WELCOME TO THE SNAPSHOT!

TAKE A "PEAK" AT OS'S QUARTERLY NEWSLETTER

One of the lessons 2020 taught us is that staying connected is important. Our new quarterly newsletter will be one more way we connect with you, our One Summit Family.

The newsletter will provide updates, resources, and general information. Please reach out to maria@onesummit.org to submit photos and stories to be included in future issues.

Here's what's new in this issue:

OS & THE EMMY'S

COVID AND POST TRAUMATIC GROWTH

FALMOUTH ROAD RACE

SILVER STAR
OS & THE EMMY'S
PARKER & CADEN'S STORY HONORED
One Summit warriors Parker and Caden represent courage and strength. Tom Catlin, a producer at FOX Sports San Diego, got to know them both and shared their story. A story about a kid who needed a big-brother-like hero, and a Navy SEAL, who as a kid himself, wanted to be a superhero, but instead became a real-life hero.

Last June, Tom won the 2019 Pacific Southwest Sports Emmy Award for his piece on One Summit. Inspired by their relationship, Tom presented his award to Caden & Parker.
"When I received the Emmy, I realized that I wasn’t the one who deserved an award. All I did was tell a true story of courage and strength. It is you, Parker and Caden who deserve the award. I wish I had an Emmy to give to each of you, but for now, you’ll have to share it. When you feel its time...I hope you each see each other to pass the Emmy back and forth, especially in times when you need courage and strength.” Read the rest of Tom’s presentation and view the Emmy winning production at: https://onesummit.org/os-the-emmys/
COVID AND POST TRAUMATIC GROWTH

HAS THE PANDEMIC GIVEN US THE CHANCE TO CHANGE FOR THE BETTER?

Did you know the Climb for Courage curriculum is based on the study of Posttraumatic Growth and the work of Dr. Richard Tedeschi? Posttraumatic Growth is defined as positive psychological changes experienced as a result of the struggle with traumatic or highly challenging life circumstances. This growth can occur in one or more domains: a greater appreciation of life, increased personal strength, openness to new possibilities, improved relationships, and enhanced spiritual or existential awareness.

Check out this great article on how the COVID-19 pandemic has given us all the opportunity for Post Traumatic Growth.
TEAM ONE SUMMIT NEEDS YOU!

THE ASICS FALMOUTH ROAD RACE IS HERE!

One Summit has 11 bibs for this year’s race. The At-Home Edition (virtual component) will be held August 7 - 14th 2021. The in-person race is tentatively scheduled for August 15, 2021, pending town approval. A final decision on race format, in-person, virtual or hybrid, will be made by June 1st.

Be a Charity Runner on our team! Have some fun and create awareness for One Summit as we continue to help build resilience in children and families impacted by cancer.

Ready to join Team One Summit? Fill out the application form

BECOME A SILVER STAR SUPPORTER!

THE SILVER STAR IS THE THIRD-HIGHEST MILITARY COMBAT DECORATION THAT CAN BE AWARDED TO A MEMBER OF THE UNITED STATES ARMED SERVICES."
- U.S. DEPARTMENT OF DEFENSE

Become a Silver Star Supporter and join a community dedicated to building resilience in One Summit's like-minded warriors!

Giving monthly provides crucial, sustained support for our programs, including: Climb for Courage, Storytelling, and Community Engagement. Monthly support enables us to strategically expand our mission and impact by better serving our patients, mentors, and families.

JOIN TODAY:
https://support.onesummit.org/campaign/silver-star-supporter/c224631