

THE JOURNEY

A PUBLICATION OF
FLYING HORSE FARMS

FALL 2022



Summer 2022

CAMP STRONG

Table of Contents

Summer Camp Magic	4
A Safe Place to Heal	6
After the Storm	8
Firestarter Award	10
First Time Camper's Experience	13
A Ranger Returns to Camp	14
Making Camp Magic	16
A Different Side of Camp	19
Letters to Camp	20
S'mores Recipe	23
How to Help	25



This summer can be captured with a simple, yet powerful phrase – “Camp Strong.”

Strength in our camp community, traditions, and campers. Not even a tornado that blew through camp could stop camp magic this summer.

Camp strong was when the gate opened to Hematology/Oncology Camp arrival day less than one week after that tornado tried to derail the summer and disrupt Heart Camp.

Camp strong was being prepared to navigate the impact of two years of increased stress, isolation, and disruption on the children with serious illnesses who call camp “home.”

They returned, eager for camp, and with higher rates of co-occurring psychosocial diagnoses including anxiety, depression, PTSD, and more. But we were ready and equipped as we returned with greater expertise from our full-time team and a larger psychosocial seasonal staff. This team was trained to navigate the anticipated and raw conversations and situations, grounded in a trauma informed approach.

Camp strong meant past campers and parents returned as volunteers and seasonal staff to share the joy and sense of belonging they felt as campers. Some wore silly hats. Some took photos. And some were camper parents

returning as medical volunteers ready to serve. All returned to give back and ensure the opportunity for an incredible experience and memories made for children and families just as special as those they hold dear.

And camp strong was camp traditions coming alive after being packed away for too long. Color Olympics was as colorful and messy as ever. We danced and sang to camp favorites. Wood chips flew in HappyTimes Woodshop. And lifelong friendships were sparked atop the high ropes course and during the quiet cabin chats at night.

As camper Kael shared in a note, “I had so much fun ...after a three-year break. That was my best one week out of three years.”

The pages that follow highlight transformational experiences of campers, volunteers, and staff all made possible because of the strength of our camp community and those who believe in the power of camp.

Thank you for making FHF Camp Strong.

Nichole E. Dunn
President & CEO, Flying Horse Farms



THE JOURNEY

A PUBLICATION OF
FLYING HORSE FARMS

Nichole E. Dunn
President & CEO,
Flying Horse Farms

Flying Horse Farms is a registered and tax exempt Ohio 501(c)(3) nonprofit organization, governed by an elected board of outstanding business and community leaders from across the state of Ohio.

BOARD OF DIRECTORS (JANUARY-DECEMBER 2022)

Samir Dahman, Chair
Partner in Charge,
Columbus
Kohrman Jackson Krantz
LLP

Kara Lewis, Past Chair
Director
AB Bernstein

Bill D'Onofrio, Treasurer
Vice President, Finance
Greif Inc.

Mike Schlonsky, Secretary
Executive Vice President of
Human Resources
Big Lots

Jenni Belford
Founder
Flying Horse Farms

Habiba Bankston
Executive Director
Dress for Success
Columbus

Michael Bonadies
Community Advocate

Kevin Hake
Senior Vice President,
Finance and Business
Development
M/I Homes, Inc.

Greg B. Hall
President, AEP Energy
Partners
American Electric Power

Scott Hauptman
Vice President, Chief Claims
Officer
Grange Insurance

Nick Pavlik
VP, SBA Business
Development Officer
Huntington National Bank

Patricia Raimer, MD
Pediatric Intensive Care
Physician
Akron Children's Hospital

Michael Repasky
Chief Executive Officer
KW Greater Metropolitan

Renee C. Romano, PhD
Professor of History
Oberlin College

Joseph Ross, MD
Medical Director of
Pediatric Cardiology
Dayton Children's Hospital

John Roush
Chief Executive Officer
Express Wash Concepts

Ola Snow
Chief Human Resources
Officer
Cardinal Health, Inc.

Todd Swenson
Vice President, Technology
and GRC
CoverMyMeds

Joseph Vandermark
Principal, Advisory Services
Ernst & Young

BOARD EMERITUS

David Belford
Founder, Flying Horse
Farms
Owner, Stage Capital

Chuck Fowler
Retired

MEDICAL ADVISORY BOARD

**Patricia Raimer, MD -
Chair**
Pediatric Intensive Care
Physician, Akron Children's
Hospital

**Joseph Ross, MD -
Past Chair**
Medical Director of Pediatric
Cardiology, Dayton
Children's Hospital

Gerard Boyle, MD
Medical Director, Pediatric
Transplant and Heart Failure
Program, Cleveland Clinic
Children's Hospital

Courtney Gushue, DO
Pediatric Pulmonology
Specialist, Nationwide
Children's Hospital

Sandra Kim, MD
Co-Director, Inflammatory
Bowel Disease Center,
Children's Hospital of
Pittsburgh of UPMC

Heather Minto, MD
Pediatric Allergist/
Immunologist
Akron Children's Hospital

Dan Rieck, PharmD
Patient Care Pharmacist
Nationwide Children's
Hospital

Sharon Ross, RN
Cardiology, Hematology-
Oncology and Medical
Imaging, Dayton Children's
Hospital

Megan Schaefer, PhD
Hematology/Oncology/
BMT & Pain Pediatric
Psychologist
Nationwide Children's
Hospital

**Justin Schreiber, DO,
MPH, FAAP**
Assistant Professor of
Psychiatry and Pediatrics
University of Pittsburgh
School of Medicine

Jorjee Wells, MD, MPH
Pediatric Emergency
Medicine Attending
Nationwide Children's
Hospital



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, grants, and foundations.

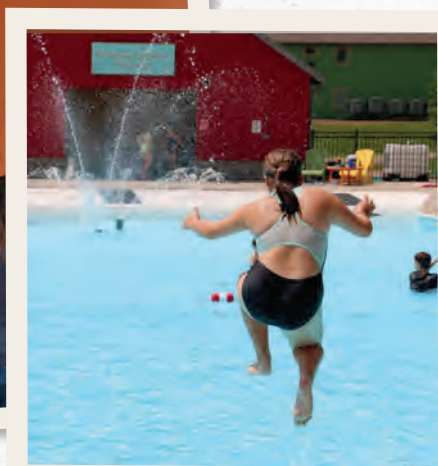
seriousfun
children's network
founded by paul newman



SUMMER CAMP MAGIC

This summer's residential camp season was a much-needed dose of camp for the hundreds of children who traveled through the Hole in the Wall for the very first time and the returning campers delighted to show them around.

Following a spring filled with weekend sessions, the cabins were filled from June to early August with five diagnosis-specific sessions. Ending summer and kicking off fall early, we snuck in a family camp weekend before back to school. Arts and crafts swirled new brushes into paint and arrows found their bullseyes at the archery range. Singing rang out in the dining hall and dancing after dinner was more joyful than ever. Camp was alive with kids being kids, relishing all their favorite activities and Flying Horse Farms traditions.



A SUMMER OF HEALING

As much excitement as there was heading into the summer, Flying Horse Farms staff understood campers and families had likely experienced periods of increased stress and isolation over the past two years. Nearly half of all campers attending summer sessions had co-occurring mental health diagnoses including anxiety, depression, and ADHD.

Camp was prepared to provide the increased need for psychosocial support and be a safe place for healing and growing resiliency skills. Two full-time staff members led a robust team of seasonal staff trained in trauma-informed crisis intervention and behavior mediation to ensure each cabin and individual camper was supported.

"We were fully prepared to care for campers physically, medically, and emotionally," said Rachel Trego, FHF Behavioral Health Program Manager, LISW-S. "Using this holistic approach means we are just as focused on the physical needs of our campers as we are on how they are feeling and processing their emotions - both big and small."

Before the start of camp, the psychosocial team evaluated the needs of each camper and developed onsite support and individual therapy plans where needed. They also worked hand in hand with the program and medical teams to incorporate therapeutic elements into activities and provide crisis intervention when needed for campers with greater mental health acuity. This combination of proactive planning and in the moment assistance, or intervention, is one of the things that makes the FHF holistic approach powerful.

Once camp started, the psychosocial team was at the ready to respond whenever a camper needed them – especially on those first few nights away from home.

"One week, one of our campers started out extremely homesick. He kept asking us, can I go home? So, we used some mindfulness techniques and got him moving on the Sport Court to help ease his stress," shared Rachel. "Two days in, he was having the best time and didn't want to leave. He was really thriving at camp. Those are the kinds of transformations we saw every session."

"The last few years have unmasked a mental health crisis for children and adolescents, especially those with chronic illnesses," said Dr. Justin Schrieber, FHF Medical Advisory Board Member and Assistant Professor of Psychiatry and Pediatrics, University of Pittsburgh School of Medicine. "We know camp is a place that builds community, increases confidence, fosters resilience, and helps kids build normalcy in an abnormal time. The return of in-person programming allowed youth an opportunity to heal, grow, connect, and thrive, despite challenging circumstances."



MAKING MORE POSSIBLE

With many home and school activities restricted the past couple years, it was important to give campers opportunities to feel empowered through this year's season theme, Camp Tycoon.

"Kids haven't had much choice over the past couple years," said Stephanie Bellman, FHF Program Manager. "We wanted to give them back some control over what they could do, get a chance to be outside, and feel limitless."

Taking inspiration from *RollerCoaster Tycoon*, a video game that lets players build and manage amusement parks, the FHF team used the Camp Tycoon theme to let campers create their own experiences with a variety of choices.

Campers designed their own games, created a camp mascot, and organized a DIY carnival – complete with rides and a dance booth. Even the ever-popular Color Olympics got the Camp Tycoon treatment.

"Kids were given the ability to invent their own color station," Stephanie said. "They picked paint colors and decided how messy things would get for campers and counselors. It was so much fun for them."



A safe place **TO HEAL**

On the first day of camp this summer, the cabins were set, archery targets in place, helmets and ropes readied, arts and crafts supplies stocked. So was the larger supply of noise sensitivity headphones, sensory and fidget stress relievers, weighted blankets, cooling wraps, and other tools and supplies needed to provide mental and emotional support to the hundreds of children soon to make their way to camp.

More than 50% of kids who attend Flying Horse Farms have at least one mental health diagnosis and 45% of them have seen a mental health provider in the past two years. This

summer, camp was prepared for even higher rates of co-occurring psychosocial diagnoses and potential mental health crises.

"The vast majority of the children who come to FHF diagnosis-specific camps are too medically complex to attend a traditional summer camp," said Rachel Trego, FHF Behavioral Health Program Manager. "This means 100% of campers have also experienced some level of trauma. Knowing this, all care and programming at camp is provided with a trauma-informed approach that recognizes we each seek ways to feel safe, connected, and able to manage our emotions."

The most common psychosocial conditions served at FHF include anxiety, ADD/ADHD, depression, and Post Traumatic Stress Disorder (PTSD). Often, within all diagnoses come significant experiences within the last year, including hospitalizations, self-injurious behaviors, suicidal or homicidal ideations, psychosis, disordered eating, substance abuse,

persistent sadness, social isolation, outburst or irritability, out of control behaviors, psychosis, drastic changes in mood, or changes in academic performance. Identified as part of the initial application process, the FHF psychosocial team considers each of these diagnoses when developing support plans and safety plans for each camp session.

As part of seasonal staff training, Rachel and other full-time FHF staff, conducted nearly 20 different psychosocial-focused sessions covering topics like protective interventions, pain-based behaviors, ethical care and abuse, and trauma-informed care. This staff training represented just one of 10 therapeutic elements FHF includes in its psychosocial program.

This psychosocial team, comprised of a full-time staff lead, intern, and three seasonal staff, employed each of these elements throughout the summer to address everything from homesickness to high acuity mental health episodes.



MORE THAN A GOOD TIME

Of course, camp is known for being fun and making it possible for kids to live without limits. As was in past summers, camp programming continued to be designed with prioritizing safety right alongside having fun, and to meet specific outcomes.

Every camper had the opportunity to fully participate in every activity. This means full-time and seasonal staff ensured every activity was adaptable for every camper. Embracing camp's guiding principle of creating accessibility for all, this summer saw campers hoisted by their cabin mates to the top of the high ropes course for zips down the zipline and off-road wheelchairs maneuvered where kids could always be part of the fun.

Teambuilding activities were held during each session, providing many opportunities for campers to socialize

and practice being in their stretch zone. These interactions focused on developing connections and fostering a greater sense of belonging between cabinmates with similar health needs. "We saw campers expressing a lot of empathy this summer – stepping up and supporting each other when they saw friends having a hard time," added Rachel. "They were always ready to celebrate each other's accomplishments. It was so inspiring to see."

The time at camp nurtured independence and autonomy, especially since this was many campers' first time spending a night away from home.

"We really wanted campers to experience what they are capable of doing by themselves," said Stephanie. "It goes along with developing their self-identity. Many of our campers come to camp and their world is their diagnosis. Camp teaches them that they're so much more than that."

"We utilized a mix of planned and real-time psychosocial adaptations to manage our campers' wide range of needs. This included removing sharp objects from arts and crafts to providing campers with ice as a coping tool.

"The need for additional support in some areas was even greater than anticipated. We saw an increase in campers requesting to visit the Meadow, camp's psychosocial hub. This was especially true during mealtimes by those with food sensory complications and kids who don't take food by mouth," said Rachel. "During the first few sessions, there was such an increased request for headphones to help reduce anxiety during high activity times that we had to purchase an even larger supply than anticipated."

The team attributes some of this increase to kids being more aware of their limits and their understanding that camp is a safe place where they can ask for help when they need it.

Establishing an environment that supports the mental and emotional health and well-being of all who come to camp is important to FHF. Our vision incorporates this as we become a regional asset in holistic healing for children with serious illnesses and those who support them. Mission-aligned partnerships are in progress to further advance camp's psychosocial capabilities including more programs to be rolled out in spring 2023.

"The goal of the psychosocial health program at camp is to continue to make it possible for children and adolescents to gain resiliency and increase their quality of life through a FHF camp experience," said Nichole Dunn, FHF President and CEO. "Ultimately, we will establish psychosocial conditions as a primary diagnosis served by FHF camp programming for the sake of greater resiliency for all."

10 FLYING HORSE FARMS THERAPEUTIC ELEMENTS

- **Therapeutic milieu**
- **Screening process**
- **Safe staffing**
- **Training seasonal staff and volunteers**
- **Real-time psychosocial adaptations**
- **A dedicated psychosocial space - The Meadow**
- **Crisis intervention**
- **Support plans and safety plans**
- **Crisis response**
- **Mental health crisis and emergency response**

The light AFTER THE STORM

Late on the evening of June 13, 2022, during Flying Horse Farms' first summer residential session, Heart Camp, campers and staff were awakened by a storm that seemingly came from nowhere.

"There were no storm warnings or alerts when the wind picked up," said Michael Wilkinson, FHF Facilities Manager. "But when I looked outside and saw the trees bending, I knew a strong storm was coming in."

It was more than just a storm. According to official reports, an EF-1 tornado touched down approximately 10 miles north of camp with winds racing to 97 mph. A second EF-1 tornado touched down a few minutes later six miles southeast of the camp property.

Campers, staff, and volunteers safely sheltered in place throughout the storm – some campers having music-filled slumber parties in their cabins.

After a second round of storms, the sun rose in the morning and unveiled the impact of the storm. Numerous trees had fallen throughout the camp property blocking pathways and damaging cars. Miraculously, no buildings were severely damaged. A widespread power outage affected camp as well as much of the surrounding community. With forecasted temperatures above 90 degrees and an unknown timeline for power to be restored, the decision was made to send campers home early.

"Camp has never experienced a storm of this nature," said Dani Wilkinson,

FHF Chief Mission Officer and Camp Director. "I'm proud of how the team safely managed the situation. This is testament to the level of training our staff and volunteers undergo. Four different emergency procedures were enacted in less than 12 hours."

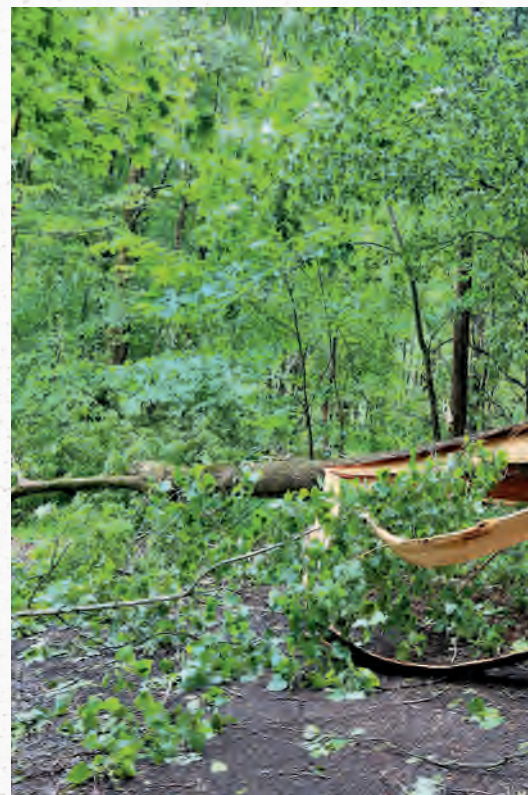
The light of the new day also brought several volunteers from the local community who leapt to action, some even before they assessed the damage to their own homes, to clear camp's pathways and ensure campers could safely depart.

"Of course, it was upsetting to see so much destruction at camp," said Dani, "This was quickly balanced by the relief and support we felt from our community – friends, neighbors, donors, volunteers, and so many others."

"This support lifted our spirits and made it possible for us to safely open camp the following week. I marvel at the resiliency of those who went through this experience together, especially the brave campers. We are 'Camp Strong.'"

Less than one week after the storm hit, paths were cleared, electricity returned, and FHF welcomed more than 70 campers for Hematology/Oncology Camp.

Thanks to support from friends, volunteers, donors, and staff, there was no doubt camp would quickly recover from the storm. As camper Conner McGee said, "I was a little worried, but I knew they would be able to take care of it," he said when he arrived to camp. "They're Flying Horse Farms. They can literally do anything."





The Flying Horse Farms camp community is made up of a unique network of individuals, large corporations, small organizations, families, and friends. It was this group who embodied camp's "All Crew No Passengers" core value and answered the call after a severe storm and tornado ravaged camp's property in early June. We are grateful to all who came to camp's aid with everything they could offer to keep campers safe and make more camp possible.

The response in support of Flying Horse Farms' recovery was tremendous. From the immediate response the morning after by the local community, friends, and supporters to clear trees and remove debris to the more than \$100,000 that was raised to aid in the recovery, and all those that purchased items from the FHF Amazon recovery wishlist, the entire camp community was "All In" to reopen the gate in less than one week.

There are many, many friends and supporters that deserve camp's gratitude. A few extraordinary individual efforts were recognized at camp's first annual "All Crew" Appreciation event at the close of summer sessions. These included:

ALL CREW NO PASSENGERS AWARD

Dale Bowersmith

ALL CREW NO PASSENGERS STAFF AWARD

Michael Wilkinson

ALL CREW SPECIAL HONOREES

Art Bowersmith, Dave Beck, Tom Rench, Mike Hackworth, Randy Raque, and Nick McDonald

Several companies and organizations also stepped in to provide support including supplies, volunteers, donations, hotel rooms, and more to aid in camp's quick recovery. **Thank you to the following partners for their quick response, tremendous generosity, and their ongoing commitment to making it possible for children with serious illnesses to heal, grow, and thrive.**

Abercrombie & Fitch Co.

Abercrombie & Fitch | abercrombie kids | HOLLISTER | GILLY HICKS | SOCIAL ROOMS



BIG LOTS!
FOUNDATION

Red Roof

CardinalHealth

Southeastern
EQUIPMENT COMPANY

A PERFECT FIT

2022 FIRESTARTER AWARD HONOREE ★ Abercrombie & Fitch Co.

Abercrombie & Fitch | abercrombie kids | HOLLISTER | GILLY HICKS | SOCIAL TOURISTS



Abercrombie & Fitch Co.'s (A&F) decade of impact at Flying Horse Farms is seen and felt throughout camp. It's in the happy lifelong memories held by campers lucky enough to have had an A&F associate as a cabin or activity counselor. It's in the custom building signs along camp's paths and the charming scenes on the walls of the WellNest – both painted by A&F associates. And it's in thousands of lovingly worn camp shirts designed by even more talented A&F associates. Additionally, the company's financial support and board leadership has made thousands of camper experiences possible, gifting greater confidence, resiliency, and sense of belonging to children with serious illnesses.

For championing camp in all it has done and what is yet to come; for being a spark that inspired new partnerships, programs, and changed thousands of children's and volunteers' lives; **Abercrombie & Fitch Co. has been selected as Flying Horse Farms' 2022 Firestarter Award recipient.**

"We're elated to honor Abercrombie & Fitch Co. for their longstanding legacy of giving, volunteer program leadership, and dedication to the well-being of all," said Nichole E. Dunn, Flying Horse Farms President and CEO. "A&F associates, past and present, have been an integral piece of camp's history and success. We are grateful for the legendary mark they've made throughout camp. Their partnership is a model to be celebrated and shared as a best practice in authentic engagement."

"What started with a dozen or so volunteers in 2012 immediately grew into a groundswell of associate participation during camp sessions and other activities," said Anna Ankenbauer, Director of Giving, Engagement & Development at A&F Co.

The WellNest painting project, the group's first large-scale initiative, was kicked off in 2014 and took on the challenge of creating the most cheerful urgent care in Ohio. Over the course of the winter, more than 250 A&F associates brought the joy of camp indoors to the WellNest's blank walls so campers receiving treatment could feel more connected to their camp experience.

A&F leadership quickly recognized camp experiences like these as invaluable leadership opportunities. Associates returned to work recharged with expanded leadership skills and driven with purpose. This soon paved the path to an expanded partnership with SeriousFun Children's Network (SFCN). After an initial introduction by the FHF team, led by then FHF CEO Mimi Dane, a unique collaboration with A&F was created to support SFCN camps through a dedicated volunteer program paired with transformative financial support.

"It was a perfect fit from the start. So many associates were excited about camp's mission and experience that conversations around building a broader partnership moved quickly," said Anna. "A deep relationship with a global orientation was important to us and the map of SeriousFun camps aligned almost perfectly with where we do business."

Over the course of the partnership, more than \$21M has been contributed to SFCN camps, including Flying Horse Farms, through direct support and the annual A&F Challenge event. Additionally, through A&F's innovative Counselor Program, in which paid time off is given to A&F associates, more than 430 associates have participated and served as volunteers at 15 of the 16 SFCN camps around the globe.

"At A&F Co., we are focused on creating authentic, long-lasting relationships – ones that are beyond transactional. With that, we were very intentional when planning our SeriousFun partnership to make sure our global associates and the team at SFCN were engaged in meaningful ways," said Fran Horowitz, Chief Executive Officer of A&F Co. "Together, we were able to create a first of its kind collaboration through efforts like our camp t-shirt program, volunteer engagement, the WellNest project, as well as the financial support and events like the A&F Challenge. Our unique partnership has made an incredible impact on our global team, as well as on Flying Horse Farms and the network as a whole."

If there was any project that stood out for A&F, it was the counselor program.

"The Camp Counselor Program is something our associates look forward to every year as it allows our team the opportunity to make personal connections and have a positive impact on the lives of others," shared Anna. "Our associates were more excited than ever to return to camp after the pandemic and being able to make memories with the campers in person has been even more rewarding this past summer."



Hundreds of A&F associates have volunteered more than 15,000 hours at Flying Horse Farms since camp first opened – some continuing to volunteer outside of the counselor program and returning for Family Camps, special events, and other volunteer opportunities. The company looks forward to continuing this support as Flying Horse Farms evolves to achieve its vision – as a regional asset in holistic healing for children with serious illnesses and those who support them.

“At a high level, A&F’s purpose is to be there for our customers on their journey to becoming who they are,” said Anna. “This journey is exemplified at camp. FHF is building confidence and empowering children with serious illnesses to have new experiences and creating a sense of belonging with other campers.

“We’re excited to stand beside FHF as they enter into their next chapter and build capacity in the mental health and wellness space,” she continued. “This directly connects with our organization’s purpose and to know FHF is a network leader in this space is incredible.”

As an industry leader dedicated to greater equity and well-being for all, what does receiving the Firestarter Award mean to them?

“To receive this award is so humbling,” said Anna. “We’re honored and feel this is representative of the authentic partnership created years ago by more than 400 associates. We feel lucky to have been able to give back over the past 10 years and become part of the camp family.

“Associates are forever changed after they go to camp. We are simply grateful for the experience.”



This year, new and returning Abercrombie & Fitch Co. counselors came to camp to create a summer's worth of experiences for campers to carry with them long after closing campfire. A&F associates made just as many memories. Here are a few:

“On the last night of the session, our cabin took turns sharing their favorite part about camp. So many of them shared that they tried something they didn’t think they would or were able to participate in an activity that usually scared them. It was amazing to hear how they all broke out of their comfort zone.”

–Simone

“Flying Horse Farms was like a great reset back to childhood. By the first couple hours we all were dancing and singing together like we were back at camp for the first time.”

–Matthew

“I had so much fun helping provide fun and light to all of my campers and still find myself dancing and singing the many chants and songs we all learned while there. I will definitely be returning to the fun in the future!

–Alessandra

“This program is absolutely amazing and will quite frankly change your life! I absolutely loved everything about this program, and honestly would hope that all A&F associates take the time to do something so special! Being able to be a part of summer camp for the kids I met will forever be the highlight of my summer this year.”

–Tiany



WELCOME HOME

A First-Time Camper's Experience

Camp Arrival Days at Flying Horse Farms are some of the most exhilarating days of every camp season. An afternoon dedicated to welcoming campers – both returning and first-time – it's a concentrated dose of camp that quickly immerses children and caregivers in the excitement of what's to come.

It is also a day filled with nervousness for some campers and caregivers who are making their way through the Hole-in-the-Wall for the first time.

Opal Shipley attended camp for the first-time this year after hearing about camp from a family friend. But instead of feeling nervous, in Opal's words, she finally felt "normal."

Here she shares more about what this summer's experience meant to her:



What did you think about Flying Horse Farms when you first heard of it?

It felt unreal – a camp made just for kids like me. I was so excited to finally have the chance to do a "normal" kid thing for once.

What did your family think?

My whole family was super excited. I think it helped my parents see that there were opportunities for me to have fun and be a "normal" kid! My sister was also super excited because she got to go to sibling camp!

What was going to camp for the first time like for you?

Magical. I didn't have to worry about anything medical and could just live like any other kid. I felt like I could just have fun and leave all my worries behind.

What was the most unexpected thing you experienced at camp?

The people! While I expected people to be nice I had no idea how kind everyone would be.

What makes FHF different than other places you've experienced?

When kids like me hang out with other people we tend to be the "odd ones out." At FHF we were all the "odd ones" which made me feel so safe and loved.

What is your favorite camp memory?

The night of closing campfire there was a huge storm and we all stayed in the storm bunker for a few hours. By the time we got back to our cabin, it was way too late to have an actual closing campfire. So, instead, most of the counselors in our village came to our cabin and we all sang the Mountain Song together. That moment was probably one of the best of my whole life.

What advice would you give a camper attending Flying Horse Farms for the first time?

Talk to people. Everyone is so, so kind. And, while it can be scary, talking to people and just starting conversations is the best way to make friends.

If you could describe Flying Horse Farms in one word, what would it be?

Home

How have you kept camp with you with you after leaving?

So many ways, but I'd say the main way is through the people I've met. I met one of my best friends at camp, and honestly, I don't know what I would do without her.





A Ranger **RETURNS** *to camp*

To be a Ranger at Flying Horse Farms means to be a servant leader. A dining hall traffic director. Camper mentor. It represents a special time for many campers as they enjoy their last years at summer camp learning the importance of giving back and building lifelong friendships with other young people who understand what it's like to navigate a world living with or caring for a sibling with a serious illness.

This year's Ranger program was particularly meaningful for many campers who saw their summer camp experiences postponed over the past two summers due to the pandemic. Ranger Simon Gutierrez returned this year excited to give back and return to a place he calls "home." Here he shares more about his return as a Ranger and why camp matters to him.

What makes Flying Horse Farms special?

There is no other place quite like camp and I truly believe it is in a league of its own. There is no other place that can make you laugh, cry, learn more about who you are, and get pried in the face after eating lunch. Camp is a place where you can truly lose all of your anxiety and stress and let go and have fun.

What did it mean to you to come back to camp after the past two years?

It meant the world to me to come back. Something that seemed to be a constant between me and my fellow Rangers was that we all had a rough past couple of years especially this past school year. Being at camp was like an emotional reset for us.

What does being a Ranger mean to you?

Being a Ranger is the epitome of being a camper. I wanted to be a Ranger because I knew it would be the perfect way to give back to camp after it has done so much for me. We spent a lot of time as Rangers working for the betterment of camp,

doing projects and serving meals. It was in these moments where I knew I was truly helping camp out in the way I had always wanted to. As somebody who intends to be on seasonal staff it was amazing to get my first taste of what that would be like.

I would most certainly recommend the Ranger program to others because it's not just giving back to camp and having other privileges that normal campers don't get to have. It is a journey of self-discovery. As a Ranger there are a lot of deeper and more serious conversations where you all get to learn more about each other. In just one week you become so close to each other it feels like you have known your fellow Rangers for years.

What advice would you give a first-time camper?

Take every chance and opportunity to go out of your comfort zone – even if it's a little scary. Get to know your cabinmates and other campers as best you can because the relationships you make at camp are what you will remember and appreciate for the rest of your life.

What is your favorite camp memory?

My favorite camp memory will never change. It was my first camp session and my first closing campfire. My cabinmates and I decided to sing along to the song "Riptide" while my cabin mate Japhet played the ukulele. At that moment, just singing with my friends, some of which I consider like family, I have never felt closer to a group of people in my entire life. (Might I add that there was also not a dry eye in the house after we were done singing.)

How do you keep camp with you throughout the year?

I carry camp with me every second of every day. The words of the people I have spent these past few years getting to know, whether they'd be fellow campers or counselors, I think about them and the impact they've had on me every day. I think about their advice, their stories, and most of all the memories we made together, no matter if it was last year or 4 years ago.





Making CAMP MAGIC

Much of what happens at Flying Horse Farms is only possible because of the thousands of volunteers who give of their time to make camp magic possible throughout the year. These camp friends from throughout Ohio, and some beyond, come to spend a day, weekend, or week at camp making healing and respite possible by keeping campers safe, being a friendly listener, and offering peace of mind to parents.

We're grateful to all those who create camp magic as FHF volunteers. Their gift of time is priceless as they embody camp's core value, "Anyone Can Give."

Here, you can get to know a few camp volunteers who made this a camp season to remember.



WHY I VOLUNTEER: *Volunteering means getting more than I give*

By Carrie Wysocki, PhD

Last November, I dropped my daughter Gabby off at the AYA Trailblazers camp. As I walked the path back to my car, it was dusk and the blue sky was yielding to bright stars. Crickets chirped and a crisp breeze brought the unmistakable smell of an Ohio autumn to my nose.

I was delighted to have Gabby back at camp and she was beyond excited to be there. But I couldn't help being just a bit envious of all the fun she was about to have. I took my time strolling through camp and soaking in nostalgia.

When we first brought Gabby to Flying Horse Farms, when she was 12 years old, I worried she wouldn't fit in. She's a brain cancer survivor with developmental delay and intellectual disabilities. Plus, she'd never spent the night away from family. I was on pins and needles the entire week she was gone, constantly checking my phone and waiting for the text from camp that said Gabby wasn't doing ok.

But that text never came. She not only fit in at Flying Horse Farms, she thrived. The day I picked Gabby up, I witnessed the tears and the smiles and hugs as she said goodbye to Cabin 7. The counselors told us stories about how Gabby had them laughing every night telling crazy stories and making ridiculous jokes. It was mind blowing for me.

On the drive out, Gabby told me she wanted to go home.

"It's ok," I told her, "we are going home."

"No," she cried, "my other home. At camp!"

I knew then what a transformational experience it had been for her. Luckily, Gabby was able to return the next few years for more magical summers at camp.

Almost to my car now, I recalled the Family Camp weekend we enjoyed with Gabby in the fall of 2016. I wanted to stay – to sing the songs, eat like a camper, and soak up the joy. I wished I could go home to camp.

And then it hit me. I'm a professor who's fortunate to have summers off. I could go back to camp, this time as a volunteer.

Since that revelation, I've had the honor to serve as a sidekick for spring 2022 Family Camp, and again as a counselor at Hem/Onc camp in June 2022. As an experienced camper parent, I knew I'd love making an impact for campers with their own challenges and illnesses. I knew I'd have a blast dancing and acting silly.

What surprised me the most were the connections I made with campers, parents, and other volunteers – and how much I treasured those interactions. I went thinking I was giving to camp, but in truth it's what camp gave me that makes me look forward to returning.

HAT-A-BOY, FLOUNDER!

The volunteer requirements for Flying Horse Farms were unlike any Charlie McGibony (affectionately known around camp as Flounder) had ever heard.

"First, they asked me if I was ok sleeping in a tent," he says. With 24 years in the Army on his resume, Charlie thought that one was no big deal. "Then they wanted to know if I was comfortable with wearing costumes and acting silly." He laughs. "I figured I could do that."

Flounder first heard of Flying Horse Farms at his local Rotary meeting in 2013. It included a presentation by a FHF staff member and images of kids having a good time. He went home and told his wife, Jan, he'd found an organization they should be involved in.

When they attended their first camp the following spring, the "nontraditional" requirements made sense.

"There was this doctor with a robe and wizard's hat on and I thought that was hilarious. But it was normal for camp," he shrugs. "People just wearing tutus around."

Long after camp was over for the season, Flounder spotted a chicken hat while walking through a store. It felt so much like camp to him, he bought it on a whim. And the next time camp was in session, his chicken hat was an immediate hit. Over the years, he kept his eye out for interesting hats and built a collection. He brings them all – new and old – to camp every year.

"A lot of times I wear one hat after breakfast and then change it at lunchtime. Some are tied into the camp theme and some of them are just fun," he says. "I didn't really mean to become known for it, but people started recognizing me as the one with all the hats."

Literally and figuratively, Flounder has also worn 'all the hats' at camp having served in several volunteer roles – cabin counselor, archery specialist, Sidekick, woodshop assistant, and more.

"And yet he's more than a collection of hats," shared Nichole Dunn, FHF President and CEO. "Flounder is known for his friendly, supportive patience whether at archery or arts and crafts – always giving campers the attention and positive encouragement they need. He's also just as generous as a donor as he is with his gift of time to camp."

As he spent more time at camp, Flounder was sure to not keep the hats to himself. He's given a number of chicken hats away to other staff and volunteers, and occasionally sends a lucky camper home with a random hat as well.

"The first time I gave one to a camper, I didn't really think it was that big of a deal. I asked him if he wanted the chicken hat to take home, and you would have thought I'd given him a million dollars."

Flounder also relishes the deep sense of belonging at camp. "The kids just feel so comfortable here, which is great. I feel it too," he adds. "For one of my first sessions, I was a cabin counselor. So it was me in a cabin with other counselors, who were college-aged guys, and ten or so eight-year-olds. And I felt right at home. No one ever acted like, 'who's this old guy hanging out here with us.' They fully accepted me without hesitation."

And why do Flounder and Jan keep coming back to camp year after year? "We're on the upper end of the bell curve as far as age," he smiles, "camp keeps us young."



CHUCKLES ALL AROUND

Even if you've never been to camp, you've probably seen it through Kelly Koolhoven's eyes. As a professional photographer, she's captured many images featured in camp publications and social media.

"It's so fun to shoot for camp, because it lets me combine my passion for photography with my love for camp," she said. "And it's a gorgeous place to photograph. It's just so very inspiring."

"Whatever the challenge, Kelly is always willing to dive in and make campers' dreams a reality," shared Rob Lyberg, FHF Program Coordinator. "This summer she even helped create an educational photography program for campers."

Kelly, known more affectionately by her camp name, "Chuckles," also volunteers as a counselor and sidekick. She says she fell in love with camp from the minute she arrived.

"I was immediately struck by how amazing it was that there's this place where kids who, outside the gates, probably have a hard time – the world sees them differently. But inside the gates, they thrive."

When Kelly witnesses how campers face daily life with such courage, it gives her a fresh attitude and perspective on her own life. Even when she's not at camp, she feels its effects.

"If I'm having a bad day, I put on my camp playlist and it revs me up!"

Inclusion has always been something that's important to Kelly, and it's one of her favorite things about camp.

"We all just need to show a lot of love to each other, make each other feel safe, and feel good about just being ourselves. That's what inclusion means to me, and it's so strong at camp," she said. "It's a place where everyone's accepted. We all have something to give. We all have something that makes us magical."

Kelly believes camp is as transformational an experience for volunteers as it is for campers.

"You come in ready to serve and then you're poured back into as well. You get more than you give at camp. It will be the best week of your life," she said. "Camp is a permanent part of my life."

"If I'm having a bad day, I put on my camp playlist and it revs me up!"



A DIFFERENT SIDE OF CAMP

*Campers return
to create magic on
seasonal staff*

"For me, camp was a place where not only did my disease not matter, but where I wasn't alone either. It was magical," said Tori "Pixie" Chellis. "It was – and still is – the happiest place in the world."

Jadon Muniz echoed this sentiment.

"You can go there and not be limited by how you've previously been defined," he added. "You find a new definition of yourself there."

This summer, Pixie, Jadon, and five other former campers got to come back to camp – this time as seasonal staff members – and help create life-changing experiences for a new generation of kids.

"We're always thrilled to see campers return to Flying Horse Farms as volunteers and seasonal staff," said Dani Wilkinson, FHF Chief Mission Officer and Camp Director. "It's one more step in their FHF journey in which they gain an evolved perspective of camp. Service is an important component of young adulthood and being able to give back to campers by delivering the same meaningful outcomes as they have experienced is transformative. This positions them as natural mentors and leaders within the community."

"It was interesting to see this whole different side of camp and to get to stay for the whole summer," shared Jadon. "I got very close to the other staff members and built a whole new community of friends. I also had amazing kids. It's like my camp experience had come full circle and I was able to share some of what I learned through camp with them."

These campers-turned-staffers found that camp was just as fun as they remembered.

"There's nothing better than being at Flying Horse Farms. There really isn't," Pixie said. "But now, instead of camp being a place for me to feel magic, it's a place for me to make magic happen."

They also loved witnessing campers have the transformations they themselves experienced.

"Seeing a kid go from being somewhat withdrawn at the beginning of the week to openly charismatic and comfortable – it's a glorious thing to witness," said Jadon.

And the best part? Being there for the kids.

"By the end of the week, kids are crying and hugging you and saying how much they're going to miss you," Jadon recalled. "And for me to be able to provide support so that they can be themselves and truly have fun is remarkable."

"If I can give one kid even half as much happiness as I had at camp," Pixie said, "that's better than anything else I can do in the world."



Letters TO CAMP

Camp was vibrant and the energy palpable with the return of full residential summer camp. Cabins were brightened with colorful quilts, the Dining Hall was filled with "Birds in the Wilderness," and campers reached into their stretch zones, connecting with old friends and new. If it could be measured in laughter, joy, and hugs, camp magic was off the charts this summer.

In these Letters to Camp, families share what Flying Horse Farms meant to them and their campers this year.



Gracie just got home from Flying Horse Farms. She's filled with stories of the adventures she had, people she met and memories she made. Hearing her gush over "a friend who used a wheelchair just sometimes like her," and another who "had a feeding tube, too" melted my heart. Gracie never complains about being different from her peers, but every now and then she'll share something that reminds me that she knows. Still, even recognizing that it never occurred to me how much normalizing her medical experience would raise her spirits. What a gift. Tonight her heart is full and mine is happy that she had such a meaningful opportunity.

— Cara Arnold, Camper Mom

"EVEN BETTER THAN THE CAMPS IN THE MOVIES!"

My daughter came home and cried because she missed being at camp and because it was "better than anything" she could have hoped for. She said she was so happy to meet kids with pancreatitis like her as she's never met another child with pancreatitis. She didn't realize what a huge impact it would make. She realized her friends who don't understand pancreatitis, aren't trying to be mean or rude, they just really don't know what it is and how it affects her. But she feels like she doesn't have to have to hide it as much now because of camp. Somehow knowing there are many kids like her makes her feel better and more confident in the everyday world. I don't know what other experience could have given her that. I am so, so grateful. Thank you for giving my daughter so much that she needed, wrapped up and packaged as a beautiful fun, "normal" summer camp. I can't even imagine what went in to getting all these little details right. I'm amazed, feeling so humbled by everyone's generosity and commitment to getting it all right for these kids and their families.

— Camper Parent



Lindsay really blossomed as a social butterfly this summer.

She mentioned that in previous years she'd find a "bestie," this time she felt like she got to know a lot more folks in other cabins. I can't tell you enough how much camp means to her and to us. It is, I often think, how the world should be. And we hope we can help make it how the world will be. Even though her toughest treatment years were several years ago, we all feel rejuvenated by being affiliated with camp – the place, the people, and the other campers. It's so nice to be in the same circles as other wonderful human beings, regardless of health status.

— *Camper Parent*



Bentley had the most amazing time!

I have heard so many happy stories and his face lights up looking at every photo. This was his first time ever being away from us. He said he was sad the first night, but not after that because he felt so safe - just like at home. The joy that it gives me to know he was so happy, is indescribable. He is counting down until next year already! Bentley felt like any other kid being there, and no one asked him how he was feeling! (That's one of his biggest pet peeves.)

— *Lisa Diaz, Camper Mom*

Our sibling has given up so much due to his sister's diagnosis. We are so grateful he had the chance to connect with other siblings that have made similar sacrifices. He felt right at home with his new friends and is really hoping he will see them again next summer! It was a week of fun he didn't know he needed, but by the end of the week he was very sad to see it end. Thank you for including him in the magic!

— *Camper Parent*



My boys LOVED being Rangers this year. After years of participating as campers they were able to step up and serve the younger kids. It was a life-changing experience for both of my boys. They got to see what being selfless is truly like.

— *Camper Parent*





S'MORES MORE THAN *ever before!*

Flipping through *The Journey* you can see what camp looks like. Reading through it, one can get an idea of what camp feels like. But did you ever wonder what camp tastes like? Well, according to campers and families, it tastes delicious.

FHF's Kitchen Crew can serve more than 600 meals during a full day of camp, sometimes accommodating more than 50 specific diets at once. (That's some real camp magic!)

S'mores are one quintessential camp treat that's always on the menu. In true FHF style, the Kitchen Crew cooks up several versions so every camper can enjoy this melty, gooey goodness.

Here's a few options you can enjoy at home anytime — no campfire needed!

BASIC S'MORE:	DAIRY-FREE, NUT-FREE S'MORE:*	ALLERGY-FREE/ VEGAN S'MORE:*
<ul style="list-style-type: none"> • 2 Graham cracker squares • 1 Chocolate square or several chocolate chips • 1 Large marshmallow 	<ul style="list-style-type: none"> • 2 Oreo cookies • 1 Large marshmallow 	<ul style="list-style-type: none"> • 2 Enjoy Life brand Graham Cracker Squares • 1 Enjoy Life brand chocolate morsels or bar • 1 Dandies brand vegan marshmallow
INSTRUCTIONS: <ul style="list-style-type: none"> • Place the marshmallow on one graham cracker square or cookie and the chocolate on the other. Place both squares in the microwave for a quick 12 seconds or in a 350-degree oven for four minutes. Sandwich the two sides together and enjoy! <p><i>* Always review food labels for potential allergens.</i></p>		

SOMETHING EXTRA – A BANANA BOAT
<ul style="list-style-type: none"> • 1 Banana • Enjoy Life brand chocolate morsels • Vegan mini marshmallows
INSTRUCTIONS: <p>Preheat your oven or grill to approximately 400-450 degrees. Slice the banana half-way through down the middle, taking care not to cut through the bottom peel. Open the center apart and stuff the banana boat with chocolate and marshmallows. Wrap the stuffed banana in foil, leaving a little space between the filling and the foil. Place the banana in the oven or on the grill for five minutes. Remove with tongs, unwrap, and enjoy!</p>



HOW TO HELP

Give today on our website:
flyinghorsefarms.org/donate
or in the enclosed envelope

CASH GIFTS

Unrestricted cash gifts allow for a wide range of projects and programs to be funded.

RECURRING GIVING

A recurring gift allows a donor to select regularly scheduled gifts on a monthly basis. Donations of any amount are accepted and appreciated.

ENDOWMENT GIFTS

A gift to camp's endowment helps ensure transformative camp programming for children with serious illnesses continues for years to come.

DONOR ADVISED FUNDS

Gifts made from donor advised funds are a convenient way to give to camp. These are typically coordinated through the sponsoring organization, often a community foundation or financial services firm.

PLANNED GIVING

Planned gifts often are planned with help from your professional advisors. They are typically made from your estate and come to fruition upon your passing. Our team is available to work with yours.

MATCHING GIFTS

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

GIFTS OF STOCK

Stock transfers are efficient and possible with Flying Horse Farms. Once the stock is transferred and sold, the proceeds are made available to Flying Horse Farms.

GIFTS IN KIND

Gifts in kind are products and services that are budget reducing while helping to meet the needs of campers, staff and our facility.

THIRD PARTY EVENTS

This is a fun way to leverage your business, your community group, or gather friends and colleagues to raise funds for and awareness about Flying Horse Farms through standalone fundraising events.

YOUR GENEROUS GIFT WILL PROVIDE:

\$25,000. Meals for one week
\$10,000. Family Camp for 1 family
\$500 . . . Pharmacy supplies for 1 week
\$100 Four Waterfront life vests

FOR DETAILS ABOUT ANY OF THESE GIVING METHODS, EMAIL US AT

giving@flyinghorsefarms.org

VOLUNTEER AT CAMP

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 respite-filled 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.

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

Camp relies on corporations, organizations and individuals to help make camp pristine by making beds, cleaning cabins, helping with yard work and prepping in between camp sessions and weekends.

EVENT VOLUNTEERS

Help spread the word about camp by volunteering at special events. These volunteers help coordinate event-day details and assure everything runs smoothly.

CAMPERS FIRST

Our campers' safety is our top priority. That means FHF volunteers must be top notch in every way. That's why our application process for in-session volunteers takes a little longer and includes a detailed background check and medical records. Volunteers, in turn, receive training and leadership opportunities that last long after camp on top of the opportunity for a transformational experience.

FOR DETAILS ABOUT VOLUNTEER OPPORTUNITIES EMAIL US AT

volunteer@flyinghorsefarms.org

“ AT CAMP I LEARNED
how to make new friends
again... AFTER SO LONG. ”

— Camper







a seriousfun camp

5260 State Route 95
Mt. Gilead, Ohio 43338

