

# what'sup

in Area M

Summer 2023

## CONFUSED?????



Between COVID causing the shutdown of activities and the Regionalization of Special Olympics Pennsylvania, we are all a little confused! But never fear, look at the article below for an important meeting which will explain the changes to Area M.

**SAVE THE DATE...  
THIS IS IMPORTANT!**  
**AREA M - TOWN HALL**

**JULY 27, 2023 | 6:30-8:30PM**

CAPITAL AREA INTERMEDIATE UNIT, 55 MILLER STREET, ENOLA, PA 17025

### SPECIAL GUESTS

**MATTHEW AARON, PRESIDENT & CEO  
AND NATE GARLAND, CHIEF MISSION OFFICER  
OF SPECIAL OLYMPICS PENNSYLVANIA**

**YOUR ATTENDANCE AND SUPPORT OF THIS TOWN HALL WILL HELP AREA M FIND THE  
DIRECTION WE NEED TO MOVE FORWARD AND BECOME A LEADER IN REGION 7.**

### **MORE INFO TO FOLLOW ON FUTURE EVENTS**

WHOOPIE PIE SALES | WREATH SALES | KARN'S TORCH SALES & STAR BAGGERS | FALL CLASSIC



**Special  
Olympics  
Pennsylvania**

*Dauphin, Cumberland, Perry and Northern York Counties*  
55 Miller Street, Enola, PA 17025 | 717.732.6756 | [www.specialolympicspa-capitalarea.org](http://www.specialolympicspa-capitalarea.org)

# FALL SPORTS TRAINING

If you missed Fall Sports Registration call Shannon at 717-614-8047 ext 373 immediately!



**BOCCE:** Bocce is a sport for all ages and all abilities. Area M currently has 3 sites for Bocce training.

Carlisle – Thursday evenings at Village Park in North Middleton Township. **GOT QUESTIONS?** Contact: Skip Deaven at 717-962-6363 or email padlad@yahoo.com

**MECHANICSBURG** – Wednesday evenings at Soldiers and Sailors Memorial Park. **GOT QUESTIONS?** Contact: Jan Holt at 717-586-7766 or email janjeffholt@gmail.com

**HERSHEY** – Saturday morning at the Hershey Italian Lodge, 123 Hillcrest Rd. **GOT QUESTIONS?** Contact: Liz Grimes at 215-872-3532 or email lizgrimes4@outlook.com



**BOWLING:** Area M will once again have training for bowling beginning in August. 3 Training Locations to choose from.

**TRINDLE LANES** – Trindle Rd, Mechanicsburg on Sundays

**ABC EAST LANES** – Eisenhower Blvd, Harrisburg on Sundays

**MIDWAY BOWL** – Holly Pike, Carlisle on Tuesdays

**GOT QUESTIONS?** Contact: Louise Bell at areamvolunteer@msn.com

**FLAG FOOTBALL:** Area M Flag Football will take place this fall! The Tornadoes practice on Sundays from 10am-12pm at Cedar Cliff High School (1301 Carlisle Rd, Camp Hill). Our first practice will take place Sunday, 8/13/2023 and will occur weekly up to Fall Festival at Villanova on 11/3-11/5. All ages and skill levels are welcome to come play. We would love to have more teammates. **GOT QUESTIONS?** Contact: Peter Monahan at peter.monahan13@gmail.com



**LDR/LDW:** If you like to run or walk, this is a great sport to participate in. Athletes will compete in the 1500M, 3000M, and/or 5K walk or run and some even compete in the 10K run!

Practice is held at Adam Ricci Park, Enola on Tuesdays or the Army War College, Carlisle on Thursdays. Both start in August. **GOT QUESTIONS?** Contact Lauren Parody at lparody@specialolympicspa.org



**POWERLIFTING:** Show off your muscles at the Benchpress and Deadlift this upcoming season. Powerlifting will start on Sunday, 8/6/2023 from 4:00-5:30pm. Location to be determined. **GOT QUESTIONS?** Contact: Charity Poleshuk at poleshuk.charity@gmail.com



**SOCCER:** We look forward to starting the soccer season. Training starts on Monday, 7/17/2023 at the H.A.C.C. CAMPUS. Practice is from 5:30-7:30pm. As the days get shorter, practice will gradually end earlier. I hope to see all of you from last year and hopefully we'll see some new faces. **GOT QUESTIONS?** Contact: Mike Sanders at m41357s@verizon.net



**VOLLEYBALL:** Last year the Area M Volleyball team went to Nationals in Orlando Florida and came home with a Silver Medal! Join in on the fun! Two locations to choose from. **OTTERBEIN UNITED METHODIST CHURCH**, Carlisle - **GOT QUESTIONS?** Contact: Tracy Porter @ englandsrose68@aol.com

**SUSQUENITA HIGH SCHOOL**, Duncannon – **GOT QUESTIONS?** Contact: MaryEllen Brown @ snickersbrown5@gmail.com



## CAPITAL AREA REGION HOSTED THEIR FIRST SWIM MEET! May 7, 2023 – Cumberland Valley High

Approximately 80 swimmers from Adams, Area M and Lancaster took part in the 1st Capital Area Swim Meet. It was a wonderful day and all that attended had a great time. The facility was perfect, the volunteers were great, and the competition was amazing. Many thanks to Kathy and Jim Buck and all the Volunteers for putting on a great meet. Shannon Pechart, Capital Area Sports Director, thank you for all your efforts on behalf of the Capital Area Athletes and Coaches.





# THE 51<sup>ST</sup> SPECIAL OLYMPICS PA AREA M GAMES!

## HELD FOR THE 1<sup>ST</sup> TIME IN 3 YEARS! Celebrating good times...

It was a beautiful day to host Area M Games! Hosting games and offering the opportunity to just over 400 athletes to participate, was amazing! The Games Committee did a great job. Thank you to Susquenita School District for opening their facility for us to use. Thank you, to all the students from our Districts and especially Susquenita, for stepping up and volunteering to assist in many of our needs the day of the event. A special thanks to all the Buddies, we couldn't do this without you. To all of our loyal sponsors and their crew of amazing volunteers who help us year after year, we appreciate you all so much! Thank you for hanging in there with us as we slowly reopen competition for our athletes.



The T-shirt Logo Winner was the Autism Support classes from Winding Creek Elementary School in the Cumberland Valley School District. The teachers were Ms. Elizabeth Sibie, Ms. Kim Smith, and Ms. Keri Dougherty.



### 2023 AREA M GAMES VOLUNTEER APPRECIATION

Games has been a building block for our program for 51 years. Area M Games helps us to build our Community Based Training and Competition. They also help us build an amazing Volunteer Base for our program.

Lori Moyer, Buddy Volunteer, has been with the same athlete at Area M Games for 17 years. Lori has volunteered at Area M Games for **25 YEARS!**

*Thank you Lori!*



## AREA M ATHLETE LEADERSHIP TEAM

The Athlete Leadership Team is happy to finally be back to a 'normal' meeting schedule after having missed these last couple of years due to COVID! And, they have been busy! In February, the ALT was thrilled to host the Valentine's Day Dance. They also were able to help in getting the credentials ready for Central Spring Sectionals, as well as helping out with packing Buddy Bags for Area M Games and presenting the Opening Ceremony at the Capital Area Region Swim Invitational.

If you, or anyone you know, is interested in becoming a member of the Athlete Leadership Team, you can call the office, or find the ALT application on the SOPA website. It is a great way of leading the way in Area M and spreading the word about Special Olympics, as well as giving back to the community through additional volunteer work. We are always looking for new faces to be a part of the team! Got Questions? Contact: Jan Holt at [janjeffholt@gmail.com](mailto:janjeffholt@gmail.com)

### Area M MOVIE NIGHT Here's your chance to see "CHAMPIONS"

**WHEN:** FRIDAY, JULY 7TH @ 8:00 (or earlier to catch up with friends). We'll start The Movie once it's dark enough!

**WHERE:** MARYSVILLE LIONS CLUB We'll be outside, so bring a lawn chair and snacks, (and bug spray!) If it rains, we'll move inside.

**A fun night to be with friends & watch a movie!**



# BE PART OF AREA M... WE NEED YOU!



## SIMPLY AWESOME!!!



The Special Olympics North America Annette Lynch Lifetime Achievement Award was recently awarded to Coach MaryEllen Brown. We are so proud of you Coach Brown and WE LOVE YOU!

THANK YOU for your dedicated service for over **50 YEARS** to Special Olympics and especially all you do for the athletes of Area M.

Kerry Zeiders has led the Morning Stretch at games since 1991. She has been an Area M Volunteer for **32 YEARS**. Representative Sheryl DeLozier has been an Area M Volunteer for **32 YEARS** as well. She started long before she was elected to the House. We LOVE both these amazing ladies and THANK them for their dedication to Area M and our amazing athletes!



### HAPPY RETIREMENT – COACH NANCY SILAR

A little over 20 years ago, only one person showed up for a NEW Volunteer Registration held at the CAIU. Now, it's time to bid that new volunteer a fond farewell. Nancy Silar has been the Head Coach at our Hershey Swimming Site and our Swimming Coordinator for **20 YEARS**. She has done a remarkable job working with our athletes and helping Area M Swimming to thrive! We will miss you greatly, Nancy, but wish you all the very best in your new adventure in life. Goes without saying... WE LOVE YOU!

## SUPPORT THE KARNS TORCH SALE IN AUGUST!



The Karns family is a great supporter of Area M. They will again be selling torches during the month of August with 10 local stores participating. Help support Team Area M and purchase a Torch (or several!) at your local Karns store. Information about athlete "STAR" Baggers will be coming to you soon. For more information contact: Charity Poleshuk at [poleshuk.charity@gmail.com](mailto:poleshuk.charity@gmail.com)



### Let me win. But if I cannot win, let me be brave in the attempt.

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- Special Olympics Athlete Oath