



handstolove

“where difference does not equal disability”

After two hurricanes postponed last year's **Heroes Among Us** show, the performance was reimagined as an Aerial Circus Arts event at Hand Camp 2025. Campers and aerialists lit up the stage, and we are so excited to finally share the video!

Phase One begins with an in-person watch party to celebrate our student volunteers and connect with prospective SOTA and GRiP members.

Phase Two takes place **THIS OCTOBER**, with Heroes Among Us watch parties happening nationwide. Stay tuned for details.

Join Us for the handstolove 

Heroes

AMONG US

AERIAL DANCE CIRCUS PERFORMANCE

PREMIER VIEWING celebration

STUDENT VOLUNTEER APPRECIATION

and CELEBRATE 25 MORE YEARS OF SERVICE!

FREE

- PIZZA
- POPCORN
- COTTON CANDY

THANKS TO OUR SPONSORS:

FOI FLORIDA ORTHOPAEDIC INSTITUTE

CIRQUE CULTURE

DEPARTMENT OF ORTHOPAEDIC SURGERY
UNIVERSITY OF FLORIDA
AND SPORTS MEDICINE

SATURDAY, SEPTEMBER 27
SHOWTIMES: 1:30PM AND 2:30PM
EMERSON ALUMNI HALL
ROOM #209
1938 W. UNIVERSITY AVE.
GAINESVILLE, FL 32603

Volunteer Spotlight

“My name is Sophie, and this upcoming Hand Camp will be my fourth year at my favorite place and, as such, my fourth and final year of completing my kinesiology degree at George Mason University. Three years ago, I found this camp through a random Google search during the most pivotal time in my life – the transition from high school to college. I was ecstatic to be beginning the next chapter of my life, but terrified of continuing along a path of self-preservation and fear of judgment of my differences, as I had been in my adolescence. Though many campers have had the privilege of growing up with this camp, I had no idea anything like Hands To Love existed – even though it was established a few years before I was born. That spring, I was fortunate enough to be able to travel to Florida and share the weekend of a lifetime with the most amazing people I have ever met.

Walking into camp that first day, I was consumed by a sense of belonging that I had never experienced before (and, of course, a lot of nerves). Though that first weekend feels like a blur now, I still remember each and every raw emotion I uncovered: acceptance, comfort, vulnerability, confidence, love. I was able to not only have meaningful, real conversations with my campers as an Adult with Upper Limb Difference (AULD), but also with their parents at the AULD parent panel (which quickly became my favorite part of camp every year). I shared countless laughs – and cries – with my new camp family, and had so much fun doing arts & crafts, ropes courses, and game nights. That first year, however, my fondest memory of camp came from an impromptu fire pit conversation with campers about the real struggles and victories that life brings with upper limb difference. I realized, in that moment, that my life had been changed forever by humans who were so authentic in their being. The next day, watching the camp slideshow from the weekend, I felt an overwhelming sense of peace, and strength in who I was becoming. Now, three years later, I am so proud of who I am because of my transformative camp experience.

Thanks to Hand Camp, I have made deep connections that will last a lifetime, and forged a new career path for myself with the guidance of some of my favorite AULDs: occupational therapy. Though I once imagined a career in prosthetics, I am now finishing up my graduate school applications to earn my doctorate in occupational therapy. Not only did camp provide me with beautiful friendships and profound inner peace, but also the confidence to move toward my future with the support of so many who look like me. For that, I am eternally grateful. I may not have had this camp in my life until recently, but I know with certainty that it will be with me for the rest of it.”

Sophie Hider



DISABLED&

Holiday Soirée for Girls with Limb Difference

For: Young girls with limb differences, ages 4-17

When: December 6, 2025

Where: Nashville, TN

Cost: \$125/ticket

*ticket price includes one child and one parent/guardian

Join April Lockhart in this holiday event for young girls with limb differences! Click [HERE](#) for more information!



H2L 25th Anniversary QUILT RAFFLE



This one of a kind quilt, body pillow, and tote bag set will be raffled until Hand Camp 2026 to support H2L's mission of serving children with upper limb differences and their families.

Purchase a raffle ticket (or 3) for a chance to take these beautiful handmade keepsakes home! Click the link [HERE](#) for tickets!

1 Ticket = \$100
3 Tickets = \$200

About H2L

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](#)



Board Member Update

H2L Board:

- **Chairperson:** Dr. Sean Branch (AULD, Dermatologist) - Gulf Breeze, Florida
- **Vice Chairperson:** Jerelyne Idica (AULD) - Palm Coast, Florida
- **Treasurer:** Dr. Lattisha Bilbrew (Orthopedic Surgeon - Hand & Upper Extremities Speciality) - Atlanta, GA
- **Secretary:** Beth Keene (Orthopedic Medical Assistant) - Gainesville, FL
- Brian Beckett (AULD) - Gainesville, FL
- Dawn Dukes (AULD) - Gainesville, FL
- Dr. Stacey Gleim (Physician's Assistant, Orthopedic Surgery - Hand & Upper Extremity Speciality) - Gainesville, FL
- Christa Goodwin-Whitten (Parent) - Elberta, AL
- John Hosman (Parent) - Pensacola, FL
- Rebeca Mallon (Parent) - Miami, FL
- Dr. Robert Matthias (Orthopedic Surgeon, Hand & Upper Extremity Speciality) - Gainesville, FL
- Rita Peters (Parent) - Lithia, FL
- Krista Robison (Parent) - Ormond Beach, FL
- Dr. Ellen Satteson (Hand & Plastic Surgeon) - Gainesville, FL

Volunteer Committee Members:

- Winnie Dougherty (Physician's Assistant, Orthopedic Surgery - Hand & Upper Extremity Speciality) - Gainesville, FL
- Lauri Thurber (Occupational Therapist - certified Hand Therapist) - Tampa, FL
- Ruthie Dell (Founder, Occupational Therapist - certified Hand Therapist, Retired) - Gainesville, FL
- Kara Poole (Occupational Therapist) - Bradenton, FL
- Cathy Turgeon (Parent) - Gainesville, FL
- Carlynn Pickens (Occupational Therapist) - Ocala, FL
- Matthew Vann (Parent) - Lake City, FL
- AnnaMarie Munecas (AULD) - Gainesville FL

Staff:

- **Executive Director:** Courtney Wampler - Foley, AL
- **Executive Assistant:** Billie Martin - Gainesville, FL
- **Administrative Assistant:** Hannah Wycoff - Gainesville, FL

Welcome Sean Branch and Jerelyne Idica as our new Board Chair and Vice Chair! We also extend heartfelt thanks to Ruthie Dell for her leadership this past year and look forward to her continued service.