23 Years
Of Providing
Adaptive Recreation

2020 ANNUAL REPORT
AbilityPLUS serves a diverse population of individuals, from people with severe physical disabilities to people with intellectual and developmental disabilities.

Founded in 1997 by a group of volunteers inspired by the awesome achievements of participants with physical or developmental disabilities.

AbilityPLUS has provided thousands of adaptive sports lessons giving participants the joy of inclusion in mainstream recreational activities.
Although this past year was cut short due to the Covid 19 Pandemic, AbilityPLUS was able to pursue its mission.

Over the course of the past year, 117 individuals participated in outdoor recreation programming in skiing, hiking, canoeing and cycling with the help from 59 volunteers.
2019-2020 Volunteers

- William Anderson
- Rachel Anderson
- Claire Armstrong
- Mike Armstrong
- Alaine Breen
- Robin Clark
- Kieran Corbett
- Diane Covino
- Michael Covino
- Liz Craveiro
- Bruce Curtis-McLane
- Kevin Donohoe
- Maureen Enos
- Grant Erickson
- Jon Erickson
- Kristin Erickson

- Dick Farrell
- Moriah Freitag
- Sarah Freitag
- Samantha Glasshart
- Adrian Hall
- Dylan Heinricher
- Elizabeth Horne
- Kate Johnson
- John Keator
- Cheryl Keator
- Angela Lanzillo
- Edward Leary
- Bob Levin
- Paul McClintock
- Ryan McClintock
- Mike McIlrath

- Duncan McNeil
- Susan McNeil
- Glen Nile
- Audrey Orsino
- Joe Orsino
- Katelin Oyler
- Mik Oyler
- Paul Pacenka
- Johanna Pastoriza
- Lynette Pierce
- Richard Pierce
- Kadie Pink
- Kris Puzas
- David Quigley
- Ken Quigley
- Sally Quigley

- Thomas Ravenelle
- Betsy Roguet
- Margot Roguet
- Rachel Ryan
- Paul Schuepp
- Mark Shepherd
- Dianalyn Sirota
- John Smallcomb
- Tim Sorgi
- Richard Staples
- Lee Sutherland
- Hannah Thatcher
- Rick Ullrich
- Sydney Urko
- Liz Wehmeyer
- Pat Wood-Higgins
The **Joe Heinricher Award** is given at the end of each season to the volunteer who stands out as embodying the spirit of Joe Heinricher. Joe left us too soon and embodied everything that AbilityPLUS stands for and strives to achieve:

- **Selflessness in service**
- **The belief that all achievements are to be celebrated**
- **The belief that all participants can achieve beyond their perceived capabilities**
- **The belief that everyone should and can be included**
- **The belief that everyone brings value**

**Award Winners**

2020 – Richard Ullrich
2019 – William Anderson
2018 – Richard Pierce
Last year we raised $93,650.95!

Last year we invested $99,929.74!
Our Top FUN-draisers!

+$5000
Mike & Diane Covino

$2000-$5000
Ken Quigley

$1000-$2000
Emma McNeil
Mik & Katelin Oyler
Richard Pierce
Tim Sorgi

$500-$1000
Elizabeth Horne
Cindy Quigley
Liz Craveiro
Betsy Roquet
Team Mano
Lee Sutherland

Our FUN-draisers enthusiastically raised monies for our annual Ski-A-Thon!
We Give Thanks to Our Donors!

+$5000
Shepherd
Kathleen McKechnie
White Mountain Jeep Invasion

$1000-$5000
Kenneth L. Abrahms – Altimira Fund
Anonymous
Red Sox Foundation

$500 - $1000
Mike & Diane Covino
Charles Dishmon
Lynette Pierce
Tim Sorgi
Stuart Koman
Sheila McCarthy
Wildcat Mountain Ski Area

<$200
Michael & Angela Cronin
Maureen & James Devine
Karen Erikson
Edward J. Finerty
Aimee & Justin Frechette
Joel Getman
Richard Godfrey & Carla Destefano
James Hartwick
Ed Hodges

Rick & Vickie Jenkinson
John & Cheryl Keator
Helene Lane
Mik & Katelin Oyler
Sue Padden
Stephen & Marlene Piccone
Rick Pierce
Kathleen Quinlan
Penny Quinlan
Rodman Ford Sales, Foxboro, MA
Robert & Nancy Sorgi
Steven & Cheryl St.Pierre
Margaret Thornton
Jeffrey & Sandra Webb
### Thank You to Our Sponsors

- Andes Ski Shop
- Attitash Mountain Ski Area
- Attitash Mountain Village
- Attitash Ski School
- Autumn Nomad
- Barley & Salt
- Bart's Deli & General Store
- Bear Notch Ski Touring Center
- Black Diamond Networks Inc
- Cabin Fever Restaurant
- Castle in the Clouds
- CCA Construction Consulting Assoc., LLC
- Chef's Bistro
- Common Man Inn & Spa
- Conway Scenic Railroad
- Cranmore Mountain Resort
- Debony Salon
- Eagle Brook Saloon
- Eastern Inter Club Ski League
- Flatbread
- Frechette Tire
- Great Basin Coffee Company
- Heaven's Sport Shop
- International Mountain Equipment
- Nordic Skater
- North Conway Olive Oil Company
- Pet Rendevous
- RDL Studios
- R.E.I.
- Rodman Ford Sales
- Sacobound Outdoors
- Santa's Village
- SavMor Spirits
- Seacoast Repertory Theater
- Shepherd Financial Partners, LLC
- Ski Chair
- Ski & Sport Shack
- Smart Wool
- Stan & Dan's
- Starbucks
- Story Land
- Sunrise Shack
- Swan Boats of Boston
- The Local Grocer
- The Salon
- White Mountain Cider Company
- White Mountain Independents
- White Mountain Oil & Propane
- Wildcat Mountain Ski Area
- Wildcat Inn & Tavern
- Yesterday's Restaurant
- Zeb's General Store
Corporate Donors

RED SOX FOUNDATION

Hannaford

SHEPHERD FINANCIAL PARTNERS

RCF


ABILITY ADAPTIVE SPORTS
life. enriched
We at AbilityPLUS are hoping that this message finds you safe, healthy, and well. This year has been quite a challenge for all of us. The challenges of a pandemic of this magnitude are beyond the scope of anything that we could ever have imagined. That said, it is with great honor that I write this letter. We are grateful for each relationship that we have cultivated through our mission. Our program participants and volunteers are the sole purpose of our mission. And the kind and generous donors are who create the ability to financially fulfill our mission. Each and every one of you is meaningful to us at AbilityPLUS.

This year had so many incredible memories. The number of lessons that we were able to provide and the afterschool programs that created impacts that we could only have dreamed of. These collaborations are so meaningful to us.

The relationship with the management at Attitash, Wildcat, ESSC, SAU9, and Cranmore make it possible to serve our mission. This collaboration is a critical part of our success in providing our programs. Thank you for this wonderful collaboration.

The number of lessons that we provided had been on track to surpass our goals. The early shut down due to COVID-19 prevented us from accomplishing this goal. We also found it necessary to layoff staff with the declaration of the pandemic. This has proven critical to preserving our financial resources to serve our adaptive programming in the future. Each of our students is the driving purpose to what we do.

We are in regular contact with the respective mountain management to determine how we can serve our students this season. We are hopeful that we will be able to provide a robust program schedule this winter. We are foremost thinking of the safety of our students, volunteers and their families.

We are grateful that we have preserved resources to serve our students when we are safely allowed to do so. We are deeply committed to serving our mission, and we are hopeful to see each and everyone of you this season.

Be well, and we love all of you.