



SOUTHAMPTON FRESH AIR HOME

Summer Newsletter 2026

Celebrating 125 Years of Joy



Fun & Games



Serving generations of campers



Mentorship & Connection

Dear Friends,

As we celebrate Southampton Fresh Air Home's 125th anniversary, we are filled with gratitude for the generations of campers, families, volunteers, staff and supporters who have made this remarkable milestone possible.

What began in 1901, when ten children came to Southampton to enjoy the healing benefits of ocean air and sunshine, has grown into a year-round program serving children and young adults with physical disabilities. Today, we are proud to provide life-changing experiences for hundreds of participants each year and thousands more over the past 125 years.

In honor of this milestone, our Board of Directors has launched the Make a Splash Campaign to build a new, fully accessible Aquatics Center to ensure that every child can safely enjoy one of camp's most treasured activities in a welcoming and inclusive environment.

Our summer sleep-away camp remains the heart of SFAH. This season, we welcomed 150 campers over the course of three 16-day sessions, creating opportunities for recreation, friendship, independence and unforgettable memories.



KIDS + SFAH = JOY

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SFAH's impact extends well beyond the summer months. From September through May, we offer retreat weekends, day trips, social gatherings and Life Skill Lab workshops, where participants develop practical skills for greater independence, including personal care, job readiness and independent living.

Campers experience an incredible variety of adaptive recreational programs; sports, music, dance, arts, crafts, trips, gardening, games and more.



Southampton Golf Club

We are grateful for the partnerships that enrich our programs. Organizations including the Southampton Animal Shelter, the South Fork Natural History Museum, the Southampton Garden Club, the Kiwanis Club of Southampton Town, the Southampton Rotary Club and New York City Ballet create meaningful experiences for our campers.

This year's signature fundraising events once again brought our community together in extraordinary ways. Thanks to the generosity of our donors, sponsors and volunteers, SFAH continues to provide exceptional programs and services regardless of a family's ability to pay.

For 125 years, Southampton Fresh Air Home has been far more than a summer camp. It is a place where children discover confidence, friendships flourish, families find support and young adults build the skills they need for more independent futures.

On behalf of our Board of Directors, staff, campers and alumni, thank you for being part of our story. Your generosity has helped shape the past 125 years, and together we are building an even brighter future for the generations to come.

Sincerely,

Thomas Naro
Executive Director



Tom Naro (center) and staff taking campers for the daily morning bike ride.

SUMMER AT SFAH

Friendship, adventure, independence and FUN!



Sailing on the Peconic Bay



Trip to the farm



Beach trip



Enjoying treats from the ice cream truck



Face painting



Dinner and concerts in the park



Prom



S'mores in Jack C. Alexander Sensory Garden



Swimming

OFF-SEASON PROGRAMS & HOME AWAY FROM HOME



New York City



Prospect Park Zoo



Life Skill Lab



Halloween weekend



Weekly Zoom social, run
by alumni mentor



Queens Museum



Public transportation
training life skill lab



Alumni bike ride
fundraiser



Holiday Party

The Southampton Fresh Air Home (SFAH) is a nonprofit residential center offering summer camp sessions and year-round programs for children and young adults with physical disabilities. Our mission is to provide an enriching, recreational and educational experience. We are committed to helping our children develop physically, emotionally, and educationally, with the goal of fostering self-esteem, maturity and independence through a broadly balanced program, while providing their families with a well-deserved respite. SFAH is dedicated to improving and expanding its programs and facilities as new opportunities, technology and financial support become available.