



# Torch News

## QUARTER 4, 2019

**A SPECIAL  
THANKS TO OUR  
2019 SPONSORS:  
MAJOR:**

**PLATINUM:**  
Senator Cathy Cloutier  
Clear Channel

**Gold:**  
Vital! Magazine

**SILVER:**

**BRONZE:**  
First State Orthopedics

Gino's Basketball League

\*\*\*\*\*

**THE  
DELAWARE SENIOR  
OLYMPICS**

**BOARD OF  
DIRECTORS,**

**SPORT  
COORDINATORS,**

**AND STAFF**

**WISH YOU AND  
YOUR FAMILY A**

**HAPPY HOLIDAY  
SEASON**

**AND A**

**PROSPEROUS  
NEW YEAR!**



### 2021 National Senior Games

*November Dates are set for 2021 National Senior Games*

After extensive research and consideration, dates for the 2021 National Senior Games presented by Humana in Greater Fort Lauderdale have been determined. **Mark your calendars for November 5 – 18, 2021.**

Hosting Nationals in the fall is unusual but not unprecedented as the 1999 National Senior Games were held in late October in Orlando. The local host committee has been working closely with NSGA staff and all agreed that the best option to hold The Games would be late fall. Availability of venues, hotel rates, convention space and seasonal weather were among the many factors considered.

### \*New National Senior Games\*

- Cornhole
- Soccer
- Beach Volleyball

### DSO Sport Coordinators Needed

Delaware Senior Olympics is currently in need for Volunteer Sport Coordinators for the following sports:

- Cornhole**
- Soccer**
- Volleyball (Men's & Women's)**
- Beach Volleyball (Men's & Women's)**

For more information reach out to the DSO Office Manager Janette Gentile at 302-736-5698 or [admin@delawareseniorolympics.org](mailto:admin@delawareseniorolympics.org)

### DSO Board

We would like to welcome new board members to the DSO board.  
**Karyn Cortez, Donald Catalon, and Annie Rizzo**

### DSO Sport Coordinators

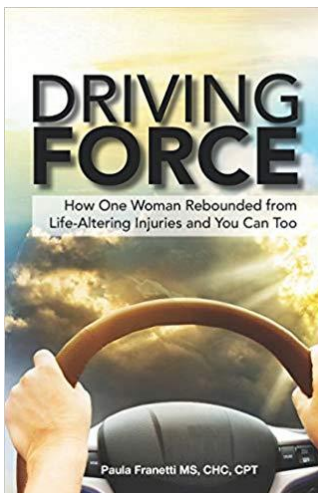
We would like to welcome our new Sport Coordinators to DSO.  
**Eric Sudler (Bowling), Andre Smith (Billiards), Sandra Oropel (Golf), Donald Catalon (Pistol Shooting & Precision Rifle Shooting), Terri Rock (Racquetball), Peter Klotz (Track & Field)**



### **Paula Franetti - Charlie Marten Memorial Award**

It was September 2016, and Paula Franetti was driving through an intersection on her way to work when she was blindsided by an oncoming car with such impact that her car nearly folded in two. With catastrophic injuries and multiple sites of internal bleeding, Paula’s odds of surviving, let alone thriving and returning to the active lifestyle she cherished, were questionable.

During the long healing process, Paula took control of every aspect of her recovery and proved that motivation and dedication may be the most important drivers of outcome after trauma. Paula’s story could have ended a hundred different ways. But she’s a diehard positive thinker who sees opportunities to thrive everywhere she looks, and once you know her, you know she always looks forward, and for ways to inspire others. After recovery, she wanted to help others, and she’s done just that in her book, “Driving Force: How One Woman Rebounded from Life-Altering Injuries and You Can Too.” Her book traces her journey, and her discovery of the six principles that guided her recovery and her new outlook, and is an inspiration to all. Not only has she become a lifestyle coach helping others recover from traumatic events, she’s back to the competitive basketball that she knew she couldn’t live without, participating in and winning medals in both the Delaware and Pennsylvania Senior Olympics basketball tournaments.



Paula’s Book “Driving Force” is for sale at

<https://www.reboundplanner.com/pages/book>

OR

You can call 412-247-4957 (Paula’s office) and she will mail you a signed book.



### **Warner Schlaupitz - Outstanding Athlete Award**

It's not often you get to meet a man like Warner Schlaupitz. A champion both on and off the field, Warner has been competing with Delaware Senior Olympics since 1999. Back then, he'd read an article about someone cycling with DSO and Warner thought to himself, "well, heck, I could do that – I used to ride my bike to work every day" and that's how he started! Fast forward 20 years, and Warner's accumulated over NINETY medals, setting records while he was at it, in cycling's 5K time trial event, in track and field's 100M dash, and in weightlifting's bench press and dead lift categories.

The medals he's most proud of, though, come not from the athletic fields, but from the combat fields. Warner is the recipient of the Combat Infantry badge for being on the front lines during World War 2 for two years; a Purple Heart he received when he was wounded when he was hit by a mortar shell; the Bronze Star, awarded for heroic action in combat; the Silver Star, the Army's highest honor, awarded for heroic action during combat when he saved one of his men, and the Presidential Citation.

Now at age 96, legally blind (which of course adds a level of difficulty to everything he does!) and a little slower than he was 20 years ago, Warner is a tremendous example of motivation and dedication to any athlete, young or old. An outstanding competitor and even better person, Delaware Senior Olympics has been blessed to have such an outstanding individual be a part of the team.





### **Laura D'Ottone - Outstanding Volunteer Award**

When this year's recipient of our Outstanding Volunteer award retired, all she knew was that she wanted to spend her time productively, and she wanted to have fun too. So Laura D'Ottone got a part time job working with the Delaware State Senate, then set out to find something which was, in her words, upbeat.

She discovered DSO, sent an email and .... Crickets! No response! She lamented to her friend, Senator Cathy Cloutier, "Isn't there any place that wants me??" Well the senator made a couple calls, and the next thing she knew, Laura was talking with Paul Gatti. That was about a year and a half ago, and she's been a force to reckon with ever since. From helping to get DSO tables for events at Legislative Hall to leading the way through Kent County promoting Smart 911, Laura has been an integral part of the DSO team and driver of the effort to expand our reach and recognition throughout the state.

Laura, the next time you find yourself asking, "Isn't there any place that wants me?" you already know the answer: We do! And we appreciate you!

If you are interested in Volunteering with DSO. Contact the manager office Janette Griffin by phone, email, or mail.

See contact information below:

Delaware Senior Olympics  
1121 Forrest Ave  
Dover DE 19904  
302-734-5698  
[admin@delawareseiorolympics.org](mailto:admin@delawareseiorolympics.org)

## Senior Group Challenge Awards

The Delaware Senior Olympics is proud of all the Senior Group Challenge Teams.  
Our top two teams in 2019 were The Easy Striders and Silver Sneakers.

| Silver Sneakers<br>Captain is Jeanette Partilla | Walk Miles | Cycle Miles | Run Miles | Swim Miles |
|---|------------|-------------|-----------|------------|
|   | 72,578     | 19,178      | 220       | 115        |
| Easy Striders<br>Captain is Peter Gisler        | Walk Miles | Cycle Miles | Run Miles | Swim Miles |
|   | 63,891     | 16,314      | 1243      | 304        |

**If you are looking for a group to join or start please contact the Delaware Senior Office for more details.**

### 2019 Walk Delaware Walkers

12 completed with 4921 miles walked

17 registered – Still completing

### Join the walk to fitness!!!!

Walk Delaware is a program offered by Delaware Senior Olympics. The challenge is to walk a distance equal to the combined length and width of Delaware which is 131 miles in one year's time. You can decide if you want to walk, run, bike, or swim the distance. There are 3 certificate levels which are BRONZE, SILVER, & GOLD.

#### **Delaware Senior Olympics – Walk Delaware Program Registration Card**

Please complete this form and mail to register for the program. Please submit one registration per person.

Name: \_\_\_\_\_ Gender: \_\_\_\_ Birth Date: \_\_\_\_\_  
 Address: \_\_\_\_\_ Development: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Starting Date: \_\_\_\_\_ Fitness Level Goal (please circle): Gold / Silver / Bronze

**Release:**

By signing this form, I agree to all risk and responsibility for any and all damage, injury, infirmity resulting from or arising out of my participation in the Delaware Senior Olympics Walk Delaware Program. I do hereby waive and release the Delaware Senior Olympics, its agents, affiliates, employees, representatives, from or for any claim or liability resulting from any participation in Delaware Senior Olympics activities. Before undertaking an exercise program, a physical examination and doctor's approval is recommended.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mail this form to: Walk Delaware, Delaware Senior Olympics, 1121 Forrest Avenue, Dover, DE 19904



## Delaware Senior Olympics

121 Forrest Avenue, Dover, DE 19904  
**Phone:** 302-736-5698 **Fax:** 302-736-5977  
**Email:** [admin@delawareseiorolympics.org](mailto:admin@delawareseiorolympics.org)  
[www.delawareseiorolympics.org](http://www.delawareseiorolympics.org)



Get the latest news and events on our website at <http://www.delawareseiorolympics.org>  
Follow DSO on Facebook, YouTube, Twitter, and Pinterest!

## Message from DSO President Paul Gatti

As this year comes to an end, we recognize that DSO is blessed to have so many who support us in so many ways. Our appreciation and thanks go out to you because without you, DSO would not exist.

Please remember to patronize our sponsors whenever possible. Let them know that you are a Delaware Senior Olympic program participant and appreciate what they help us do.

Congratulations to all the participants in this year's programs as you pursue the goals of fun, fitness, fellowship, and an active, healthy lifestyle. You are all winners. The Annual Games, Senior Group Challenge, and Walk Delaware programs are all available to become more actively involved and a means toward better health. Our hope is that even more will take part.

2020 is the qualifying year for the next National Games which will be held in Fort Lauderdale, Florida in 2021. We are planning to have registration packages available in early May.

NSGA will be getting involved with more Wellness programs and we look forward to participating with them.

Best wishes for the Holidays and looking forward to a Happy, Healthy, and Prosperous New Year.

Paul

P.S. A special thanks to Janette Gentile (our Office Manager) who kept us straight and going during another historic year of participation.