



handstolove

"where difference does not equal disability"

Family Pal Volunteer Perspective

"I have had the pleasure of being a Family Pal to many special campers over the past 15 years. As a Certified Hand Therapist who treats adults every day, my experience with the pediatric population is limited. The first time I was assigned to the role of Family Pal, I was apprehensive. But the feeling disappeared quickly when I met the four-year-old, first-time camper and her family in 2010. We bonded immediately and had an amazing weekend! She attended the following year as well, but her family traveled from Seattle and the journey made future camps difficult. Fortunately, through social media, we have been able to stay connected. I had tears in my eyes as I read her dad's recent post about her graduating high school and going to college to play on the tennis team! I recalled the first time she had ever picked up a tennis racket at Hands To Love camp, and I was so proud of her!"

Most recently, I was assigned to an older first-time camper. We bonded differently with her being older, but equally as strong. We had so much fun exploring all that Hand Camp offers! I witnessed and helped to foster her friendship with another young lady in our group. They are "best friends" to this day! The following year, I was able to be a Family Pal to both of these girls, and I really loved seeing their special bond!

The relationship between a Family Pal and their camper is so special. A person who is a stranger on Friday becomes a friend by Sunday. I've been blessed to establish these friendships with several campers and their families over the years, and I treasure each and every one!"

~Laurie Thurber OT, CHT



Camper Family Perspective

"Family Camp can seem overwhelming at first. Schedules for this age, schedules for that, parent things....WAIT?! Parent things!!! When we were a first-time family, we were torn. Making sure our kids weren't lost, confused, or scared was my first priority, but parent things? Coffee, AULD time, and getting to hear and know parents sounded wonderful. In steps Winnie, our Family Pal (cue the superhero music)! Winnie is kind, patient, and so much fun! I knew my kids would be cared for.

Now, if you have seen my family, there's a lot of us. This does not overwhelm Winnie. She just joins right in. Having her year after year, my kids are comfortable with her, and they look forward to seeing HER! They ask about her whenever we are in Gainesville. If camp is randomly mentioned, so is Winnie. The help and peace of mind she brings to myself as a mom is invaluable. It has allowed me to relax as a parent, go to the AULD, OT sessions, parent coffee time, and other sessions set up for parents. I've gotten to laugh, cry, and relate to the parent struggles of those around me. She has changed what camp has looked like for me as a parent. Without Winnie, I would not feel this freedom to do these things. I know she is with my kids and watching out for them, and I know they love her." ❤️

~Grace Pickard



YOU'RE INVITED

Heroes Among Us Benefit

OCTOBER | 27 | 2024

4pm

Dance and Circus Arts of Tampa Bay
1490 N Belcher Rd Suite H Clearwater, FL 33765

Follow us on social media for more information

Join us in this fundraiser to support **handstolove**



Believe you can do it.

PARALYMPICS 2024

The Paralympics originally started as a series of rehabilitation activities for people with physical disabilities and has since transformed into an international stage for athletes to shine.

Check out our Paralympic Athlete Spotlight below!

MATT STUTZMAN

ARCHERY



Known as the "Armless Archer," Stutzman has become an expertise at shooting a bow without arms and is expected to make a great return this year.

2012 PARALYMPICS SILVER MEDALIST

CHRISTOPHER HAMMER

TRIATHLON

Born without his left hand, Hammer has made a name for himself as a 4-time Paralympian, even taking home gold this year in the Men's Triathlon (swimming, cycling and running).

2024 PARALYMPICS GOLD MEDALIST



ELIZABETH SMITH

SWIMMING



Smith is a 3-time medalist at the Paralympics and ready to earn her 4th! Although born without her left forearm due to amniotic band syndrome, Smith has made a tremendous effort advocating for the limb difference community and showing her 'lucky fin' in action.

2016 & 2020 PARALYMPICS SILVER AND BRONZE MEDALIST

PARALYMPIC REPRESENTATION

TRANSFORMING ATTITUDES

The Paralympics continue to pave way for the limb difference community by reshaping attitudes, breaking down barriers, and inspiring generations around the world to embrace their differences and pursue their *dreams*. As you watch the Paralympics this season, remember the four core values they stand by: *courage, determination, inspiration* and *equality*.



SAVE *the* DATE

HAND CAMP

April 4th-6th, 2025

TEEN CAMP

April 3rd & 4th, 2025

HANDS TO LOVE

VOLUNTEER APPLICATION



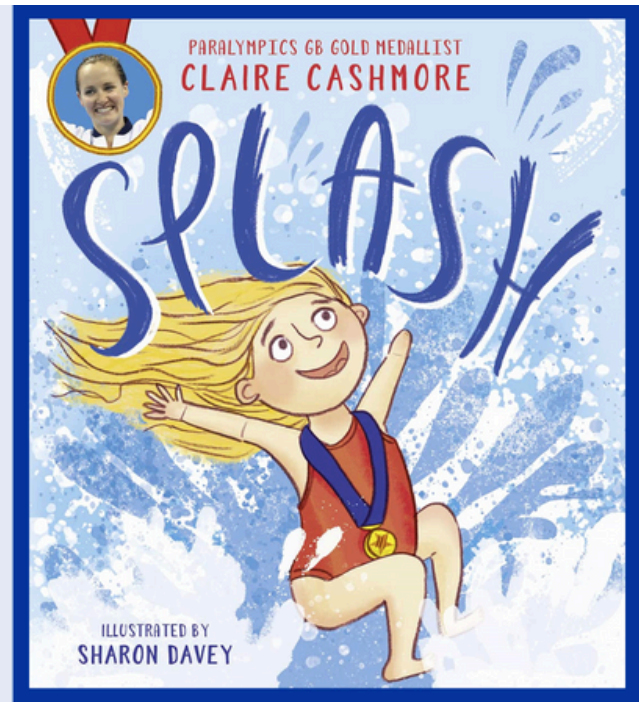
OPENING OCTOBER 1ST

STAY TUNED

Hands To Love Book Feature: Splash! By: Claire Cashmore

"Claire Cashmore, MBE and Paralympic gold medalist, was born without a left forearm – but she never let being different stand in the way of her big dreams. Splash is based on Claire's real-life experience: this gold-medal-winning swimmer really was scared of water ... until one day, everything changed!"

Find it [here](#) on Amazon



Setting Up 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.

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

**\$20 a month helps us
provide a meaningful Hand
Camp experience to our
campers and their families!**

Walmart Spark Good Round Up

The Walmart Spark Good Round Up Program is ready to go! Spark Good will help you support H2L by rounding up to the nearest dollar on all purchases made through Walmart.com or the Walmart App. You will also be able to view the Hands to Love Walmart registry and have donated items shipped directly to us before Hand Camp! Follow the steps below to support Hands to Love with every Walmart order.

- 1) Follow the link below to the Congenital Hand Camp Profile [here](#)
- 2) Sign in or create a Walmart account
- 3) Click the blue button to make Congenital Hand Camp your default charity
- 4) Shop!



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](#)

