

Southampton Fresh Air Home
36 Barkers Island Rd
Southampton, NY 11968
USA



Camp Brochure

PARENTS INFORMATION PACKAGE

Summer Program



www.sfah.org



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The Camp

Southampton Fresh Air Home (SFAH)

SFAH is more than 125 years old.....but thankfully our facilities are not! We have a modern, beautiful campus that will take your breath away. The camp is a not-for-profit organization that is primarily funded by private donations, foundations and corporations. Originally, the camp was a private estate and for many years the children all lived upstairs in the main house. Today, it is a thriving center for youth with physical disabilities, and one of the only camps in the USA that works with our population. Every summer 150 campers come through our doors to spend time in a place that offers activities, friendship, and independence in an environment of love and understanding. Many children who attend our programs enjoy their first experience of leadership, competition, and acceptance; experiences that they carry with them throughout their lives. While at camp, they just get to be kids. Together we spend time in a place that creates amazing life experiences from which they learn and grow.

Facilities



Aerial Photo of SFAH



Legend of Map

- **Off = Camp Office:** Home-base for SFAH administrators
- **MH = Main House:** Houses the Dining Hall and some day time activities
- **BD = Back Deck:** Home-base for many dance parties and outdoor activities (typically covered by an awning)
- **FP = Front Porch/Flag Area:** All of camp gathers here every morning & evening for general announcements, prom-posals, and special event days.
- **BB = Blue Braves Bunk:** Living space for older male campers
- **INF = Infirmary:** Where our nursing staff administers medication and general medical needs.
- **RL = Red Liberties Bunk:** Living space for older female campers
- **GJ = Green Justice Bunk:** Living space for younger male campers
- **PS = Pink Stars Bunk:** Living space for younger female campers
- **W/SS = Workshop (upper level) and SFAH Spa (lower level):** Place where creativity flies through artistic projects and meditation sessions.
- **SG = Sensory Garden:** Hosts many activities and contains a fireplace, textured touch garden, wind chimes, vegetable garden dome, and a waterfall pond
- **PO = Pool Area:** Has two heated swimming pools with daily swimming.
- **CO = Courts:** Where we have many of our outdoor sport activities

A Tour Around Camp

Life at SFAH is busy....and a lot of fun! We are passionate about what we do and we believe that camp should be amazing for every child who comes through our doors. Our generous supporters have helped us build beautiful areas for our campers to enjoy throughout their time at SFAH.



Courts



2 Heated Swimming Pools



Workshop

During the day, we have so many different activities: outdoor sports held on the courts, heated swimming pools, a stage area that hosts many of our evening activities as well as a number of talent shows, many areas for our campers to make lasting friendships, a sensory garden for that moment of tranquility, and an infirmary with a 24 hour a day nursing staff.



SFAH Spa



Sensory Garden



Front Porch/Flag Area

There is a large dining hall that accommodates all campers and staff where we have our three daily meals (and snacks). Additionally, we take campers on trips to the arcade, museum, aquarium, sailing, beach, and more!



Dining Room



Stage Area



Back Deck

SFAH Trips



Not only do we keep a packed schedule at SFAH, but we have a dedicated trips director who organizes small groups of campers to participate in different activities around the local area.



So far, we've taken trips to the:

- Beach
- Sailing
- Arcade
- Petting Zoo
- Sporting Events & Concerts
- Nail Salon
- Museums & Aquariums
- AND MUCH MORE!



Inside the Bunk

Enough Room for Everyone



SFAH has four bunks for campers: Pink Stars, Green Justice, Red Liberties, and Blue Braves. The campers assigned to each bunk and group are divided based on gender and age.

Each bunk houses 8-12 campers and is split into two mirroring halves. 4-6 campers will sleep on one side with a counselor and another 4-6 campers will sleep on the other side with another counselor.

For those who need them, we provide bed rails. SFAH supplies enough pillows, blankets, and towels to build the biggest fort (and be the most comfortable) during their stay at SFAH.

Fully Accessible Bathroom

Since we spend a lot of the day outdoors, we're constantly keeping everyone hydrated which often yields to many trips to the bathroom.

We have wheelchair accessible bathrooms in every major building around camp.

This is the bathroom inside one of the bunks and each bunk's bathroom has the same layout. There are three large bathroom stalls and one of them has extra room for an additional toilet chair, and more counselors.



A Typical Day at SFAH

8:00AM

Get Ready for the Day!

9:00AM

Morning Flag: Announcements for the Day, Special Theme of the Day

9:10AM

Breakfast

9:45AM

Morning Rest Hour: Hang out with friends

10:30AM

1st Activity: Sports, Gardening, Scavenger Hunts, and MORE!

11:30AM

2nd Activity: Vision Boards, Music, SFAH Spa, Game Room, and MORE!

12:30PM

Lunch!

1:00PM

Afternoon Rest Hour: Post-mealtime hang out with friends

1:15PM

Rest Hour Club (Optional): Cooking, Science, Board Games, Trivia, and MORE!

2:30PM

3rd Activity: Swimming, Indoor Campfire, Daytime Disco, and MORE!

3:45PM

4th Activity: Swimming, Showers

5:00PM

5th Activity: Showers, Arts & Crafts, iPad Games, and MORE

6:00PM

Evening Flag: Announcement of Camper & Counselor of the Day, Daily Highlights

6:10PM

Dinner!

6:45PM

Evening Rest Hour: That end of day hang out with everyone on camp

7:30PM

Evening Activity: Bunks join for Talent Show, Game Shows, Competition, and MORE!

8:35PM

Back to the Bunk - Get ready for bed & hanging out with bunkmates

9:00PM - 10:00PM

Lights out for younger groups (Exact time decided by head counselor)

10:00PM - 11:30PM

Lights out for older groups (Exact time decided by head counselor)

Is SFAH right for your child?

There isn't always a "one size, fits all" approach to deciding on a camp for your child, so I'd like to share my experience.

I was born with a rare (in the 90s) genetic disorder that causes extreme bone fragility, and short stature. My mother raised me with her small village of friends and family who were all very meticulous with my unique care needs. I'd never spent the night away from my village and had a lot of anxiety with new places.



At 10 years old, at my first day of camp, I was in a bunk with 12 other girls. Some were in wheelchairs faster than mine, while others were running in between everyone, all talking to as many people as possible. All of it fascinated me. It also terrified me. I was fearful that I'd never make friends, get hurt, or wouldn't be able to participate in any of the activities.

Over the next 3 weeks, I met my best friend, found strong connections with people with all types of abilities, and thrived within a range of activities I NEVER imagined doing. Plus, I never got hurt because I found my voice. I advocated for myself for the first time ever. I told my counselors how to take care of me and what's more, I saw my friends around me do the same. Some had Dynavox's, letter boards, or just difficulty with speaking, and they too, were still were able to get their point across.

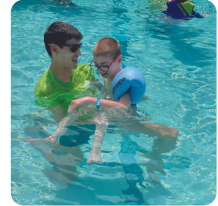


Now, 20 years later, I have a full-time career at the place that changed my life. I run programs that help young people learn how to navigate the difficulties of 'adulthood' with a disability, plus I'm able to live independently, 3 hours away from the same village that set my foundation for success.

Fundamentally, will SFAH be right fit for you child? There's no magical answer. However, your child will leave SFAH with a new found sense of purpose, confidence, and community.



Parent Testimonials: Why Send them to SFAH?



Campers Testimonials

"I enjoy sending my son to this camp because he has gained so much independence and has made so many new friends." -Parent of 14 y/o camper of 3 yrs

"I enjoy sending my child because it boosts her self esteem and confidence and it makes me happy to see her happy" -Parent of 19 y/o camper of 9 yrs

"My daughter has met so many new friends. This was one of my main reasons for wanting to send her to SFAH. As a child with a physical disability, meeting new friends is very challenging. Coming to SFAH and getting to do things that non-physically challenged children typically do in a camp setting is so beneficial to these kids. It shows them that they are, indeed, just like everybody else." -Parent of 9 y/o camper of 2 yrs

"SFAH has become family for my son, the relationships and the memories created are wholesome and will last a lifetime." -Parent of 12 y/o camper of 2 yrs

"My daughter loved camp and all of the people she met there. She's very eager to participate in more activities and see the friends that she met at camp. She has kept in contact with another child she met for the first time at camp, which is so wonderful." -Parent of 8 y/o camper of 1 yr

"In addition to my son having a good time, my wife and I are very pleased with the safe environment the camp provides." -Parent of 19 y/o camper of 7 yrs

"It's a wonderful camp with very caring and professional staff" -Parent of 13 y/o camper of 7 yrs

Parent Testimonials: Advice for new Parents

Campers Testimonials

"Don't be scared sending your child to a sleep away camp! They are in amazing hands!"-Parent of 14 y/o camper of 3 yrs

"It's okay to be nervous but your child is going to be safe and in great hands."-Parent of 19 y/o camper of 7 yrs

"Don't worry! Everything will be fine and they will have a lot of fun"-Parent of 17 y/o camper of 4 yrs

"Do not let your anxiety get the best of you. It is undoubtedly difficult leaving your child for the first time, but not only do they need this, SO DO YOU. We, as parents, go through so much throughout the year. Whether your family decides on a one-week stay or a three-week stay, it's going to be a very strange feeling. You're not going to know what to do with yourself. My advice... go out and do something fun for yourself that you otherwise don't get the opportunity to do throughout the year. And trust me... they're going to be fine! Of course you'll miss them and they'll miss you. But they are so busy throughout the day and are making lifetime memories at SFAH. It's honestly one of the best things to happen to our family. And 100% I trust them with the care of my daughter. All of the counselors are outstanding."-Parent of 9 y/o camper of 2 yrs

"Let go of your fears! SFAH is safe. SFAH is a home away from home, and the personalized / individualized care cannot be matched. SFAH is a one of a kind, skilled facility with incredibly dedicated staff."-Parent of 12 y/o camper of 2 yrs

"Go and enjoy. The staff is absolutely incredible"-Parent of 13 y/o camper of 7 yrs

"It's scary... I get that. I remember that! But SFAH gets the most amazing counselors and staff. Caring, patient and loving people who are there for your kids. For our kids!"-Parent of 19 y/o camper of 6 yrs

"Go for it, it's the best camp you can find for disabled kids!"-Parent of 14 y/o camper of 3 yrs

"Don't wait .. we hesitated and missed out on many years of her enjoyment. It's a very safe program for boys and girls. You will never regret. Their lived moments there will live on in their lives forever." -Parent of 20 y/o camper of "not enough years" (1 year)

Frequently Asked Questions

How many campers are there?

There are 45 - 50 campers per session.

What is the camper to counselor ratio?

2 Camper:1 Counselor. Campers receive a 1:1, 1:2 or 1:3 classification according to their care needs.

How many children are in each bunk?

There are 10-12 campers in each bunk. There are four bunks divided by age and gender.

Do you take day campers?

Yes. Unfortunately we are not able to provide transportation, but day campers can attend.

What sort of campers come to SFAH?

SFAH campers have a primary diagnosis that is a physical disability/impairment. cerebral palsy, muscular dystrophy, spina bifida are the most common diagnosis but we do accept campers with other diagnoses.

What sort of staff work at SFAH?

The staff who work at SFAH come are usually students working toward careers in related fields. Their backgrounds are typically special education, occupational therapy, or physical therapy.

Can I call my camper while they are at SFAH?

At SFAH, we want your child to have an amazing summer! The no phone call policy that we have in place really helps us to make this a reality. We know that this is a big leap of trust but we can only assure you that we have your child's best interest at heart. We highly encourage letter, and email, writing to your child and we welcome you to call us anytime to enquire about your child.

General Camp Dates



Session 1

End of June until Mid- July
(16-day session)

Session 2

Mid- July until start of August
(8- OR 16- day session)

Session 3

Mid- August to end of August
(16-day session)

Please visit our website, www.sfah.org, for up-to-date information about our camp session dates.

Camp Fees

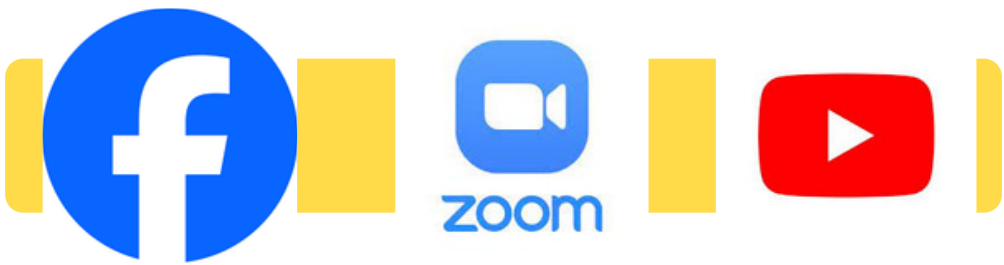
Our tuition for a 16-day session is \$3,000. An 8-day session is \$1,500.

SFAH has financial aid for those who need it. SFAH also works with Self-Direction and OPWDD to fund each campers tuition.

Additional Resources



www.sfah.org	A great place to start
After Campfire Podcast	The camps podcast, featuring many previous staff will give you a real sense of who we are and what we do
Instagram: @sfah_1901	Where you can see photos, reels, videos, and flyers showing fun activities, laughter, and events!
Facebook: Southampton Fresh Air Home	Find more information about our community and events.
Zoom	Meet our directors and staff, get to know how your child will fit into camp, ask us any questions.
You Tube: Southampton Fresh Air Home	Find videos from our summers, events, and travel information.



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