



# INSIGHT

## KEEN Partners With Local Groups to Start New Programs For Athletes Over 25

Beginning this September, three new programs will open their doors to athletes with disabilities, age 25 years and older in the Greater D.C. area.

**ArtStream Music** will offer music classes taught by professional educator artists with extensive experience both in the fields of performance dance, music, and working with individuals with disabilities. The program will be offered every third Sunday of each month from 3:00 p.m. to 4:00 p.m. at Tilden Middle School. This program, offered free of charge, will create exciting ways for students to express themselves and expand their social interactions through music and elements of dance.

In addition, **Potomac Community Resources** will expand its already successful Sunday Respite Program with a new program for teens and adults of all ages with moderate needs. Activities may include art, music, fitness, cooking, board games and more! The program will be held Sundays

from 12:00 to 5:00 p.m. and separate registration through PCR is required.

KEEN will also continue to offer its **KEEN Fit for Adults** on the first Sunday of each month for athletes and their families at the Washington Sports Club at the Chevy Chase Pavilion. Open gym time will be available from 3:15 p.m. until 4:15 p.m.

Finally, adults will be welcome at the **Adult Health and Development Program at the University of Maryland** each Saturday for a three-hour program of physical, educational and recreation activities. One-to-one support will be available for athletes wishing to participate in the wide range of activities offered by this program which will be available each week from 9:00 a.m. until 12:00 p.m. These new offerings replace the former KEEN Young Adult Programs for athletes, age 25 years and over effective September 2006. While these are not KEEN programs, KEEN has worked with each of these organiza-

tions to ensure that these new offerings will provide fulfilling and fun activities for our adult athletes.

The KEEN Greater DC Board of Directors, through its Young Adults Task Force, will continue to look for organizations to partner with to create additional program offerings for adults with disabilities, age 25 years and older. By widening the availability of providers for these types of services, KEEN hopes to create more opportunities for athletes with disabilities throughout their lifetimes.

Registration information can be obtained from Beata Okulska at [info@keengreaterdc.org](mailto:info@keengreaterdc.org).

## KEEN Opens 2 Programs in Southeast DC

In the spring of 2006 KEEN launched 2 new programs in Southeast DC: KEEN Sports and KEEN Swim. KEEN Sports DC meets the first and third Saturday of each month at Payne Elementary School. There are 2 sessions, one from 12:00 - 1:15 p.m. and one from 1:30 - 2:45 p.m. KEEN Swim in the District is held at the Rumsey Aquatic Center, and is currently meeting the 3rd Saturday of each month from 9:15 - 10:00 a.m. Beginning in January, sessions will move to the second Saturday of the month - the time will remain the same. KEEN sends its deepest thanks to the Federal Communication Bar Association Foundation for its generous grant which made all this possible.

To help manage this exciting growth, KEEN Greater DC has hired **Mary Rosenstein** as its Program Manager. Mary has been involved with KEEN as a parent of a KEEN athlete for years. She brings with her a background in Early Childhood Development and has had much experience working with children with developmental delays and their families.

### IMPORTANT PHONE NUMBERS:

- **athlete absence: 301/770-3200 ext. 3**  
Call even if it is at the very last minute! We check for messages during athlete check-in.
- **emergency phone number at Tilden MS: 301/332-9228** (active only during the sessions)
- **emergency phone number at Payne ES: 202/340-6645** (active only during the sessions)



## 13th Annual KEEN Golf & Tennis Classic

Nearly 200 golfers teed off in bright sunshine at the 13th Annual KEEN Golf & Tennis Classic held Monday, April 24, 2006 at a fabulous new venue, Woodmont Country Club, in Rockville, Maryland.

“The KEEN Golf & Tennis Classic is an excellent way for the family, friends, volunteers and sponsors of KEEN to get together for a day of fun on the golf course or tennis courts—all while raising funds and awareness for KEEN,” said KEEN Board President Dan Murphy. “Thanks to the enormous generosity of our sponsors, colleagues and friends, an estimated \$50,000 was raised from the tournament, which will be used to continue to keep KEEN’s sports and recreation programs for children with disabilities entirely,” added tournament Co-Chair Daryl Nickel. WTTG Fox-5 Sports Anchor Dave Feldman kicked off the shotgun start and thanked the

major sponsors of the tournament. “Congratulations to KEEN on launching two new programs in Southeast DC this spring. Thanks to the support of the sponsors of the Golf and Tennis Classic and all the golfers and tennis players here today, KEEN can continue to expand swimming, tennis, bowling, music and gym-based sports programs throughout the greater DC area,” said Feldman. The Golf & Tennis Classic would not be a success without the enormous contribution of KEEN’s volunteers. More than 40 KEEN parents, friends and sponsors joined together to contribute to the smooth operation of this all day event! Volunteers registered guests, drove golf carts, distributed amenity bags, assisted with the silent auction and enjoyed the beautiful day. A special thanks to our volunteers for their tireless support and enthusiasm, and to AAMA who provided every volunteer with a fitness towel embroidered with the KEEN Greater DC logo. Thanks again to all of our sponsors, volunteers and participants. Look for information on the 2007 tournament soon!

### Our thanks to these major Sponsors of the KEEN Golf and Tennis Classic:

#### Golf Sponsors:

##### Gold Level

Marriott International  
Sonnenschein Nath &  
Rosenthal LLP

##### Silver Level

AAMA  
Venable Foundation LLP

#### Bronze Level

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Gatorade  
John C. Grimberg Co., Inc.  
Wells Fargo – R.E. Merchant Banking

#### Tennis Sponsors:

##### Title Tennis Sponsor:

AAMA

##### Target Sponsors:

PNC  
White Flint/Lerner Enterprises

### KEEN Greater DC Gratefully Acknowledges Grants from the following Foundations and Organizations:

Bartlett Family Empowerment Fund  
Catalogue for Philanthropy: Greater Washington  
Claude & Nancy Keener Charitable Fund of The Community Foundation for the National Capital Region  
Corporate Volunteer Council of Montgomery County  
The Estelle Friedman Gervis Family Foundation  
The Montgomery County Council of the Knights of Columbus  
Service Guild

### News from KEEN USA

Along with rapid growth of the KEEN affiliates nationwide, KEEN USA Board of Directors hired Mark Russell as its first Executive Director. Mark brings a wealth of experience in working with individuals with disabilities, having worked with the ARCs of Northern VA and USA, and the Joseph P Kennedy, Jr. Foundation. Mark’s major focus for KEEN USA will be on affiliate growth and development. As you know, KEEN has already opened four new affiliates in the last 2 years: Chicago, Kansas City, Los Angeles and St. Louis. San Francisco is under active development, and New York City will follow. Mark will be working hard to share and implement best practices (many of which have been developed here in Greater DC) with the new affiliates, helping them to serve more athletes with the same quality programs that have become the hallmark of KEEN Greater DC. If you have any contacts in San Francisco or New York City that would be helpful to Mark, please email him at [MRussell@keenusa.org](mailto:MRussell@keenusa.org).



## Changes for KEEN Mu-

KEEN Music has rapidly become one of our most popular programs. To facilitate its growth, this fall it will move to Sunday afternoons at Tilden. There will be two sessions for Kids and two for Teens. The Kids sessions will be the second Sunday of each month (during TEEN

Sports) and the TEEN sessions will be the 3rd Sunday (during KIDS Sports). The first session for both will be from 12:30 to 1:30, the second from 1:45 to 2:45 p.m. If you have not received a letter confirming your child's placement in KEEN music at this time, it means your child is on the waiting list.

## Athlete Attendance Policy

Due to the long waiting list we have for athletes who want to attend KEEN programs, athletes who consistently miss their KEEN sessions will be dropped from the program so that others may take their place.

### Athletes will be dropped if:

- an athlete misses 3 sessions in a row without notice.
- an athlete misses 5 sessions in a year, without notice. (If absences are due to medical issues, this policy will be waived.)



## 6th Annual Dinner and Silent Auction

Wednesday, November 1, 2006

We expect more than 450 community members, business leaders, volunteers and families to attend KEENFest, our annual dinner and silent auction. In addition to being a major fundraising event, KEENFest is an opportunity to increase awareness of KEEN and honor those volunteers and organizations who have been outstanding KEEN supporters. It is also a wonderful social occasion for many of our athletes and their families. More than 200 items including jewelry, sports memorabilia, tickets to sporting and cultural events, out of-town escapes, family outings and activities, and dining at area restaurants will be featured at the auction. Last year, more than \$100,000 was raised at KEENFest to support KEEN's programs. Proceeds from KEENFest 2006 will be used to defray the costs of all our programs and continue to keep our programs free-of-charge. **Save the Date** - Wednesday, November 1, 2006 at 6:30 pm at the Bethesda North Marriott Hotel and Conference Center in North Bethesda, Maryland. Tickets are \$85 per person. For more information, visit our website: [www.keengreaterdc.org](http://www.keengreaterdc.org).

### KEEN Greater DC Team:

Beata Okulska, Executive Director: 301/770-3200 ext. 1

[Info@keengreaterdc.org](mailto:Info@keengreaterdc.org)

Mary Rosenstein, Program Manager: 301/770-3200 ext. 2

[programsDC@keengreaterdc.org](mailto:programsDC@keengreaterdc.org)

Denise Brownlee, Development Director: 301/775-7572

[support@keengreaterdc.org](mailto:support@keengreaterdc.org)

### Volunteer Program Coordinators:

All of KEEN's programs are run by volunteer Program Coordinators. Without their tireless efforts, there would simply be no KEEN. Make sure you know who your program coordinators are and take the time to thank them!

**Swim (DC):** Maria Blake, Colin Christian

**Sports(DC):** Jane Meacham, Becca Rosenberg

**Kids Sports(MC):** Charlie Gilbert, Kristen Walton

**Teens Sports(DC):** Nancyellen Gentile

**Swim(MC):** Susan Holleran, Garret Sern

**Teens Club:** Karen Friedner, Tim Hutchison

**YA Bowling:** Marsha Glazer, Joanna Szczepanik

**YA Sports:** Beth Wenger

**YA Fit:** Karen Migdail, Julia Poltorak

**Music:** Natalia Szczepanik

**Tennis:** Christine Collins Grant

**KEEN Calendar is already available on our web site at [WWW.KEENGREATERDC.ORG](http://WWW.KEENGREATERDC.ORG)!**

The 2006-07 Wall Calendar and Handbook will be distributed at KEEN sessions in September and October. "Proud Parent" bumper stickers will be included as well. These vinyl stickers are easily removable, so put them on with confidence, and help spread the word about KEEN!

## KEEN Mission

KEEN (Kids Enjoy Exercise Now) is a national, nonprofit volunteer-led organization that provides one-to-one recreational opportunities for children and young adults with mental and physical disabilities at no cost to their families. KEEN's mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals.

