



## May E-News from STRIDE

### Message from the CEO An Exciting Summer Ahead...

Summer 2023 is already shaping up to be far surpassing the past few summers...thanks to forging ideas, productivity and action from our talented staff at the STRIDE HQ! There's enthusiasm from our staff that exudes ideas resulting in productivity.

In today's American work culture, many employees are drifting from organizations – even when they are not actually leaving. Only 1 in 4 employees strongly agree they feel connected to their work culture. But employees who believe in the leadership and feel aligned with coworkers are present and innovative. Highly engaged employees thrive on connection to create ideas and in turn creates feeling of ownership in their work and truly want to move the mission forward. This drive and passion leads to innovation. Our staff proves just that, and I see the connection that's become our office team. A few recent examples: **1) Joe (COO)** converted the sand/dirt bocce court that was so hard to maintain by ordering a huge roll off artificial turf and rolled it out and stapled it to the wood structure creating a new surface to create a multi purpose field for a corn hole league! **2) Alli (Program Director)** uses her personal network to align groups and friends as volunteers for camp, kayak, respite and other programs, building a new volunteer network and awareness for STRIDE. **3) Chris (Development Director)** has created a steady stream of NEW funding sources where we hadn't seen new sources in years. **4) Lisa (Office volunteer)** has collected thousands of \$ auction and prizes, an unexpected outcome; and lastly **5) Patrick, Office volunteer** has scanned and filed all ski athlete profiles/evals so that we will be 100% digital this winter, a project we expected to take all summer! just a few samples of the productivity we collectively see.

The Covid-19 pandemic pushed many organizations into a fully remote work model, and for many that experience comes with challenges for employers who didn't expect this whole remote-work thing to be long term. The debate about remote versus in-person office work continues, both with benefits. In-person office work provides more structure and connection for employees. It allows for the more informal chats that can't be replicated over Zoom. **Humans are social creatures** who crave connection, and the office serves as both a professional and personal gathering place. A study reported in Harvard Business Review showed that face-to-face meetings are 34 times more successful than digital and showed that people actually need in-person meetings, and socializing. Connecting with colleagues can actually improve mental function, combat mental health issues and improve cognitive performance. After all, isn't that the STRIDE mission?

With Deep Appreciation,

Mare Whitney, CEO & Founder

### Amazing Athlete Marcela De Tuya

Marcela Irene De Tuya is a vibrant 16-year-old girl from Delmar, NY who loves being active in her community. She enjoys participating in activities like Hip Hop and folkloric dance, and is on **STRIDE's swim team**. She embraces her Mexican heritage and always participates in cultural exploration activities at her high school. She is a staunch advocate for herself, desiring to become more independent and prepare for college. She is interested in Cosmetology and will take classes through the Capital Region BOCES in the fall, as an outcome from her experience with the STRIDE

Stingray's, she will be working this summer, teaching kids how to swim at the Town of Bethlehem Parks & Recreation. The avid swimmer she is, Marcela is a Special Olympics Swim Team member who will be competing this summer in Utica, NY. Let's cheer her on as she competes this summer!

Marcela embodies the spirit of independence, and she is excited to participate in **STRIDE's I Can Ride Bike Camp** this year too. After Bike Camp is complete, Marcela plans to embrace her new skill by riding her bike to work or to her friends' house!

**You Rock Marcela!**



**Sign up Now - New Format ...After Work Run and Party at the Pump Station!!**  
Contact [cgolden@stride.org](mailto:cgolden@stride.org) for info!



## Themed Teen Dance Sock Hop A Big Hit!!

Teens and young adults danced the night away at this years Sock Hop dance! The dance was held at our SHARE Center in West Sand Lake, and was well attended. With amazing decorations donated by the Nassau VFW, pizza generously donated by [Labella Pizza of Wynantskill](#), everyone danced, sang, ate, enjoyed root beer ice-cream floats, and of course took pictures in our photo booth, operated by our friend, Ottmar. It was a fun-filled night full laughs, smiles, and stellar dance moves! A big thank you to all who attended!



Congratulations to all contest winners! Pictured above are best dressed winners, Hank and Tessa.

- Congratulation to Sled Hockey Manager, Jon Phillips on his Community Advocate award from Police Athletic League
- Congratulations to Patrick Fitzgerald, Board Member, on the marriage of his daughter Julia
- Congrats to ALL the Graduates out there!! Summer is here!!



## Bike Camp Registration is Full! A few more VOLUNTEERS NEEDED!

This year the Learn to Ride program is brought to us with a huge grant from the [William Gundry Broughton Foundation](#). We just received word today! We are blessed!!

**Strides 4 STRIDE**

**RUN • WALK • ROLL**

**5k & 2k Race, Walk 'n Roll**

[www.stride.org/5k](http://www.stride.org/5k)

**WEDNESDAY, JUNE 14TH**

**REGISTRATION AT 5 PM; RACE AT 5:45 PM**

**JENNINGS LANDING, ALBANY**

USTAP Certified Course  
USATF Certification Code NY15018JG

Join us after the race and show your bib for a beer or soda compliments of CH Evans Brewery/Albany Pump Station



## Fitness Fanatics of STRIDE... Volunteer with Pride!

As the integrated community fitness classes build to a regular morning and evening schedule, the women and men who workout have learned to give back to STRIDE in many ways. But one of the more fun events they look forward to are

teen dances. Volunteers dressed the part by becoming the 'Pink Ladies' from GREASE at the recent Sock Hop this month.



## STRIDE Bike Camp

Make the difference in the life of a child...  
Volunteers Needed!







## Volunteers Needed!

Learning to ride a bike is a Rite of Passage for all children. Did you know that the vast majority of children with disabilities, never experience the thrill of independently riding a two-wheeled bike? We need volunteers to defy these odds, and teach skills to last a lifetime!

This unique 5-day bike-riding program is coordinated with [iCan Shine's Bike program](#), who provide adaptive bikes and philosophies to ensure the success of all riders. Campers learn 90-minute sessions daily for a week. Each camper is assigned a trained volunteer to run alongside them to ensure safety. Refreshments and lunch are provided daily.



**VOLUNTEERS NEEDED: sign up for half or whole day sessions, Monday - Friday!**

Full Day: 8:15am-5:15pm.  
Morning session: 8:15am-1:15pm.  
Afternoon session: 1:45pm-5:15pm

Where: Union College, Memorial Field House, Schenectady, NY 12308

When: June 26th - 30th, 2023. Orientation June 25th at 10am.

**SIGN UP NOW!!** [iCan Shine Volunteer](#) Page

Contact STRIDE Program Director Allie Ryan | [aryan@stride.org](mailto:aryan@stride.org) | [stride.org](http://stride.org)

## The STRIDE Stingrays celebrate their hard-work and achievements at the 2nd annual swim team banquet!



A new 'trend' for some competitive programs is to host an awards banquet, similar to what school teams do. The swim team and their families were recently treated to a spaghetti dinner social event at STRIDE's SHARE Center.

# CAMPING

## Camp Volunteers Needed!

**6/23-6/25 Adventure Weekend:** This adventure packed weekend will include going to Jiminy Peak's Aerial & Mountain Adventure park. Enjoy climbing through the trees, ziplining, rides, trampolines and much more.

**7/7-7/9 Music & Movement:** Campers will enjoy making their own instruments, karaoke, singing/dancing around the campfire with musical guests, and watching a live production of Footloose the musical at Mac-Haydn Theatre!

**7/21-7/23 Animal & Nature:** Campers will have the opportunity to go fishing, enjoy nature walks, and go on a field trip to see more than 180 exotic & indigenous animals at the Trevor Zoo!

**8/4-8/6 Funathon Weekend:** This weekend will be a blend of sports and crafts. Friendly competition is healthy, and campers will have the chance to hone their skills in horseshoes, kickball, swimming at Crellin Park, and show off your creativity with fun craft projects.

**8/18-8/20 Military Boot Camp 4 Kids:** Veterans are the counselors for this special weekend. Campers will learn military jargon, walk in line, raise a flag, and learn more about military life! Campers will go to Catamount's Adventure course with their vet as their guide.

**9/8-9/10 Water Ski Adventure:** Beat the late summer heat with all things aquatic! From making your own tie-dye t-shirts to water balloon fight with friends, you'll get to wrap up the weekend with an adaptive water skiing trip to [Leaps of Faith](#) in Connecticut! Wheelchair users are especially encouraged to participate this weekend.

**SIGN UP TO VOLUNTEER TODAY!**

[ARYAN@STRIDE.ORG](mailto:ARYAN@STRIDE.ORG)

See volunteer requirements at

<https://www.stride.org/score-center/>

2182 State Route 203, Chatham, NY  
(across from John Deere dealer)



With a large grant from [Seymour Fox Foundation](#), we are grateful to be able to repair and restore damage from the storms and get a lot more enhancement work completed this season at our SCORE Camp in Chatham. The schedule has been set, and will include many new field trips and activities; great food and fun! Now all we need are **VOLUNTEERS!!!**



## 2023 Youth Camping



### 6/23 - 6/25 Adventure Weekend

This adventure packed weekend will include going to Jiminy Peak's Aerial & Mountain Adventure park. Enjoy climbing through the trees, ziplining, rides, trampolines and much more.

### 7/7 - 7/9 Music and Movement

Campers will enjoy making their own instruments, karaoke, singing/dancing around the campfire with musical guests, and watching a live production of Footloose the musical at Mac-Haydn Theatre!

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### 8/18 - 8/20 Military Boot Camp 4 Kids

\*First time participants only\*

Veterans are the counselors for this special weekend. Campers will learn military jargon, walk in line, raise a flag, and learn more about military life! Campers will go to Catamount's Adventure course with their vet as their guide.

### 9/8 - 9/10 Water Ski Adventure

Beat the late summer heat with all things aquatic! From making your own tie-dye t-shirts to water balloon fight with friends, you'll get to wrap up the weekend with an adaptive water skiing trip to [Leaps of Faith](#) in Connecticut! **Wheelchair users are especially encouraged to participate this weekend.**

A \$25 program admin fee is required to participate. Failure to cancel without notice could result in losing future spots.



Camp location: Camp SCORE - 2182 State Route 203, Chatham, NY (across from John Deere dealership)

Camp Times: This is an overnight camp. Drop off - Friday after 5:00pm Pick up - Sunday 12:00pm

To enroll you MUST fill out the camper registration packet, find it on our website [www.stride.org/sports/camp-score/](http://www.stride.org/sports/camp-score/) For questions, contact STRIDE Program Director Allie Ryan - [aryan@stride.org](mailto:aryan@stride.org)

## Home Sled Hockey Tournament to continue!

# dralla

ORG

With great thanks to the Dralla Foundation, we will host our 2nd

annual [Upstate STRIDE Sled Hockey Invitational](#) coming this fall at our home rink, Albany Hockey Facility. Dates and times TBD.

# STRIDE Adaptive Sports 2023 Friday Fun & Fit

STRIDE SHARE CENTER

# Program

6pm - 7pm: Fitness  
Burn energy with activities!

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

8pm - 9pm: Activity Crafts, VR  
or a movie!

**RESPITE:** 3 hours  
responsibility-free for parents!  
Run errands, or date night!

**Ages 5-21**  
one to one with a  
volunteer

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



## Program Dates:

April 21st, May 12th,  
June 9th, July 14th,  
August 11th, September  
8th, October 13th,  
November 17th and  
December 8th

**We need Volunteers!**

Contact  
[aryan@stride.org](mailto:aryan@stride.org)



## STRIDE SHARE CENTER Community Wellness Program

STRIDE Adaptive Sports, 4482 NY Highway 150, West Sand Lake, NY 12196  
Phone: 518-598-1279 / Email: [communitywellness@stride.org](mailto:communitywellness@stride.org)

**JUNE 2023**

**COMMUNITY CLASSES ARE OPEN TO THE PUBLIC**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>**AERIAL</b> Registration is required for aerial classes & workshops  <b>COST</b> - classes are FREE for STRIDE athletes & volunteers. We suggest a \$15 donation per class for community members.			9:00-10:00 AM Weights Tracy	9:00-10:00 AM Zumba Aya	9:00-10:00 AM Weights Lois		
	<b>**June 4</b> 4:00-5:30 PM Restorative Aerial Workshop Elissa \$45				4:30-5:30 PM <b>**Aerial I</b> Elissa (6/1, 8)		
		5:30-6:15 PM Circuit Lois	5:30-6:00 PM Kickboxing Diana / Maureen		5:45-6:45 PM <b>**Intro Aerial</b> Elissa (6/1, 8)		
		6:15-7:00 PM Barre Lois	6:00-7:00 PM Yoga Lois	6:00-7:00 PM Interval Kate / Kirstein	7:00-8:00 PM <b>**Aerial I</b> Elissa (6/1, 8)		
<b>PERSONAL TRAINING AVAILABLE</b> — Email <a href="mailto:communitywellness@stride.org">communitywellness@stride.org</a> for additional information 1-on-1 or small group weight training, core/balance, mat yoga, Pilates, aerial yoga, nutrition counseling, etc.							



# Strikes 4 STRIDE



**Saturday, June 3rd, 1:00 PM**  
Kingpin's Alley, Latham

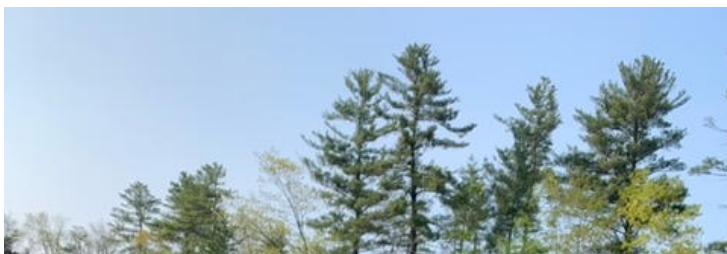


**\$20/per bowler**  
**\$75/Team of 4**  
**\$150/VIP Team\***

VIP package includes 4 t-shirts

**RSVP to**  
**[Stridebowling@stride.org](mailto:Stridebowling@stride.org)**

Send checks to STRIDE, 4482 NY Highway  
150, West Sand Lake, NY 12196  
Proceeds to benefit STRIDE Adult Bowling  
[www.stride.org](http://www.stride.org)







The Kayak Program with Coach Linda is back, and a new edition for discovery is a day of Stand Up Paddleboarding. ACA certified instructors, Linda Finkle and Elissa Voigt, coach the classes on Crooked Lake! The program is full.

Play *FORESTRIDE*!!  
Get your Team together now!



**Ages:** 12+  
**Time:** 9am – 3pm  
**When:** Sunday, July 16th  
**Cost:** FREE for athletes & STRIDE Wounded Warriors  
**Guest Cost:** \$69  
**Where:** Beaverbrook Outfitters, 3921 Rt. 28. North Creek, NY 12853  
**First time participants get priority until June 16th**



Athletes 21 and below must be accompanied by a caregiver.  
**To enroll you MUST contact STRIDE Program Coordinator**  
Alli Ryan | [aryan@stride.org](mailto:aryan@stride.org)



## Cornhole | Pickleball | Bocce

All Wednesday's in July

5:30PM-6:30PM

Families are welcome to bring a picnic dinner and enjoy our outdoor patio space!

Up to date registration / waivers, and a \$25 program admin fee are required to participate.

To enroll you must contact the Program Director  
Alli Ryan | [aryan@stride.org](mailto:aryan@stride.org)



Did you know that our SHARE Center has space for fun outdoor activities? Join us on Wednesday nights in July, for yard games on our new pickleball and bocce court!

## The Society of Financial Service Professionals 4th Annual Golf Outing to benefit STRIDE Adaptive Sports

Monday, September 25, 2023

### April Donors

Darlene DeMott

Maithao Le

Paul O'Leary

Eleni Woods

Kathy Cooke

Lori Buno-Taylor

Paul Gavrity

Organizations & Foundations

## Colonie Country Club

Foursome: \$700

9 am Registration  
10 am Shotgun Start  
3 pm Happy Hour, Putting Contest  
4 pm Dinner & Guest Speaker



For more information, contact **Susan Tobin** at 518-366-6213

Shaker High School  
American Legion Riders Helderberg Post 977  
USTA

### Sled Hockey

American Legion Riders Helderberg Post 977  
Sled Hockey @ Phillips Hardware

### In Memory of Mrs. Elizabeth Bulger

Amy de Soya

### In Honor of Mary Ellen Whitney

Savell Quinn

### In Memory of Mr. Michael Pauley

Barbara DeMango

### In Honor of Mary Sapp

Sara & Tim Melita

### In Honor of Mr. Matthew Weiner

Derek Gallo

### In Kind:

Jim Radley (NYSEG)  
Patrick Fitzgerald  
Ottmar Klaas  
Indian Meadows Courts - Glenville NY  
Route Fore Golf Facility North Greenbush  
Gary & Deb Favro  
LaBella Pizza & Restaurant, Wyantskill  
DEA Computing  
Route 66 Meats & Smokehouse  
Pistana Brothers Pizza  
Francesco's Barber Shop  
YMCA Greenbush  
The Silver Lining  
Skyline Diner  
Moscatellos  
Five Guys  
Applebees, TLCannon  
Diane Grugan-Duvall  
Play It Again Sports  
Eastern Mountain  
Grotto Skin and Lash Lounge  
Starbucks  
Bubbakoo's Burritos  
Maria's Sewing Center  
Ferra's Automotive, Inc  
M&J's Barbership  
Nick's on Main  
Concetta's Pizza House  
Target  
Hollywood Nails  
Hanzo Inc.  
Olde Post Road Golf Club  
Sri Siam Thai Restaurant  
Recovery Sports Grill  
Bullseye Jim's Archery  
Scott's Hallmark  
Fleet Feet  
Zachary's Pastry Shoppe

STRIDE ADAPTIVE SPORTS PRESENTS:

# SPRING 2023 BOWLING

## East Greenbush Bowling Center

570 Columbia Turnpike,  
East Greenbush NY 12061

**Saturday's at 12:00pm**  
**May 20th - July 29th**  
**8 week session.**

**NO BOWLING ON: May 27th, June 24th or July 1st**

To enroll, contact Program Director  
Alli Ryan - [aryan@stride.org](mailto:aryan@stride.org)

Updated STRIDE registration forms  
and waivers required to participate. A  
\$25 admin fee will secure reservations.  
Financial Assistance is Available!



**REFUNDABLE  
CANS AND BOTTLES**

## Donate your Clean NY Bottles & Cans

Mention **STRIDE Adaptive Sports**

Your donation is given to STRIDE!

### Donation Locations:

East Greenbush: E.G. Bottle &

Can Co. - 594 Columbia Tpke East Greenbush NY  
Wynantskill: 6 Cent Redemption - 461 Main Ave  
Wynantskill NY

Pet Smart  
Honest Weight Food Co-Op  
Albany Dutchmen  
Chili's East Greenbush  
Nicole Obrien Pelletier  
Kathy Gullie  
LaBella Pizza & Restaurant, Wyantskill  
fitness ladies -volunteers  
Ottmar Klaas  
Jack's Place  
Nicole Obrien Pelletier

Rensselaer: 6 Cent Redemption - 550 South St Rensselaer NY

Ravena: Just Makes Cents - 2381 Rt 9W Ravena NY  
Questions contact [INFO@STRIDE.ORG](mailto:INFO@STRIDE.ORG)  
DONATE Directly at [WWW.STRIDE.ORG](http://WWW.STRIDE.ORG)  
THANK YOU FOR YOUR SUPPORT



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



## STRIDE Receives USTA Grant

The [United States Tennis Association \(USTA\)](#) has generously supported STRIDE's Tennis Program for years through grants to promote accessible tennis for everyone. STRIDE's Tennis Program, led by Dave Graham, is offered almost year round. David and his family (Dave Sr. (Dad) and Rory (Daughter), give of their time and talent to teach and share their love of tennis with STRIDE athletes. A huge thank you to [USTA](#) for their on-going support of our program. Contact us if you want to join us on the courts for summer fun!



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

STRIDE Adaptive Sports | 4482 NY Highway 150, West Sand Lake, NY 12196 [www.stride.org](http://www.stride.org)

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