

# Triangle, Inc. and Piers Park Sailing Center celebrate five years sailing through Boston Harbor with people of all abilities

## Residents with disabilities awarded certificate for successful adaptive sailing

Recently, Triangle, Inc. and Piers Park Sailing Center (PPSC) in East Boston awarded students a certificate of completion to mark the end of the six-week adaptive sailing program. For five years, residents living in Triangle, Inc.'s nine residential homes have participated in adaptive sailing programming led by PPSC. This program is a part of Triangle's commitment to ensure that every member of their programs can participate in all facets of their local communities, including recreational activities. Since beginning their partnership in 2018, Piers Park staff members have captained a boat for Triangle residents and staff members, teaching them the basics of sailing while navigating through Boston Harbor.

"We are so fortunate to have a partner in the Piers Park Sailing Center. They have assisted participants in expanding their life experiences in such a



Anthony from Malden received an end of season gift.

ment goals. They receive all the benefits of physical activity and fresh air as they experience Boston from the boats each week while having a blast on the water with their PPSC instructors.

"Our instructors at Piers Park have built bonds with the residents and staff and look forward to seeing everyone each Saturday. The personal growth and confidence is a joy to see. Being out on the water is a calming and therapeutic experience, but it also provides the opportunity to have a lot of self-efficacy and control," said PPSC Executive Director Alex DeFronzo. "I wish more human service agencies got out in the community and did the work that Triangle is doing because you can see the impact in real-time. This group comes away each week physically and mentally stronger with great stories to share. This program has been a success because of the work of the staff



  
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Staff are shown helping Triangle, Inc. residents into a sailboat.

unique way! For some it is the first time they have ever experienced sailing," said Triangle. Inc. Chief Integrity Officer Melissa Strout. "Because our partnership has continued to grow over the years, we are able to offer this opportunity to others and enhance the skills of our annual sailors. I can't speak highly enough about the team and volunteers at Piers Park! Their thoughtfulness and care are unmatched. We look forward to many more years of our partnership and are excited to get more folks on the water!"

Triangle residents who have participated in the sailing program have experienced multiple benefits. Many apply their new skills on their sailing excursions. This practice helps residents build communication, sequencing and processing skills that also support their independent living and employ-

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