



WHERE DIFFERENCES DO NOT MEAN DISABILITIES

HAND CAMP, LOOK OUT 'CAUSE HERE WE COME!

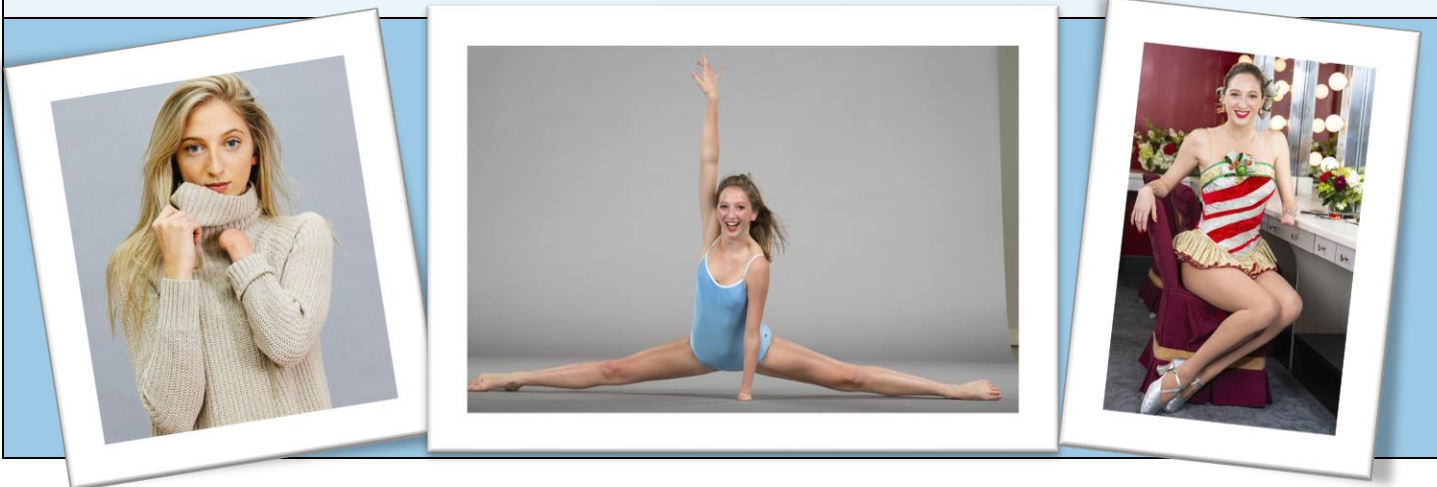


INTRODUCING OUR SPECIAL HAND CAMP GUEST... SYDNEY MESHER

Sydney Mesher is a bicoastal dancer, model, speaker, author, actor, and all-around force. As a congenital amputee (born without her left hand) Sydney put body inclusivity at the heart of everything she does. With her work as a professional dancer, she has worked with numerous artists and brands around the world.

In 2019, she made her debut as the first visibly disabled Radio City Rockette! Since this amazing achievement, Sydney has danced for NHK Japan, Dance Lab NY, and the Macy's Thanksgiving Parade. She has worked as a dancer and choreographer for Disney+ and has consulted for Olay Beauty. She has also modeled for brands such as Adidas, Hollister, and Nude Barre; helping them bring real inclusivity and diversity to their campaigns.

This past year she began working as an actor, and booked Hallmark's "A Holiday Spectacular", which premiered in late 2022! Never a big fan of having downtime, Sydney is about to become a published author in 2023. Sydney is the dictionary definition of 'driven' and hopes to bring a new image to the entertainment industry. We are so thrilled she is joining our H2L Family!



I am not a stranger to the dark
 Hide away, they say
 'Cause we don't want your broken parts
 I've learned to be ashamed of all my scars
 Run away, they say
 No one'll love you as you are
 But I won't let them break me down to dust
 I know that there's a place for us
 For we are glorious

**When the sharpest words
 wanna cut me down
 I'm gonna send a flood,
 gonna drown 'em out
 I am brave, I am bruised
 I am who I'm meant to be, this is me
 Look out 'cause here I come
 And I'm marching on to the beat I drum
 I'm not scared to be seen
 I make no apologies, this is me ...Oh...*



Another round of bullets hits my skin
 Well, fire away 'cause today,
 I won't let the shame sink in
 We are bursting through the barricades and
 Reaching for the sun (we are warriors)
 Yeah, that's what we've become
 I won't let them break me down to dust
 I know that there's a place
 for us for we are glorious*

*When the sharpest words wanna cut me down
 I'm gonna send a flood, gonna drown 'em out
 I'm gonna send a flood, gonna drown 'em out
 Oh... This is me*

Songwriters: Benj Pasek / Justin Paul
 This Is Me lyrics © Kobalt Music Publishing Ltd.,
 Walt Disney Music Company

CLICK THIS LINK FOR OUR CAMP THEME SONG:
[THIS IS ME](#)

CALLING ALL VETERAN FAMILIES!

We are so excited about Hand Camp this year. We have 26 new families attending camp. We are looking for some veterans to volunteer as host families. The host family serves as a guide to new families before camp and throughout camp if needed. The goal is to welcome the new families and help them create that first connection. It will help ease the uncertainty of a new place and experience.

The host family's engagement is simple. You email the family with a short introduction on your experience at camp, some information about your limb different child, a little background about your family, and a picture. You can try to help answer any questions they may have.

If you're interested in taking on this volunteer opportunity, please reach out to Becky at becky@handstolove.org

Thank you for considering this significant role in our program.

Sincerely,
 Becky Mallon



P.S

New families, look out for an email from your Host Family. Make that first connection! Let us help answer your questions. We can't wait to meet you all!



GRiP (Generational Relief in Prosthetics) is a student organization, made up of University of Florida students, that strives to make a difference in the lives of others. We make 3D-printed assistive devices, as well as adaptive controllers and toys, for recipients all over the nation free of charge and completely custom-made. We also conduct research and educate the local community on STEM through outreach activities.

If you would like to learn more about GRiP, please visit our [GRiP Website](#).

To place an order, email gripfamilyuf@gmail.com

AND

fill out this form:
[GRiP Order Form](#)

GRiP will be at Hand Camp all day Saturday!
Please be sure to stop by!

Sincerely,
Marion Hegstrom, GRiP President
Kathryn Kalouf, GRiP Vice-President



Marion Hagstrom is the current President of GRiP. She grew up in a small farming town called Pierson, FL. She is studying Biomedical Engineering at the University of Florida (Go Gators!) She got involved with GRiP her first week of college as she was drawn to their mission of creating assistive devices for those with limb and mobility differences.

Kathryn Kalouf is the current Vice President of GRiP. She grew up in South Florida where she went to school in Miami Lakes. She is studying Biomedical Engineering at the University of Florida as well! She knew that she wanted to make a difference and to also gain the skills and experience she needed for her career. Therefore, she decided to join GRiP where she could create hands and assistive devices for the kids at Hand Camp!





THERE ARE STILL A FEW MORE SLOTS FOR YOU TO SHOW OFF YOUR TALENT AT HAND CAMP '23. BE SURE TO REGISTER YOUR ACT IF YOU ARE A CAMPER!!! AN EMAIL WAS SENT WITH THE LINK!

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 HERE TO GIVE

SPECIAL THANKS TO JACQUES GOULET AND HIS SCOUTS FOR BRINGING THE RAINGUTTER REGATTA TO HAND CAMP THIS YEAR!

WE CAN'T WAIT TO SEE WHICH BOAT WINS!



WHY I GIVE

BY MADDIE SAKALO

Hi! I am Maddie, and I have proudly supported Hands to Love since 2018. At the time, I was in 6th grade, and I made necklaces and organized drives with all proceeds benefitting this amazing organization. Fast forward to today: I am currently a high school sophomore and have continued my involvement with **Hands to Love**. Currently, I am making and selling friendship bracelets to raise awareness for those with hand differences.



I was born with a condition called Polydactyly.

In my case, that meant that I had two fully developed thumbs on my right hand. From the time I was very young, up until now, my special hand has made me special! By learning more about what this organization aims to do, I found support. For the first time in my life, I understood that there were other children and adults with hands like mine. **Hands to Love** seeks to provide support for children who see something that they have that others might not.

Making bracelets has been one of my favorite pastimes since elementary school. I love the connections and friendships I have formed by sharing my bracelet-making skills. These bracelets symbolize self-confidence and the importance of having impactful relationships with those you love. My bracelets aim to show the world that even children who others may deem “different,” are special in their own right, and they can have the same friendships as other children.

Although I have not yet attended Hand Camp, I have been fortunate to go to an overnight summer camp. There, I learned the importance of meeting others with similar interests to my own. I cherish the friendships I made there and the “home away from home,” that camp is to me. Camp has allowed me to understand how vital it is to honor the unique qualities of others and see beyond myself.

H2L has created a family that embraces differences and celebrates individuality. By donating the proceeds of my bracelet business to **Hands to Love**, I hope to inspire a generation full of caring, thoughtful people who truly see the importance of being a real friend.



To order, please visit:

[https://instagram.com/braceletsbymaddie ?igshid=YmMyMTA2M2Y=](https://instagram.com/braceletsbymaddie?igshid=YmMyMTA2M2Y=)

Shipping is available for a small fee!

MR. JIM DUFEK

H2L BOARD OF DIRECTORS TREASURER
AND INFORMATION TECHNOLOGY GURU



Jim lives in Gainesville, Florida. He is the owner of GatorTec - Apple Premier Partner. Jim serves H2L as the Board of Directors Treasurer and IT Specialist.

Jim has known Dr. Paul and Ruthie Dell since around 2005, and he has been a part of Hands to Love since 2006 or 2007 by providing IT support.

After stepping away from Hands to Love for a few years, Jim was honored when Ruthie Dell asked him to rejoin our efforts as treasurer and by continuing his role in helping with IT.

When asked about what motivates him to work with Hands to Love, Jim says, "Hands to Love provides opportunities to children (and their families) around the country that they would not otherwise be able to get. Additionally, her remarks, "It is an honor to provide such a much needed service to children with upper limb differences."

MEET OUR H2L BOARD OF DIRECTORS!

MRS. BETH KEENE

H2L BOARD OF DIRECTORS SECRETARY

Beth lives in Archer, Florida with her husband Steve. Professionally, Beth is the Administrative Specialist at the Department of Orthopaedics Surgery and Sports Medicine, Hand and Upper Extremity Division, University of Florida. Beth serves as the H2L Board of Directors Secretary. Beth became connected to H2L as Dr. Paul Dell's Administrative Assistant.

Beth shares, "I have known the Dells since 2003 and worked for Dr. Dell for 17 years, at which time I started working with Hands to Love. I love serving and helping people behind the scenes. Being involved with H2L gives me the opportunity to get to know the campers and their families. Seeing the difference 48 hours makes in a camper's life and their families is priceless. Having so many people come out and want to volunteer says a lot about the H2L organization. It is an organization that has very thoughtful, giving people... and that makes Hand Camp so wonderful. It has been a honor to serve on the H2L Board of Directors, and I thank Dr. Paul and Ruthie Dell for their dedication to these camper and their families for whom they kept this alive for 23 years."

