



SOUTHAMPTON FRESH AIR HOME

# NEWSLETTER 2023



Campers at morning Flag Raising

Dear Friends,

We are celebrating our 122nd season of camp this year! During the summer months, our oldest program takes place: our sleep-away camp. In September, SFAH launches its slate of fall programs: retreat weekends, day trips and social gatherings. During the winter and the spring, we transform again, bringing the experience to the doorsteps of the children. Life Skill Lab workshops focusing on relevant topics such as independent living skills, managing personal care needs, job readiness and post-secondary educational options are integrated into all of our programs.

Campers enjoy SFAH's unique sports programs which include swimming, sailing, relays, golf, tennis, basketball, baseball, dodgeball, football, cycling and hockey. They spend time in our arts and crafts workshop where activities include visual arts such as painting, drawing, sculpture and photography. Off-site trips include sailing, beach, sporting events, theater, museums, the aquarium, animal farms, concerts, local golf courses and more.

**Serving youth with physical disabilities for 122 years**

[WWW.SFAH.ORG](http://WWW.SFAH.ORG)  
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KIDS + SFAH = JOY

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## SUMMER HIGHLIGHTS



Tending to the accessible gardens



Swimming



Catching butterflies in the sensory garden



Games on the sports court

## SFAH SPA

New to camp is the SFAH SPA, a center for wellness where campers can relax and meditate.



Manicures in the Spa



Stretching out on a Lovesac

We enjoyed partnerships 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 year is our SFAH Spa sensory room. With the addition of six new Lovesacs, three yogibo seats, massage sticks, calming lighting, soft music and aroma therapy, children get to spend time in the spa meditating, relaxing and reflecting. There are many benefits of a sensory room for those who have developmental disabilities. Activities help them learn to interact with the world around them in a safe environment that builds up their confidence and their ability.

This year, SFAH expanded our year-round program offerings by implementing a new layer of programming entitled Home Away from Home focused on our alumni population. These new programs are administered by Kiara Esteves, a former participant in our programs who works with us year-round as our Camp Coordinator. After children age out of our programs, they often lose the community that most supports their independence aspirations. The goal of the Home Away from Home program is to provide alumni with the tools and resources they need to reach their personal goals through life-skill exercises and mentorships. The program includes overnight weekends at SFAH, transportation training, podcasts, and seminars.

## HOME AWAY FROM HOME



Alumni spent the weekend creating vision boards and t-shirts



Alumni campers raised funds for SFAH with a bike ride fundraiser



Our mentorship program grew this summer in ways we never thought possible. Alumni worked directly with new campers and with campers who need additional support during their time at camp, guiding them through the sleep-away camp experience. They have daily jobs in the office and around campus which help teach them valuable skills so that they can continue their journey toward independence.

Our recently added bike program, sensory garden, adaptive gaming program and assistive technology program continue to be very meaningful and popular.

The inaugural Concours d'Elegance was a big success and wonderful new addition to the fundraising calendar. We are looking forward to the 2nd annual event. The 31st annual Decorators-Designers-Dealers Sale and Auction and the 36th annual American Picnic with Fireworks by Grucci were true highlights of the summer season. We thank all who have come out in support of our mission.

SFAH is more than just a summer camp. It is a year-round center which works with campers to give them incredible memories to last a lifetime while also planting the seed for a future of independent living. On behalf of the Board of Directors, staff and all of our campers and alumni, I thank you for your generosity and support.

*Thomas Naro*

Thomas Naro  
Executive Director

## ALUMNI PROGRAM

Alumni campers come to mentor current campers and to gain job experience while helping with camp.



## OFF-SITE TRIPS



Sailing on the Peconic Bay



Day at Coopers Beach



Golf at Southampton Golf Club



Trip to South Fork Natural History Museum



# 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 our campers gathered at the Holiday Party and Family Fun Day. They also spent weekends in the city and at SFAH learning new skills and visiting local establishments for some fun! Life Skill Labs are an important component of our off seasons programs. Workshops focusing on relevant topics such as independent living skills, managing personal care needs, job readiness and post-secondary educational options are integrated into all of our programs.



Campers learn to make pancakes during a life skill lab weekend



Fall day trip to a local corn maze



Transportation training in NYC on the LIRR



Pumpkin painting for Halloween



Campers enjoyed a wellness theme weekend which included beach yoga and making acai bowls.



Annual Holiday Party

## 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.