

THERAPY THAT'S IN A LEAGUE BY ITSELF

Sitrin established its STARS (Success Through Adaptive Recreation and Sports) program in 2001, offering medical rehabilitation patients and people with physical disabilities the opportunity to participate in a broad range of competitive sports. Since that time, Sitrin's Adaptive Sports participants have compiled a remarkable record of competitive achievement, including:

- 2004 World Wheelchair Curling Championships, Sursee, Switzerland
- 2004 United States Wheelchair Curling Champions
- 2005 World Wheelchair Curling Championships Team USA in Braehead, Scotland
- 2002 – Present Successful completions of the Boilermaker Wheelchair Challenge*

* For completing the 15K Road Race using a standard wheelchair

Sitrin.
Finding new opportunities to make a difference for our residents, patients, employees, and community since 1951.

The Help. Sitrin's mission is to provide patients, residents, and their families with the help they need to live well.

The Hope. Sitrin's advanced care and treatment offers hope and positive results for those recovering from medical conditions, procedures, or injuries.

The Healing. Sitrin's advanced treatment programs and highly trained staff promote the healing of body and spirit for every individual under our care.

Inpatient Care

Short-Term Rehabilitation
Long-Term Skilled Nursing Care
Residential Services

Outpatient Care

Specialty Physician Clinics
Psychology
Physical Therapy
Occupational Therapy
Speech-Language Pathology
Dentistry

Community Programs

Adaptive Sports
Child Care
Residential Options
Mobile Dental Clinic
Wellness Programs

SITRIN

The Help. The Hope. The Healing.

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In accordance with federal law, affiliates of the Sitrin Network of Homes & Services, Inc., admit, retain and provide care for participants and residents, if eligible, without regard to age, disability, gender, national origin, physical characteristics, religious preference, race or sexual orientation.

STARS

Success Through Adaptive
Recreation and Sports



SITRIN

The Help. The Hope. The Healing.



THE SITRIN ADVANTAGE

THE BENEFITS OF ADAPTIVE SPORTS

Athletes in the STARS program realize substantial physical benefits. Participation in adaptive sports helps promote healing and improve quality of life. It also fosters positive, mutually supportive relationships between fellow athletes, building morale through shared experiences both on and off the playing field.

STARS PROGRAMS INCLUDE THE FOLLOWING ADAPTIVE SPORTS

Basketball

The STARS wheelchair basketball team features a year-round schedule of practices and games, including competition with regional teams and various groups in the community. The annual Sitrin Celebrity Classic Wheelchair Basketball Game features local celebrities and other prominent people who take to wheelchairs and play against the Sitrin STARS.

Curling

During the winter, STARS offers wheelchair curling in conjunction with the Utica Curling Club (UCC), which operates one of the country's premier curling facilities. This team won the 2004 United States Curling Association's National Wheelchair Championship, and represented the United States in the 2005 World Wheelchair Curling Championship in Braehead, Scotland. They regularly take part in national and international competitions.

Golf

The STARS golf program is offered at Stonebridge Golf & Country Club in New Hartford. An adaptive golf cart is available for use by program participants. The STARS program also plays host to the annual First Swing/Learn to Golf seminar and clinic, sponsored by the National Amputee Golf Association and the PGA.

Paddling

STARS adaptive paddling is offered each summer to athletes of all ages and abilities. The program features several workshops presented by American Canoe Association-certified instructors, who train participants in proper adaptive paddling techniques and safety procedures.

Road Racing

Each year, the STARS program trains competitors for the Wheelchair Division of America's biggest 15K road race, The Boilermaker. STARS athletes have also participated in and won the Boilermaker Wheelchair Challenge, receiving their own customized racing wheelchair as a prize.

TO LEARN MORE

For more information about the STARS program or to inquire about a sport that is of interest to you, please call: **(315) 797-8000 ext. 459**

