

# THE JOURNEY

A PUBLICATION OF  
FLYING HORSE FARMS

FALL 2020



# A summer LIKE NO OTHER



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We often talk about camp as a place of “firsts.” The first time staying away from home. The first time catching a fish. The first time sleeping on a top bunk. A first time experiencing a sense of belonging.

This summer, even without campers filling our cabins and a too quiet dining hall because of the COVID-19 pandemic, there were still many firsts at Flying Horse Farms.

#### **The first virtual campfire ceremony.**

#### **The first Camp-in-a-Box delivery.**

#### **The first rock wall installed at camp.**

#### **The first virtual cabin chats.**

When we made the difficult decision to suspend onsite camp programming in March, we weren't sure what the summer would look like. We were sure that we would make camp happen. No matter what.

Because that's what we do at camp. We adapt and figure things out and make it work. After all, that's what campers and families do every day – pandemic or not.

The camp song goes, “You can leave camp, but camp never leaves you.” And while each camper physically left camp quite some time ago, the feeling of camp lived on all summer long. Campers welcomed camp into their homes with dances and campfires, activities and cabin chats, and boxes full of camp magic!

In the pages of this issue of *The Journey* you'll see how Camp at Home came to life over the past few months and meet some of the dedicated people and partners who made it possible for more than 400 children throughout Ohio and beyond. You'll also see some of our healthcare heroes working to make our communities safe and a few fun surprises – including a new look to the magazine.

With 2021 around the corner, we're looking forward to hearing singing in the dining hall again, laughter along the trails, and dancing around the campfire. We're doing all we can to prepare our facilities and upgrade our procedures to safely welcome all to the Big Red Barn again soon. There's still much to do, but we are confident there are many more camp firsts to come – including, our first 10-year anniversary of camp.

Thank you for continuing to support Flying Horse Farms. It's because of you that camp healing and hope continued through this summer like no other. We are committed to making CAMP-Possible in 2021 and we know we can do it thanks to friends like you.

Happy camping wherever you are,

Nichole E. Dunn  
President & CEO, Flying Horse Farms



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A PUBLICATION OF  
FLYING HORSE FARMS

**Nichole E. Dunn**  
President & CEO,  
Flying Horse Farms

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Cleveland Clinic



a seriousfun camp

Flying Horse Farms is a proud member of SeriousFun Children's Network, a global community of camps and programs serving children with serious illnesses and their families, always at no cost. Founded by Paul Newman, SeriousFun has provided more than 1 million camp experiences for children and families. Each member camp is an independent, not-for-profit organization dependent upon private funding.

Flying Horse Farms is a registered 501(c)3 nonprofit organization. All of our operating costs are underwritten by the generosity of others. We're funded by gifts from individuals, corporate partners, foundations, and community organizations.

**seriousfun**  
children's network  
founded by paul newman





# MISSION SUPPORT

Every year, small business owners and community organizations give back to camp through goods, services, and in-kind support for camp activities. This year, Flying Horse Farms also launched its Young Professionals Council – a group spearheading numerous events to raise awareness and funds for camp. During a global pandemic, we're more grateful than ever for these fabulous camp friends!



## ◀ A CUP OF CAMP

Moved by an FHF camper's story, Cleveland-based Caruso's Coffee created four new coffee blends to support camp. In addition, Caruso's stocked FHF's dining hall with Campfire Delight and donated bags of coffee for the fall Camp-in-a-Box program.

## HYDRATION ▼ STATION

Synchrony Financial, a global financial services company, is a new partner of SeriousFun Children's Network. Synchrony provided camp with 750 new water bottles to share with campers in their Camp-in-a-Box kits and hosted pick-up sites in Dayton and Canton.



## INTRODUCING THE FHF YOUNG PROFESSIONALS COUNCIL

The Flying Horse Farms Young Professional Council was formed by former FHF Board Fellow Val Ziminski and is led by long-time FHF volunteers, Stef Streb and Amy Tahmizian. The FHF YPC gives young professionals the opportunity to be more closely involved with camp. With nearly 20 active members, the YPC is a committed group of volunteers who champion camp through fundraising, outreach, and volunteering. This summer, they held a series of fundraisers raising more than \$4,000 to support camp. And they're not done yet! Be sure to keep your eye out for more to come from this dynamic group.



## A BIG PEEL ▼

Cliff Original and Native Cold Pressed partnered once again to produce a TEND soap bar benefiting Flying Horse Farms – the same all-natural, citrus-based bar rich with antioxidants that we've come to love at camp. In addition, 250 bars of soap were donated for the Camp-in-a-Box program. To purchase the TEND Bar, visit [clifforiginal.com](http://clifforiginal.com).







## ◀ A GOLDEN PARTNERSHIP

Our friends at Abercrombie & Fitch, Hollister Co., and abercrombie kids have been alongside camp every step of the way this summer. From contributing friendship bracelets for Camp-in-a-Box and volunteering for Camp at Home videos to in-store register round-ups for SeriousFun Children's Network, A&F paves the way to ensure camp's success.

## SANITIZING SPIRITS ▶

Middle West Spirits has been a stellar partner of camp! This Columbus-based distillery has partnered in many ways – from supporting the A&F Challenge, to creating a heartfelt video of support for this year's Campfire event, to most recently supplying camp with over 500 bottles of hand sanitizer made in their distillery.



## OUTSIDE THE BOX ▶

In a typical year, Columbus Society of Communicating Arts (CSCA) helps FHF bring camp themes to life through design and production. This year, CSCA continued their partnership by designing stickers for Camp-in-a-Box packaging, coloring pages for campers of all ages, as well as an interactive page for *The Journey*. (See page 20-21!)



## MADE WITH PURPOSE ▼

Custom builder Edgework Creative continued to support camp with their "Campfire Bench." This bench is made from scrap materials to minimize waste and maximize natural resources, and \$50 from each purchase is donated to FHF.



## BUILDING FUN ▲

Craftsmen for Kids, a nonprofit composed of 9 retirees from central Ohio, first partnered with Flying Horse Farms in 2018 to build work benches for HappyTimes Woodshop. They've also donated supplies for bird houses and chopsticks. This summer, they pivoted with us by donating supplies and step-by-step guides for 58 derby car kits as part of the Camp-in-a-Box program.





# KEEPING THE LIGHTS ON AT CAMP

**While campers didn't fill the dining hall or zip down the zip line this summer, things weren't quiet at camp.** The team at Flying Horse Farms was busy taking advantage of the time and access to make much needed improvements to the property while also opening the facility to the community and serving area public health needs in response to the COVID-19 pandemic.

## **OUR GATE IS STILL OPEN**

Once the magnitude of the pandemic was understood and on-site programming suspended, the next question was, "How can we help?" As a medical specialty camp, Flying Horse Farms is a unique facility, able to serve the community in many ways.

In March, camp donated its supplies of personal protective equipment, oxygenators, and medication to local community providers. As a FEMA-approved Point of Dispensing (POD) medical site and quarantine location, 14 area first responders stayed at camp, a few nights at a time, while awaiting COVID-19 testing results.

Camp also partnered with St. Vincent Family Center, a child behavioral health treatment center in Columbus, in late summer to provide a safe change of scenery for several children from their residential program while their facility's commercial HVAC units were replaced.

"We needed a facility that would allow us to safely house our boys and girls with enough separation for manageability," said Dr. Jeff Greene, Vice President of St. Vincent Family Center's Residential Program. "Our children have never had the opportunity to experience an adventure like this before, and considering our urgent building needs, this was the perfect time to introduce them."

Flying Horse Farms staff provided dining services and coordinated team activities while maintaining a

strict safety protocol that included wearing masks, daily temperature checks, physical distancing, and increased cleaning procedures. St. Vincent children and staff also followed similar safety measures.

"It was a joy to simply have kids at camp this summer," said Nichole Dunn. "We're happy that we were able to offer a safe location for them to stay while also sharing an opportunity to get outside, stretch, and experience a bit of camp fun. We look forward to continuing and expanding partnerships like this in the future."







## THE BIG RED BARN'S NEW LOOK

It's still big. And red. And a barn. But, the Big Red Barn got an updated look this summer when new, red metal siding was installed over the wood exterior. The upgrade to metal siding will help with the long-term maintenance of the building, providing a life expectancy of at least 40 years. This is the same exterior used on the Activity Center and Dining Hall, and, fun fact – this year's project was managed by the same company, RMD Construction, who moved and reconstructed the barn in its current location in 2009.

Thank you to the Ashland County Community Foundation and The Columbus Foundation for their support of this important project.

## KEEPING UP AT CAMP

The next time you visit camp, you're bound to see a few new things. Some really noticeable, others less so, but all big steps toward improving camp facilities to make camp as safe and efficient as possible for the years to come.

"We made the best use of the time we had this summer to take on projects we wouldn't normally be able to with campers on site," said Flying Horse Farms Chief Property Officer, David Hennessey. "Hopefully when campers, volunteers, and friends return they'll be excited about the freshened-up look to some of our buildings and activity areas."

**CLIMB ON!** The ropes course and zip line have a couple new features that add some new challenges and smoother landings. A new rock-climbing wall was installed on the high ropes course, replacing the "leap of faith" auto belay system. The new 40' feature is one more way campers can climb up to the course and access the zip line, which takes kids to a new landing zone. Thanks to our friends at Nucor, campers will have a bigger, taller runway to greet them on the other side of the lake.

**A QUICK SWITCH** Next time campers make their way to Angie's Arts and Crafts, they'll notice one major change – it's switched spaces with Spotlight! The two activity areas swapped spaces, to allow for more storage and sink access in Angie's. In the new Spotlight space, there is a permanent home for its programming, adding a stage, soundproofing, and a ukulele cart.

In addition, WiFi was upgraded in camp cabins to improve medication distribution, cabin showers are being renovated in partnership with Singleton Construction, and a permanent ADA-accessible ramp and fresh coat of paint were added to the Boat House. Upon returning to camp, Flying Horse Farms volunteers will find new medical carts and colorful folding chairs in each camp cabin thanks to support from the Hire Family Foundation.





*The journey to*

# CAMP AT HOME

How do you take everything you know and love about camp – campfires, group hugs, dance-offs, and acres and acres of room to roam and the feelings that come with them – genuine friendship, the kinds of belly laughs that stay with you for days, and a sense of belonging – into an online screen-based experience?

When you're at camp, you take some big ideas, mix in a heap of can-do attitude, tag in some amazing partners, take a dance break, sprinkle in some magic, HYDRATE!, stir...and you get Flying Horse Farms – Camp at Home.

**In reality, it took a little more than that. But one thing was clear – camp was not going to be canceled over the summer. It was still happening, just closer to home.**





## EASY AS 1... 2... 3...

"When we first made the pivot to spring camp, our goal was to entertain campers as they isolated at home. When we understood staying at home was going to become a new normal for many this summer, we adjusted to bring campers as much connection to camp and to each other as possible," said Alexa Donner, Flying Horse Farms Assistant Camp Director. "We focused on bringing summer camp home in three big ways: virtual programs, Camp-in-a-Box, and virtual cabin chats."

## LIGHTS! CAMERA! ACTION!

More than 70 videos were produced as part of camp's virtual program project. They included everything from how to make your own lava lamp to cooking demonstrations to camp dance favorites. Initially launched in April as a month-long spring event to provide campers with comfort and entertainment, the programs continued as a core element of summer camp programming.

Led by camp's program team and a strong crew of volunteers, at least five new programs were posted each week to Facebook throughout the spring and summer, mirroring a typical camp schedule. This included lunch-time dancing and campfires every Friday evening.

"Once we got the hang of filming, editing, and posting the videos, it was kind of similar to preparing for an opening

campfire at camp," said Alexa. "Except we built them in our individual homes, and we were able to edit out all our mistakes and save those for a blooper reel later."

"All these fun videos have without a doubt brought me joy and laughs and so many smiles!" shared Elizabeth Sheeren, a former camper and Ranger. "Thanks for helping to continue to bring that unique bit of magic to life, even if it's through a computer instead of a campfire."

*Looking to catch up on the videos or finally learn all the "500 Miles" dance moves? You can find them on the Flying Horse Farms YouTube channel at [youtube.com/user/FlyingHorseFarms](https://youtube.com/user/FlyingHorseFarms)*





## SPECIAL DELIVERY

How do you pack up all of camp with healing and magic to deliver to camper homes?

Four words: **CAMP-IN-A-BOX!**

"We often speak about meeting campers where they are," said Flying Horse Farms Camper and Family Liaison Abby Rieger. "With things changing so much this summer, we wanted to find a way to do this no matter where our campers happened to be."

Camp-in-a-Box was designed to bring camp magic to campers' doorsteps. Five unique box choices were created for younger and older campers. Youngest campers chose between a magic kit, board game box, or an arts and crafts package. Older campers chose, much like they would at camp, between an Artpost or Outpost box. Along with program materials in each box to help bring their activity to life, campers received a camper kit full of all the things they would traditionally get upon arrival to camp – a nametag, water bottle, and the special addition of a fanny pack!

With support from our Medical Advisory Board and medical team, more than 400 Camp-In-A-Box kits were assembled and sealed for safe distribution. More than 50 volunteers came together across three days to complete the boxes and get them ready for shipment and delivery.

With boxes in tow, camp staff and volunteers hit the road. Drive-through pick up sites were set in Dayton, Columbus, Canton, and Cleveland to reach the highest concentrations of campers. Campers were welcomed at Synchrony Financial (Dayton and Canton), Moo Moo Express (Columbus), and Petitti Garden Centers (Avon and Oakwood Village near Cleveland).

Each pick-up site offered campers and their families a touch of camp and a little magic to take home with them. Cars were greeted with sprays of water, showers of bubbles, camp music, and dancing volunteers dressed up in tutus and smiles. Moo Moo even supplied campers with a car wash version of Color Olympics with colored soap sprayed on each car along and a complementary car wash.

A few staff members also hit the road to personally deliver 31 camper boxes to families in Cincinnati and Pittsburgh.

"It's small experiences like these, carefully crafted and executed amidst the COVID-19 pandemic, that are keeping the campfire burning bright until we can welcome our campers safely back through our gates," said Alexa. "We're grateful to all the volunteers and partners who made summer camp happen!"

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*"When Ridley's box arrived, I said, 'Ridley, your Flying Horse Farms Camp-in-a-Box arrived!' He quickly looked at me and said, 'No mom, that's a magical box. That's the only way you could fit all of camp into that tiny box!'" — Camper Parent*





# Camp at Home BY THE NUMBERS

218

CAMPERS CLICKED  
INTO A CABIN CHAT

408

CAMP-IN-A-BOX KITS  
PACKED AND DISTRIBUTED

23

MILES OF DUCT TAPE  
SENT HOME

100%

BOXES WITH FANNY PACKS  
IN THEM

72

VIRTUAL PROGRAMS

26

RANGER SESSIONS

18

ZOOM CABIN CHATS

73

CALLS TO THE PURPLE  
PEOPLE POWERLINE

7

CAMPFIRES

166

VOLUNTEERS WHO  
SUPPORTED CAMP AT  
HOME PROGRAMMING





## **PURPLE PEOPLE ON THE LINE**

"When planning started for virtual camp, we knew there had to be a way to bring Purple People, camp's psychosocial team, to campers at home," said Kristen Capadona, Flying Horse Farms Child Life Specialist. "The Purple People Power Line is a touchpoint where we can bring the spirit of what we do at camp to campers through the phone."

Since the launch of the Purple People Power Line in April, more than 70 calls have been made to provide a quick camp connection. Each ranged from five to 20 minutes with topics covering everything from the Abominable Snowman to discussions around stress and what campers miss about camp.

Some powerful reminders also came from the Power Line.

*"It solidified that our campers need us all year round. You know that the one week of camp is impactful, but you don't realize just how much it means to them the other 51 weeks of the year," she shared.*

## **FINDING CONNECTION THROUGH CABIN CHATS**

Flying Horse Farms sought to create an interactive and personal program for campers to recreate some of those special moments that build trust, create connections, and form lifelong camp friendships, even if virtually.

"Cabin chats are one of my favorite times during camp," said Rob Lyberg, Flying Horse Farms Volunteer Coordinator. "They typically happen with your cabin and counselors before bedtime and are a space to reflect on the day or share a story or two, and most importantly, a space to bond."

With the help of Zoom, camp hosted cabin chats three times a week during each diagnosis-specific camp session. Campers hopped on to the video call for an hour at a time to hang out with camp staff, volunteers, and other campers. They played games, chatted about their summer and how they were doing, and both remembered and created new camp memories. Some of the more memorable cabin chats featured show and tells, where one camper introduced a pet snake and another shared a large collection of ducklings.

*"I loved that the virtual cabin chats gave our camper a little piece of camp in such a stressful time," shared one camper parent. "We are having to isolate completely, so our camper has only left the house for a couple of doctor appointments since March. It's lonely and isolating and it meant so much for her to be able to connect with people who are SO supportive and special to her."*  
— Camper Parent

## **NO LONE RANGERS AT CAMP**

While planning a full summer of virtual programming, the camp team knew including a Ranger experience would be non-negotiable. From the start, it was understood that any Ranger camp would need to explore ideas of community, self-identity and awareness, and servant leadership. And, maybe most important in a time when isolation is also a best practice for safety, connection and camaraderie needed to be prioritized.

Typically 16-17 years old, Rangers are campers who have aged out of traditional camp programming and return for a week at a time to give back to camp. Whether helping prepare meals in the kitchen, building the foundation of the Low Ropes School, or creating and facilitating programs for younger campers, Rangers dig deep into what it means to be a servant leader.

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**VIRTUAL CABIN CHATS MAY HAVE LOOKED DIFFERENT THAN A TYPICAL CABIN CHAT, BUT THEY WERE STILL THE SAME SPACE TO SHARE THOUGHTS, HOPES, IDEAS, AND MORE. VIRTUAL CABIN COUNSELORS EVEN LED CAMP GAMES TO MAKE SURE CAMPERS GOT THE FULL EXPERIENCE!**







Each Ranger also participates in a myriad of team-building exercises, workshops focused on building self-awareness, and discussions of leadership styles. This summer, two Ranger groups were held to provide more opportunities for every voice to be heard and to accommodate all who enrolled. Consisting of opening and closing ceremonies, nine hour-long workshops, and two blocks of unstructured "Rounge" (Ranger Lounge) time through discussion-based Zoom calls, FHF's first-ever virtual Ranger week bloomed into existence.

The first full day of Ranger programming began with a conversation about community setting norms for the week's discussions. With profound openness and vulnerability, Rangers explored grief and supported each other in unpacking feelings of loss and pain caused by the pandemic.

One of the most pivotal experiences of a typical Ranger camp is the Ranger Wall – a 10-foot-tall wooden barrier that the Ranger community must scale as a team, supporting each individual member over the top. Teamwork, communication, trust, and consensus are just a few of the skills needed to get each Ranger to the other side of the wall.

To complete this year's virtual Ranger Wall, those same skills were called on. Rangers used consensus-based decision making to narrow FHF's 10 Core Values to a list of nine, removing three and adding two new guiding principles. Even through computer screens, the community of this year's Rangers guided a deep conversation and made sure all members had space to raise their ideas. The Ranger Wall was scaled once again!

The 2020 Rangers did what no Rangers or campers have done before. Through active listening, sharing experiences, asking questions, and many laughs, a strong community was again created. We know that these Rangers, who come from the mountains, the water, the fire, and the sky, are turning the world around in their own way, each as a part of a community greater than any one individual.





## **SO, WHAT'S NEXT?**

"We wish we had a crystal ball that could give us a peek at what next year could look like," said Alexa, "But one thing's for sure – we know that with the incredible campers, volunteers and staff that we have, we are committed to making CAMP-Possible however we can! And it's going to be nothing short of magical."

*We loved seeing photos from campers participating in Camp at Home activities, and especially after getting their own Camp-in-a-Box! Want to send us your Camp at Home photo? Send it to [program@flyinghorsefarms.org](mailto:program@flyinghorsefarms.org)!*



*Flying Horse Farms*

# CAMP AT HOME RECIPES

**During a typical in-person Ranger camp, Flying Horse Farms' resident servant leaders work with the K-Crew to create the magic of camp food service.** From chopping countless quarts of lemons and practicing knife skills to slinging dishes in the Dirty Dish Depot, the Rangers are an integral part of making, serving, and cleaning up after meals.

Even though the Rangers and the K-Crew weren't able to work together in-person this summer, that didn't stop them from dreaming of delicious camp treats! We proudly present a Ranger Cabin 1 x K-Crew collaboration, a Backwards Day staple: breakfast pizza and a delicious french toast casserole! Host your own backwards day at home, or just make this on a random Tuesday. What day is it anyway?





## Breakfast Pizza

### INGREDIENTS

- 1 pizza crust (your favorite recipe or premade to fit dietary needs)
- 1 cup Newman's Own alfredo sauce (or your fav sauce)
- 1 cup shredded asiago cheese
- 1 cup crumbled crispy bacon
- 6 eggs
- Green onions or scallions, chopped, for topping

### STEP BY STEP

1. Preheat oven to 450-degrees F.
2. Spread pizza crust on a greased or parchment paper-lined baking sheet. Starting with a ½ cup of the alfredo sauce, spread across crust. Add more if ya wanna get saucier!
3. Sprinkle cheese and crumbled bacon evenly across sauced 'za.
4. Bake until cheese is melted and bubbly, 8-12 minutes.
5. While the pie is in the oven, fry up your eggs to your desired doneness. We like them a firm sunny-side-up.
6. Pull pizza from oven, top with chopped green onions, and carefully cut into 6 slices. Add one egg per slice. Remember that eggs will continue to set a little more if they're going onto a ripping hot pizza! Cook them a little less if you want a drippy egg on your slice.
7. Serve with fruit salad, mango hot sauce, and a tall glass of Orange Mango Tango.

*As with most of the FHF K-Crew recipes, this pizza is endlessly customizable. Use whatever crust works for you – gluten-free, dairy-free, cauliflower, cassava-flour. Skip the alfredo in favor of garlic olive oil, pesto, a scoop of sausage gravy, or some regular marinara sauce. Same with cheese: try mozzarella, pepper jack, whatever's in the fridge, or skip the cheese and go directly to toppings. And of course, those toppings are endless. Load it up with a quick-sautéed mix of onions and peppers, go solo with cheese, or throw on last night's kale salad when it comes out of the oven.*

## Lemon-Blueberry French Toast Casserole

### INGREDIENTS

- Roughly 16oz of biscuits, hamburger buns, day-old bread, glazed donuts, leftover French toast sticks, or whatever breadly base you have
- 1/2 cup sugar
- 1/2 cup butter
- 4 eggs
- 1tsp cinnamon
- 1/2tsp nutmeg
- 1/2tsp powdered ginger
- Zest and juice of one lemon
- 1-2 cups blueberries

### STEP BY STEP

1. Preheat oven to 350-degrees F.
2. Tear your bread base into bite-size chunks and arrange in a greased casserole dish.
3. Melt butter over medium-low heat on the stove. Slowly add sugar, whisking to combine and form a thick, syrupy paste.
4. As butter and sugar are melting, whisk together eggs, cinnamon, nutmeg, and ginger.
5. Pour butter/sugar blend over bread chunks. Toss to coat each piece in sugary goodness.
6. Pour egg mixture over coated bread chunks.
7. Add lemon zest and juice – the acid will help balance the sugar and create sweet flavor harmony!
8. Stir in half of the blueberries, then put the rest on top.
9. Bake for 20-30 minutes, until egg mixture is set and everything is golden brown and caramelized.







# HOSPITAL HEROES

*Our Medical Advisory Board is always*

**CAMPERS FIRST.**

Camp experiences at Flying Horse Farms would not be possible without the support of many incredible Hospital Heroes. Nurses, physicians, child life specialists, dietitians, and other medical professionals ensure camp is safe for each of our campers, providing assistance with everything from medications to G-tube feedings. This year, camp also leaned on their expertise to inform our response to the COVID-19 pandemic.

Karla Jones, a Rheumatology Nurse Practitioner with Nationwide Children's Hospital, has been involved with Flying Horse Farms since the very beginning. From helping advocate for and start the first-ever Rheumatology week to serving as a Camp Nurse and to becoming a member of camp's Medical Advisory Board (MAB), Karla understands and champions the importance of camp.

Being involved with Flying Horse Farms also allows her to see her patients and campers in a more natural environment.

*"Prior to volunteering, I saw my patients in the context of the hospital," she said.*

*"Now I get the opportunity to see what day-to-day life is like in a more natural environment, giving me better context of how medications may impact their lives."*

As a member of the MAB, Karla partnered with 13 other medical professionals in considering, debating, and finally making the difficult recommendation to suspend on-site programming for the 2020 camp season. The decision was always focused on what was in the best interest of campers – to keep them safe and decrease their exposure to the COVID-19 virus.

With the suspension of on-site camp, the MAB knew it was more important than ever to connect the camp community and provide opportunities for social interactions among campers who may be experiencing increased isolation at this time.

Karla, MAB members, and other FHF medical volunteers supported summer Camp at Home programming in innumerable ways. From personally delivering Camp-in-a-Box kits to

helping to plan and provide content for virtual programming, their support was indispensable.

"It really is important to keep campers connected to a peer group that understands what they are going through," Karla shared. "It is always important, but especially during a pandemic. We need a place for them to share their frustration and a place to receive support. Camp at Home programming brought that connection and experience to campers."

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## NOT ALL HEROES WEAR CAPES

Faced with a global pandemic, many of camp's medical volunteers served as frontline responders in area hospitals and clinics providing essential services to all who needed care. We're grateful for their dedication, compassion, and expertise that cares for and heals our communities.

We know not all heroes wear capes. Sometimes they wear stethoscopes and scrubs. (And tutus and glitter!)



## Meet some of Camp's HEALTHCARE HEROES



### **Christy McKinley, RN, Director of Wellness, Flying Horse Farms**

#### *How has your role at camp changed during the pandemic?*

"I returned part-time to work on the front line in the ICU at Grant Medical Center in Columbus. This was something I have wanted to do to play my part in helping the community. It has also allowed me the opportunity to learn about COVID policies and procedures and safety measures that the hospitals are using. I've brought these ideas back to camp to make it a safer place when campers return."

#### *What safety precautions has camp implemented to keep staff and visitors safe as we continue to provide camp experiences for campers?*

"Flying Horse Farms has leaned on the CDC and Ohio Department of Health guidelines for our return to work policies and procedures. Masks are worn at all times by staff, volunteers, and visitors, unless they are sitting at their desk or outside where 6ft physical distancing can be maintained. A daily symptom check is required anytime we are on camp property. We have also increased the availability of hand sanitizer around the building and grounds."

#### *How would you describe working with the Medical Advisory Board to make decisions regarding the safety of hosting camp and the pivot to alternative programming?*

"Working with and leading the MAB has been a wonderful experience. It is amazing to have so many brilliant doctors, nurses, child life specialists, and pharmacists on a call all at the same time. The MAB has a front seat to the cadence of the hospitals and clinics and is a great sounding board for medical guidance. We have had some tough conversations lately, but we all have one focus – the health and safety of all campers."

#### *What do you believe the summer Camp at Home/Camp-in-a-Box programs brought to our campers?*

"My hope is that it brought a little camp joy to each camper and allowed them to integrate the magic of camp into their families during this weird quarantine season."

#### *How will future decisions regarding the safety of camp be made?*

"Camp safety is our number one priority, and we are utilizing all our resources to make sure we stay up-to-date on the newest and best safety precautions. I have been staying on top of information from SeriousFun Children's Network, the CDC, the ODH, and researching articles for the best ways to prevent the spread of COVID-19 as well as other communicable diseases. We are learning from the experiences of other camps that opened their doors this year and are sharing best practices. FHF will utilize all the research, knowledge shared, and recommendations and guidance from the MAB to make the best plan for the future."



### **Jennifer Taylor, APRN, Nurse Practitioner at Riverside Methodist Hospital**

#### *How long have you been volunteering with Flying Horse Farms and how did you first get involved with camp?*

"I started volunteering at camp in 2015 and have been fortunate to be there every year since that time. I got involved with camp after hearing about it from a friend. Once I did my research and saw what camp was about, I knew I wanted to be a part of it!"

#### *What is your favorite part about volunteering as a nurse at FHF?*

"I enjoy getting to know each camper and providing them with the care they need to maintain their health while they are away from home. I love that campers get the opportunity to go away to camp yet still have all their medical needs taken care of by the medical team. I also enjoy having



fun with campers, whether we are swimming, on the ropes course, or Color Olympics. Those are things I don't get to do in my daily job at the hospital!"

*Why did you choose to volunteer as a part of the Camp-in-a-Box program?*

"I know how much campers look forward to camp, so I was happy that camp was going to still be a part of their summer. I wanted to get involved in one way or another because being around camp in whatever form is meaningful to me."

*What was your favorite part about volunteering this year?*

"I was so happy to be able to see campers and their families at the Camp-in-a-Box pick-up this year. Even though we weren't at camp, you could see how much the campers looked forward to experiencing camp in a different way. Our campers and their families definitely embraced it."

*What do you believe the Camp-in-a-Box program brought to our campers?*

"It brought the magic of camp to not only the campers but to their families, too. I believe it gave them quality time together where they could do activities that they otherwise may not have done as a family."

**Justin Schreiber, DO, MPH,  
FAAP, UPMC Children's  
Hospital of Pittsburgh**

*How would you describe the role of the Medical Advisory Board?*

"As a child psychiatrist, I try to make sure we are discussing the mental health aspect of the work we are doing for kids at camp. It was exciting to be a part of thinking through the development of the AYA camp weekend. I have also been a part of the subcommittee focused on behavioral health."

*What has been your favorite part of serving on the Medical Advisory Board for FHF?*

"I really enjoy working with so many other healthcare providers that are passionate about camp and the impact it has on the physical and mental health of their patients. You can really see how these providers advocate for the families they work with and want to make sure the campers get an experience at camp that will translate into community development and self-awareness essential in managing their chronic illness."

*How has COVID impacted your job and your patients?*

"We can't do the same in-person visits, so we have had to be innovative to connect with patients. For families, it has meant trying to navigate school systems and accommodations that are constantly changing while managing the difficulties of ADHD/depression/anxiety in the household. Many patients we see are also experiencing the fear of a chronic physical illness along with a mental health condition, making it even more difficult to cope with the stressors associated with COVID."

*What are some of the challenges you have faced in your role?*

"One challenge was ensuring access. We quickly switched to tele-services to ensure kids got the care they needed, and found out that people's access to tele-services is different based on internet services and their devices. We worked to get kids back into the office when they had difficulty with tele-services."

*What is the importance of continuing to provide camp programming during this time for campers like your patients?*

"COVID is a significant disruption in children and adolescents' lives. School is not in session like it was before, trips have been cancelled, visits with friends and family have been limited, and family members might be out of work or working in a new way. With all this disruption, it is important to know that a constant like camp can still be there to provide community, growth, and most importantly, fun. It might not be the same as being at camp, but camp is more than a place, it is the people, it is the programming, and it is the spirit of being together with others who are dealing with the same struggles but working together to make it easier and feel better."





## A LEGACY

# OF HEALING

*Dr. Barb Galantowicz*



The first memory Flying Horse Farms Medical Director Dr. Barb Galantowicz has of camp from when she came through the gate in 2012 is of the peacefulness and the thoughtful approach to how it was built. It was certainly different than what she had experienced throughout her career as a pediatric emergency physician. But it immediately felt like home.

After just two weeks of volunteering, Dr. Barb was asked to consider a full-time position. She's been doing cartwheels at camp ever since. But, as with all great stories, they eventually end.

Dr. Barb retired from camp early this summer. While conversations around her retirement and a thoughtful succession plan had begun, her decision to retire was expedited by the COVID-19 pandemic and the subsequent suspension of camp programming.

"It was far from an easy decision," said Dr. Barb. "Working at Flying Horse Farms has been the greatest career decision of my life. I've learned so much from my camp team and from each camper and caregiver who came through our hole in the wall."

Over her time at camp, Dr. Barb helped to establish many of the policies and procedures that guided Flying Horse Farms toward the growth of camp – in both number of campers and diagnoses served. Early on she dedicated much of her time to recruiting a steady flow of medical volunteers while also encouraging more physicians to send their patients to camp. This led to an increase in the number of summer sessions, and later, with the recognition that many of the kids coming to camp had a secondary psychosocial diagnosis and understanding the value of child life specialists, the development of a psychosocial program at camp.

Just as significantly, Dr. Barb touched many lives at camp with her kindness as much as her expertise.

"Over the last six years, Dr. Barb taught me so much," said FHF Wellness Director, Christy McKinley. "From thinking outside the box, to being a thoughtful leader, and most importantly, how to practice medicine with glitter, tattoos, a kind heart, and a tutu. She changed the way I practice medicine and helped me become the best nurse I can be."

"Dr. Barb has left an indelible mark on Flying Horse Farms that will never be replicated," said Nichole Dunn, FHF CEO/President. "Her joy, her whimsy, her genuine caring, and heart are part of camp's story, its roots, and from where we will continue to grow and care for all who come to camp."

Dr. Barb will continue to serve as a Medical Director Consultant for camp through the end of 2020. And she's certain she'll be back as a volunteer many times.

"I'll always be a child advocate, so I'll definitely be back as a volunteer," she said. "My favorite thing about camp is the feeling at every last campfire, knowing how much everyone changed in just one week. I'm not sure if it's the kids or the organization. But it's a magical feeling. With the fireflies, the stars, you really feel like you're all present. And that everything is OK."

Campers are more than OK thanks to Dr. Barb. They're happy. They're resilient. They're healing.



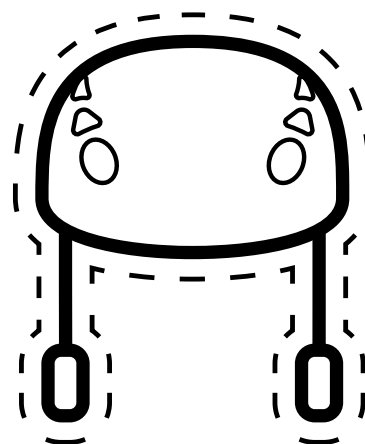
**Honor Dr. Barb and her retirement with a gift to camp! The special remit envelope included with The Journey includes an option to make a Tribute Gift to recognize Dr. Barb and her impact on Flying Horse Farms.**



# MAKE

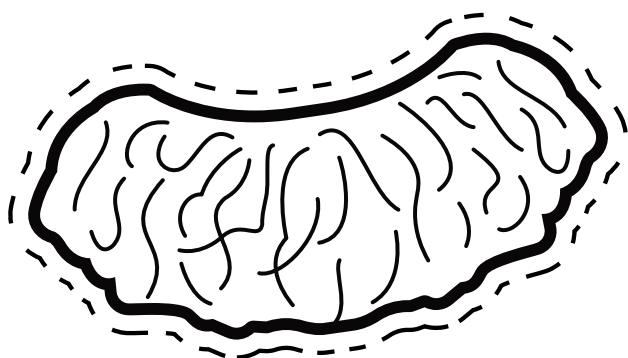
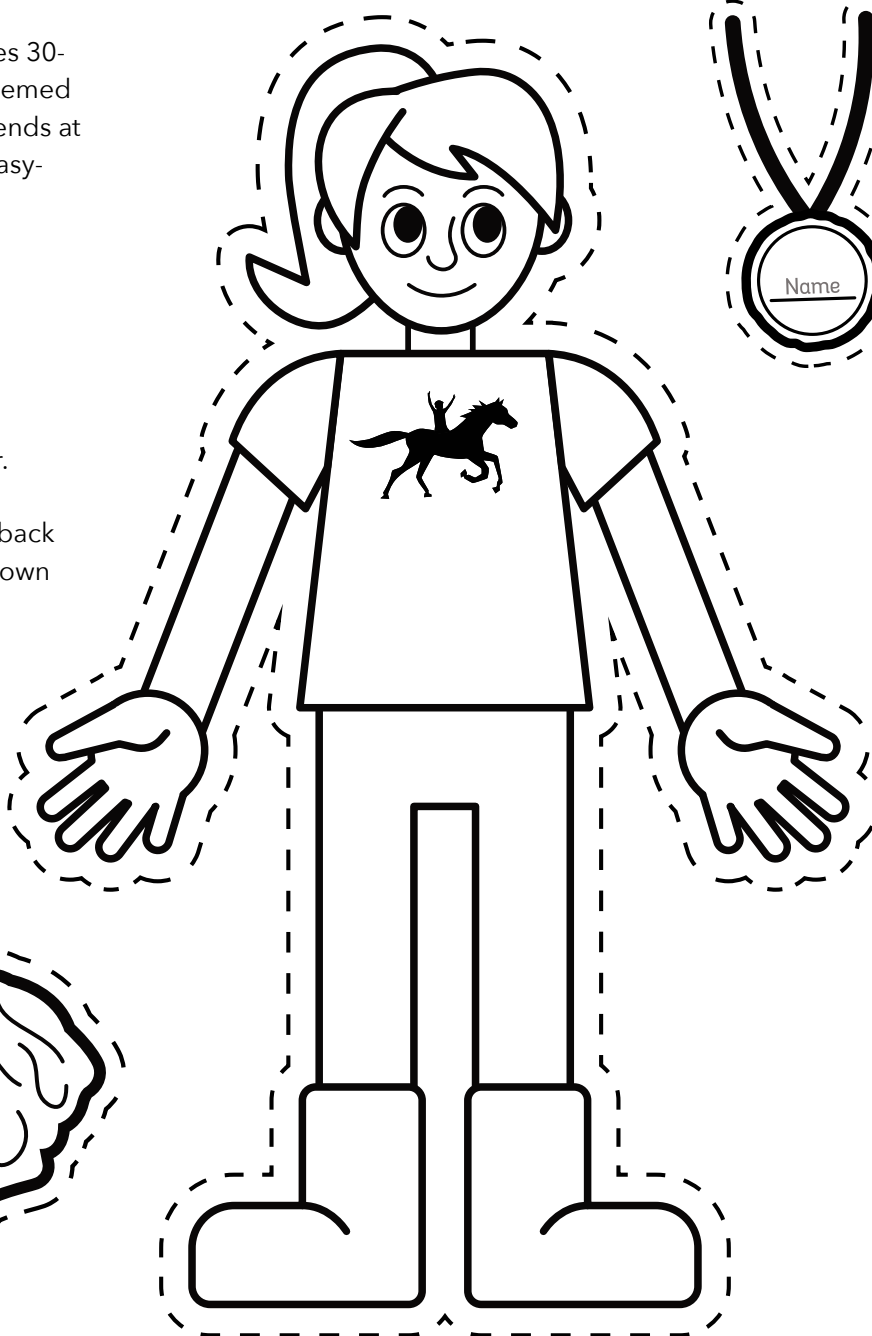
*your own*

# SCENE

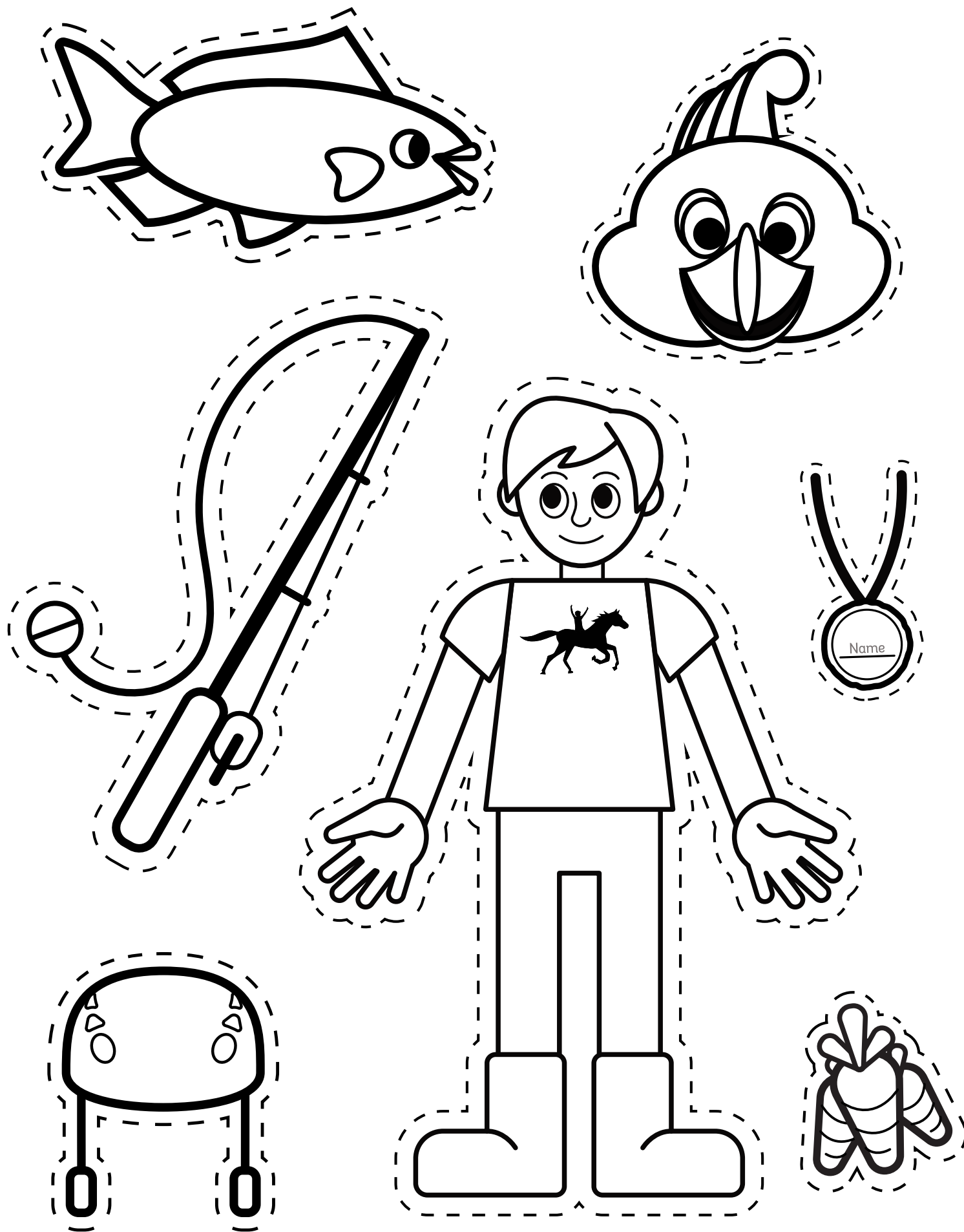


Create your own camp scene on pages 30-31 of *The Journey* with these camp-themed paper dolls, made by our amazing friends at CSCA Gives Back! Just follow these easy-peasy instructions:

1. Color in the campers and their accessories however you'd like. Bonus points for creativity!
2. Cut out the campers and whatever accessories you'd like them to wear.
3. Place them on pages 30-31 at the back of *The Journey* to create your very own camp scene.
4. Take a picture and post it to Instagram with the tag **#fhfcampathome** for a chance to be featured on the Flying Horse Farms Instagram!











# CAMP HEROES

*Whether they're creating virtual programming or sewing masks to donate, this year's camp heroes are going above and beyond to serve their communities in this heightened time of need.*

## Ronda Stevens

*How did you first get involved with camp?*

I attended the open house when Flying Horse Farms was created and signed up to volunteer at special events and to clean after camp sessions.

*What is your favorite part about camp?*

I usually work behind the scenes getting camp ready for volunteer workdays by stocking cleaning supplies, paper products, linens, bedding where needed, as well as clean apartments and the WellNest in between camp sessions. I have also helped out in the new HappyTimes Woodshop and with Color Olympics.

*Do you have a favorite camp song, dance, or skit?*

I don't have a favorite song, dance, or skit yet. I love listening to all the songs and watching all the campers right after mealtimes.

*What is one thing a lot of people might not know about you?*

I LOVE to sew. I've made denim shop aprons for the HappyTimes Woodshop. I just finished slipcovers and pillows for the Chicken Coop sofas. I'm getting ready to make curtains for some of the hall windows in the BRB. I've also made, sold, and donated close to 1,000 face masks over the past few months.



## Mary Davis

*How have you been involved with virtual camp this year?*

Coming to camp to teach painting to the campers and counselors is a highlight of my summer. When I found out that camp would be virtual, I was disappointed. I thought that meant I wouldn't be able to volunteer, but then I was asked if I wanted to record a paint class. It was a huge YES for me. I was super happy to sprinkle a little sunshine into the day for campers and maybe their families, too.

*How did you first get involved with camp?*

I have four kids. My youngest, Emma, was diagnosed with Ewings Sarcoma in 2010. We attended a family camp weekend and then she went for week-long camp sessions on her own. Camp was like good medicine for both of us and I knew that somehow and someday I wanted to be a part of it. A few years later, I emailed camp to say that I would be happy to volunteer my time to teach canvas painting.



I've gone to camp during the two hematology/oncology weeks every summer since.

I have also taught a couple of parent paint classes during the family weekends. The very first time my class filled up with parents, I was almost overcome with emotion looking around at their faces. You never forget what it feels like to have a sick child.

#### *What is your favorite part about camp?*

I love it all, but my very favorite part is watching the campers and the counselors settle into their painting. I can physically see their shoulders relax. I love seeing how they encourage each other, and I love seeing their surprise and joy when they realize that they painted something beautiful. I always tell them that they can paint anywhere... even in the hospital with just a few supplies. It is a great stress reliever. These kids and their parents carry a heavy load and it is my extreme joy to be able to lessen that even if just for a little while.



### *Ally Copper, Franklin-Springboro Public Library*

#### *What has the Franklin-Springboro Public Library been doing to help with virtual camp this year?*

When Flying Horse Farms asked if we could share our storytimes with campers as an extra, fun activity for them to do during virtual camps, I was honored and glad to share. If our songs, stories, and activities made

anyone's summer at least a little more enjoyable, then we did our job.

Our fall storytimes began September 14. Anyone can tune in!

#### *What is your favorite part about camp?*

I'm impressed with Flying Horse Farms' mission and how it provides fun activities and adventures that allow kids with serious illnesses just to be kids.

**Franklin-Springboro Public Library storytimes can be found at: [fspl.org/storytimes](https://fspl.org/storytimes)**

### *Dwight Smith, My Special Word*

#### *How did My Special Word first get involved with camp?*

I heard wonderful things about FHF for years. A few years ago, I had the opportunity to visit and was simply blown away. The best part of my visit was that I was able to watch as the campers engaged with tremendous enthusiasm. I knew at that moment that I really wanted to share My Special Word with Flying Horse Farms' awesome campers and staff.

I was thrilled when a decision was made to bring My Special Word to FHF this summer pre-COVID. We were later honored to learn that FHF would incorporate My Special Word into their

newly designed virtual camp. I was humbled to brainstorm about how best to deliver a positive and uplifting experience to campers. The feedback was very positive, and we were honored by this new partnership. We look forward to partnering together in the future.

#### *What does My Special Word do?*

MSW's aspiration is to inspire our youth to think about the wonderful people they are and that they hope to become through the use of positive words. Our vision is to encourage, inspire, and excite our youth to become the amazing people that they are meant to become and to strive daily to reach their greatest potential and aspirations.

#### *What is your favorite part about Flying Horse Farms?*

When I visited camp, I loved everything about it. That said, for me, it was all about the campers. Seeing the campers smiling, laughing, and creating cool things really made a huge impression on me. Our children are our future. They deserve our very best. Especially in challenging times such as these, as the result of COVID, we need to encourage our children, we need to love our children, and we need to remind our children every day that they are special. That is what MSW strives to do – to remind our children that they are special.

**To learn more about My Special Word, visit [myspecialword.com](https://myspecialword.com).**





# Summer SUPERSTARS

Though the summer looked different, it was still made possible through the help, support, and time of many volunteers. We wish we could highlight every single one of them. Here's just a few of the rock stars who helped fill Camp-in-a-Box pickup and drop-off days, box packing, Camp at Home videos, and virtual cabin chats with camp joy and magic. THANK YOU!



## Robin Hake

*What's one of your favorite camp memories?*

The joy-filled vibe of Camp-in-A-Box was so real – the dancing! the singing! the tutus! – and the cars filled with happy camper smiles. You could see a lot of love was given and soaked up that morning.

*What's something you miss from camp?*

I miss being there! I miss watching the new campers unfold and bloom during their week at camp and honestly, I think we all should start our day with a little "Fanny Pack" and "500 Miles" song and dance out.

*What do you like to do when you're not at camp?*

I enjoy playing the piano and tennis and taking our dog, Copper, for a "ride"... I ride my cruiser bike and he trots along beside me.

*What are you looking forward to most about being back in person?*

Can't wait to see all the kiddo's faces and to help in the kitchen slicing and dicing – and let's not forget the best bacon ever!

## Kevin Hake

*How did you first get involved with camp?*

Our company, M/I Homes, was involved as a supporter and with Board involvement, so I became aware of the mission and attended a Campfire. Then my son volunteered as a cabin counselor and I saw the positive effect it had on him. Subsequently, I had the opportunity to join the Board in January 2019.

*What's one of your favorite camp memories?*

Seeing the smiling faces on kids in cars as they received the Camp-in-a-Box and felt the energy of camp from the volunteers and staff.

*What are you looking forward to most about being back in person?*

Smiling faces of campers, feeling the joy of camp, and friendships.

*What do you want to tell campers?*

Know that FHF is a community that loves and cares for you and stay connected any way possible – virtual is OK for now and full camp will come again!

## Kevin McGovern

*How did you first get involved with camp?*

I saw a post on Facebook about Flying Horse Farms and it seemed like a really awesome place. I volunteered as a counselor for one week at Heart Camp and I loved it so much that I came back for two more weeks during the same summer!

*What's one of your favorite camp memories?*

During Camp at Home virtual cabin chats, I loved being able to see some familiar faces from camp and let my goofy side shine!

*What's something you miss?*

I really miss campfires and all the camp songs and dances.

*What do you like to do when you're not at camp?*

I play a lot of basketball with my friends and I also really like to play guitar and cook!

*What are you looking forward to most about being back in person?*

There are so many things that I am looking forward to when we can be



in person again, but there are two things in particular: Hot Cheetos and Takis!

*What do you want to tell campers?*

All of the camp staff and volunteers have been missing all of you so much this year! Keep staying safe and we can't wait to see you soon!!

*Eryn Powell*

*How did you first get involved with camp?*

I started out as a Flying Horse Away camper and was flown out to Double H Ranch for two years before camp was built. Once they opened to campers and their families, I was lucky enough to be at one of the first family camp weekends. It started one of the most amazing adventures of my life.

*What's one of your favorite camp memories?*

I had the honor of being a Ranger counselor for the final week of Camp at Home. It was such a new experience that I didn't know what to think at first.

Would this work over Zoom? Would the campers feel at home in a virtual setting? What about cabin chat? Well, little did I know, two days of the week we were able to do evening cabin chats over Zoom! We talked about our favorite tea, k-pop, childhood movie obsessions, and even how we felt about going back to school with social distancing. Cabin chats have always been a special time during my time at Flying Horse Farms, so being able to build that space even from states away was so wonderful.

*What are you looking forward to most about being back in person?*

I am looking forward to Opening Campfire! I can't wait to see everyone singing, picking out Wish Sticks, and telling jokes!

*What do you want to tell campers?*

I want campers to know that camp is a gift that we give to each other. Not only do we gift that joy to our camp family, but our friends, classmates, and the family that we live with as well! Keep singing and dancing because we all want you to be ready for Opening Campfire when you come back to camp!



*Amy Tahmizian*

*How did you first get involved with camp?*

I first got involved with Flying Horse Farms through the Camp Counselor program at Abercrombie & Fitch and I have not left since!

*What's one of your favorite camp memories?*

During Camp-In-A-Box pick-ups at Moo-Moo Express Car Wash, a camper who has been in my cabin every summer since I started going to camp drove through and it was SO nice to see her again. But it was also so sad to not be able to greet her with a hug and share a laugh about something we had done during the summer before going to camp.

*What's something you miss from camp?*

The things I miss the most about camp are being around everyone singing and dancing and being silly for a FULL WEEK STRAIGHT with no cares in the world other than what costume I'm going to wear the next day!

*What do you like to do when you're not at camp?*

When I'm not at camp, I love being active. Whether that's doing a workout, going for a run, going for a hike or for a nice long bike ride through some cool trails!

*What are you looking forward to most about being back in person?*

I'm looking forward to reconnecting with campers and camp friends that I didn't get to see this year and sharing





laughs at campfire and games in the cabin and singing and dancing in the dining hall.

#### *What do you want to tell campers?*

I would say to get smiling and stay positive! We will get through these crazy times and have the MOST FUN we could possibly have again! Right now we just have to make sure we are keeping ourselves, our families, and others safe and healthy.

### *Andray Simmons*

#### *What's one of your favorite camp memories?*

One memory I made this summer during Camp at Home was with the Rangers. We did themed days and we wore wacky hats, dressed up, and made silly names for ourselves. This definitely reminded me that camp is a feeling, not a place.

#### *What's something you miss from camp?*

Something I missed a lot from camp is dancing in the dining hall after every meal. There just really isn't anything like dancing to "Hot Cheetos and Takis" with a bunch of friends right after dinner.

#### *What do you like to do when you're not at camp?*

When I'm not at camp, one of my favorite things to do is volunteer. I volunteer at my church, my local children's hospital, and I mentor and tutor high schoolers. When I'm not doing that, I like to go on drives (often with friends) and explore new areas.

#### *What are you looking forward to most about being back in person?*

Something that I'm looking forward to when we can be in person again is welcoming day. I love welcoming day because it's the day where I get to

meet a lot of new friends and see old friends. It's also the day of opening campfire and who doesn't love a good campfire with friends.

#### *What do you want to tell campers?*

As a camp family, we will get through this together, and when the time is right we will come together and have s'mores!





# LETTERS TO CAMP



*I just wanted to let you know that the cabin chats this week have been very meaningful for Connor. Last night I told him there was just one more, and he teared up. He has really enjoyed getting to know his cabin mates in just two sessions! I know there are online activities, but I just wanted to let you know that the Zoom cabin chats where the kids get to interact with each other are really special and he has loved them. He won't let me in the room when they are going on, so I don't really know what you guys are doing but just like sending him to camp... I trust you and I just know that it's making life better for Connor. He will see you tonight!*

*Thank you for everything you do, for staying with us through this crazy time, and for being camp.*

– Cheryl McGee, Camper Parent

## *Dear Flying Horse Farms,*

Thanks for helping to continue to bring that unique bit of magic to life, even if it's through a computer instead of beside a campfire. After Rangers, I was so stoked to think of returning as a volunteer or seasonal staffer and continue to give back to the place that gave me everything. But that's something my health has not permitted.

Not being able to return to camp has been way more difficult than not being able to go to college or do much of anything, but it fills my heart over and over to know that incredible souls like you, and now some of my fellow Rangers/campers (and still dear friends), are continuing to bring camp to so many kids and families session after session – and even bringing camp in the midst of a pandemic. Thank you for all you do. Truly. This joy and silliness does so much good!!

All these fun videos have without a doubt brought me joy and laughs and so many smiles (and memories!). I can bet it's hard to tell what kind of impact you're having when you can't physically see the smiles – but trust me, those smiles are happening and they are big!!

Camp is not just a physical place – it's a place in your heart, in your soul, in you. Each little video lights up that place. And I know in the years ahead, these videos will bring so much camp magic to campers who are not at camp. Whether that's because they're back at home wanting to reminisce, or maybe they're stuck in the hospital unable to make it to camp. **These videos matter now, and they'll continue to matter for a long time.**

*– Elizabeth Sheeran,  
former Camper and Ranger*





*I wanted to thank you all for providing me such an amazing experience through the years. I have been truly blessed to be a part of the camp experience as a camper and volunteer in the Ranger program. Through my experience at camp, I have been encouraged to fight in many different situations.*



I have found, in your organization, friendships that I will forever treasure. In your gates and the arms of camp, I have found a home for my mind and heart where I can be myself, stress free, and feel safe.

The experience camp has given me will express itself in my future endeavors, as I am studying child psychology in college (holding straight A's, I might add!) and aim to become a therapist for children. Seeing how camp has helped children defy the odds of illness and experience the things they did not think possible has left a warming mark on my heart. There is a sense of acceptance, constant love, and warmth in the environment of camp.

One of the fondest memories I have of camp rests at the bottom of the reflection pond. I took 2 smooth rocks at the early hour of 7am and drew on one a leukemia ribbon, the same as the tattoo I had gotten. The other, the one I kept, had a paw print, to symbolize the loss of a pet that guided me through hard times. I remembered my camp sister who had passed and took that opportunity to rest her memory with the place I knew she loved the most, and where I met her during my first night in Cabin 6.

I still find myself humming along to "The Mountain Song" when my insomnia doesn't let my brain rest, substituting fear with hope that I can eventually walk through those doors as a volunteer counselor or therapist. I want to help bring smiles to children's faces, just as you all do through camp.

As someone who could ramble on for hours on how this place has helped me love and trust that my family is not always who I expect and that I have a home in your gates, I am proud to say that I love camp. I am happiest in your gates, surrounded by all of those who work there. Every single helper, behind the scenes and directly involved with the activities, are heroes. My heroes.

Thank you for helping me in my darkest times, to find the light to shine in my brightest.

Thank you for taking me home. — *Lilly Reichel*

*"The best part of cabin chats for me was being able to connect with other kids in the same situation as me, because most of the time if I try to talk to my friends about my family, they don't get it, so it's nice to have another kid (and not my parents) who understands." — Camper*

*"My son and I had the opportunity to take the 6-hour journey to the PA/OH state border and received our CAMP AT HOME box from a FHF friend in July. His face turned to absolute joy when he opened the box and started touching familiar and iconic camp souvenirs... the wooden name tag, the wish stick... the fanny pack!!! What I saw wash over him next was priceless. After a long sigh he whispered.... "I love camp" I saw him retreat to a place deep inside where he could feel camp in that moment, and he looked so happy and peaceful. Camp matters... even AT HOME. Thank you to all our friends and family at FHF." — Camper Parent*

*"Before camp week, I was a little concerned about whether or not she would want to engage in the virtual activity (with months of online and "zoom overload"). However, once she got into the program, this was not a concern. She was in her own space during camp programs, but we heard a lot more "happy laughing" than normal during camp time. She is hoping that she will be able to return next summer." — Camper Parent*



# How You Can Help

## READY TO CHANGE A LIFE FOR THE BETTER? HERE'S HOW:

**CASH GIFTS** Unrestricted cash gifts allow for a wide range of projects and programs to be funded. Give today at [FlyingHorseFarms.org](http://FlyingHorseFarms.org).

**RECURRING GIVING** A recurring gift allows a donor to make regularly scheduled gifts. Donations of any amount are accepted and appreciated. Give today at [FlyingHorseFarms.org](http://FlyingHorseFarms.org).

**PLANNED GIVING** Planned gifts often are organized with help from your professional advisors. They are typically made from your estate and come to fruition upon your passing.

**MATCHING GIFTS** An easy way to double your gift? Ask your employer if they have a charitable gift-matching program.

**GIFTS OF STOCK** Gifts of stock are an efficient way to donate to Flying Horse Farms. Upon transfer, the stock is sold and the proceeds are made available to Flying Horse Farms.

**GIFTS IN KIND** Gifts in kind are products and services that help meet the needs of campers and the camp property.

**THIRD PARTY EVENTS** Gather friends and colleagues to raise funds for and awareness about Flying Horse Farms.

For details, email us at [giving@flyinghorsefarms.org](mailto:giving@flyinghorsefarms.org).

### YOUR GENEROUS GIFT WILL PROVIDE...

\$25,000..... Meals for 1 week  
\$10,000..... Weekend Family Camp for 1 family  
\$2,500..... Summer camp for 1 child  
\$500 ..... Pharmacy supplies for 1 week  
\$100 ..... Four ukuleles

## VOLUNTEER

**Camp at Home Volunteers** Ages 19 & up. Take part in our virtual camp experiences, cabin chats, online programs, and starting this fall, virtual family weekends. These volunteers are positive, energetic, and confident on computers and virtual meeting platforms.

**Family Sidekicks** Ages 19 & up. Partner with a family for a weekend family camp. Sidekicks help campers feel welcome and supported while exploring group and individual activities. These volunteers are hosts who focus on creating a wonderful weekend for the entire family.

**Cabin Counselors** Ages 19 & up. Volunteer during a weeklong, kids-only summer camp. Counselors participate in activities, eat with their campers, and provide support and supervision. They are energetic, positive, patient, and ready to make magic happen.

**Activity Counselors** Ages 19 & up. Volunteer as the leader of a specific activity for an entire weekend family camp or weeklong summer camp. Areas include waterfront, nature and discovery, Angie's Arts & Crafts, archery, and spotlight.

**Dining Hall Volunteers** Ages 18 & up or 16 & up with a guardian. Join us for a weekend or week to help prepare and serve meals to keep camper bellies full and happy. These volunteers are a vital part of the camp experience.

**Lifeguards** Ages 16 & up; must be certified. Ensure that our campers are safe while swimming, boating, and fishing. Certified lifeguards are needed throughout the year when waterfront activities are open. Scheduling is flexible.

**Campers First** Our campers' safety is our top priority. That means our volunteers must be the best of the best – and that the somewhat-lengthy application process includes a background check and medical records. We promise the payoff is worth it!

**MEDICAL VOLUNTEERS** Provide medical care and support during weekend family camp or weeklong summer camp. We need: physicians, nurses, respiratory therapists, and pharmacists (for camper arrival). Medical volunteers serve under the scope of their professional practice.

**CAMP CREATORS** With a full-time facilities team of two, camp relies on corporations, organizations, and individuals to help make camp pristine by making beds, cleaning cabins, helping with yard work, and otherwise prepping for the next set of campers.

**EVENT VOLUNTEERS** Help spread the word about camp by volunteering to staff an event. These volunteers help coordinate event-day details and assure everything runs smoothly.

**Interested in volunteering? Email us at [volunteer@flyinghorsefarms.org](mailto:volunteer@flyinghorsefarms.org). We will send you a link to applications when they go live.**



*"Camp matters, even at*  
**HOME.**  
*— Camper Parent*











a seriousfun camp

5260 State Route 95  
Mt. Gilead, Ohio 43338

