

Special Olympics Hawaii Newsletter: April 2023

Thank you for your continued support! Take a look to see what Special Olympics Hawaii has been up to this past month.



What's Going On at Special Olympics Hawaii?

Par Hawaii's Fueling Dreams Pumps Up Support for Special Olympics Hawaii Athletes



Par Hawaii's Fueling Dreams campaign is hitting the road to raise awareness for thousands of Hawaii's athletes! From April 19, through May 31, island drivers can make a donation to Special Olympics Hawaii athletes when they make a pit stop at any one of 34 participating Hele stores across Oahu, Hawaii Island and Maui. Par Hawaii operates the Hele stores, which were previously known as nomnom stores.

"Every year we look forward to encouraging the community to support our Fueling Dreams campaign to benefit Special Olympics Hawaii's important work of transforming the lives of athletes with intellectual disabilities," said Par Hawaii's Vice President – Hawaii Retail John Peyton. "The organization has a special place in our hearts, and we appreciate the generous support of so many customers who join us in raising funds for these exceptional athletes."

Par Hawaii, owner and operator of Hele and 76 Hawaii, has been a strong supporter of Special Olympics Hawaii for more than three decades. To date, the Fueling Dreams campaign has raised more than \$946,620 for Special Olympics Hawaii athletes and programs. This year, Par Hawaii will be matching customer donations up to \$10,000.

New Hires: Welcome Ho'opiookalani & Rita

Special Olympics Hawaii is excited to announce that Ho'opiookalani Balaz has joined our staff as Office Assistant. Ho'opi'o has been a Special Olympics Hawaii athlete since 2018, competing in bowling, bocce, softball, swimming and most recently represented Hawaii in bocce at the 2022 USA Games in Orlando, Florida where he won two gold medals. Outside of Special Olympics Hawaii, he is a certified Health Messenger and Toastmaster. We are excited for Ho'opi'o to join our team!

And we are so excited to welcome Rita Kalahiki as our Molokai Area Director. Rita has extensive experience with Special Olympics Hawaii since first volunteering with us in October 1989, and since then has dedicated her life to our program as a way to honor her late son, Kawai'ulaho'olapua Francis Kalahiki Furlong. While currently holding coaching certifications in eight sports, Rita served as the Molokai AD for 10 years before turning her focus to coaching. After five years, she is happily returning as Area Director, and we are excited to have the enthusiasm she brings to our athletes and families once again. Welcome back, Rita!





Unified Spotlight: High School Assemblies



This April, several schools including Radford, Kaimuki, and Campbell High School held spring sports assemblies for their athletes. Our Special Olympics flag football teams participated in these assemblies with their respective schools. It was amazing seeing the excitement in our athletes' eyes as they walked alongside their peers while parents watched them receive recognition and to be celebrated for their hard work. It was even more special to see the whole school engaged and cheering them on!

Health & Wellness Corner: April is Stress Awareness Month!

The April edition of the health corner focuses on strong minds and building strong mental health! Some strategies for this include staying active, eating balanced meals, staying hydrated, and asking for help when you need it. Some other important tools include goal setting, keeping a routine, and creating a vision board! Take a peek at the vision board we created for our health corner.

And if you or someone you know is a healthcare professional or student and is interested in volunteering at our Summer Games Healthy Athletes event on June 10, 2023, please contact Michelle at ha@ sohawaii.org. We will be offering screenings in Fit Feet (podiatry), Fun Fitness (physical therapy), Opening Eyes



(optometry/ophthalmology), Special Smiles (dentistry), Healthy Hearing (audiology), and Health Promotion (healthy living/preventative care). We would love to see you there!

The Guardian: Law Enforcement Torch Run





April brings Special Olympics Hawaii's 38th Annual First Hawaiian Bank Troy Barboza Law Enforcement Torch Run to all of the neighbor island areas. Starting off, Molokai hosted their Torch Run on Friday, April 21, followed by Kauai and Lanai on April 22, and Kona (West Hawaii) on April 23. These runs bring awareness and raise funds for Special Olympics Hawaii and are generously supported by our local law enforcement agencies throughout the state.

The Maui and Hilo (East Hawaii) runs will be held on April 28 and 29, respectively. The Final Leg will be held on Oahu on June 9 and culminate with the lighting of the Flame of Hope at the SOHI Summer Games Opening Ceremonies.. Mahalo to all our Torch Run participants, escorting the Flame of Hope into the Opening Ceremonies of our area competitions and lighting the way for the acceptance and inclusion of our Special Olympics athletes! To participate, visit our website for more information: sohawaii.org.

Sponsor Feature: Alexander & Baldwin



Since 1984, Alexander & Baldwin has been an outstanding supporter of Special Olympics Hawaii. They have graciously sponsored events, hosted fundraisers, and made corporate contributions, including a generous donation to our Capital Campaign for our Sports and Wellness Center. Our partnership with Alexander & Baldwin continues to be instrumental in the success of our annual Cop on Top fundraiser. In 2022, they hosted three Cop on Top locations at Laulani Village, Kaneohe Bay Shopping Center, and Manoa Marketplace and will be doing the same this year. During the event these three locations raised a total of \$50,452, with Laulani Village raising the most of all 14 Cop on Top locations and Kaneohe Bay Shopping Center right behind them in second place. Over the past 17 years, Cop on Top has raised a total of \$521,452 at Alexander and Baldwin properties, and we are so grateful to have their continuous support!

"Alexander & Baldwin has been a huge part of Special Olympics Hawaii and we are so appreciative of their ongoing support of fundraisers like Cop on Top," says Special Olympics Hawaii President and CEO, Dan Epstein. "Our athletes are able to participate in year-round sports training and health and leadership programs that benefit them mentally, socially, and physically free of charge thanks in large part to companies like Alexander & Baldwin who are deeply committed to giving back to our communities."



Jersey Mike's Month of Giving

Thanks to our friends at Jersey Mike's for raising \$86,645 during their Month of Giving fundraiser. A special mahalo to Jersey Mike's generous customers who helped make the Month of Giving and Day of Giving a huge success!



Torch Run Commemorative Shirts

The excitement over this year's shirt is unmatched! Be sure to register for

our June 9 Troy Barboza Law Enforcement Torch Run and receive this year's commemorative shirt by visiting <u>https://give.classy.org/2023SOHITor</u> chRun!



Get Our Hawaii Athletes to the World Games

Help Tess, Kalei, Shavanna, Officer Kuilee and Denise represent the USA in Berlin, Germany by making a donation at: <u>bit.ly/SOHI2023WorldGames</u>. The Special Olympics 2023 World Games will be the world's largest sports and humanitarian event taking place in 2023, and the biggest multi-sport event in Berlin in decades.



Start Planning Now

Planning ahead for your own future is especially important when you have a loved one with special needs. Special Olympics has several complementary resources to help you plan ahead and ensure that the people you love are cared for.

Download your complimentary planning resources today at <u>solegacygiving.org/plan</u>.



Take the Plunge

The 4th Annual Paradise Plunge is back and invites supporters to share a video or photo of themselves participating in a water activity in support of Special Olympics Hawaii athletes. Participants have till April 30 to raise funds and think of a fun and creative way to do a plunge! To learn more or sign-up visit <u>sohawaii.org</u>.



Cheer for Champions

Mark your calendars for our annual Cheer for Champions Online Auction! Our auction preview opens June 1, and bidding will begin June 6. More information to come. If you would like to donate an item to the auction or sponsor a table – there are only a few tables left — contact Tracey at <u>traceyb@ sohawaii.org</u>.

Going Over the Edge

Save the date! Registration for the 14th Annual Over the Edge opens on May 1. Join us Saturday,

October 7, on the rooftop of the Hyatt Regency Waikiki Beach Resort and Spa and experience the thrill of supporting our athletes by rappelling 40 stories down the side of the hotel. Visit sohawaii.org to



East Hawaii Athlete Wins Powerlifting Awards

On Saturday, April 1, 2023, Channing Landgraf participated in his first sanctioned International Powerlifting Association (IPA) powerlifting meet hosted by Hawai'i's Strongest and Imua Iron Gym (Darren Elisaga) in Waimea, Hawaii. Channing walked



Young Athletes

Children ages 2-7 with and without intellectual disabilities are invited to attend the Special Olympics Hawaii Young Athletes event, Saturday, June 10. Join us at the University of Hawaii Dance Studio's Lower Campus from 9:30am-11am; check in starts at 9am. To register your check out a cool video from last year's event! For questions, contact Tracey at <u>traceyb@sohawaii.org</u> away with a state record for his bench press of 159.75lbs in his weight class, and age division. He also captured first place for his deadlift of 314.01lbs, which was his second attempt. Congrats Channing! young athlete, please fill out the registration form here: <u>bit.ly/YoungAthletes23</u> and email it to <u>program@ sohawaii.org</u>. If you are a returning participant, just email program@ sohawaii.org on or before May 19. See you there!

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