FALL FUN WITH ONE SUMMIT

The air is crisp, leaves are changing beautiful colors, and One Summit is back to in-person programming! We started the season by hosting our first Climb for Courage in eighteen months. The day was a success and a reminder that nothing compares to being together! It's going to be a busy fall. Up next: The Boston Marathon, a haunted Halloween walkthrough in Virginia Beach; and the first annual Civilian Challenge will take place.

Please reach out to maria@onesummit.org to submit photos and stories to be included in future issues.
STORIES FROM THE SUMMIT

DAN CNOSSEN'S INSPIRATIONAL JOURNEY TO THE TOP

On September 9th, we hosted our second Stories from the Summit with Dan Cnossen, U.S. Navy SEAL, Paralympic Athlete, and One Summit Mentor. The life lessons Dan Cnossen can teach are endless, each tied to a profoundly transformative experience he’s had in his own life. Our One Summit community of mentors, little warriors, board members, families, and students from Villanova and Holy Cross came together to hear Dan’s story of resilience. It was an evening of informative and engaging discussion about his life, including his Paralympic journey. Everyone walked away feeling inspired and ready to conquer life’s challenges.

If you missed the live event on September 9th, watch Dan’s inspiring story of resilience here: https://www.youtube.com/watch?v=iGvPhcYY49Q
CLIMB FOR COURAGE BOSTON 2021

WE ARE BACK!

On Saturday, September 25th, we safely hosted our first in-person event since the beginning of the pandemic, and it was truly magical. We welcomed a smaller group than usual, 11 patients and siblings and 8 Navy SEALs to Central Rock in Watertown. Masked up and ready to conquer the wall, everyone truly enjoyed uniting and making new memories. Thank you to Tufts Children’s Hospital, Lucy’s Love Bus, Central Rock Gym, Waypoint Adventure, Black Diamond Networks, and DCU for Kids for helping us deliver this resilience building experience for a special group of little warriors!

Check out our latest Blog, "We're Back," to see our little warriors in action: https://onesummit.org/back-at-it-climb-for-courage-boston-2021/
In 2021, every 3 minutes, a family somewhere in the world hears the devasting words that their child has cancer. Every year approximately 1 in 285 children in the U.S. will be diagnosed with cancer before their 20th Birthday.

On November 7 - November 14, 2021, OS Supporters will compete in a workout challenge to honor the children impacted by cancer and raise funds.

The 2021 One Summit Civilian Challenge includes the following workout for time: 2021 --- Meter Run (1.25 miles), 3 --- Minutes of Planks, 285 --- Circuit (100 body squats, 85 push-ups, 100 mountain climbers)

Please help support our warriors by donating or joining the challenge today! https://support.onesummit.org/event/2021-one-summit-civilian-challenge/e355458
Halloween is the perfect time for decorating and having some fun! One Summit mentor Chris gets into the spirit by going all out. For the past four years, his home in Virginia Beach has turned into a spooky haunted house. This year's Haunted Walkthrough will benefit the brave little warriors One Summit supports. Chris has set a fundraising goal of $5,000!

If you're in the Virginia Beach area from October 30 -31st, be sure to check it out! And don't forget to support his efforts by donating today at: https://support.onesummit.org/hauntingonlongfellow
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