

# The Camp Abilities Newsletter

## The “CAN”

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**“Believe you can achieve!”**

“The CAN” (Camp Abilities Newsletter) is dedicated to the memory of Dr. Janet Joseph, “The CAN” founder and Lauren Lieberman’s mother. “The CAN”, as in, yes  
**YOU CAN!**

## What's Going On

<p style="text-align: center;">Yesterday 7/2</p>	<p style="text-align: center;">Today 7/3</p>	<p style="text-align: center;">Tomorrow 7/4</p>
<p>Yesterday the Busy Yellow Bees and Leaf went swimming, run at the track, played 5-a-side soccer, and beep baseball. The Blue S A &amp; Blue K and Cool Kids played disc golf, went to the canal for SUP, played goalball, worked out during fitness, and rode on tandem bikes. After these fun activities, the athletes were able to try many different things like fishing, arts-and-crafts, and our drum circle for night time activities.</p>	<p>Today the Busy Yellow Bees and Leaf will be able to go to the canal for SUP, play some goalball, play disc golf, ride tandem bikes, and workout during fitness. The Blue S A &amp; Blue K and the IncREDible Cool Kids will be going to track, swimming, beep baseball, and soccer. All groups will also be able to go bowling!</p>	<p>Tomorrow the Busy Yellow Bees and Leaf will be able to go swimming, run at the track, play 5-a-side soccer, and beep baseball. The Blue S A &amp; Blue K and the IncREDible Cool Kids will play disc golf, go to the canal for SUP, play goalball, work out during fitness, and ride on tandem bikes. After all of these fun activities, there will be a 4th of July Carnival</p>

HAPPY BIRTHDAY, MARTHA!

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## Care to Share

### Yellow (The Busy Yellow Bees):

Elora W - Last night Elora played showdown for the first time ever and won her very first match!

Ted C - " I was with cChantal during SUP and we flipped over into the water, it was so much fun!"

Remy T - Remy made an amazing car last night during arts and crafts.

### Green (Leaf):

Mackenzie B - Last night Mackenzie caught 4 fish and she got to touch all of them!

Addison A - Addy almost caught a fish last night during fishing but it took a bite of her worm and swam away.

### Red (The IncREDible Cool Kids):

Braiden W - Last night Braiden was able to take the lead on the drum session we had!

Angelina S - She had a goal of 20 laps, but when she got on the bike and kept pushing she was able to do 37 laps on the tandem bike.

Isabella S - Bella did 41 laps on the tandem bike which beat her personal record of 27 laps.

### Blue (Blue S A & Blue K):


Faith M - Last night Faith caught one fish.



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Donovan C - When playing basketball, Donovan made 8 baskets and said he had " a really fun time!"

Sonali S - Last night Sonali went fishing for the very first time and she was so close to catching a fish, but the fish ate her worm and swam away!




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## GO ASK THE NURSE, SHE'LL KNOW!

There are over 200 people at Camp Abilities, some with diagnosed medical conditions. Where do we turn with questions or for treatments? Who will help to keep us whole?

Fortunately, we have two nurses on full-time duty, Sheila Parks and Katie Gian, both RNs with loads of experience. Sheila has been at Camp for over 10 years, and Katie has been with us for five. Perhaps you met them when you brought your child at the beginning of camp. The two women divided the alphabet, each taking half of the campers. You had to bring medications directly to them when you registered your child. In addition to monitoring and dispensing medications, Nurse Sheila and Nurse Katie oversee every activity. They ride golf carts to the ball fields and the Canal to be near the action, ready if necessary. They educate the athletes and staff and ensure compliance with New York State Health Department regulations. Overall, they enhance the experience for all.

Why do the nurses come back year after year? They think the program is great and benefits the athletes. They enjoy working with one another and with the athletes. They enjoy Camp Abilities. Both started here after their own children were campers. Now the children are young adults and still come to camp as volunteers. This fall, Nurse Sheila and Nurse Katie will start meeting with the graduate assistants every few weeks to debrief this year and plan for the next. They will discuss medication changes, lifestyle changes and daily camp operations. The health of every person at Camp Abilities is of paramount importance, and we are fortunate to have two such knowledgeable and caring professionals to care. On top of it all, Sheila and Katie are genuinely nice. They exemplify the competent, caring professional. Our staff is tops.



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## HODE (Hands On Drumming Experience) with Jeff Mann

Last night, on July 2, Jeff Mann Drums came with a ton of musical instruments for a Camp Abilities Jam session. Jeff Mann has been coming to camp for the past 3 years and always brings fun, entertainment, and a huge smile on his face! Jeff has been drumming on campus since 1988 and has been doing drumming workshops since 2002. He lives in Brockport and has heard about Camp Abilities. One day Jeff was sitting at a coffee shop where he saw a man walk in with a tie-dye Camp Abilities t-shirt on. Jeff introduced himself and found out the man's name was Stan. Jeff told Stan that he's "always wanted to volunteer at camp with drums so that the kids can play music." Stan smiled and said, "well that's funny because my daughter is actually the founder of Camp Abilities." They chatted for a few minutes about how Jeff would love to come next year and exchange information. Later that night Jeff got a call and it was from Lauren! She said "I know it's short notice, but would you like to come tomorrow night with your drums so we can have a drum circle?" and he answered "Yes!" He came the next day and the athletes truly enjoyed the really inclusive hands-on music that they were making themselves and with their peers. Jeff says that the "most cool and unique thing that made me keep wanting to come back is that the very first time I was here, Lauren gave me a big hug 15 minutes into the drumming session, and asked me to come next year as well. We here at Camp Abilities are truly happy to have Jeff Mann Drums come and so that the athletes can play their hearts out on the instruments!



## Pictures of the Day

Here are the pictures of the day that containing all the fun and love that is all around Camp Abilities. If you want to find more pictures, visit our Shutterfly!







The CAN is your newsletter. It is interesting because of YOUR contributions. Come talk to Alyssa at breakfast, lunch, or dinner with your amazing accomplishments so she can put it in the newsletter!