Surviving Covid-19 as an Adaptive Non-Profit
From the Desk of Mary Ellen Whitney, CEO

STRIDE is an organization whose mission is equality; educating those who need tools to live a healthy active lifestyle while facing physical, emotional or intellectual challenges. Education programs require in-person contact from coach to student in order to develop skill sets to succeed. Now we are faced with unprecedented circumstances which erases in-person contact, and in order to survive and mitigate consequences, we need to find new ways and adapt. Few organizations across the nation have been able to moderate the situation to adapt protocols to serve in-person. STRIDE was quick to assume leadership in this area, assessing our resources for a foothold and continued programming, both virtual and in-person. We jumped to action to re-invent our fundraisers to become virtual; our 5K Run Walk & Roll, and next is our Brewfest event in August. What do our programs look like today:

1. SCORE campgrounds in Chatham NY accommodate STRIDE families for camping retreats on our private grounds. Tents are set with cots, grills, pavilions, fire pits, and outdoor bathroom facilities available with cleaning protocols and products provided. While the lodge is not open, there is ample space for multiple families simultaneously to camp in a safe environment with provisions better than the public campgrounds. Donations accepted.

2. SHARE Community/Fitness center provides availability for individual fitness workouts. Warriors and adults have been taking advantage of the well-equipped gym open M-F 9 to 5 with scheduled appointments and cleaning in between each use.

3. Golf instruction in-person has been successful for kids, by containing them inside hula hoops on the ground to comprehend social distancing. Family members act as individual volunteers for the child if handover hand instruction is needed.

4. Veteran family group camping is a huge hit with our Warrior population. Each family has their own tent with protocols in place for safety, and activities divided into small groups for social distancing.

5. Archery certification course will take place in August followed by small group in-person archery instruction, and exploration for indoor archery during winter.

6. Coming soon: Indoor/outdoor fitness programs for kids at our SHARE Center where three overhead doors that can be open to fresh air in a large multi-purpose floor space. Instructors will offer weekly fun fitness games for kids contained on a yoga mat or in a hula hoop.

Killington World Cup Foundation Awards Grant to STRIDE Race Team

We are thrilled to announce that our racing team of adaptive skiers – ranging from a 10 year old on the Autism Spectrum to a 40 year old with visual impairments – has been awarded a grant of over $3,500.00 to grow the team and expand its participation in Special Olympics and the Diana Golden race series. The grant has been generously awarded by the Killington World Cup Foundation (KWCF), which works to increase access to winter sports for youths and individuals with disabilities in the Northeast and create more lifelong participants in winter sports.

Funding will offset athlete costs of lift tickets, entry fees, travel expenses, uniforms, an electronic timing system and a special headset for guiding blind/visually-impaired skiers. KWCF has a similar mission to STRIDE, and we are thrilled that they have decided to invest in our team of adaptive athletes. STRIDE’s race team introduces adaptive skiers to the thrill of competition in a safe format. Each racer practices for 2.5 hours each week. Divisions are open to: Visually Impaired, 2-Track, 3-Track, 4-Track, Mono Skiers and Snowboarders.

Join us for this New In-person Program at our SHARE Center!
7. Teen mindfulness in-person classes provide exercises to reduce anxiety and stress with weekly classes at the SHARE Center.
8. Kids in-person dance classes weekly structured for fun musical routines

Virtual programs include chair yoga and Zoom social meetings for STRIDE team members from swim and bowling who have not seen each other for several months. Coming soon: Virtual strength training classes.

As we head into fall and winter seasons facing unknown situations for our biggest programs of skiing and hockey, we are planning for many alternate solutions. We hope to be on snow and ice to continue offering exceptional winter programming, and have thoughtful discussions regarding about safety protocols while following CDC and state guidelines.

We have adapted well, so far! We are here for you.

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3rd Annual Brewfest Re-invented!

**Chicken BBQ Fundraiser**
Aug 21, 4-7pm

Chicken $15/Rib $17 Dinner

Order @ [www.stride.org](http://www.stride.org)

Dinners include: half chicken/or ribs; baked potato, coleslaw, dinner roll, bottled water & cookie

Featuring Iron Works Grill of Troy NY

- Pick-up party @ STRIDE parking lot!
- Brew tasting, Live Music, FREE Stewarts ice-cream!
- Vendors & Small Silent Auction
- Limited seating; curbside delivery available

Click Here to Pre-Order Your Dinner!

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**Did You Know?**

**Your Wellness Matters**

**Exercise**

Physical activity—or exercise—is one of the best things you can do for your mind and body. Active people generally are at lower risk for serious health problems like heart disease, Type 2 diabetes, obesity and some cancers.

- Adults should get 150 minutes of moderate-intensity physical activity per week.
- Less than 50% of adults participate in 30 minutes of physical activity each day.
- Only 1 in 3 adults receive the recommended amount of physical activity each week.

**What counts as moderate physical activity?**

- Walking
- Biking
- Gardening
- Dancing
- Golfing
- Kayaking

**What are the benefits of exercising?**

- Improve physical condition
- Reduce health risks
- Lower blood pressure
- Improve mood
- Improve sleep

**How can you get started?**

- Start slowly—Gradually increase your workout length or intensity as your stamina improves.
- Break it up—Strive for multiple short exercise sessions if a longer workout doesn’t fit into your schedule.
- Get creative—Focus on physical activities that you already enjoy, such as walking or dancing.
- Be flexible—Give yourself permission to take a day or two off to recover.

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... we have recently opened our very own Fitness work outs and wellness area in our SHARE Center? Contact us to set up your time to visit and take advantage of all our new equipment and features.

Picture this... a time where you and only you have a designated time and space to take care of your health and well-being. Sounds nice right?!

Contact: [mevans@stride.org](mailto:mevans@stride.org) or call 518-598-1279 to schedule YOUR time.
Summer Veteran Programming!

Warriors Staying Engaged...

Thanks to grant funding made possible by Move United, we were able to re-invent our original Boot Camp program to incorporate the following:

Warrior Family Camping Weekend at SCORE July 31st to August 2nd: Formerly ‘Boot Camp’ tent camping for veterans and their families. Participants are provided socially distanced tents and cots, with all expenses covered for the weekend, including small group outdoor activities outdoors, and entertainment. This program is completely full, so we are organizing a 2nd in September.

Virtual Chair Yoga Classes: a series of classes on Thursdays at 9:00 am through July. This highly adaptive format allows participation from any location and is wheelchair-friendly. Sessions will continue to expand with continued interest. Open to Anyone!!

Virtual Service Dog Zoom Party: The socialization element of programs is an important facet of making a genuine impact, and service dogs are an integral part of those activities. STRIDE will host a Zoom party for veterans to interact as an ice breaker and introduce their service dogs to each other at a date TBD.

Veteran Tent-camping with a purpose: While this summer’s camps will no longer integrate veterans with kids in a mentoring role, character building is still an important part of our program. Veterans can camp together to perform volunteer maintenance and cleanup of the camp, archery range, trails, etc. We have seen that continuing to fulfill a service ethos in civilian life has an extremely positive effect on our veterans. Sign up for a time and a project by emailing dtallman@stride.org. We have several groups signed up already.

Individual Fitness Sessions: We offer individual exercise sessions at the SHARE Center. The facility has state-of-the art fitness equipment including an anti-gravity treadmill for mobility limitations including joint and muscle problems; Cybex stations include chest press, leg curl, and lat pull down, rower, an...
include chest press, leg curl, and lat pull down, rower, an elliptical machine, light weights, bosu; stability balls and much more. You can claim your locker for multiple sessions M-F 9-5.

“So my return to Massachusetts has been amazing. The most amazing part so far is the random decision to get more involved with STRIDE Adaptive Sports and helping maintain their camp. It's nestled in the woods near Chatham, NY. A once thriving camp for scouts has now become an oasis of therapy and fun for those that STRIDE serves.

I became involved a few years ago when, walking through a market, I crossed paths with STRIDE Volunteer, Kevin Woodbury. He told me about their winter programs at Jiminy Peak and a story began. The rewards I get from helping those whom the world sees as being “handicapped” is nothing short of a miracle. I watch those “more able” sitting around; while those who all to often are told “YOU CANT”, come out in -5 degree weather and strap on skis or a snowboard with the upmost joy, happiness and success.

SCORE camp, often utilized in the summer months for adaptive youth and veteran retreats is currently in a place of rebirth. Simply asking to see what I can do has now become a MISSION. I cannot do this alone as much in life, but I will trudge on and make this place something it has never imagined being.

We could use some help though. The current situations in the world have taken a financial downturn for non-profits. We all will get through this and be better for it, but I know many of you still are looking for ways to help in some way. Much of the equipment needed to sustain this place is already in place but I could use some help to make this place something it has never imagined being.

"Camping this weekend was Great!! My son had a blast, we want to come back. The camp is so Beautiful. I work at a Sign Shop, I would like to donate a few signs for trail markers or something if you want some, just let me know. My son slept all night and for autism, that is amazing!" - The Manley Family

HEARTFELT THANK YOU TO OUR DONORS

We would like to take this opportunity to thank our July contributors and following groups, clubs and individuals for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible.

Donors

Kelly Bergmann
Kelly Curro
Maithao Le
Andrew Monioudis

Companies

County Outhouses & Septic Services
Austerlitz Plumbing
Creative Sport Concepts - Mike Taylor
Phillips Hardware Stores
True Value Foundation

In Memory of Mrs. Gina Lanza
Michael Sarnicola

In Honor of Mary Ellen Whitney

Helpful Resources:

Social Stories and Pecs from : Autism Little Learners

5 Summer Wellness Tips

Summer is an exciting time of the year that is typically filled with cookouts, outdoor activities and other events. To promote a happy, healthy summer, try following these five wellness tips:

1. Drink plenty of water to stay hydrated.
2. Get regular exercise to keep your body healthy.
3. Eat a healthy diet to fuel your body for summer activities.
4. Get enough sleep to stay energized.
5. Take time to relax and enjoy the outdoors.

For more information: email mevans@stride.org
Outdoor Family/Individual Volunteer Opportunities:

SCORE Camp
- Weekly Mowing (John Deere rider)
- Trail clearing and maintenance
- Lodge cleaning
- Gardening

SHARE Center
- Mowing & lawn care
- Gardening
- Craft projects

STRIDE Office
- Office work
- Web management
- Photography, video editing
- Social media
- Graphic design

Contact mwhitney@stride.org if interested

Savell Quinn

GET WELL WISHES GLOBALLY to all those suffering and affected throughout the COVID-19 Pandemic

- Congratulations to all the 2020 Graduates
- Congratulations to Christopher Mueller on his engagement
- Get Well wishes to Don Tallman after surgery
- Get well wishes to Diane Craig after surgery
- Get Well wishes to Warrior Roland Cagnon after hip surgery
- A huge thank you to Bill VonDollin for construction work in our SHARE laundry room

We were deeply saddened to learn of the passing of former 1998 STRIDE Volunteer of the Year, Denis Ferentinos. Denis was a friend and founding volunteer for our Jiminy Peak program as one of the first supervisors. He was inspirational, and charismatic and dearly loved. RIP Denis, and our thoughts and prayers to his wife and family.

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

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 Moments in STRIDE

Volunteers Needed!

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