



Alexis Hayes, registered nurse in the Special Care Unit, is a Double H Ranch volunteer nurse during the Summer Residential Program and volunteer ski instructor in the Adaptive Winter Sports Program.

## Alexis Hayes

### Double H Ranch

Alexis has been a volunteer at the Double H since 2000, after reading an article about the camp in the local newspaper which highlighted the need for nurses. After her first summer at the Double H, Alexis began inquiring about the winter program and, as she says, "The rest is history." Alexis takes pleasure in volunteering at the Double H and feels that she is able to share a small part of her life by making it possible for the campers and skiers of the Double H to enjoy many fun-filled activities in a safe and friendly environment. Fond memories are created every

time Alexis is on the slopes with a student—each student is special in their own way and each experience is unique. Alexis continues to be motivated by the smiles on the campers and ski students' faces. She enjoys sharing activities with children who may not have otherwise been given the chance to enjoy the joys of childhood due to an illness or physical limitation. Alexis acknowledges that the Double H has made her a better person. She values the opportunity to see children "living their lives instead of just being alive." It puts things in perspective for

her and she knows when seeing the struggles the campers face, she should be grateful and not complain about small things when others are challenged every day. Alexis takes the life lessons she learns at the Double H and relays them to her patients, telling them how very brave they are. Alexis suggests that anyone interested in supporting the Double H should "Try it, and remember they are just kids who want to have experiences like we all do."

In one word Alexis describes the Double H as, "AWESOME!"



Hank Lenney, information technology manager for NYS, has been affiliated with the Double H Ranch for the past six years. He is a true testament to the definition of volunteerism.

## Hank Lenney

### Double H Ranch

Hank is currently a ski and snowboard instructor with the Adaptive Winter Sports Program and has volunteered in the Summer Residential Program as well as Spring and Fall Family Programming. Hank and his family were originally introduced to the Double H Ranch by his sister. Hank shares that "The Double H Ranch is a magical place that fosters children's abilities and strengths to learn and be creative, to explore and be adventurous, and most of all

laugh and have fun!" Over the years Hank reflects on several fond memories but the greatest are from bringing families together to teach them to ski or ride and to see the laughs and thrills they share as a family. Hank is motivated to continue to support the Double H as it allows him to share his passion, knowledge, and skills to instruct skiing and snowboarding to a child and their family so they may enjoy together the sport for many years to come. Hank happily admits that working

with the campers and ski students of the Double H keeps him young at heart. Seeing a child learn, progress, and experience the fun and thrill of riding or skilling is very exciting. Hank advises anyone interested in supporting the Double H, "We have wonderful children, great staff and volunteers, and an awesome facility—all you need is the desire...it will change your life!"

In one word Hank describes the Double H as, "magical."



Rich Quinn, mechanical engineer, has been affiliated with the Double H Ranch Adaptive Winter Sports Program for the past five years as a ski and snowboard instructor. Through a

## Rich Quinn

### Double H Ranch

volunteer program at work, Rich learned about the Double H and the volunteer opportunities available.

He began the journey to give back a little bit and has gotten more in return from the kids than he could have ever hoped to give. Rich retells his fondest memory, "I remember one day last year I was teaching a young man who was sixteen years old and in his last year at the Double H. He was unable to ski without holding on to an instructor or

a pole that was connected to an instructor. By using several different games throughout the morning, we managed to get him to hold the pole by himself. In the afternoon, we gave him ski poles and explained what they were for. He took to them right away and we were able to have him ski back and forth between two instructors by himself. When we got down to the bottom of the hill his mom was standing there with tears in her eyes. She said she could not believe that he was skiing by

himself. She was thrilled by the fact that they would be able to go to a regular ski mountain as a family and be able to ski together without having to worry about him having to have someone to hold on to." It is days like these on the slopes that instructors frequently try new techniques to see if they will work for a particular individual, and when they do it is the most satisfying feeling one can imagine.

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