



handstolove

“where difference does not equal disability”

Grace Braswell



Meet Grace Braswell, a long-time H2L camper who has recently developed a talent and passion for rock climbing. Grace was first introduced to rock climbing at Hand Camp when she was four and became determined to pursue the interest throughout the year. She now goes rock climbing on a regular basis at a gym in Longwood, FL. Grace was born without hands and feet, making climbing an especially challenging feat. To assist, she recently began using a prosthetic device called the Raptor Sky Hook (from Fillauer TRS Inc.). Grace is also visually impaired and has adapted by having her father, Stephen Braswell, take photos throughout the climb so they can analyze extremity placement in further detail while safely on the mats. Grace thrives on the adrenaline rush that comes with rock climbing and even notes dreams of skydiving and exploring!

Check out more on Grace's story on Spectrum News 13 [HERE](#)



"A Day In My Life"

Craig Acton

My name is Craig Acton, and I was born with club hands in both arms. My wrist bones fused differently when I was born so that I have no wrist movement. Both of my arms are short and about the same length.

What does a day in my life look like? I had to take a moment and look around to my life and day because it seems normal to me! Around the house, there isn't anything too out of the ordinary. I have a piece of rubber cloth to help with my grip to loosen and open jars. I keep the things that I use a lot on the first or second shelf in the kitchen cupboards.

I drive a lot, so let's talk about the car. My license has no restrictions. But because my arms are short, I have to sit closer to the steering wheel. The primary disadvantage of that is if I were to get into a car accident where the airbag deployed, I think that would hurt me a little more than the typical driver. Also, the angle required to put on/take off the seat belt can be challenging. It can also be tricky to reach the seatbelt release button, especially when I have a lot of coats on. In general, I prefer cars without touch screens to eliminate the need to reach and touch it on a regular basis. The new cars with the electronic touchscreens for the radio and GPS and other instrument situations are not my favorite. So my car is pretty basic, but no adaptations are needed. My primary adaptations are with my computer and phone. I don't like to type, so I use the speaker for writing emails or anything of length on my phone. I just find that it's easier to speak rather than type. With my computer, I type and have a mouse. However, since Hand Camp last year, I got together with GRiP and they are building me a new keyboard and a mouse to help at work! I'm looking forward to seeing how that will help me adapt and be a little quicker with email... and just using the computer in general.

I do ballroom dancing, and when I have lessons or I go out dancing, I find that I have an advantage to long-armed guys. I get to dance closer to the woman than the average guy. But I have found with dancing that there are no adaptations required. It's just learning good technique. This year, we are addressing more use of my arms and arm styling. It has been something that former teachers have kind of avoided, and there are some styles of dancing that I haven't wanted to do because of my self-consciousness of how the shapes and the dancing look. But this instructor boldly said we're going to tackle this and find what will help enhance your dancing. Dancing is a big part of my life, and I enjoy it so much. I get to be around people, and I get to just enjoy good music, good friends, and good dancing. When I'm on the dance floor, it's just me, my partner, and the music. The rest of the world and all the trappings of society go away. A day in my life is my normal, and with an attitude of positivity and passion, it's wonderful.



OT Tip of the Month

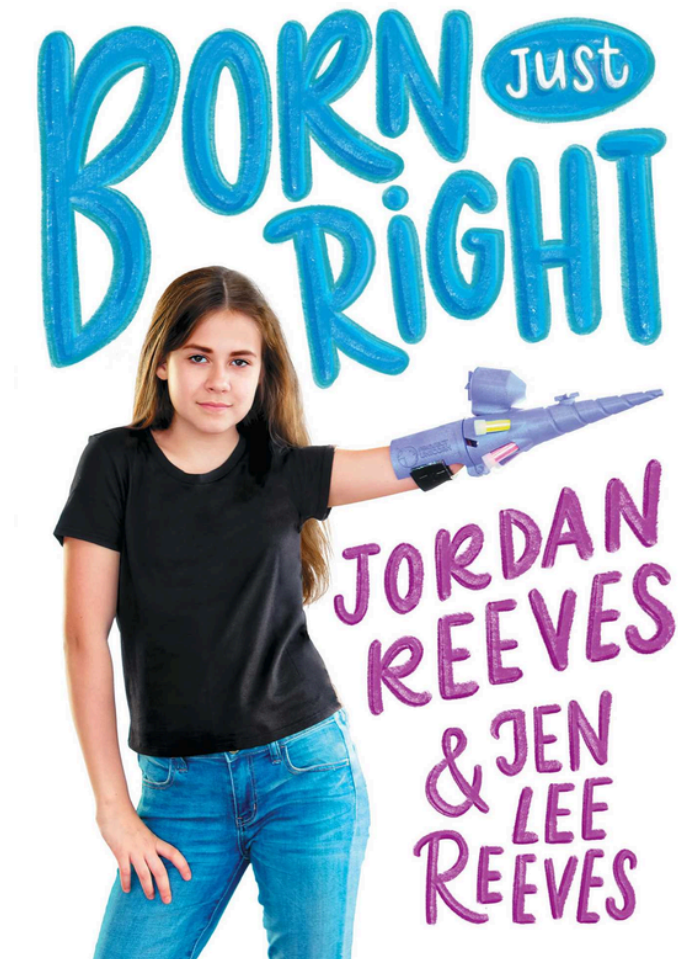


Have you ever heard of Dycem? This non-slip material has many uses! In the kitchen and at mealtimes, a small circle of Dycem is a great option to keep bowls and plates where you want them. In the classroom or office, Dycem can keep a clipboard or workbook from sliding. Dycem is also available as tape which can be used to build up the thickness of a handle with an easier to grasp texture- great for anything from pens, spoons, and brushes to bike handlebars!

Send any questions about how to make the OT Tip of the Month work for you to kara@handstolove.org

A Great Read

Born Just Right is a memoir written by Jordan Reeves and her mom Jen. This book is written at a 4-8 grade level. Jordan was born with an upper limb difference and shares stories and experiences from her day to day life. She describes navigating friendships and school, learning to dance and play sports, going to therapy, and designing prosthetics. With her "Project Unicorn," she created a 3-D printed unicorn horn that shoots glitter from her arm. She even talks about the big difference that going to camps for people with limb differences has made for her! A sentiment shared by all of us at Hands to Love!



How To Set 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!

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](#)



Volunteers Needed!

WHAT: Hand Camp 2025

WHEN: April 4th-6th (Teen Camp 3rd & 4th)

WHERE: Keystone Camp and Conference Centers... an easy commute from Gainesville!

SEE YOU THERE! Click [here](#) to register



Hand Camp 2025 Theme

**"25 Years of
Hand Camp
Magic"**

With Special Guest **Chris Canfield**

Chris is a magician that was born without his right hand. Chris's talent has been featured on the TV show [Penn & Teller: Fool US](#), as well as in the Genii Magazine. Not only that, but Chris is a tech innovator and skilled musician. We can't wait to meet him at Hand Camp!

