

Contact: Cheri DuBeau Carlson PO Box 4084
DREAM Adaptive Recreation Whitefish, MT 59937
Phone 406-862-1817
ccarlson@dreamadaptive.org

**DREAM Adaptive
Recreation**

Press Release

DREAM Adaptive Recreation is recruiting Volunteers for All Programs.

Outdoor Enthusiasts living in Northwest Montana are needed as Volunteers to help with Adaptive Athletes.

Whitefish, MT June 6, 2016: DREAM Adaptive Recreation is an affiliate chapter of Disabled Sports USA, the organizational body of the USA Paralympic Program. DREAM relies heavily on volunteers. It is a volunteer driven, program based organization. Gandhi said, "The best way to find yourself, is to lose yourself in the service of others". There are over 100 active volunteers in DREAM's programs and they are highly valued. DREAM is growing; therefore the need for volunteers is growing too. The benefits of volunteering are endless: giving back to help build a stronger community, speaks to meeting your personal goals, and helping to drive the mission forward. DREAM Adaptive Recreation mission is to enhance the quality of life of individuals by providing year round outdoor adaptive recreational opportunities.

DREAM provides services to amputees, paraplegics, quadriplegics, sensory impaired, those with spinal cord injuries, brain trauma, cerebral palsy, MS, MD, autism, Down's syndrome, and other physical or cognitive challenges. Annually DREAM provides outdoor recreation to over 300 athletes. Summer and winter programs are available to anyone with these challenges ranging in the ages from 5-95.

As the water season is approaching, DREAM is looking for volunteers for their Summer Programs. The 8th Annual Water Sports Program is set for July 12-14 on Echo Lake in Bigfork. This program offers activities such as sit water ski, wakeboarding, knee boarding, kayaking, SUP, tubing, swimming and boating. In 2015, DREAM implemented a stand up paddle board program with 4 days of paddle boarding on Flathead Lake spread throughout the summer. This year DREAM has increased the program to 6 days, with two days on Whitefish Lake. All of the summer programs are free and open to people of all abilities. Registration is required and more information can be found on their website @ www.dreamadaptive.org.

Jeff Carlson a longtime volunteer for DREAM states, "In volunteering with DREAM, my perspective, values and personal growth have centered me as a person. The many lessons I have learned from others and the fun and excitement that has come from sharing new levels of ability with the participants is something priceless". If you have questions or are interested in becoming a volunteer please contact DREAM Adaptive Recreation at 406-862-1817 or email info@dreamadaptive.org.

"Building Confidence and Encouraging Independence, One Activity at a Time."

For Release: 8 AM Monday June 6th 2016.