



handstolove

"where difference does not equal disability"

Congratulations Dr. Dell!



Please join us in congratulating Dr. Paul Dell on his retirement!

Dr. Dell earned his medical degree at the University of Florida in 1971 and remained in Gainesville to complete his residency in Orthopedic Surgery at UF. He has worked at UF Health for ~46 years and is responsible for training about 70 fellows that have gone on to work as hand surgeons all over the country. Throughout his years of practice, Dr. Dell has always had a special place in his heart for children with congenital upper limb differences. At a conference in 2000, Dr. Dell learned of Hands Down Camp for children with congenital upper limb differences in Dallas, Texas from his colleagues Dr. Mary Beth Izaki and Dr. Peter Carter of Scottish Rite Children's Hospital in Dallas. He has played an essential role in the formation and continuation of the Hands To Love organization! We would not be where we are without continued support of Dr. Dell and his wife, Ruthie! ❤️

What Have Our Campers Been Up To This Summer?

Tasi Rigamoto



- Photo 1: Butterfly Biosphere at Thanksgiving Point (Lehi, Utah)
- Photo 2: Attended the Bright Ideas Summer Program with his sister, Addy
- Photo 3: "Wear a Halloween costume" for the Kids in the Park Summer Program
- Photo 4: Art City Days Carnival



Caroline Bedy

- Photo 1: Spending time at a Disney waterpark (Caroline on the right and sister Olivia on the left)!
- Photo 2: Animal Kingdom Lodge



Kenzie Herbert



- Photo 1: Birthday Crawfish Boil (Kenzie in the back, sister Kora left, sister Kenna right)
- Photo 2: Fervent Conference (Kenzie is second from left)
- Photo 3: Swimming in the lazy river at a campground (Kenzie left, sister Kenna right)

Adaptation Column

Hand Camp Recap

It was wonderful to see so many of you at Hand Camp! At our adaptive technology station, we displayed technology products and accessories that encourage healthy use of our limb difference side(s) while also minimizing strain to our dominant side. Here are some inexpensive accessories that can help all of us with upper limb differences avoid strain and pain when using technology.

A phone, book, or tablet stand

Looking at a book or device (such as a phone or tablet) for more than a few minutes at an awkward angle can cause tightness and discomfort in the neck, shoulder, and upper back muscles, even in children. This is called "tech neck." Whether we are children or adults with upper limb differences, we naturally are at greater risk of developing "tech neck" because we often use our upper body muscles in uneven ways that may already strain these muscles. Phone, book, and tablet stands hold devices steady, so we don't have to grip them tightly or use awkward hand positions - especially helpful for relieving strain on our overused dominant side. By keeping the book or gadget at eye level, stands help maintain healthier posture, prevent discomfort, and support better overall muscle and bone health. Ideally these stands should be used in combination with good postural habits, such as sitting up tall or lying tummy down while dictating, gaming, reading, or texting on a device. Here are links to the lightweight, foldable, and inexpensive [phone stand](#) and [book stand](#) (with lots of color options!) that I use.

Helpful Tip: Apply a few drops of WD40 on the front hinge of the book stand to loosen the page holder

Learn more about adaptive [Typing/Keyboarding for Kids, Teens, and Adults with Hand/Arm Differences](#) along with a free downloadable technology suggestions handout.

-Laura Clubok

"Why I Give"

"I first learned about Hands to Love a year and a half ago. I was having dinner on my birthday on an outdoor restaurant patio when a girl and her father stopped by to say hello because we had the same type of hand. I am currently 60 years old and have met only a few people in my life with a similar hand. In the course of our conversation, I learned I am an AULD (Adult with Upper Limb Difference) and about Hand Camp. Intrigued, I did some research to learn more about Hand Camp and Hands to Love and signed up for the newsletter. When the time came to volunteer, I signed up for Hand Camp 2024. It was amazing!

The support, resources, and advocacy Hand Camp offers to children with upper limb differences, as well as their parents and siblings, is such a wonderful thing and something I would have loved to experience when I was a child. I hope to continue to give for many years to come and that sharing my time and life experiences can benefit others."

-Lynn Hagan

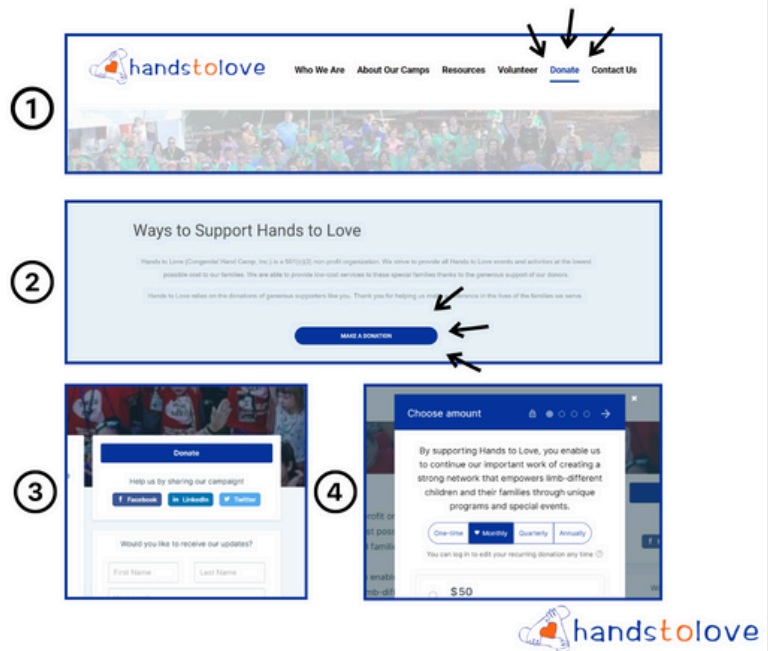


Steps to Set Up Recurring Donations:

1. Navigate to handstolove.org and click on the "Donate" tab located on the top right
2. Scroll down and click the blue "Make a Donation" button
3. Click the blue "Donate" button on the right side of the screen
4. A pop-up will appear with amount options. Instead of choosing "One-time," consider setting up a monthly, quarterly, or annual donation.

Feel free to email info@handstolove.org with any questions!

Setting Up Recurring Donations



INTERESTED IN VOLUNTEERING YEAR ROUND?

While Hand Camp weekend undoubtedly requires countless volunteers, Hands To Love offers numerous volunteer opportunities throughout the year. To fill out a volunteer interest form, click [here](#)

Coming in the Fall Virtual Adaptive Yoga Classes

Be on the lookout for
an interest survey in
August!



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](#)

