

SPIRITED ATHLETES

# SABAH

BOLD AT HEART

SABAH Scenes

Spring, 2019



**SABAH'S  
2019  
EMILY HERMANCE  
SPIRIT AWARD  
RECIPIENT  
KELLY O'DONNELL**

*Each year, the Emily Hermance Spirit Award is presented to the SABAH athlete who exhibits a spirit of enthusiasm and determination in spite of challenges. While all of SABAH's Athletes face the daily challenges of disability, this special award honors one athlete who best exemplifies the courageous and optimistic spirit of the award's namesake, Emily Hermance. This year's award is presented to one of SABAH's most enthusiastic Evening and Weekend program skaters and a participant in the Adaptive Hockey program, Kelly O'Donnell.*

Kelly is a sweet and shy 15 year old SABAH athlete with a determined spirit. Kelly began skating in the Saturday morning program at the Hamburg Town Rink just three years ago. Now a freshman, Kelly attends SABAH's School Day Adaptive Ice Skating program with her classmates from Frontier High School. While Kelly learned to skate through the Weekend program at Hamburg, she continues to make tremendous progress during her weekly sessions in the School Day program.

Although Kelly enjoys SABAH's adaptive skating programs, she is a competitive athlete who is passionate about hockey. Kelly's father, Mike, recalls the day she got her SABAH hockey equipment. "As soon as

we arrived home, Kelly put on all of her new equipment to watch the Sabres game." Kelly's excitement grew even stronger when she came back from the holiday break with her own, brand new hockey skates.

"Kelly exudes all of the traits of the Emily Hermance Spirit Award, as she is one of our most enthusiastic and determined athletes," states Executive Director, Sheila O'Brien. "Kelly's dedication and work ethic make her a tremendous role model for other SABAH athletes challenged by disability, as she continually sets high goals for herself and then surpasses them. She is truly an ideal recipient for the Emily Hermance Spirit Award."

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## SABAH's MISSION

SABAH, a 501(c)(3) organization, is dedicated to the mission of enriching the quality of life for individuals challenged by physical, cognitive, and/or emotional disability by providing education and therapeutic recreation, promoting fitness, and developing social and communication skills.

### Board of Directors

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### FROM THE DIRECTOR

Dear Friends:



It's almost show time! It's the time of the year that we have been looking forward to with great anticipation since the start of our School Day and Evening and Weekend programs back in October! As we conclude the season by watching the final practices leading up to the Celebration on Ice, we never cease to be amazed at the accomplishments of our athletes.

The Celebration on Ice is more than a performance. The event marks a victory over many challenges, often in addition to physical disability. Many of our athletes were fearful of the ice just a few months ago; some are overcoming social anxiety to perform in front of a large audience; many demonstrate courage in spite of being nonverbal; and many others overcome the challenges of transportation, especially in winter, to get to and from their SABAH sessions. They are a remarkable and courageous "family" over 800 strong. And each year at the Celebration on Ice show, we are reminded of their fortitude and tenacity, making this one special day inspirational for all of us.

We hope you will join us on March 16, 2019 at the KeyBank Center for this year's Celebration on Ice. The show is themed, "And the winner is...", a scintillating tribute to songs from Emmy, Grammy, Oscar, and Tony award winners to commemorate the winning spirit in all of SABAH's Athletes!

With gratitude,  
Sheila O'Brien  
Executive Director

SABAH's  
2019  
Celebration on Ice

Saturday,  
March 16, 2019  
KeyBank Center



*and the winner is...*

Tickets \$12

2:00 p.m.

This year's Celebration on Ice will feature songs from Emmy, Grammy, Oscar, and Tony award winners commemorating the winning spirit in all of SABAH's athletes.

For more information or to purchase tickets, go to our website [www.sabahinc.org](http://www.sabahinc.org)





## ***The Barbara Ann Willhoff Volunteer of the Year Award***

The Barbara Ann Willhoff Volunteer of the Year Award is named after one of SABAH's most beloved and active volunteers. Barbara Ann brought endless joy, encouragement, and confidence to both SABAH athletes and volunteers alike. While we deeply miss her presence, we hope this award will serve as a lasting legacy to Barbara Ann, as well as an inspiration to all of us to love and serve each other in the same way she loved all of us.

## ***The 2019 Barbara Ann Willhoff Volunteer of the Year***

At 26 years old, Joe Aungst has made SABAH a part of his weekly routine for half of his life. Although Joe was barely a teenager when he first started with SABAH, he was always committed, playful, and compassionate. And, while we have watched Joe grow into a remarkable young man and devoted father to 6 year old Sophia, SABAH's youngest volunteer, he continues to support SABAH athletes with the same fun-filled spirit and enthusiasm that he began with 13 years ago.



***Joe Aungst***

While many things have changed in Joe's life, he faithfully makes time in his schedule to volunteer for SABAH's Evening and Weekend program. Each Tuesday at the Riverside Rink, SABAH athletes and volunteers look forward to spending time with Joe. In addition to the time he spends at the Riverside Rink, Joe also volunteers with the Adaptive Hockey program and many of our special events. "He is just a magnet," states SABAH's Executive Director Sheila O'Brien. "Joe is so encouraging and upbeat that everyone wants to be around him. Just like Barbara Ann, the award's namesake, he truly brings joy to both our athletes and his fellow volunteers."



## **SABAH's Summer Clinics**

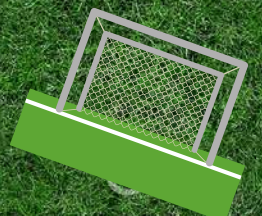


**Get ready SABAH sports fanatics!**

**We are offering two clinics to teach new football and soccer skills. You won't want to miss this exciting opportunity! But we have limited spots available, so sign up soon for one or both of these clinics!**

**Adaptive Football Clinic**  
**Saturday, May 18, 2019**  
**10:00 a.m. - 12:00 p.m.**  
**Cazenovia Rink**

**Adaptive Soccer Clinic**  
**Saturday, June 8, 2019**  
**10:00 a.m. - 12:00 p.m.**  
**Cazenovia Rink**



**Cost is \$10 per participant and registration is limited.**  
**Sign up now at [www.sabahinc.org](http://www.sabahinc.org)**



**POSTER**

# POSTER

# SABAH Rocks the Blue and Gold Skate-A-Thon

It's wildly fun and exciting! Best of all, the Skate-A-Thon supports SABAH athletes by allowing us to keep participation fees far below the costs of programming.



Tuesday, March 5, 2019

5:30 p.m. – 7:00 p.m.

KeyBank Center

SABAH athletes and volunteers:  
There is still time to register!

Or, show your support your favorite  
SABAH athlete or volunteer by  
pledging your support at:

[www.sabahinc.org/skateathon](http://www.sabahinc.org/skateathon)

## Meet SABAH's Junior Board of Directors



Front: Bridget Steele, Sarah O'Brien, Cara Clayback, Allie Bush  
Back: Anna Stolzenberg, Harry Steinwald, Laura Hettrick,  
Andrew Black, Andrew Clayback  
Missing from photo: Max Principe, Erin Hart, Connor Harvey

While serving on a Board is a great honor, it also comes with significant responsibilities. SABAH's Board of Directors had a desire to share their leadership with a younger generation of professionals to encourage community service and engagement. As a result, SABAH's Junior Board of Directors was initiated. These young professionals, 12 in all, are a remarkable group of young leaders. They were selected through a nomination process by the current Board of Directors and the Executive Director and will each serve a three year term. Many have been active volunteers with the organization, while many others have provided fundraising support for SABAH. Over the past year, this dedicated group of young professionals has introduced SABAH's mission to friends and colleagues, as well as provided support for several fundraising events. Under their leadership, the Kickstock Kickball Festival increased proceeds by nearly double over the previous year's totals!

## IN MORE WAYS THAN WE CAN COUNT.....

### THE BUFFALO SABRES SUPPORT SABAH ATHLETES



Each year, the Buffalo Sabres graciously host SABAH's Celebration on Ice Show at the KeyBank Center. This season-ending event allows SABAH athletes to showcase their accomplishments in front of an enthusiastic audience of thousands of friends and family members.



The Buffalo Sabres also host SABAH athletes and volunteers for the annual Skate-A-Thon, an important fundraising event for SABAH, as well as a fun-filled opportunity to skate with current and former Buffalo Sabres!



The Buffalo Sabres provide tremendous support for SABAH's annual Starlight Night Auction and Gala by making donations for the Live Auction, as well as offering donations for the Silent Auction.



As part of a five year grant initiative, the Buffalo Sabres Foundation is providing \$100,000 of support for SABAH's programs serving over 800 of our athletes challenged by disability.



The Buffalo Sabres, as well as individual players, often provide SABAH athletes with tickets for games and special events. Many of our athletes and their families would be unable to attend these events were it not for the generosity of the Buffalo Sabres.



Both current and former Buffalo Sabres players have appeared at programming, schools, and special events in support of SABAH athletes. Buffalo Sabres players have also served as spokespersons for our organization.



## IN MORE WAYS THAN WE CAN EXPRESS, WE THANK THE BUFFALO SABRES FOR THEIR TREMENDOUS SUPPORT OF SABAH ATHLETES.



### Gary George, Jr. Unsung Hero Award **Max Principe**

*The Gary George, Jr. Unsung Hero Award honors a SABAH volunteer who exhibits quiet strength and compassion, the same qualities of the award's namesake, Gary George, Jr.*

SABAH's 2019 Gary George, Jr. Award honoree is a young professional who began volunteering for SABAH as a high school student. Now the Programming and Community Outreach Coordinator for Hotel Henry and The Mansion on Delaware, Max Principe continues to make time in his schedule to volunteer with CC Costello each week at the Riverside Rink evening program. Max is an exceptional volunteer for CC, as well as a thoughtful friend to nearly everyone in the program. Max also shares his support for SABAH by serving on the Junior Board of Directors.

## How do I donate?

Tax deductible  
donations can be  
made to SABAH at  
[www.sabahinc.org](http://www.sabahinc.org)

or

by check to  
SABAH, Inc.

2607 Niagara Street  
Buffalo, New York,  
14207

*Thank you for  
your support!*



SPIRITED ATHLETES

# SABAH

BOLD AT HEART

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WEBSITE: [www.sabahinc.org](http://www.sabahinc.org)

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## Save the Date!

Join us for SABAH's 4th Annual  
Kickstock Kickball Festival!  
See our website for more details.  
[www.sabahinc.org](http://www.sabahinc.org)



Saturday,  
July 13, 2019  
Buffalo's Outer Harbor