



## September E-News from STRIDE!

### Message from the CEO:

#### *Bridging the Gap between youth and adults*

It's hard to believe so many years have gone by since I was an APE teacher, and then resigned from my teaching position to run this organization properly. Never did I imagine the children I was serving then would grow to be adults before my eyes; and once they became adults, the STRIDE program would not be able to serve them any longer. Our Board has often said that *'we cannot be everything to everyone'*. This is because we truly spread ourselves very thin, trying to serve as many youth and adolescents as possible in extra-curricular programs where the public school system fails them. But, there too is a failure in our society for adults with disabilities in programming.



Diane Grugan has been a faithful committed program leader for over a decade, since her son Christian was in our programs as a child. She ran the Latham bowling program, but Christian aged-out, as have many of the kids who started in the bowling program over a decade ago. When she decided to retire from running STRIDE programs, she wanted Christian to continue in Special Olympics, but there are gaps there as well. We put our heads together and came up with an operating plan to continue serving young adults, and continue working with Special Olympics competitions while keeping the competitive adult bowling league under STRIDE's umbrella with STRIDE's operating budget being used only for youth athletes as it was designated.

A carefully-crafted program was designed for a competitive bowling league built around STRIDE's 10-week model of weekly practices, both preceding and following the 10-week New York Special Olympic Games bowling season. Competitive rules as set forth by Special Olympics have been implemented to prepare athletes for upcoming competition this winter. This 30-week program extends the STRIDE community to include both former and first-time athletes in an adaptive bowling program. While STRIDE will continue to fund those athletes who are under 22, families and Adult care organizations will pay for the bowling expenses; and Diane will host some fundraising bowling events for uncovered expenses once the league is underway.

How much is this needed? Well, over 35 young adults, former STRIDE youth athletes have already signed up. I'd say we hit the mark!

*Mare Whitney, CEO & Founder*

### Volunteer Profile Anthony Cannone Sailing Program Leader



Anthony has been sailing for over 30 years and member of the Saratoga Lake Sailing Club (SLSC) for over 20 years. He served on several board positions at SLSC before becoming Commodore in 2018 & 2019. Anthony became involved with STRIDE while volunteering as a boat captain and instructor then becoming a volunteer coordinator and recently took on the Sailing Program Lead. He says there is no greater joy than combining his passion for sailing with helping individuals with life challenges.

"I love teaching athletes that sailing is about working with nature, wind and water, to make boats move and seeing their reaction to the experience. Sailing can be a lifelong sport so we are just planting seeds for them. I look forward to seeing the athletes from STRIDE every August, some returning and some new. Their enthusiasm and excitement is infectious. I often tell folks that I think I get as much or more out of the experience as the athletes do. We have great volunteers with whom our program wouldn't be possible without! I am most proud of previously working with the folks at Sail Newport, RI, an adaptive national sailing program, to put on the Classic Yacht Regatta and assisting with the international Volvo Ocean Race Newport Regatta."

Thank you Tony!!

### 2022 2nd Annual Blade Day -a Huge NYC Success Raising \$2K for STRIDE



There has never been a

year go by, where some incredible act of kindness comes to STRIDE by surprise, and once again Owen Hilton and his friends

## A First for Everything... STRIDE goes Water skiing!

A special trip to an adaptive water skiing program, [Leaps of Faith in Connecticut!](#) gave our kids a special day on the water. Everyone skied 4 times and bonus rides on 3-person tube pulled by boats.

Wheelchair users sit to ski: pictured here is Camp Director Stefon Stillwell. STRIDE has never offered this sport previously but we are sure it will become a perennial favorite !



and supporters surprised us by raising over \$2,000 for STRIDE programs in an event they created called 'Blade Day' where they raise funds to support their rollerblading event around Manhattan.

Last year Owen chose STRIDE as his charity and raised \$1500 and surprised us with the results. He did it again this year, surpassing \$2K with a great event this month. Thanks to the amazing rollerblading athletes who joined in the fun to help STRIDE!

**STRIDE Invites You to Stay Home!**

**~~No~~toberfest**



**Dates: October 1-31**

**Location: Wherever**

**Attire: Whatever**



**Join in the **FUN**draising  
by purchasing tickets, bidding on our online auction and  
enjoy specially curated Oktoberfest food and beverage  
recipes and an Oktoberfest playlist**

**Registration Link Coming Soon!**

**Sign ups being taken:**

## SHARE Center Fall Fitness



Offering *many integrated* fitness programs at our SHARE Community Center in West Sand Lake, as well as opportunity to reserve private sessions for gym use. Our jam-packed schedule of classes every week, are completely inclusive for all to join. Check out the schedule on the calendar . 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 [mwhitney@stride.org](mailto:mwhitney@stride.org).

**STRIDE Adaptive Sports  
Friday**





# 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 - 21

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



## Program Dates:

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

Contact STRIDE Program  
Director to enroll!



We Built it For YOU!! Did you know we just finished a **Pickleball court**? Who wants to Play? Donations accepted! Contact [mwhitney@stride.org](mailto:mwhitney@stride.org) to set up your time!!

## Underway Now! Here we go.... Fall Programs

With generous  
support from:



Inaugural Home Tournament for our Team- We Need your Support..it's free to come and watch!



BOWLING - EAST GREENBUSH  
SATURDAYS @ 10:30 AM

BEGINNER BOWLING - ROTTERDAM  
SATURDAYS @ 1:45 PM **PROGRAM FULL**

BOWLING - LATHAM  
SATURDAYS @ 10 AM

SWIM TEAM - ROTTERDAM  
TUESDAYS @ 7:15 PM

22+ COMPETITIVE BOWLING - LATHAM  
MONDAYS @ 6:30 PM

SLED HOCKEY - ALBANY  
SUNDAYS @ 11:10 AM

GOLF - EAST GREENBUSH  
SUNDAYS @ 10 AM **PROGRAM FULL**

RESPITE PROGRAM - WEST SAND LAKE  
EVERY OTHER FRIDAY @ 6 PM

TENNIS - GLENVILLE  
SUNDAYS @ 3 PM

WELLNESS WEDNESDAYS  
WEDNESDAYS IN OCTOBER @ 6 PM

OVER 22 AND INTERESTED IN STRIDE PROGRAMS? CHECK OUT COMPETITIVE BOWLING, SKIING AND SLED HOCKEY!

## VOLUTEERS NEEDED!!

FOR FALL AND WINTER PROGRAMS, INCLUDING ALL THREE OF OUR SKIING LOCATIONS; JIMINY PEAK, CATAMOUNT MOUNTAIN AND TITUS MOUNTAIN!

TO INQUIRE, REACH OUT TO CARLY RONAN,  
PROGRAM DIRECTOR [CRONAN@STRIDE.ORG](mailto:CRONAN@STRIDE.ORG)





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**October 21, 22 & 23**  
**Albany County Hockey Facility**

**Friday, October 21**  
 Game 1 5:30-6:45 PM  
 Game 2 7:00-8:15 PM

**Saturday, October 22**  
 Game 3 4:15-5:30 PM  
 Game 4 5:45-7:00 PM

**Sunday, October 23**  
 Learn to play 11:15-12:30 PM

STRIDE athletes are invited onto the ice to try sled hockey! To sign up, email: [cronan@stride.org](mailto:cronan@stride.org)



# Wellness Wednesday

5:30pm-6:30pm

10/05/22 - 11/16/22

SHARE Center

4482 NY Highway 150 West Sand Lake, NY 12196



Contact Program Director to enroll:  
 Carly Ronan [cronan@stride.org](mailto:cronan@stride.org) | (518) 598-1279

**HAVE YOU SEEN  
 OUR NEW LOOK?**  
 We launched our brand new



**Mother Cabrini  
 HEALTH FOUNDATION**

website! Fresh and updated; with automated efficiency. Thanks to Mother Cabrini Foundation for funding this project!  
**Check us out: [www.stride.org](http://www.stride.org)!**

**STRIDE ADAPTIVE SPORTS**

**halloween**

**TEEN DANCE**

**FRIDAY  
 28TH OCTOBER  
 6:30 PM TO 8:30 PM**

THE DJ WILL BE SPINNIN' SPOOKY DANCE PARTY MUSIC  
 ALLERGEN-FRIENDLY SNACKS AND BEVERAGES WILL BE PROVIDED  
 TEENS ARE INVITED TO DRESS TO IMPRESS FOR OUR COSTUME CONTEST  
 AND **BEWARE**, THE WITCHES OF WEST SAND LAKE WILL BE IN ATTENDANCE

4482 NY HIGHWAY 150, BUILDING 2  
 WEST SAND LAKE, NY 12196

To register: email Program Director Carly Ronan at [cronan@stride.org](mailto:cronan@stride.org)

**FREE EVENT  
 FOR TEENS**

## September Donors

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

### Donors

Darlene DeMott  
 Maithao Le  
 Michael Farrell  
 Arden Kleffman  
 Astrid Harrison  
 Ryan Morash  
 Beth Randell  
 Hima Inmpuda  
 Jay Inmpuda

### Organizations & Foundations

Vanderheyden Hall  
 Move United Boot Camp Grant  
 Killington World Cup Foundation

### In Honor of Mary Ellen Whitney

Savell Quinn

### In Memory of Mrs. Elizabeth Bulger

Amy de Souza

### In Memory of Mrs. Nancy Margiotta

ILdesa Kiger

### In Kind Donations:

Empire Blue Cross  
 Bonded Cement  
 Steve Hannagan  
 Pete Williams  
 Curtis Butler  
 Mike Reilly

**Snowsports Season is Coming!!!  
 Sign up to Coach Now - Pre Season  
 training underway!**

Have you ever thought about how fun it would be to ski or ride



EVERY week? Consider sharing your passion for the sport and get a season's pass for you (and family) by volunteering. B Best friends you can ever make, best time you can have in the winter, Best volunteer work you'll ever do! We have 3 locations!! [Jiminy Peak in the Berkshires](#); [Catamount in Hillsdale, NY](#); and new program in the Adirondacks - [Titus Mountain](#)! Contact [mwhitney@stride.org](mailto:mwhitney@stride.org)

White Kelly

SPAC

Tri City Valley Cats

James Taylor



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



- Congratulations to the family of Board member Mark Moran on the marriage of his daughter Kelly.
- Welcome to our new College of St. Rose interns Brandon Taveres and Kristian Ellis for fall semester
- Good Luck to Board member Dan Rhatigan as he tackles his PhD degree!
- Thank you to National Honor Society student Wyatt for doing community service hours with STRIDE
- Congrats to Warrior Stephen Onley for his new job at HVCC as Veteran Peer Support Director
- Congratulations to Honorary Board member Chris Gibson on his retirement as President of Siena College



## FALL/WINTER VOLUNTEERS NEEDED!

Volunteering is a great way to have fun, fill community service requirements, make friends, and make a difference

### Doing What?

- Friday night respite program;
- Jiminy Peak, Catamount and Titus Mountain skiing/snowboarding instructors
- Tennis and sport volunteers
- Camp clean-up and closing
- Fundraising/office work



### **All Volunteers**

- 1.) [Fill out a volunteer registration form.](#)
- 2.) [Sign liability waivers.](#)

Contact [cronan@stride.org](mailto:cronan@stride.org) for info

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

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