### January 2019

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**Daily Adaptive Ski & Snowboard Lessons**

Whether you’re an individual skiing or snowboarding for the first time, a group of participants from a school, club or institution with varying levels of ability, or someone who has skied before, our instructors will put you in the right adaptive equipment for an incredible experience on the mountain.

**When:**
Dec. 26, 2018 – End of March/early April, 2019 (weather permitting)

**Time:**
Half or Full Day, 9:30 a.m. – Noon and/or 1:00-3:30 p.m.

**Contact:**
Pico Mountain & Southern VT: south@vermontadaptive.org 802.353.7584
Mt. Ellen at Sugarbush Resort: north@vermontadaptive.org 802.343.1193
Bolton Valley Ski Area: truenorth@vermontadaptive.org 802.353.3178

[VERMONTADAPTIVE.ORG](http://VERMONTADAPTIVE.ORG)
VERMONT ADAPTIVE SKI AND SPORTS is a nationally recognized non-profit organization that empowers people of all abilities through inclusive sports and recreational programming regardless of ability to pay. In addition to sports, year-round programming options integrate environmental, holistic wellness, and competitive training philosophies for people of all ages with cognitive, developmental, physical and emotional/behavioral disabilities.

STATEMENT OF BELIEF
We believe sports and recreation provide a physical, mental and social experience that is immeasurable in promoting self-confidence and independence in an individual. To that end, we extend an enormous thanks to our affiliates, sponsors and partners who believe in our mission and vision, and who afford us the opportunity to bring sports and recreation to our clients’ lives.

MISSION
Vermont Adaptive Ski & Sports is committed to empowering individuals with disabilities. We promote independence and further equality through access and instruction to sports and recreational activities.

ERIN FERNANDEZ
Executive Director
director@vermontadaptive.org
802.786.4991 x21 • M: 802.353.8129

MAGGIE BURKE
Managing Director
managingdirector@vermontadaptive.org
802.786.4991 x30

KIP DALURY
Office Manager
office@vermontadaptive.org
802.786.4991 x22

KIM JACKSON
Director of Communications & Marketing
pr@vermontadaptive.org
802.786.4991 x24 • M: 802.345.9730

JEFF ALEXANDER
Director of Strategic Partnerships
partners@vermontadaptive.org
802.786.4991 x29

TOM ALCORN
Senior Program Coordinator
south@vermontadaptive.org
802.786.4991 x25 • M: 802.353.7584

Winter Programs at Pico Mountain and in the South Central Region. Summer programs in Rutland County, the Upper Valley and points south.

KELLY WALSH
Program Coordinator
truenorth@vermontadaptive.org
802.786.4991 x27 • M: 802.353.3178
Winter Programs at Bolton Valley Ski Area and Chittenden County.

Program Coordinator
north@vermontadaptive.org
802.786.4991 x26 • M: 802.343.1193
Winter Programs at Sugarbush Resort. Summer Regional Mountain Biking. Summer Paddling and Cycling in Central Vermont.

RET. SSG. MISHA PEMBLE-BELKIN
Veteran Ventures Coordinator
veterans@vermontadaptive.org
802.786.4991 x31

MACLEOD “MAC” JANNEY
Development Coordinator
development@vermontadaptive.org
802.786.4991 x23 • M: 802.345.4025

Some highlights:
- Access to providers in all 50 states and more than 190 countries and territories worldwide.
- Blue Rewards Health and Wellness Program—dollars you earn by engaging in healthy behaviors.
- World-class, member-centric customer service from local professionals.
- Integrated financial services for HSAs, HRAs and FSAs.

Reach us:
- By phone at (800) 255-4550
- Online at www.bcbsvt.com
- By email at consumersupport@bcbsvt.com

FOLLOW US! fb tw insta
VERMONTADAPTIVE.ORG

• Alpine Skiing
• Canoeing & Kayaking
• Cycling
• School Outreach
• Sailing
• Specialty Events

• Paddleboarding
• Mountain Biking
  (off road & downhill)
• Presentations at Conferences
  & in Classrooms
• Goalball
• Adventure Weekends

• C.O.R.E. Connections
• Snowshoeing
• Cross Country Skiing
• Snowboarding
• EcoAble Adventures
• Wellness Retreats
### Vermont Adaptive

**Ski & Sports**

**FEBRUARY 2019**

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**PROFILE: MONICA MAROIS**

Monica (in the photo on the right) will begin her sixth season as a volunteer instructor. She lives in Boston, but finds plenty of time to get outside to play. Despite her busy city lifestyle, she spends as many winter weekends as possible in the Killington/Pico area, teaching 3-5 full days in the winter plus three days of instructor training.

She recalls one memory where she spent all day with an athlete who was shy. “A couple days later she actually called me, and she thanked me for going skiing with her and telling me that she had the best day ever,” Monica said. “So it was great to get some good feedback from somebody that was that shy.”

Read Monica’s full story at vermontadaptive.org/blog
**MARCH 2019**

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**SPECIAL OLYMPICS VERMONT WINTER GAMES**

- Pico Mountain - south@vermontadaptive.org
- Sugarbush Resort - north@vermontadaptive.org
- Bolton Valley - truenorth@vermontadaptive.org

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**ADDITIONAL INFORMATION**

- **Daylight Savings Begins @ 2AM**
- **First Day of Spring**

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**ADDITIONING SKIING TO CLASSROOM CURRICULUM**

Learning outside of the classroom presents new and exciting challenges for students with disabilities, creating a unique opportunity for them to succeed in a safe and fun environment.

“They see that their teachers are really good at skiing or snowboarding, and it makes the teachers seem more human to the students, and not just a teacher in a classroom,” said Tom Alcorn, senior program coordinator for Vermont Adaptive.

School groups spend mornings with instructors and then break for lunch. Some groups just ski for the morning while others will head back out for the afternoon.

“This program allows students to think outside of the box and develop skills that pertain to personal growth,” said Alcorn.

To reserve school group lessons:
- Pico Mountain - south@vermontadaptive.org
- Sugarbush Resort - north@vermontadaptive.org
- Bolton Valley - truenorth@vermontadaptive.org

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**VERMONTADAPTIVE.ORG**
### COLLABORATIVE EFFORTS

When the partnership began with Zack’s Place in Woodstock, Vermont a few years ago, many participants had never skied before and were hesitant. With a little bit of practice and help from our instructors, it didn’t take long for participants to get in the groove.

Each Zack’s Place participant is paired with a Vermont Adaptive instructor. Once participants are ready and out on the snow, they spend time learning how to get on and off lifts, stop, turn, and ski. The fun continues inside the lodge, especially on colder days when participants come inside during breaks to enjoy a warm hot chocolate and cookies.

“The accomplishments are huge from just being able to walk in ski boots to zooming down the hill with shrieks of joy. We cherish our Tuesday ski days,” said Dale Frates of Zack’s Place.

To become involved, contact Tom Alcorn at south@vermontadaptive.org.

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### Vermont Adaptive Events

- **APRIL 2019**
- **MARCH 1:** APRIL FOOL’S DAY
- **APRIL 1:** MARCH
- **APRIL 2:** APRIL FOOL’S DAY
- **APRIL 3:** MARCH
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- **APRIL 30:** MARCH

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**VERMONTADAPITIVE.ORG**
## Cycling & Mountain Biking
Tandem and hand cycling, and off-road and mountain biking are available throughout various locations around the state. Vermont Adaptive’s adaptive mountain biking program is one of the first in New England.

## Paddlesports
The freedom offered by paddling pushes aside the barriers presented by disabilities. Vermont Adaptive has a fleet of canoes, kayaks, tandem kayaks, and paddleboards available for day trips. We also do windsurfing outings on request.

## Indoor & Outdoor Rock Climbing
Learn how to belay and climb safely. Petra Cliffs’ and Green Mountain Rock Climbing’s experienced and knowledgeable staff can even set up a haul system to assist people with physical disabilities to learn to climb.

## Hiking & Camping
Explore the beautiful Green Mountains with a hike, or camp with us in one of Vermont’s many state parks.

## Sailing
Learn to sail with the Sonar or Martin 16 sailboats, or try your hand at racing.

We can schedule outings, too — you think of it, and we’ll create it in the Vermont community of your choice!
**9TH ANNUAL VERMONT ADAPTIVE CHARITY RIDE**
**PRESENTED BY LONG TRAIL BREWING, JUNE 22, 2019**

What’s better than cycling through the beautiful Green Mountains of Vermont? Having a famous Long Trail Ale waiting for you at the finish! Join us to pedal and party for a cause to support adaptive sports. Cycle Vermont’s byways with 100, 60, 40 or 20 mile routes, a family-friendly 5K ride, and mountain biking at Killington. Festival includes live music, BBQ, face painting, kids games, vendor village, silent auction, and more. The goal is to raise more than $300,000 for Vermont Adaptive’s programs, participant scholarships, expensive adaptive equipment and more.

Adaptive athletes ride free! Learn more and register at charityride.vermontadaptive.org

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**CORE CONNECTIONS WELLNESS CAMP**

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VERMONTADAPTIVE.ORG
C.O.R.E. CONNECTIONS gives participants a chance to connect their whole body health with mindfulness and lifestyle changes. Each retreat includes lifestyle analysis, goal setting, nutrition, local farm to table initiatives, personal fitness abilities, and mindful activities like creative art, music sessions, adaptive yoga, and guided breathing exercises.

We incorporate sports and outdoor activities based on the interests and skills of the participants in each retreat. Activities include canoeing, kayaking, outdoor hiking adventures, therapeutic horseback riding, skiing, snowboarding, cycling, swimming, games, and more depending on the season.

For more information, visit vermontadaptive.org/wellness
VERMONT ADAPTIVE’S MOUNTAIN BIKE PROGRAM, one of the first in New England, offers adaptive mountain bikes for both cross-country and downhill excitement. All abilities are welcome, and participants may bring their own equipment as well. Four adaptive mountain bikes are available for participants on a first-come, reservations-based system. These highly adjustable bikes are ideal for individuals with Spinal Cord Injuries, Amputations or Limb Differences, or Balance and Motor Skill Disabilities.

“Participants gain a sense of accomplishment when reaching the top of the mountain and that is great to see,” said Kelly Walsh, Vermont Adaptive program coordinator. Vermont Adaptive also owns a fleet of two-wheeled mountain bikes and bicycles for use on the recreation paths.

For more information, visit vermontadaptive.org
VETERAN VENTURES PROGRAM
Vermont Adaptive has been serving veterans with disabili-"abilities since its founding in 1987. Through the years, the organization has been active with the United Spinal Cord Injury Association, the Eastern Paralyzed Veterans Association, the Veterans Association of White River Junction (Vt.), the National Guard, the 10th Mountain Division, the Home Base Program, and other regional and national groups.

Vermont Adaptive’s guides and instructors provide sports and recreation year-round to active duty members of the military and veterans with permanent disabilities. We create a sense of camaraderie with groups whether it’s on a daily, weekly or retreat-style basis. Our Veteran Ventures Program serves to support those military servicemen and women to experience a new sport or excel in an existing one while creating a safe social community of friendship and trust.

Contact:
Ret. SSG. Misha Pemble-Belkin  
802.786.4991 ext. 31  
veterans@vermontadaptive.org

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<tr>
<th>VETERAN VENTURES PROGRAM</th>
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VERMONTADAPTIVE.ORG
My time being part of this crew was amazing. I met some of the most inspirational athletes and volunteers, and that was my favorite part. To be one of the people facilitating lessons was an honor, and a service I would provide time and time again if I could. Like anything it did have its challenges. Learning how to overcome communication barriers was an experience that I will carry with me throughout life. It was always hard, and always will be, but with each lesson I taught it gave me new confidence and tools to handle future challenges.

Become an Intern
Read why Ryan thinks Vermont Adaptive is Like a Diner in his blog at vermontadaptive.org/blog
BE A VOLUNTEER!
Vermont Adaptive succeeds because of the dedication of more than 400 highly-trained volunteer instructors. We are searching for energetic, dedicated individuals who have a passion for sports and want to share that passion with others. Our volunteers dedicate their free time to help individuals with disabilities rediscover their abilities and achieve their dreams through sports and recreation.

Volunteers are from all walks of life but have one mission in mind – to help those with disabilities enjoy sports and recreation on a daily basis. Off-snow training is held in November and on-snow training is in December. Summer volunteer training is held in June in various locations.

To learn more and apply to volunteer, visit vermontadaptive.org/getinvolved

VERMONTADAPTIVE.ORG

NOVEMBER 2019

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At some point in our lives, we consider our ever-changing abilities. Many of us know someone with limited mobility, a degenerative disease, a physical disability, or someone with different learning or cognitive abilities. What are the opportunities for them to have fun, exercise, learn a sport, and to simply play outside? This is where Vermont Adaptive Ski and Sports fills a vital need in our communities. It is all made possible by the generosity of hundreds of volunteers and donors. Every manner of giving to Vermont Adaptive powers our programs so that cost is not another barrier for our participants. There are no limits to what we can achieve with your support! Will you give today?

To learn more about #GivingTuesday and about other ways to give, or to make a donation, visit vermontadaptive.org/waystogive