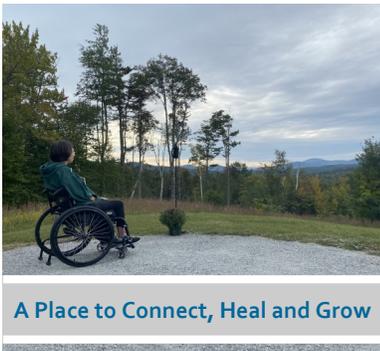


Sunset Hill Educational Institute SHEI/WHIM Happenings 2021

Nature's Way: Phase I Complete and Underway

The Nature's Way Accessible Pathways project has exceeded its Phase I goals for 2021, celebrating with a well attended Open House in early October. Nature's Way is a healing sanctuary that brings together nature and the SHEI community via fully accessible pathways on the beautiful SHEI campus. More than a destination, Nature's Way is also a healing mindfulness program designed to inspire the development of fulfilling skills and abilities. Completed this year, Phase I includes beautifully landscaped accessible pathways, parking and bathroom facilities.



A Place to Connect, Heal and Grow

Phase II is well underway, thanks in part to a generous grant from the Neilsen Foundation that funds the development of a holistic wellness program complete with curriculum, manuals and training that will be offered both onsite and online. While the grant focuses on program develop-

ment for SCI individuals, the resulting eco therapy program will be beneficial to all and will open Nature's Way to other professionals, youth camps and more. Nature's Way is a place to help facilitate a healing process that



Accessible Pathways on SHEI Campus



allows participants to experience the connection to one another, our community and nature. Nature's Way is open to WHIM participants and SHEI partners during scheduled times. The space is also available by appointment to other professionals seeking a space to conduct programs and daytime retreats for small groups and youth. Nature's Way has been thoughtfully designed to promote an accessible environment that encour-



Early October NW Open House



ages visitors to focus their mind's awareness on the beliefs that will help express their spirit's potential for healthy and sustainable growth. We hope you will plan to visit Nature's Way in 2022.



SHEI Director Carol with guests

Your support matters!

94% of all funds raised for SHEI/WHIM go directly to our programs and services. **If you believe in our mission, please donate today to our nonprofit organization.** Mail your contribution to:

SHEI PO Box 435 So. Sutton NH 03273

SHEI Coordinates UNH-CE Grant



Gleaning Apples with CSC

SHEI's Director is the regional coordinator of a UNH-Cooperative Extension project to increase community connection and create opportunities for youth and families to build resiliency. Heading the Kearsarge Community Network provides a focus on SHEI's commit-

ment to young adults addressing life and job skills and career exploration. A recent example of SHEI led community collaboration involved student volunteers picking apples that would not be harvested, then pressing cider for a community celebration. With SHEI's leadership, Kearsarge Community Network is building resiliency, working with local agencies and organizations to promote community gatherings and work force development and youth programs.



Wheelchair Health In Motion

a program of Sunset Hill Educational Institute

Summer Together Again!

2021 WHIM Activities

- Adaptive Cycling at the Mall
- On the Trail with WHIM Summer Challenge
- Seacoast Outing at Rye Harbor State Park
- Impossible Dream: WHIM's Adventure on an Accessible Catamaran
- Adaptive Kayaking with NEHSA
- Adaptive Bowling
- Annual WHIM & NH-USA Hike

This summer WHIM was back planning and successfully hosting in-person events. WHIM participants joined us with high energy and bright smiles! WHIM kicked off summer activities with a unique adaptive cycling event indoors at the Steeplegate Mall in Concord NH. Together with our friends from CMARS, par-

boarded the Impossible Dream, an accessible catamaran, for an off-shore adventure with special thanks to Carol Lavelle and All-Ways Accessible for providing a donation to the Impossible Dream non-profit to support our trip. And finally, WHIM's biggest summer-long event was On the Trail with

new opportunities for fun and togetherness at the SHEI facility with Nature's Way on the accessible pathways!

On the trail with WHIM



WHIM, a challenge with cash prizes that motivated WHIM participants to get outside and hike accessible rail trails in NH. This was a very successful challenge with 7 rail trails hiked, 18 WHIM hikers participating, and 51 rail trail encounters!

Seacoast Outing in Rye, NH



"Many thanks to WHIM for providing the friendships and motivation to get outdoors again!"



Capitalize cycling

Participants had the opportunity to try this sport for the first time. Throughout the summer, WHIM held events including annual favorites such as the Seacoast Outing at Rye Harbor State Park, WHIM & NH-USA hike up Crotched Mountain Accessible Trails, and adaptive kayaking with New England Healing Sports Association (NEHSA). In addition, WHIM held an adaptive bowling event for the first time and



WHIM & NH-USA Hike

In addition, we introduced our members to several accessible rail trails that were previously unknown, and enjoyed a summer outdoors with our peers. WHIM looks forward to hosting similar events in 2022 and plan



Accessible Rail Trail Hike

Sailing on the Impossible Dream



Kayaking with NEHSA

WHIM At Home

The WHIM program's answer to participants' transportation barriers, and a timely COVID pandemic solution to social distancing, WHIM at Home continues to bring people together remotely via Zoom for upper-body exercise and positive

peer support twice a week. Currently, all WHIM community sites are closed due to public facility restrictions as the pandemic lingers, and WHIM at Home continues to fill this gap in services. In addition to WHIM exercise/peer support classes twice a week, WHIM offers therapeutic seated yoga classes once a week hosted by Mary

Carroll, a retired healthcare professional and YogaCaps, Inc. instructor. Yoga adds variety to WHIM exercise as it encompasses engaging with the body, the breath, and the mind. Links to WHIM at Home classes can be found on the SHEI website. Jump online with us and getting moving!

www.sheinh.org
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 PO Box 435 South Sutton, NH 03273

THANK YOU to our generous SHEI/WHIM donors!