



WHERE DIFFERENCES DO NOT MEAN DISABILITIES

HAPPY NEW YEAR!
WE WELCOME 2023 AND THE MAGIC IT WILL HOLD FOR H2L!

Show
your Talent

H2L Talent Showcase Update:

Space is limited to 15 acts
mark your calendars

Sign Up Genius Goes Live
February 18th @ 5pm EST
(all acts have 3 minute time limit)



HAND CAMP MARCH 31 – APRIL 2, 2023

THIS IS ME!

"THERE'S A PLACE FOR US, FOR WE ARE GLORIOUS!"

SALVATION ARMY **KEYSTONE CAMP** 6581 SE 9TH AVE. STARKE, FL 32091



HAND CAMP H.E.R.O.E.S.

Since Hand Camp's inception in 2001, we have had the privilege of meeting hundreds of amazing campers. While each and every one holds a special place in our hearts, there are those who stand out as HEROES of Hand Camp because of the way they use these traits to Exemplify and further the mission of H2L:

HEART, EMPOWER, RESILIENT, OPTIMISTIC, EMBRACE, AND SELFLESS

Our HEROES have been identified and nominated by their fellow campers, or other members of the Hands to Love community for the work they are doing to further the mission and vision of the H2L organization. If you know someone who embodies these traits, we invite you to nominate them! Our HEROES review committee reviews each submission to ensure the nominee meets the criteria. To nominate, click

MEET CHRISTIAN VANN

HEART

Christian loves everyone he meets and is always laughing. He is constantly wearing his H2L t-shirts and hoodies to show his support.

EMPOWER

Christian was just elected Student Body Vice President of his school.

RESILIENT

He never lets his hand difference slow him down in athletics, either. Christian plays tennis, golf, baseball, basketball, football, soccer, and any other sport he can try.

OPTIMISTIC

Christian is always a positive kid!

EMBRACE

He always wants to do his best! He was the only 4th grader at his school to get a perfect score on the 2022 FSA testing

SELFLESS

Christian's family calls him "The Mayor" because he is always talking to new people and loves making friends.



Christian is from Lake City, FL. He is a fourth grader who loves to watch and play all kinds of sports. He plans to study Engineering at the University of Florida.

WHY WE GIVE

BY

BECKY & MIKE MALLON



Hand Camp 2022

We attended our first camp in 2013 when our youngest daughter, Abigail, was two years old. We immediately fell in love with everything that is Hands to Love. During our drive home, we spoke about the enormous labor of love required to put on a camp of such magnitude with nothing more than volunteers and donations. We knew we needed to find a way to give back as our way to say thank you.

We started volunteering as New Family Hosts to help guide and answer questions for new families. We hold yearly fundraisers that help fund Hand Camp. Now, we are part of the Parents Involved Committee.

We give so that other families have the same feeling we had when we attended our first camp. We give to continue to help families find a place where they belong. We give so that other limb different children and their siblings find lifelong friends like our children have found theirs. We give because there aren't enough words to thank Hands to Love for everything they have given our family.

~ Becky and Mike Mallon

OUR MISSION IS TO PARTNER WITH FAMILIES TO ADDRESS THE UNIQUE PHYSICAL, SOCIAL AND EMOTIONAL NEEDS OF CHILDREN WITH UPPER LIMB DIFFERENCES THROUGH FUN, SUCCESS-ORIENTED EXPERIENCES FOR THE ENTIRE FAMILY.

OUR VISION IS TO DEVELOP STRONG, CONFIDENT PEOPLE WHO LEAD IN THE WORLD!

Hands to Love is a 501(c)(3) non-profit organization. We strive to provide all H2L events and activities at the lowest possible cost to our families. We rely on the donations of generous supporters like you in providing services to upper limb different youth and their families. Thank you for helping us make a difference!



Scan to give!

A DAY IN THE LIFE OF AN AULD

BY WILL DREW

Will first came to Hand Camp in 2022. He lives in Champlin, MN where he works as a pediatric nurse. He is pictured here with Trae Wampler, who also has TAR Syndrome.



When asked to write about how I overcome my differences throughout my day, I wasn't sure where to start. After all, TAR Syndrome is all I have ever known. I don't overcome it, I just live. I've never considered myself disabled, until this year, when I started a new career and had to learn a whole new skillset of physical tasks - something I haven't had to do since childhood.

I could come up with a hundred examples of how I overcome TAR syndrome in my job, but could not think of my day-to-day needs as having anything to do with my disability. I don't use many adaptive tools in my daily tasks, and the ones I do use are fairly new, things I have needed recently as I am no longer as flexible as I once was as a child (Isn't that every grown-up's complaint?). Then my spouse happily reminded me that I don't use a lot of tools because I have adapted my environment to suit me. I dislike having to pull out a stepstool in my own home, so everything I use on a daily basis is no higher than eye level. I have adapted my environment to work for me.

I can go into my kitchen and grab anything at a height I can reach. If it's up higher, I've found creative ways to get things I need. For example, wooden spatulas work well to knock down tea boxes that are too high up. I have rubber discs I use to open jars, and I even have a tool with a handle on top to get the really stubborn jars open. When I do laundry, I use a barbecue tongs to get my clothes out of the washer. And occasionally, I manage a feat of acrobatics and get myself halfway in the washer upside down with my feet off the floor to get that final sock out. Luckily, there is no video evidence of this.

My office is set up so everything is in reach. My ceiling fan pull cords are at eye level so I can reach them to turn off my fan. My books are at a height where I can reach them safely so they don't fall on my head. At work, I have found the simplest tools are the most useful. I always carry a scissors and Kelly clamps with me. Kelly clamps provide me a secure way to grasp very small objects when I need to, to complete my job. For other gripping needs, hospital gloves are the best substitute I've found when a Kelly clamp just won't cut it. I also found a step stool which is light in weight and folds so I can carry it with me at work to use as needed.

As an adult, I've found myself accumulating more and more tools made specifically for adaptive living. I now have a dressing stick as well as several hygiene tools for self-care. Some of these can even be multi-use if you get creative. For example, did you know that a dressing stick is a great way to get clothes that are hung up high in the closet off of the top rack? I have adapted my environment to my needs and when that's not an option, I've come up with creative ways to use ordinary objects!

HAND CAMP 2023 BY THE NUMBERS!



64 FAMILIES ARE REGISTERED.

OUR FAMILIES ARE COMING FROM 16 DIFFERENT STATES: FLORIDA, SOUTH CAROLINA, ALABAMA, NORTH CAROLINA, GEORGIA, MICHIGAN, UTAH, WISCONSIN, TEXAS, CONNECTICUT, PENNSYLVANIA, NEW JERSEY, TENNESSEE, LOUISIANA & CALIFORNIA.

WE HAVE VOLUNTEERS FROM MANY STATES, INCLUDING SOME NOT LISTED ABOVE, AS WELL!

43 FAMILIES WILL BE PAIRED WITH FAMILY PALS!



Registered families should be on the lookout for an email later this month with more information about Hand Camp! Please be sure to check your SPAM folder.

YOUR H2L BOARD OF DIRECTORS

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Over the next several months we look forward to getting you acquainted with our board members, their connections, and their passion for Hands to Love!

If you are interested in submitting an idea or article for an upcoming H2L newsletter, please contact us at amy@handstolove.org

GRACE AND AMY MCCLELLAND, NEWSLETTER CO-EDITORS