

SOUTHAMPTON FRESH AIR HOME NEWSLETTER

August 2022



Dear Friends,

We are celebrating our 121st season of camp this year! From the first summer of 10 children, we now welcome more than 300 children each year. Activities include sports, games, gardening, computers science, arts, crafts, music and dancing. Off-site trips include sailing, beach, sporting events, theater, museums, the aquarium, animal farms, concerts and more.

Our off-season programming includes reunion weekends at SFAH, Life Skill Lab workshops, day trips, alumni activities and on-line resources. Life Skill Lab workshops assess and develop each child's individual ability to function day-to-day at their highest level in normal daily activities at home, in school, out in public, and at work.

We enjoyed partnerships with and support from other local not-for-profit organizations including the Southampton Animal Shelter, the South Fork Natural History Museum, the Southampton Garden Club, the Kiwanis Club of Southampton Town and the Southampton Rotary Club.

New this summer is the Jack C. Alexander Sensory Garden, an environmentally friendly ecosystem with native plantings and the perfect environment for pollinators to flourish. The garden includes a fire pit, wind chime arbor, living teepee, wishing well, insect house and touch garden. It is a place for children to explore, learn and stimulate their senses in a unique environment.

Serving youth with physical disabilities for 121 years

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We launched an Assistive Technology program to accommodate the wide diversity of abilities that flow through camp. Every activity requires varied levels of adaptations, modifications, and assistance from the well-trained staff. AT provides the gateway adaptive equipment to expand the inclusivity efforts and engagement in camp activities for all children no matter their ability. These experiences foster increased independence which can be employed in their everyday lives. It also provides a sense of accomplishment, community, and freedom.

Our recently added adaptive cycling program has been a welcome addition to our sports program. Campers have the opportunity to use new hand cycles and to tour the area surrounding the SFAH campus as a passenger on a new duet bicycle. This thrilling experience, new and unique to many of our campers, solicits smiles and cheers, especially when going downhill.



Executive Director Thomas Naro and camper Julian get ready for a morning bike ride around the neighborhood on the new duet cycle. For many children this is their first experience on a bicycle.

The 20th annual Decorators-Designers-Dealers Sale and Auction and the 35th annual American Picnic with Fireworks by Grucci were true highlights of the summer season. We are looking forward to our inaugural Concours d'Elegance scheduled for late August. We thank all who have come out in support of our mission.

SFAH is more than a summer camp. It is a year-round center for youth with physical disabilities. On behalf of the Board of Directors, staff and all of our campers and alumni, I thank you for your generosity and support.

Sincerely,

A handwritten signature in black ink that reads "Thomas Naro".

Thomas Naro
Executive Director

THE JACK C. ALEXANDER SENSORY GARDEN

Daily Garden Nature Tours

Activity specialist Conlan, a marine biology major, spends time with campers in the new sensory garden each morning. Activities include a guided nature tour where they plant new items, maintain the pond and introduce new species. Conlan tracks local wildlife on the property by capturing their footprints at night and makes their presence part of the daily tour.



SUMMER HIGHLIGHTS



Swimming is the perfect way for the campers to stay cool, exercise and have fun!



Prom night



Playing basketball on adjustable height hoops.



Southampton Animal Shelter visit



Arts and Crafts

SFAH #EVERYWHERE WE GO



Our campers have been busy this summer taking many trips, from morning bike rides on our new duet bikes, sailing on the Peconic Bay, trips to Coopers Beach, Long Island Ducks baseball game, Riverhead Raceway and South Fork Natural History Museum to name a few.



ASSISTIVE TECHNOLOGY

Furthering our commitment to fun, freedom, and inclusion



Our new Assistive Technology (AT) program has been a great success. Occupational Therapy student Courtney Humphrey created a program that levels the playing field for all campers, many of whom were never able to participate in certain activities in the past. In addition to a new gaming center in the School House, AT was incorporated into other areas of camp including the dining hall, pool, communication devices, sports court, arts & crafts and more. High and low equipment and technology expands inclusivity in activities for all children no matter their physical disability.

OFF-SEASON PROGRAMS

Our off-season programs continue to play a vital role in the development of the campers. Children continue to strengthen skills, gain independence, engage in new activities and reunite with friends. This year some of our campers gathered at SFAH for respite weekends during the fall and spring. Off-site trips included a holiday lunch reunion at Olive Garden, a Giants football game and Mets baseball game and a Justin Bieber concert!



SFAH social meet up at Olive Garden



Our Giving Tuesday Holiday gift giving program was a success!



Halloween weekend with fun activities



Front row seats at the NY Giants game



Life Skill labs of learning how to cook help our campers build their independence.

MISSION STATEMENT

The Southampton Fresh Air Home (SFAH) is a not-for-profit 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.