

SPIRITED ATHLETES

# SABAH

BOLD AT HEART

ISSUE: FALL, 2023



The Children's Guild Foundation's  
Summer Athletes Bold At Heart program

## **SABAH'S WILD AND WONDERFUL "OFF-SEASON"**

### **What does SABAH's off-season look like?**

More and more, that is becoming a delightfully irrelevant question! Because when the Celebration on Ice is over, four of SABAH's seven programs (the Outdoor Series, the Adults Fit and Fun program, The Children's Guild Foundation's Summer Athletes Bold At Heart School Day program, and Summer Skates) are either continuing or just beginning!

To learn more about SABAH's spring and summer programs, look inside or go to our website at [www.sabahinc.org](http://www.sabahinc.org)

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## FROM THE EXECUTIVE DIRECTOR **SHEILA O'BRIEN**

We are ready for our 47th season! The start of a new year is always exciting at SABAH. But this year, in particular, has us eager to share several new developments that are making us especially excited for the start of the 2023-2024 season.

For one, we are back at the Bud Bakewell Riverside Rink for our Tuesday evening sessions of the Evening and Weekend program. After more than a year of renovations at the Riverside Rink, we couldn't be more excited to have our Tuesday sessions back!

Another recent development is the number of new SABAH athletes that participated, for the first time, in our Summer Skates program. As we start the new Evening and Weekend season, we will be eager to introduce you to many new friends who are now part of the SABAH family!

Also, if you missed it over this past summer, our Outdoor Series is back! We had several fun-filled sessions including a Maid of the Mist boat tour and nature hikes in Letchworth State Park and Niagara Falls State Park. This fall and winter, we will have a new line up of adventures and activities in New York State Parks to keep everyone active and enjoying the outdoors!

In addition to these programs, we will also be resuming our School Day Adaptive Ice Skating program, Adults Fit and Fun program, and our Adaptive Ice Hockey program this fall. And, with many of these programs already nearing capacity, we are eager to begin the new year!

We hope you will take the time to look at the program and volunteer opportunities in this newsletter or on our website at [www.sabahinc.org](http://www.sabahinc.org). Because, whether you are a volunteer or an athlete, when you join SABAH you become part of our family. And, we are deeply grateful for each one of you.

We look forward to seeing you on Opening Days!

## SABAH'S OFFICE TRANSFORMATION.... THANKS TO THE JAMES H. CUMMINGS FOUNDATION!



Because of the tremendous generosity of the *James H. Cummings Foundation*, SABAH is enjoying the benefits of an office transformation! Grant funding of **\$20,000** from the *James H. Cummings Foundation* allowed SABAH to install a new, and vitally important security system; replace flooring throughout the kitchen, conference, and office areas; install new cupboards in the kitchen; construct a storage room, and more! These remarkable improvements will offer SABAH the capacity to offer informational seminars, host small fundraising events and meetings, and keep the staff and contents of the office safely secured. ***On behalf of the entire organization, thank you, James H. Cummings Foundation, for your support of SABAH!***



**SABAH'S 2023-2024**

# Opening Days

## **EVENING & WEEKEND PROGRAMS**

**REGISTER NOW AT [WWW.SABAHINC.ORG/EVENINGANDWEEKEND](http://WWW.SABAHINC.ORG/EVENINGANDWEEKEND)**

*SABAH's Evening and Weekend programs offer an adaptive ice skating program for any individual, of any age, challenged by disability at four locations throughout the Western New York region. Participants improve balance, coordination, physical strength, and socialization from October through March. For more information or to register, go to [www.sabahinc.org/eveningandweekend](http://www.sabahinc.org/eveningandweekend).*

### **HAMBURG TOWN RINK**

#### **OPENING DAY - SEPTEMBER 30, 2023**

*Saturdays, 9:50 a.m. - 11:10 a.m. (two sessions)  
2982 Lakeview Road, Hamburg, NY 14075*

### **NORTHTOWN CENTER AT AMHERST**

#### **OPENING DAY - OCTOBER 1, 2023**

*Sundays, 11:30 a.m. - 12:50 a.m. (two sessions)  
1615 Amherst Manor Drive, Amherst, New York 14221*

### **BUD BAKEWELL RIVERSIDE RINK**

#### **OPENING DAY - OCTOBER 3, 2023**

*Tuesdays, 4:30 p.m. - 5:20 p.m.  
2607 Niagara Street, Buffalo, New York 14207*

### **NIAGARA UNIVERSITY DWYER ARENA**

#### **OPENING DAY - OCTOBER 4, 2023**

*Wednesdays, 6:30 p.m. - 7:20 p.m.  
University Drive, Niagara University, NY 14109*



**SABAH'S NEWEST  
STAFF MEMBER,  
AARON DEUTSCHMAN**

SABAH is excited to announce that Aaron Deutschman, a New York State Certified Teacher and longtime SABAH volunteer, will be joining our staff in September! Many of you are already familiar with Aaron, as he has been a volunteer in the Evening and Weekend program, the Adaptive Ice Hockey program, the School Day programs, and more, for over 17 years!

Aaron's expertise as a teacher for children with special needs, as well as his experience with SABAH, will allow him to take a leadership role in SABAH's School Day Adaptive Ice Skating program, The Children's Guild Foundation's Summer Athletes Bold At Heart program, and the Adaptive Ice Hockey program

Aaron is also skilled in adaptive equipment management and distribution. As a result, he will also be managing SABAH's extensive inventory and matching participants with adaptive equipment to meet their needs.

# SABAH'S WILD & WONDERFUL "OFF-SEASON"

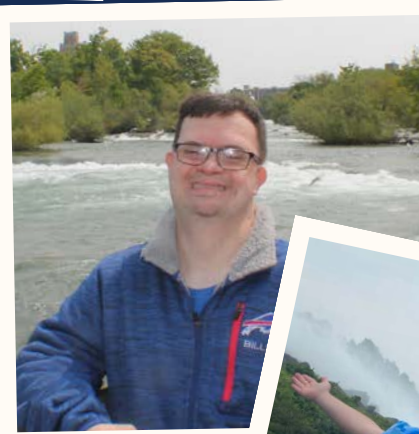


## THE CHILDREN'S GUILD FOUNDATION'S SUMMER ATHLETES BOLD AT HEART PROGRAM

The Children's Guild Foundation's Summer Athletes Bold At Heart Program, the spring and summer component of SABAH's School Day programs, was back in force this year on the turf surface of the Cazenovia Rink. As a program that compounds the physical, social, behavioral, and academic benefits of SABAH's School Day programming, The Children's Guild Foundation's Summer Athletes Bold At Heart program incorporates movement with New York State Learning Standards and life skill development to improve outcomes for children with special needs.

What does SABAH's "off-season" look like? It might be better to ask, "Is there one?" Because, while most everyone is aware of our Evening and Weekend adaptive ice skating season from October through March, SABAH offers seven programs that extend throughout the year.

Since our Celebration on Ice in March, we've been pretty busy! Over the past few months, SABAH athletes have been participating in SABAH's The Children's Guild Foundation's Summer Athletes Bold At Heart program, the Outdoor Series, Summer Skates, and the Adults Fit and Fun program.



## SABAH'S OUTDOOR SERIES

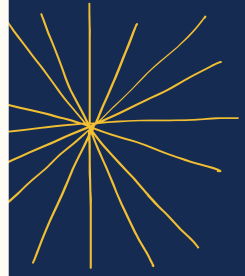
SABAH's Outdoor Series offers birding, nature hikes, beach walks, snowshoeing, and other activities for SABAH athletes and their families/caregivers in New York State Parks. This spring and summer's Outdoor Series sessions included a thrilling boat ride in front of Niagara Falls on the Maid of the Mist, hiking in Letchworth State Park, and a trail walk in Niagara Falls State Park.





## SUMMER SKATES

SABAH's 2023 Summer Skates offered an adaptive Ice skating program during the summer months for any individual, of any age, challenged by disability. The 2023 program had the largest number of participants in recent history and included six sessions at the Bud Bakewell Riverside Rink. These sessions emphasized building stamina and fitness, as well as increasing socialization during the summer months when many other programming options for individuals with special needs are on break.



## ADULTS FIT AND FUN PROGRAM

SABAH's Adults Fit and Fun program offers adaptive recreation that meets the specific needs of individuals challenged by disability for any adult challenged by disability during the daytime hours of the work week. The program includes adaptive ice skating in the winter and sport court activities in the spring and summer

The spring/summer component of this year's Adults Fit and Fun program included adaptive ice skating, trail walks, basketball, soccer, yoga, and obstacle courses.

LEARN MORE ABOUT OUR PROGRAMS ON OUR WEBSITE AT

[WWW.SABAHINC.ORG](http://WWW.SABAHINC.ORG)

## OUR 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.

## OUR BOARD OF DIRECTORS

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## how do I donate?

Tax deductible donations can be mailed to SABAH at the following address:  
SABAH  
2607 Niagara Street  
Buffalo, New York 14207

or online at:  
[www.sabahinc.org/donate](http://www.sabahinc.org/donate)

or scan:



*Thank you for your support!*



## 2023 Kickstock Champs!



Kickball participant, Kyle Long, recorded the highest fundraising total by raising \$3183 for SABAH!

## Congratulations to the 2023 Kickstock Champions, the Bassholes!

SABAH's 2023 Kickstock Kickball Festival drew hundreds of kickball players, SABAH athletes, friends, and spectators to Wilkeson Pointe on Buffalo's Outer Harbor on June 24, 2023. The electrifying tournament ended with a medal presentation to the tournament champions, the Bassholes!

## Looking to volunteer?



SABAH volunteers provide encouragement, assistance, and friendship for individuals challenged by disability. With a time commitment of just one hour per week, you can assist SABAH athletes either on the ice or by providing off-ice support, such as registration check-in. Either way, we believe that volunteering with SABAH will be a rewarding experience! For more information, go to [www.sabahinc.org/volunteer](http://www.sabahinc.org/volunteer)

## We need your support!



We are always grateful for your support of the annual Starlight Night Auction and Gala. We hope you will, once again, support our largest fundraising event of the year by donating a gift of a themed basket (we love your creativity!), spirits and wine, gift card, or other gift of your choice. For more information, go to [www.sabahinc.org/gala](http://www.sabahinc.org/gala) or email us at [sabah@sabahinc.org](mailto:sabah@sabahinc.org). Thank you for your support!





**WE DANCED! WE SANG! WE CHEERED! WE CELEBRATED!  
(AND THEN WE DANCED SOME MORE!)**

# **SABAH'S 2023 CELEBRATION ON ICE LET'S DANCE!**



SABAH's 2023 Celebration on Ice was an epic party celebrating the incredible accomplishments of SABAH athletes over the past year! Throughout the night, SABAH athletes and their families enjoyed watching their performances together on the big screen! The evening was also highlighted by the presentation of SABAH's Emily Hermance Spirit Award, the Gary George, Jr. Unsung Hero Award, and the Volunteer of the Year Award.



## **The Helping Hands of Chianpou, Travis, Besaw, and Kershner, LLP**

Each year, the "Helping Hands" of Chianpou, Travis, Besaw, and Kershner, LLP spend a day providing volunteer support for SABAH's School Day programs. This past June, our friends from Chianpou, Travis, Besaw, and Kershner, LLP assisted participants of The Children's Guild Foundation's Summer Athletes Bold At Heart program as they learned new football skills and sports activities during the summer session!



SPIRITED ATHLETES

**SABAH**  
BOLD AT HEART

2607 Niagara Street  
Buffalo, New York 14207  
Phone: 716-362-9600  
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Website: [www.sabahinc.org](http://www.sabahinc.org)

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2023 STARLIGHT NIGHT  
AUCTION & GALA

# Crafty BREWS AND BARBEQUE

NOVEMBER 17, 2023  
6:30 PM

BUFFALO NIAGARA  
CONVENTION CENTER

*in support of over 550 athletes challenged by disability!*

[WWW.SABAHINC.ORG/GALA](http://WWW.SABAHINC.ORG/GALA)



LIVE MUSIC, CRAFT BEER ON TAP, OUTDOOR GAMES,  
UNIQUE AUCTION PACKAGES, AND A GOURMET BARBEQUE DINNER