



handstolove

"where difference does not equal disability"



The Season of Thanks & Giving

Time

Hands to Love is deeply grateful for the volunteers who generously give their time and talents to support children with upper limb differences and their families. One powerful example of how our volunteers make a difference is Alayna's story.

Alayna was born without her left hand and forearm, yet she has found a passion for the aerial arts. She has showcased her talent at Hand Camp over the past two years and is fearless!

Alayna and her mom quickly bonded with Carlynn, the music and dance activity lead, when they learned that Carlynn is both a dance and circus arts instructor and an occupational therapist. This unique combination has been instrumental in encouraging Alayna to pursue her passion for aerial arts. Carlynn has provided adaptive resources to help Alayna refine her skills and overcome challenges.

Most recently, after Alayna experienced a fall due to her prosthetic attachment slipping during an acrobatic move, her mom reached out to Carlynn for assistance. Carlynn immediately sprang into action, reaching out to a prosthetic company for help. In response, this generous prosthetic company provided Alayna with a new attachment for her current prosthetic—one that isn't yet available on the market—as well as additional attachments for her to try. Carlynn's expertise and resourcefulness ensure that Alayna can continue to pursue her passion with confidence.

Volunteers like Carlynn have a lasting impact on children with upper limb differences and their families, offering support and encouragement at Hand Camp and beyond. Their selfless dedication empowers children to believe that "Difference Does Not Equal Disability."

THANK YOU, VOLUNTEERS!

Carlynn Pickens



Talent

“When I was 12 years old, my brother became a quadriplegic due to a diving accident. Throughout my high school years, I witnessed my brother courageously manage our adapted environment at home, maneuver through a community that wasn’t very accommodating to wheelchairs or special needs, and learn how to drive a van with hand controls. It was fascinating! As a result, I became a physical therapist. As I was nearing retirement, I began to coach Special Olympics Tennis. I thoroughly enjoyed coaching neurodiverse athletes and would share my experiences with my friends.

Simultaneously, I had a girlfriend who volunteered as a nurse at Hand Camp, and she would frequently tell me how wonderful Hand Camp was. My friend encouraged me to help with the tennis at Hand Camp. I contacted Ruthie and Dr. Dell regarding volunteering for Hand Camp, and the rest is history. After the first time volunteering with adaptive tennis, I was hooked! Viewing individuals that have a variety of upper limb challenges, with big smiles on their faces, playing tennis is a heartwarming experience. I truly look forward to Hand Camp every year!”

Lori Farkash



Treasure

“I think one of the most painful things that can happen to a child is to experience scorn and ridicule because his or her hands are different. Before Hands 2 Love was formed, children had to suffer this ill treatment by withdrawing or by wearing gloves to hide their hands. Hands 2 Love has enabled them to meet children with similar differences, and it has helped them to love who they are.

I have a very high regard for Paul and Ruthie Dell and am glad that they founded Hands 2 Love and continue their strong support. I have enjoyed helping at several camps and have been impressed by the games they played and the joy on their faces. I think the support given to parents and the siblings of children is outstanding. How could I not help support such an organization?”

Glenn Dickson



WAYS TO GIVE

1

John Dufek served Hands to Love as the president of our board of directors from 2008-2011. He shared his vast experience in non-profit leadership with Hands to Love having served on the board of Catholic Charities for many years. John embodied the spirit of selfless service.

As a reflection of John's spirit, many volunteers have served and continue to serve selflessly to make Hands to Love a success.

To honor John and the countless volunteers who have served Hands to Love, the John Dufek Volunteer Fund was relaunched during Hand Camp 2024. \$1,076.32 was raised to support volunteers through a Boutique liquidation sale. H2L will use this fund to cover volunteer background checks, meals, lodging, and t-shirts.

Give to the fund [HERE](#).



2

Nate Goodwin Family Travel Scholarship



H2L desires for ALL children with upper limb differences and their families to attend Hand Camp. We do all that we can to assist by removing barriers that prevent attendance. One such barrier is the cost of traveling to Hand Camp, as families travel from all over the United States to come to camp.

We currently have 6 requests for travel scholarships for Hand Camp 2025! Please consider giving to the Nate Goodwin Family Travel Scholarship to help us support these families.

Give to the fund [HERE](#).

3

Recurring Donations

1. Navigate to handstolove.org and click on the "Donate" tab 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.

4



Volunteer at Hand Camp 2025

April 4th-6th, 2025

Apply [HERE](#)

GIVING TUESDAY

is December 3rd!

TURKEY HAND CRAFT

Gobble Gobble!

Looking for a fun and sensory-friendly activity for the holidays?
Create this one-of-a-kind turkey with your UNIQUE limb!

Send a photo of your
hand turkey to
info@handstolove.org

MATERIALS

- Washable Paint
- Construction Paper
- Marker or Pencil



GETTING STARTED

1. Set up an **open and safe space** at the table to sit down
2. Grab a fresh, **blank sheet of white paper**
3. **Paint the hand:** Paint the palm or the middle of the hand brown and each finger tip a different color
4. **Stamp the handprint:** Gently press the limb on the paper. Wait 10 seconds
5. Hold the paper down and **gently lift the limb up from the paper**. Make sure not to smear the paint
6. Once your turkey is dry, **draw your turkey face and legs** with a marker or pencil
7. **Admire your UNIUE turkey!**

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](#)

