



# 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!