

# handstolove

"where difference does not equal disability"

## 2024 in Photos





As we approach the end of the year, we reflect on an incredible journey that began in 2001 with our first Hand Camp, hosting just fifteen children with upper limb differences and their families. We never imagined that this initial event would grow into a thriving non-profit organization dedicated to **empowering children with upper limb differences and their families through vital resources, support, and connection.**

Dr. Paul and Ruthie Dell  
Hands to Love Founders

## Our Impact at a Glance .....



## Year-end giving online is easier than ever before!

Visit us [HERE](#) to see the many ways you can support H2L!  
To donate by mail, please make payable to "Hands To Love."

Hands to Love  
P.O. Box 140572  
Gainesville, FL 32614-0572

### TRS Prosthetics



TRS Prosthetics was formed in 1979 by an upper limb amputee, Bob Radocy. This organization has vastly increased access to UE prosthetics for sports, music, and everyday activities!

One of our very own campers is in the process of experimenting with the TRS Dragon attachment (pictured to the left) to increase performance in acrobatics and aerial arts.

Visit the TRS website [HERE](#)

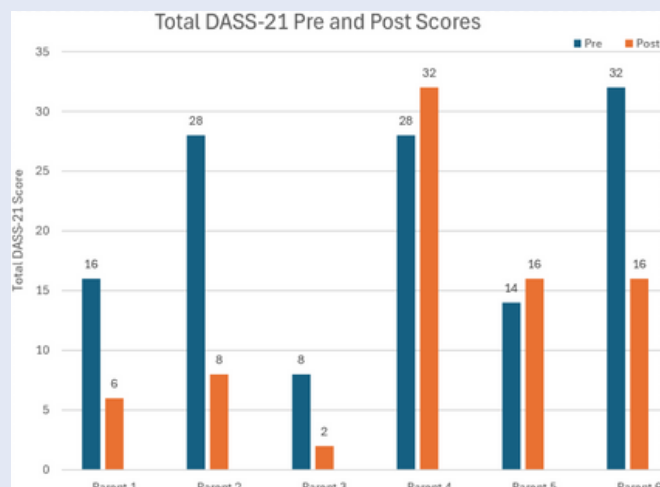
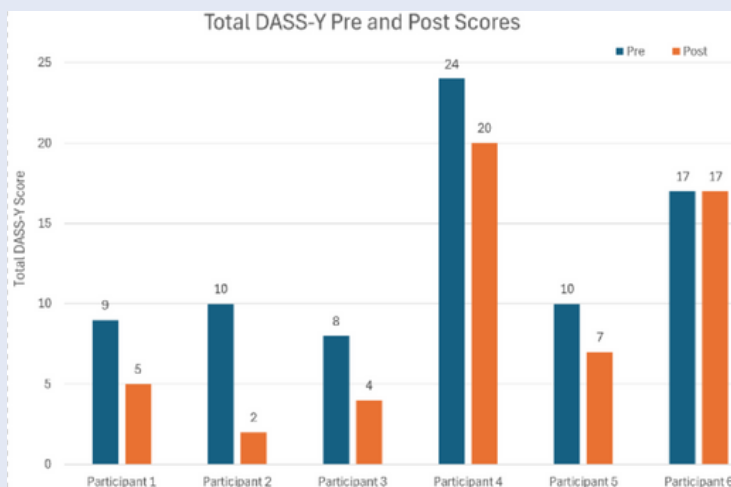
# Benefits of Yoga as a Recreational Activity for Mental Health

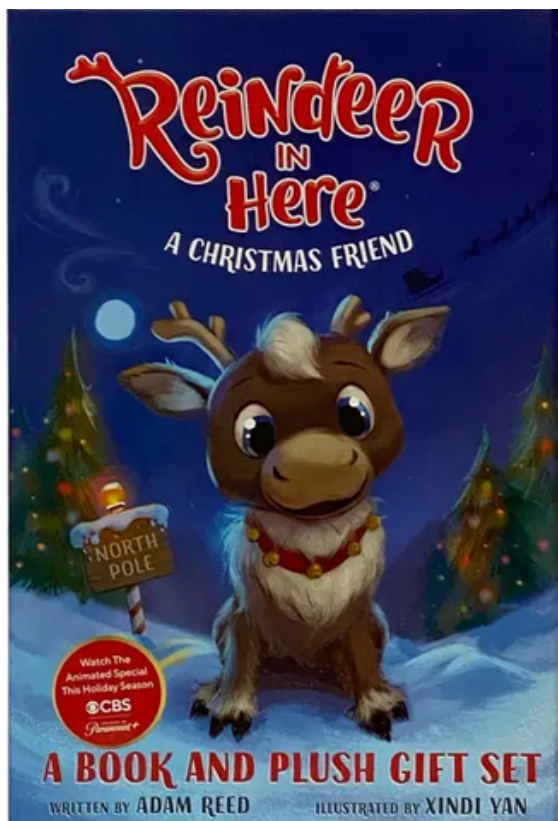
*Hands to Love partnered up with doctoral student of Occupational Therapy, Angel Nguyen, OTS, to launch a new initiative, and the results were astonishing!*

Pediatric populations with congenital upper extremity differences generally report lower psychosocial well-being with increased social deprivation. Having a hand injury or difference can lead to feelings of social unacceptability and inadequacy. Furthermore, concerns about body image and appearance can have significant psychological implications that impact daily functioning. It is important to note that hands can be essential to an individual's overall identity as human beings, and our identities are deeply rooted in our ability to independently engage in meaningful occupations.

Adaptive yoga as a pharmaceutical form of intervention involves a series of modified poses coupled with deep, controlled breathing to bring awareness to body movements and induce a meditative state. For the upper limb difference community, we strive to offer campers adaptive solutions for routine and recreational activities as well as advocate for the health and unique needs of children with upper limb differences, their parents, guardians, and siblings. In launching the 7-week adaptive virtual yoga program for families, our goal was to address the psychosocial impacts such as stress, anxiety, and social isolation related to upper limb differences and boost confidence by fostering a sense of community while improving balance, strength, flexibility, and posture.

Prior to the start of the program, several participants noted lack of confidence, low self-esteem, low engagement, anxiety, and concerns about bullying. After completion of the yoga program, most participants saw a decrease in symptoms of depression, anxiety, and stress and expressed gratitude over the new friendships made-- contributing to the mounting evidence supporting the therapeutic benefits of yoga for improving mental health and well-being. Try it out for yourself-- grab your yoga mat and see what a difference it makes for you!





# Toy Spotlight

With the holidays approaching, you (or Santa) may be looking for unique gift ideas that promote awareness of physical differences. "Reindeer in Here: A Christmas Friend" is just that!

"Reindeer in Here" promotes the idea that "different is normal," whether that be "different on the inside, different on the outside, or different in our hopes, dreams and desires." The reindeer is traditionally gifted early and accompanies the child on their day-to-day adventures to gain insight on all their Christmas wishes. Throughout this adventure together, Blizzard, the reindeer, encourages each child to love their differences!

Purchase [Here](#)



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!

To give, click [here](#)

