities will allow sport specific coaching techniques, as well as providing education on adapting techniques to meet the specialized needs of our population.

Warrior & Family Lounge : space for Veterans and the families of our youth participants to use, both in times crisis and for support in improving lives through resources. The lounge space will allow STRIDE to partner with other local veterans organizations to increase the programming.

Adaptive fitness room: allow personal training for students with health compromised body types. The disabled population is in great need of increased fitness levels, and yet most large gyms do not have the equipment or staff to help.



**(Place holder photo)**

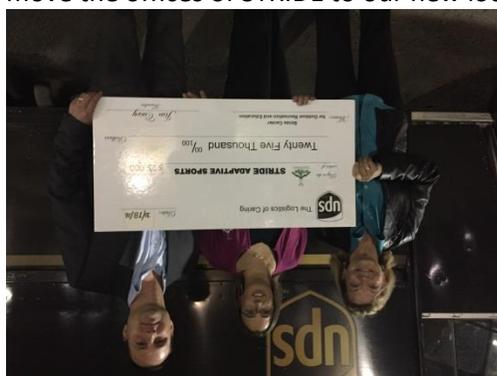
### **We have a new website! WWW.STRIDE.org**

We are proud to announce a total overhaul of our website which better captures the spirit and mission of the organization and provides an easier framework for staff to work with to keep updates and our constituents informed. The updated website features easy to navigate program and event pages, stunning photos, a news gallery, a blog portal, and so much more!

The remodeled page better demonstrates our dedication to quality therapeutic recreation and gives granters and donors a more insightful look into the successes and future visions of STRIDE. Registration for events and online donations are features now available directly from the website. Check out the brand new page now at: [www.stride.org](http://www.stride.org)

### **UPS Foundation Partners with STRIDE**

Albany UPS employees will join forces with STRIDE again with a moving day, as part of their Foundation grant to STRIDE for \$25K toward the SHARE Center development and their 'Neighbor to Neighbor' volunteer program. On November 5, expect to see the big brown trucks rolling into West Sand Lake to move the offices of STRIDE to our new location.



### **Halloween Dance Hosted by Columbia HS Peer Leadership Club**

The red carpet will roll out for a wonderful evening of 'Halloween Harvest Fest' on Friday October 28 from 6:30 – 8:30, dancing and celebrating at Columbia HS in East Greenbush! Food and refreshments and the rockin' sounds of DJ with snacks, dancefloor competitions, and of course – Halloween costumes!!

### **Athlete of the Year, Andy Cummings**

Whether it's zipping down the trails at Jiminy Peak on his snowboard or swimming lanes at YMCA with utmost precision, Andy Cummings has developed into a true athlete, in embodying the values of sportsmanship while deriving the therapeutic values of all the sports he does. Andy tries every activity he is presented with his positive attitude and love of supporting others, such as his recent exploration of joining the sled hockey team.

Joining STRIDE in the 12/13 season after a 4 wheeling racing accident left him with a serious traumatic head injury and the inability to walk or speak, Andy quickly bonded with instructors and found a love for riding. Developing his skills also helped his physical therapists design impactful therapy. Now, through hard work, small steps, and conquering inner doubts, Andy continues to try new sports to continue his progress rebuilding his skills.



Join us in congratulating Andy as STRIDE's 2016 Athlete of the Year.

### **It's Almost Ski & Ride Season!**

STRIDE Adaptive Snowsport Programs at 3 locations Ski Sundown; Catamount and Jiminy Peak provide lessons to students of all ages who require ski and snowboard services. We provide our guests with instructors who are trained in adaptive coaching. Instructors will assess, equip and teach individuals with special needs in private lesson format to meet their specific needs, abilities and learning styles. We welcome individuals of all abilities.

Lesson categories include: Vision and/or hearing impairments, all types of developmental or intellectual disabilities, physical disabilities, and wheelchair users who will sit-down to ski or snowboard.

**WHEN:** Weekends and Monday - Wednesday evenings. Holidays require special requests. Call STRIDE at 518-598-1279 to make a reservation and download the STRIDE application.

**What:** 2.5 hour private instruction lesson; OR a morning and afternoon lesson combo-ticket, which includes adaptive and standard rental ski/snowboard equipment. AND purchase a shadow ticket for a family member who would like to learn how to effectively accompany the adaptive skier/rider. (Ticket only valid for duration of lesson)

\*Cost of lessons vary between mountains. Payment is made to the resort, while STRIDE instruction is voluntary.

**NEW! STRIDE Sliders Program!** Enjoy a group mountain lesson program with other students who are same ability, to promote socialization skills while improving skiing/riding skills. Participants must purchase a package of 6 lessons for the discounted price. Times offered will be Saturday afternoons and Sunday mornings.

**Join the STRIDE Race Team!** Competition for both Special Olympics and Dianna Golden Race Series. Team practices on Saturday mornings at Jiminy Peak. Practices will entail fundamentals of skiing and race gate training. **Team uniforms!** Contact STRIDE if you'd like to compete.

### **STRIDE Cares**

- Congratulations to Warrior Jake Martin on his new job and relocation to SC
- Get Well wishes to Doug Peddie after surgery
- Best Wishes to Megan Palmer on her wedding, now Mrs. Megan Evans!

- Congratulations to Mindy Fairchild on her first ½ Iron Woman
- Get Well Wishes to Jacob Cook, athlete
- Prayers for Rebecca Cruise, and her husband Maj Jim Becker

**Wish List for the New building**

Paper supplies, Paper towels, TP, napkins

Upright vacuum, dustbuster, cleaning supplies of all kinds

Stackable washing machine /dryer

Artificial Christmas tree with lights

Heavy duty shelving units

Tools / toolbox/ carpentry and power tools

Construction supplies and volunteer carpenters

Welcome mats, garden and landscaping, mulch

Small appliances; computer monitors; ceiling mounted projection screen