



Camp Abilities Newsletter! THE C*A*N, as in, yes you can!

The C*A*N is dedicated to the memory of Dr. Janet Joseph, the C*A*N founder and Lauren Lieberman's mother. She died suddenly in December of 2006. She was an active part of Camp Abilities Brockport for 7 years and we miss her very much.

Volume 9 Issue 4

Wednesday, June 26, 2013

Evening Activities

Horseback riding---Biking---Fishing---Basketball---Rollerblading---showdown---canoeing---kayaking---chatting---board games---singing---soccer---speaker---

Joe Stretchay, Program Director for AFB's Career Connect spoke with us tonight on the importance of setting goals, knowing what assistive technology one may need to be successful and developing work skills. For more information:

<http://www.afb.org/section.aspx?FolderID=1&SectionID=47&TopicID=252&SubTopicID=53&DocumentID=6318>



Lions Clubs from across the area support Camp Abilities year after year. They provide us with delicious and nutritious meals and we cannot thank them enough! Tonight, Lion Mark Mansell spoke with us about his journey across the USA on a bicycle and his current trip. Mark and his wife Debbie are riding their motorcycles to 48 states in 24 days. Both of these cross-country tours were to raise money for Leader Dogs for the Blind. To date, Leader Dogs for the Blind has provided more than 14,500 dogs free of charge to individuals who are blind or visually impaired. For more information: <http://www.leaderdog.org>



Part of the Blue Group with Miniature donkey, Izzie and her 2 months old, Pixie



Country Dancing with Lisa!



Fish Count
2013:
36 Fish and
One tree



Morning Activities

Tandem Biking, Beep Baseball, Track and Field, Judo

Blue Thunderheads



Megan S---I rode in the outrigger canoe for the first time, in Gymnastics I went on the high bar for the first time and jumped in the foam pit

Meghan F---I did a front hand spring in Gymnastics

Alex---I swam 25 yards using the backstroke in 1 min and 1 sec. In Gymnastics, I did a cartwheel and swung from the high bar right into the foam pit

Ahmat---I rode in the kayak and on the kick bike for the first time

John---In Gymnastics, I did several back flips on the rings without assistance

Wayne---In Gymnastics, I did the rings and I tried the bar and worked so hard I have blisters on the palms of my hands

Glynnis---It is my last night. Out of the 3 times I have come here this year was my most AMAZING experience!

Jordan---I rode the bike 3 miles in town and I swam 25 yards in 2 min 29 sec

UFO (Unidentified Flying Oranges)



Chris---I ran the mile at Track and Field in 10 min 31 sec without stopping, I swam 25 yards in the pool in 49 sec, 50 yards took me 1 min 49 sec. Hi Mom! What you having for dinner?

Kiersten---I went on the high balance beam for the first time

Maddie---I ran a ½ mile in Track and Field and swam 25 yards in 1min 25 sec

Andrew---

Tyler---I caught 6 fish and rode 3 laps at biking

Lillian---I ran 1 mile in Track and Field today in 12 min and I swam 22 laps in the pool

Abbie---I threw Don in Judo

Afternoon Activities

swimming, goalball, gymnastics

Green Beans



TJ---I went in the outrigger for the first time, I threw the shot put 44 ft, jumped 10 ft and ran 1 mile in 11:01
Andrew---I beat my counselor in wii bowling, I put my face in the pool and I jumped in the foam pit
Kincaid---I rode the kick bike for the first time
Christopher---I swam 20 laps in the pool
Nicholas--- I ran a mile at Track and Field in 14:26
Jake---My counselor beat Derrick in Judo!

Pink Panthers



Felix---I played the apple Wii game, I swam with a beach ball in the pool
Luis---I almost caught a fish...I will get him tonight! I swam 25 yards in the pool all by myself and I almost made it all the way back without stopping
Logan---I swam 10 laps
Jack---I went on the high beam for the first time and I swam 6 laps, I swam 8 laps and rode the bike 5 miles
Julia---I improved my swimming time by 14 sec and I caught a fish for the first time, I improved my swim time and swam 25 yards in 46.7 sec, I jumped off the starting block for the first time. **If you are feeling nervous about jumping off the starting block tell me because it is SO MUCH FUN!**
Makka---I swam 2 laps in the pool. Now my goal is to be able to swim 2 laps without stopping!