



WHERE DIFFERENCE DOES NOT EQUAL DISABILITY

# GIVING TUESDAY NOVEMBER 28, 2023

Giving Tuesday, created in 2102, is a global generosity movement unleashing the power of radical generosity by designating a day that encourages people to do good.

Would you consider making a donation to Hands to Love on Giving Tuesday?

Our goal is to raise the remaining 25% of the monies needed to fully fund Hand Camp 2024. If we can raise \$10,000 on Giving Tuesday, we can reach that goal!

We have various tiers of giving!

## THERE ARE 5 DONATION LEVELS...

- Program Supplies - \$10
- Arts and Crafts Supplies - \$35
- Individual Registration - \$150
- Travel Expenses - \$400
- Family Registration - \$1150

Go to [handstolove.org/donate](http://handstolove.org/donate) to give today!



Please visit [handstolove.org/donate](http://handstolove.org/donate) to support Giving Tuesday for Hands to Love!

WE ARE 75% FUNDED FOR HAND CAMP 2024 AND ARE WORKING TO RAISE THE REMAINING 25%.

**WE NEED TO RAISE \$10,000 DOLLARS ON GIVING TUESDAY TO MEET OUR GOAL.**

WOULD YOU CONSIDER GIVING A DONATION?



**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!

# A LIMITLESS LIFESTYLE

By Julius II, Tiffanie, Julius III, and Paisley Graham

We first were introduced to Hand Camp over ten years ago. We arrived at Camp Crystal, not knowing what to expect, but left with endless ideas not only for our camper (Julius Graham), but our whole family to start living a “limitless” lifestyle. We decided to really challenge the world’s view and what we thought of being handicapped to “Handi-Capable”.

The campers and families at Hands to Love are showered from arrival until you leave camp at close with so much love and inspiration the entire weekend that it will make you open up your minds to endless possibilities for a brand new normal. All the while, you are being transformed into an advocate for, not only your immediate family circle and their needs, but to others who are trying to figure out some of the same struggles or concerns that were troubling you and your family.

Julius is now a senior in high school and has received numerous awards and achievements including: 2020 Duval County Spelling Bee Champion, National Honor Society Member, an Early College student, Student Representative of the Duval County’s PTAs & PTSAs and a 2- year varsity letter winner in golf at Riverside High School.



“JULIUS FEELS THAT HAND CAMP PREPARED HIM TO **LIVE LIFE WITHOUT EXCUSES** AND TO **PUSH PAST THE ODDS OF LIFE**, THAT ALLOWED HIM TO **ACHIEVE GREATER HEIGHTS IN LIFE.**”

IF YOU HAVE AN IDEA FOR OUR H2L NEWSLETTERS, PLEASE REACH OUT TO AMY MCCLELLAND, EDITOR

[amy@handstolove.org](mailto:amy@handstolove.org)

## H2L INNOVATION STATION



MS, OTR/L  
*On The Other Hand Therapy*  
Columbus, Ohio

As noted in last month's column, at Hand Camp 2023, some parents reported that their children declined to use adaptive equipment even when it would make particular activities easier and/or faster for them. So we began our discussion about how to incorporate adaptive equipment into the regular functioning of a house with the suggestion first to incorporate it in contexts where there is no choice whether to use it. Let's move on to the kitchen!

While there are many fun and helpful adaptive kitchen gadgets and products (likely a future column), one often overlooked area is the choice of cookware, dishware, glasses, and other food and drink containers, whether bowls, pitchers, storage containers, or pots and pans. I'm often both astonished and surprised by the weight of other people's kitchenware because I began experiencing overuse issues long before I ever set up my own kitchen.

While your child is young, it's unlikely that they will have experienced overuse issues on their dominant or affected side(s). But we know from research that there is a cumulative strain for folks with one and even two-sided limb differences, so being aware of what your child is picking up and how they are using their arms (another future column) is an important part of decreasing the likelihood of future overuse syndrome

So, I chose dishes and glasses that are lightweight, with the added bonus that my children, who came along several years later, could (theoretically) set and clear the table or load the dishwasher from a young age.

Personally, I find the Corelle line of dishware to be functional, lightweight, and aesthetically pleasing. That said, I am sure that there are plenty of other brands that meet these specifications.

In those days, the dangers of plastics were not as well known, so we also purchased lightweight plastic storage and serving containers. These days, as many people try to avoid having their food come into contact with plastics, there are plentiful other options that are much lighter than ceramic, glass, or stainless steel, such as bamboo, aluminum, and silicone.

Just like with converting door knobs to lever handles, it's not necessary - nor cost-effective - to change everything at once. A good first step is looking at what heavy items are in your kitchen. Weighty family heirlooms that hold enormous sentimental value can be repurposed for other uses, such as vases for flowers or storage for knick-knacks. The next time you replace bowls or a set of drinking glasses, you can research and choose lighter weight options.

Next month, we will look at usage patterns for holding and carrying kitchen and other gadgets to decrease strain on the upper body.

Learn more about overuse syndrome [here!](#)





## MEET OUR BOARD OF DIRECTORS

### JERELYNE IDICA

Jerelyne comes from Jacksonville, Florida. She and her family are Filipino Americans who moved to the US in 2001. She is the youngest of three and her parents live in Palm Coast.



Jerelyne's family enjoys staying active, which involves long walks, playing on the beach, hiking, and pickleball, just to name a few. They find every reason to travel when possible, as well as finding every reason to eat delicious meals and desserts!

Jerelyne is an Occupational Therapist at Brooks Rehabilitation and an Adjunct Faculty Member at Jacksonville University.

Jerelyne is the newest member of the board and serves on the Programming Committee and Nomination Task Force. She is a former SOTA member, Family Pal, H2L intern; and she now is an OT resource for camp and proud AULD!

Jerelyne commented, "I often attribute my personal growth milestone as a young adult to camp. Prior to attending my first camp in 2009, I had never seen or met anyone with a 'different hand.' Although I was a family pal my first year, I felt like a camper myself at 19 years old! It was as if a whole new world was unlocked for me. For the first time in my life, I no longer felt like I was alone on this journey. Therefore, my motivation and dedication to H2L is simple. I want to give back what it has given me."

### DR. ROB MATTHIAS

Rob lives in Gainesville with his family. His wife is Alison, and they have three children. Their son Greer (21) is a junior at UVA, their daughter Eliza (19) is a freshman at Vanderbilt, and their son Henry (16) is a high school sophomore. All of the Matthias kids have volunteered at Hand Camp!

Rob is an Orthopedic Hand Surgeon. He serves on the Communication and Fundraising Committees of H2L.

As an Orthopedic Hand Surgeon who takes care of kids with limb differences and former fellow and partner of Dr. Dell, Rob is well aware of the needs and opportunities for this group.

Rob shared, "I absolutely believe in what H2L does and the wide variety of opportunities it creates."

My favorite moments in H2L is when a new mother and father who have child with a limb difference come to camp for the first time. As a parent, I can imagine the million worries they have about their baby: Will he or she be accepted, successful? Date, get married? This list is no doubt endless."



"Then they get to camp and see an awesome young man or woman at camp who has the same limb difference their child has and that young man or woman is employed/in college, dating/married, smiling/happy and living a great life. You can almost see a weight lifting off those parents shoulders when they see with their own eyes that everything is going to be all right."

## KRISTA ROBISON

Kristi lives in Ormond, Beach Florida. She and her husband, Jamie, have two children - Jackson and Kennedy (our camper). Jackson is now in the AICE program at Seabreeze High School and rows for Halifax Rowing Association. Kennedy is in 7th grade at Ormond Beach Middle School, and is currently involved in their city's Children's Musical Theater and volunteers at Daytona Beach's teen court.

Krista is a business owner and operator. She has enjoyed working with the Hand Camp Special Events Committee, which hosts the Welcome Activity, Friday Night Activities and Saturday night Talent Show.

Krista remarked, "As a board member for Hands to Love, it's my privilege to work with our team to uphold the Hands to Love mission. As we move into the next year, I'm excited for my roles as a member of the Communication & Advancement Committee and the leader of the Finance & Compliance Committee."

"Our family was blessed to find Hands to Love in 2013. We had just moved back to Florida after four years out of state, and we were worried we wouldn't be able to find a strong support system for our daughter Kennedy, who has right hand symbrachydactyly. After a few searches on the internet, we were signed up for our first Hand Camp!"

As they arrived at camp, Krista said her family was nervous and a little scared. Her husband likes to say that the first camp was more for Krista than Kennedy, since Kennedy wasn't even two years old. "Well," Krista says, "I'll own it 😊."

As the weekend wrapped up, Krista wondered if her family would want to come back as they gave hugs to new friends and said goodbye. Their family was only ten minutes outside of the camp gates when their three year-old son, who does not have a limb difference, asked when

They could go back! "I started crying," Krista explained. "I thought this camp was for my daughter, yet this is where my son is finding lifelong friends from all walks of life at Hand Camp. It was just ten minutes outside the gates of Camp Crystal when we all knew we had just gained a new family."



"PROVIDING THE OPPORTUNITY FOR KIDS WITH A LIMB DIFFERENCE TO BLEND IN, AS WELL AS TO STAND OUT FOR THEIR INDIVIDUALLY, IS WHAT DRIVES MY COMMITMENT TO H2L." ~ KRISTA ROBISON



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!