



Tons of April E-News from STRIDE!

Message from the CEO:

Utilizing Post-Covid Era as a Catalyst for a 'Renaissance'

The very nature of a global pandemic presents not just clinical challenges, but organizational and managerial ones as well. While there is no *off-the-shelf* playbook for how to navigate after-pandemic procedures, existing management research indicates that organizations can navigate tumultuous or uncharted times through innovative strategy and creative tactics.

A ***renaissance*** is characterized by an **effort to revive and surpass ideas and achievements**. This occurred historically after other pandemics. Key lessons learned from Middle Ages:

- Entrenched powers and authorities were challenged.
- Priorities changed and new business models emerged.
- Innovation, driven by necessity was accelerated.

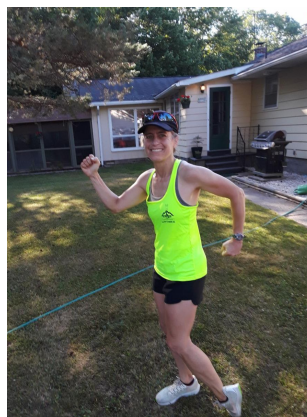
As I recently learned in a seminar at the [NYS Parks & Recreation Society](#) conference, there is "Cash in Crisis" and "Opportunity in Chaos". If there is one thing that comes from crisis or emergency, it is the opportunity for innovation. We have been experiencing some pandemic-driven chaos at STRIDE for months evidenced by staff and program changes.

Resisting change does not allow the door to open for transformation that may be knocking. We embraced losing a 5-year employee to hire a young, former intern as Program Director, Camille, who has been hired now for 8 months, resulting in creative and innovate growth in existing programs through fresh eyes and approaches. Also, In under 2 months with Christine at the helm as new Development Director, her diverse skill set allowed for financial growth in areas we've never explored previously, landing new grants for multiple programs from brand new sources, and fresh approaches to upcoming events.

The Sled Hockey program stagnated in 2021 season and became chaotic, and STRIDE took quick action to re-invigorate the program with new leadership and approach to management that will rebuild its future for developing a youth program and invigorate the competition team with a capital campaign.

And after 17 years of building and supporting a solid adaptive ski program in Connecticut, the area management decided they wanted autonomy without STRIDE to start their own non-profit. We hope they can sustain what was a renowned STRIDE program, but more importantly for STRIDE this opened the door to expansion, to begin a new program at [Titus Mountain](#) in the Adirondacks, and support 2 other regional programs in MA and CT (TBA).

As a user driven society, we want instant gratification; better



Volunteer Spotlight: Mindy Fairchild

Worth a million are those few and far between volunteers who dedicate many consecutive years or even decades to a mission. Sometimes, they come in pairs when they meet through STRIDE and marry! Mindy (Dixon) Fairchild has dedicated over 20 years to the mission of STRIDE and adaptive skiing! (along with her husband Mike).

When Mindy announced that they were moving far away to Tupper Lake area in the Adirondacks, we thought we weren't going to see her much. But she was at a huge loss without STRIDE in her life, so she made the trek a few weekends a month to teach at our Jiminy Peak program, and stay at the Whitney B&B for wayward skiers.

We have now worked out a way for STRIDE to come to Mindy, with a new program in the works up her way in Malone, NY. After meeting with owner and snowsports directors of Titus Mountain, we will begin our new venture this fall with Mindy and Mike at the helm to create an adaptive ski program upstate.

Mindy is department head for Therapeutic Recreation program facility in Tupper region, and working towards her PSIA Level III Adaptive skiing certification, so directing a brand new program should be a piece of cake for her! She and Mike have two 'adopted' kids in the Albany region, so we will continue to see them with their frequent visits home.

Strides4 STRIDE 5K is Back!! Register Now!!

jobs, more time with family, working remotely, and sense of entitlement are linked to the emotional effects of surviving a pandemic to stave off negative mental health impact. Will there be a change in emotional expression after the pandemic? The last year was certainly marked by a range of emotional experiences. STRIDE will tackle each crisis or chaos as an opportunity. As Helen Keller said: "I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do." STRIDE welcomes our Renaissance!

Fore!!! STRIDE Golf Program is Back!

You know spring is just around the corner when Tony & Kelly Curro break out the clubs! Interested in spending time on the greens on Sunday mornings?

Golf is for EVERYONE! Para-mobile units to stand up & swing are available upon request. Please let us know if you would like to try one out to make arrangements. Contact STRIDE program director Camille cpawlowski@stride.org
Route Fore Golf Center
 391 N Greenbush Rd, Troy, NY 12180

Spring 2022: Sunday's 9:30am - 10:30am 5/15 - 6/19



Back in Person!

**At Your Pace -
Competitive or
Casual!**

Strides 4 STRIDE 5k/2k Run, Walk 'n Roll

**Saturday, June 11th, 9 AM
Jennings Landing, Albany NY**

- Early Bird Registration Until June 1st - \$25; \$30 after June 1
- Open to all - inclusive event!!!
- Create your fundraising page to support STRIDE Adaptive Sports
- Participate in our 8-Week Couch to 5K Program
- Prizes for the top competitive runners and fundraisers
- Participation & inclusion for casual but health-conscious
- LOTS OF FUN & FRIENDS Back in-person!

Sponsorship Opportunities Available
Contact cgolden@stride.org

VOLUNTEERS NEEDED!

Now more than ever we need **volunteers** to help re-invigorate a post-COVID full schedule. Volunteering is a great way to spend time, fill community service requirements, or make new friends!

Doing What? Friday night respite program in WSL, fitness coaches, camp counselors @ SCORE camp in Chatham, office work, gardening, sport specific coaching, fundraisers and more... just ask!



Before starting the process, express interest to program director, Camille The volunteer process takes about 2 hours to complete due to government and insurance requirements, but we promise *it's worth it!*

- 1.) [Fill out a volunteer registration form.](#)
- 2.) [Fill out liability waivers.](#)
- 3.) Submit a photo or certified virtual documentation showing vaccination against COVID-19 .

For volunteers 18 and older:

- 4.) **Criminal Background check** - you have the option to pay for it yourself as a donation to STRIDE, or you can have STRIDE pay for you.

Tennis Rock Stars

Our 2021-2022 indoor winter tennis session came to an end this month, ending on a high note! Each athlete is assigned one of two groups and receives 10 weeks of instruction. The silver lining of indoor tennis being over? Warm weather and outdoor tennis! Dates and enrollment will be announced soon - keep an eye on your email or our Facebook page! A big thanks to [US Tennis Association](#) for their support to this program!



Program Leaders get Safety Certified!

A group of STRIDE program leaders and volunteers joined us for a CPR/AED/First Aid training provided by the American Red Cross at our SHARE center! Our awesome volunteers all go through mandatory Safe

training every year, between 30 and 90 minutes depending on how long



5.) Take the 90-minute SafeSport training. You have the option to pay for the training yourself, or have STRIDE pay for you.

Check out the STRIDE programs currently in session below or on our website! If you'd like to start the volunteer process please email Camille and let's get you going!

cpawlowski@stride.org



depending on how long they've been volunteering with us. This is an additional training that is not required, but these rockstars gave us their Saturday morning to expand their knowledge for the sake of our athletes! The

goal is to have at least one program leader or consistent volunteer from each program complete this training. A huge THANK YOU to the [Mother Cabrini Foundation](#) for funding this training for us in the 2022 grant they awarded us.

Are you a program leader who missed the training? No worries - a second training date is coming soon! Keep an eye out from an email from Camille on date preference.

Spring Fling Semi-Formal Teen Dance

Friday May 20th 2022

6:00pm - 8:00pm

4482 NY Highway 150 West Sand Lake, NY 12196

Celebrate spring with STRIDE!

Formal dress NOT required, but encouraged!

Photo booth

Refreshments

Join us in welcoming Spring with a Semi- Formal Teen Dance!

Skate, Shoot, Score!



The New England Invitational Sled Hockey Tournament (AKA Amelia) wrapped up the Capital District Sled Warrior season, sending team athletes home with 4th place in their division! We are proud of the team and look forward to next season! the team is very grateful for the leadership of interim Team manager, Jon Phillips, who stepped in mid-season to organize and assist the team to get them to the end of the season tournaments.

Interested in sled hockey but not sure where to start?

As a player: Next season will begin a youth "intro to hockey" series for athletes of all ages to try it out! Keep an eye out for more about this program - updates coming this summer! Adults are also invited any time, and once skilled, join the team.

As a supporter: STRIDE is seeking leadership of our sled hockey team! Good at organization and team-building? Are you an experienced hockey coach/player who could co-coach the team? We have a need for you! Reach out to STRIDE program director Camille to get involved!

cpawlowski@stride.org

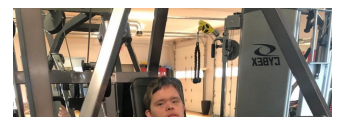
CONGRATULATIONS WARRIORS!

Get Your Sweat On at SHARE Center!

Did you know we offer many fitness programs at our SHARE Community Center in West Sand Lake, as well as the opportunity to reserve a private session to use the gym by yourself? Just ask Colin, (photo) and his aid Mack, who sweat it out twice a week.

We also have a jam packed schedule of classes every week, completely inclusive for all to join. Check out the schedule

below:



STRIDE Adaptive Sports

with iCan Skate

Bike Camp 2022

The unique five day bike riding program is coordinated with iCan Shine's iCan Bike program. The organization provides a fleet of adaptive bikes designed to ensure the success of all riders. The philosophy and technology of the program has impressive evidence for success in youth with cognitive special needs or disabilities.

Where: Union College, Messa Ice Rink, Union Blvd., Schenectady, NY

When: 6/27/22 - 7/1/22

Cost: \$200. Scholarships are available upon request.

***Payment does not mean confirmation!**

Please DO NOT to pay until you receive a confirmation email from STRIDE.*

Campers participate in one 90-minute session daily for a week. Each camper is assigned a trained volunteer who runs alongside them to ensure safety.

Priority is given to athletes who have not participated bike camp before.

Priority enrollment ENDS APRIL 15th. Confirmations go out mid-to-end of April.

Rider Requirements

Rider **must meet** all of below criteria

- Able to attend camp all 5 days
- Able to walk without assistance
- Maximum weight 220lbs
- Willing & able to wear a properly fitted bike helmet
- Age between 8 - 21 years old
- Able to sidestep to both sides
- Have a disability
- Minimum inseam of 20" (measure from floor while rider is wearing sneakers)

Updated STRIDE Registration form + liability waivers and iCan Shine registration required! See full list of details at www.stride.org/sports/biking

For questions contact STRIDE program director Camille | cpawlowski@stride.org

Volunteers
still
needed!



MONDAY

5:30PM - 6:15PM Weight Circuit with Lois
6:15PM - 7:00PM Barre with Lois

TUESDAY

9:00AM - 9:45AM Zumba with Aya
5:30PM - 6:00PM 30-Minute Special
6:00PM - 7:00PM Restorative Yoga with Lois

WEDNESDAY

5:30pm - 6:30pm Youth Wellness Wednesday
6:30PM - 7:30PM HIIT with Kate / Kirstein

THURSDAY

9:00AM - 9:45AM Weight Circuit with Lois
9:45AM - 10:30AM Pilates Mat with Lois

Free Gym reservations for athletes with a diagnosis.

Fitness Classes - FREE for athletes and volunteers! A suggested donation of \$15 per class, for community members.

Interested in reserving a block of time to work out, or want to join a class? Contact Program Director Camille Pawlowski today! cpawlowski@stride.org



STRIDE Spring Bowling



Latham Spare Time

375 Troy Schenectady Rd, Latham
Saturday's 10am - 11am (Ages 6 - 21)

2/19, 2/26, 3/5, 3/12, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30

Program Leader: Diane Grugan

East Greenbush Bowling Center

570 Columbia Turnpike, East Greenbush
Saturday's 11am - 12pm (Ages 6 - 21)

4/2, 4/9, 4/16, 5/7, 5/14, 5/28, 6/4, 6/11

Program Leader: Ruth Anne Lambert

All participants must have a current STRIDE registration and new liability waiver on file. Registrations are active for 365 days. Unsure if you need to renew? Feel free to ask Camille via email!
A \$25 admin fee is encouraged to those financially able.

SPACE IS LIMITED!

In order to sign up for the class, you must contact STRIDE Program Director,
Camille Pawlowski at cpawlowski@stride.org

Honor the "Mom" in your life with a donation to STRIDE!

Your "mom" will receive a free yoga class on May 3rd or 10th, 6 - 7 PM at the SHARE Center. To honor your "mom" [click here](#).



Program support with new awarded grants!

Seymour Fox Foundation awarded STRIDE with a very generous grant to support Camp SCORE programs. Seymour Fox dedicated his 50 year legal career to serving families in and around Troy, NY. At his bequest, the Seymour Fox Foundation was established. In the spirit of Mr. Fox's passion for helping those in need, the Seymour Fox Foundation collaborates with organizations that strive to enhance the lives of families, children and companion animals.

The Charles and Carole Bryant Generation Grant was awarded to STRIDE for support of the Respite Program. Bryant Asset Protection is a family-owned independent agency founded by the late Charlie and Carol Bryant that has been providing its clients with a full range of insurance and financial

services products since 1951. The Bryant family was dedicated to community service. Jeffrey and Mark Bryant honor their parents with the Generation Grant who fund worthy local community projects.



Wellness Wednesday

April 6th - June 1st

No class 5/18

5:30pm - 6:30pm

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!

SPACE IS LIMITED!

All participants must have a current STRIDE registration form and liability waivers on file. A \$25 donation is encouraged for all participants.

In order to sign up for the class, you must contact
STRIDE Program Director, Camille Pawlowski at cpawlowski@stride.org



Advanced Swim



Advanced swim is for swimmers who can: swim the two full lengths 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.

Tuesdays 3/22 - 5/17 (no practice 4/12 or 4/19)

March dates: 7:00pm - 8:00pm

April and May dates: 6:00pm—7:00pm

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 donation is encouraged to all families to cover the duration of the program.

Contact Program Coordinator to enroll

Camille Pawlowski cpawlowski@stride.org | (518) 598-1279

**NEW ATHLETE
TRY OUTS 3/8
AT 7:00PM!
Email Camille
to enroll!**

USTA Adaptive Tennis Together grant was awarded to STRIDE to support our Adaptive Sports Tennis Program. United States Tennis Association (USTA) has been a long standing partner with STRIDE. USTA works with organizations across the country to promote the sport of tennis.

THANK YOU!

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

Donors

Darlene DeMott
Maithao Le
Elizabeth Tunison
Irene Wiltsie
Beverly Folderman
Jeff & Kim Sutton

Grants

Bryant Asset Protection, Inc.
Seymour Fox Foundation
US Tennis Association
Ancient Temple Lodge No.14

In Memory of Henry Seherr-Thoss

John & Rita Doyle

In Honor of Mary Ellen Whitney

Savell Quinn

In Memory of Mrs. Irene Quinty

Mary Moore

In Memory of Linda Haddad

Edward Haddad

In Memory of Mrs. Elizabeth Bulger

Amy de Soyza

Sled Hockey Accommodation Donations

Abigail Radliff
American Legion Riders Helderberg
Ann Marie Perechinsky
Ashley DeSantis
Bethlehem Hockey Boosters
Betsey Kuzia
Brenda Jensis
Christopher Senay
Don Gallo
Excel Hockey
Exit 21 Carwash & Quick-Lube Center
Frances Loeffler
Green Market
Hannaforde
Helen Parsons
Jacqueline Parker
Joann & Paul Gavrity
Jodi Hills
Lia Nissan
Lisa Graziano
Mark Moran
Michelle Rosen
Mike & Patricia Snyder
Natalia Pomakoy

New Country Toyota
O'Connor's Resort Cottages
Patrick Buell
Phillips Hardware
Robert DeSantis
Schenectady Youth Hockey

STRIDE Adaptive Sports
Friday
Respite Program

Respite Program

3 hours responsibility-free! Run errands, have a date night, or take a nap!

6pm - 7pm: Fitness
Burn energy with pickle ball, hoola hoops, & more!

7pm - 8pm: Dinner
All food allergens will be accommodated!

8pm - 9pm: Wind down
Crafts or a movie!

Ages 4 - 30

SPACE IS LIMITED!

STRIDE registration & waivers required for all athletes.

TO ENROLL YOU MUST contact STRIDE program director
Camille Pawlowski
cpawlowski@stride.org



Program Dates:

April - 4/1, 4/29

May - 5/6, 5/13

June - 6/10, 6/17

July - 7/8, 7/22

August - 8/5, 8/19

September - 9/2, 9/16

October - 10/7, 10/21

November - 11/4, 11/18

December - 12/2, 12/16

6:00pm - 9:00pm
4482 NY HIGHWAY 150
WEST SAND LAKE, NY
12196 BUILDING 2

Looking to get involved? Contact Camille to start the volunteer process!

Keep an eye out for more spring program announcements

Dance, Archery, Tennis, Sailing, Kayaking, Bocce, Swimming, Pickle Ball, White Water Rafting and Teen Dances!

Steve Pechacek
Susan Learner
Thea Nelson
Traci Shoemaker



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

- Congratulations to Elena DelPerel and Aibhne O'Kane, Jiminy Peak ski coaches on their marriage!
- Congrats to Tim McDonough, Warrior & archery coach, on graduating from Culinary school! We hope you'll come cook for us at Camp!!
- Congrats to Tony & Kelly Curro, Lois Whitman, Mary Sapp, Mare Whitney, Emelia Carlino, Chris Golden, Kevin and Tyler Woodbury on Red Cross certifications!
- Deepest Sympathies to the family of Athlete Harry Seherr-Thoss on his passing
-

Kayla and Zoey's B'nei Mitzvah Project

11 year old twins Kayla and Zoey have always been super active playing sports since they were 2! As they were approaching their bat mitzvah, they decided to create a community service project and decided to donate all money raised to STRIDE! They set up a GoFundMe page (<https://gofund.me/52f93ed3>) and will be hosting a night of obstacle courses at their local ninja gym! Thanks so much for this amazing giving support girl! ! We cannot wait to see what you contribute!



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



