



THE **JOURNEY**

FALL 2024

A PUBLICATION FROM  
FLYING HORSE FARMS





## FROM THE *Big Red Barn*

What started as an aspirational theme became a roadmap to possibility. In so many ways, 2024 was truly “The Year of More”—with every camp experience creating more healing, more smiles, more joy, and more opportunity.

More goes beyond the numbers – although we are trending to reach nearly 1,000 camper experiences by year end. And, we had an increase in volunteer growth with 35% more than the year before. While the numbers underscore impact, the mores behind the numbers tell the story.

It’s the caregiver who hesitates at drop off because they have never spent more than an hour away from their kid, and then at pick up they’re reunited with a camper who has more confidence than they knew before. It’s the camper who waited all year to come back to the place where they have friends they can relate to more than anywhere else. It’s every dose of camp that brings a moment of self-discovery – more time spent trying something new, more moments of “I will do this” knowing camp shows up ready and accessible for every kid.

With each *more*, a map was created this summer. A map of a world, where if every place were more like camp, then acceptance, inclusion, and compassion would be pillars. If the world were more like camp, every kid would show up as themselves, embraced, understood, and seen. It’s a place where the only labels carried are set by the individual and accepted without pause by the rest. Where what matters most is who the person declares they are and will be.

It’s a world that already exists here at camp. And together, it can be a world that lives beyond the FHF gates in each of us. Every camper, family member, volunteer, and community champion connected to camp carries it forward.

So, here’s a call to keep with more beyond 2024. The world may look different outside camp, and yet it’s up to us if it will feel as transformational no matter where we find ourselves. After all, camp magic can ripple from each of us.

Nichole E. Dunn  
President & CEO, Flying Horse Farms

Flying Horse Farms is governed by an elected board of business and community leaders from across the state of Ohio.

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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 our operating costs are underwritten by the generosity of grants, foundations, and community partners.

seriousfun  
children’s network  
founded by paul newman



# Team Camp,

# MORE

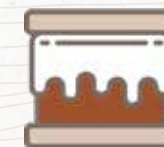
# TOGETHER

## THIS SUMMER

With every camper experience - camp aims to positively impact the lives of campers and families. Some highlights from sessions this summer season include:

- Embracing campers with more medical needs – **averaging 25 medications per camper** – in addition to time intensive care routines.
- Surpassing previous medications administered – totaling **more than 9,500 medications during summer sessions**.
- Welcoming more volunteers, **growing our community of camp champions by 35% from last year**. This growth is vital as we prioritize safety and continue to support camper growth.
- Hosting more Mental Health Camps to meet increasing needs for psychosocial support. **This included adding a one day spring break camp, two weeks of summer residential camp and one family weekend; providing 100 camp experiences with mental health as primary diagnosis**.
- Strengthening our commitment to equity and access for all campers served by significantly investing in the expansion of accessibility. This **included more adaptive equipment, new ADA-accessible vehicles for onsite transportation, and facilities improvements**. Notable upgrades include paved paths at the amphitheater for independent stage access, the addition of an accessible kayak, and chair lift for the pool.

There’s always more to be accomplished together. With the 2022-2025 Strategic Plan as camp’s guide, we will continue to expand and enhance our mission delivery, create accessibility, further diversify revenue streams, and maintain growth momentum with the development of a Master Plan.



**1,500**  
S’MORES SHARED  
WITH STICKY  
SMILES



**1,000+**  
WISH STICK  
WISHES MADE



**328**  
VOLUNTEERS PLUS  
AN ADDITIONAL  
50 MEDICAL  
VOLUNTEERS



**47**  
SEASONAL  
STAFF  
(INCLUDING 5  
INTERNATIONAL  
FRIENDS AS  
PART OF THE  
CREW!)



**18 STATES**  
COVERED  
BETWEEN  
VOLUNTEERS,  
CAMPER, AND  
SEASONAL STAFF



**1,000+**  
MILES DRIVEN  
ON 5 NEW GOLF  
CARTS



**190+**  
FIRSTS  
DOCUMENTED IN  
FHF’S OWN BOOK  
OF FIRSTS



AT  
**LEAST 85**  
PIES TO  
THE FACE IN  
PLAYFUL FUN



# Coming back FOR MORE

## MY CAMP JOURNEY THEN & NOW

By Anna Umland,  
former camper & 2024 Seasonal Staffer

In 2012, I was among the first campers at Flying Horse Farms. Since then, FHF has evolved significantly. When I first met camp, the infrastructure was still in the early stages of development; the paths were unpaved and dusty, and archery didn't offer accessible bows for campers.

Being a camper at FHF was a transformative experience. I attended Heart Week and was a Ranger during Hematology/Oncology Week, which gave me a unique perspective. Growing up attending Heart Week taught me to embrace and learn from others' diverse experiences and challenges. Despite having a heart condition myself, I never faced restrictions that prevented me from participating in physical activities. However, interacting with others with different heart conditions broadened my understanding of how varied the experiences of those with heart conditions could be.

I vividly remember my initial reluctance to attend camp. At just nine years old, I had never stayed away from home for more than three nights. My mom had signed me up, and I was dreading it. Her promise of a special surprise if I completed the week was my main motivation for enduring the 1.5-hour drive to camp. That first week was eye-opening. I tried archery for the first time, swam in the pool, searched for Tuba while boating, and discovered my passion for arts and crafts.

One of the highlights of that week was the bond I formed with my cabin, Sparkle 5. We became a close-knit group, often adorned in glitter by our counselors. The week culminated in a highly anticipated event: the counselor fashion show. We even created invitations for the volunteers, seasonal staff, and lifeguards, making it a memorable occasion for everyone involved.

Departure day was emotional. I hid in the cabin as my parents walked down the path to pick me up. The reunion was incredibly heartwarming; I remember crying harder than I ever had before as I hugged them. My counselors also showed their tears as they witnessed our family reunion. On the drive home, I was silent, reflecting on the week as I reviewed the videos and photos I had taken. It was an emotional moment, marking the end of an unforgettable experience.

Throughout my years at camp, I became known as the camper with a camera in hand. From my first summer to my seventh summer as a Ranger, I made it a point to document every moment and activity. Each year, I upgraded my camera gear to capture better memories. I brought my Go-Pro to Color Olympics, my digital camera to various activities, and made sure to have counselors take plenty of photos for my parents to see on Facebook.

After my first year at camp, I continued to attend each summer until I aged out. My family became deeply involved in the camp experience; participating in family camp every fall and my brother attended siblings camp. We were regularly invited to the Campfire fundraiser throughout the years. To my surprise, one of the pictures taken of me from the ropes course was prominently featured in FHF's marketing materials. This photo, which initially appeared on the FHF website, was eventually showcased on the SeriousFun website and caught the attention of Abercrombie & Fitch Co. The clothing brand used my image to promote a new camp-themed clothing line, and it was displayed in every store and on their website. At this point, I was what I like to call "Camp Famous".

This summer, I had the chance to apply my photography skills in a new way, using my background in marketing, storytelling, and photography to share the stories of fellow campers. As the Content Specialist, it felt like a full-circle moment, using my passion for capturing memories to contribute to the camp's mission of celebrating and supporting each camper's journey. The opportunity to impact a camper's experience was especially rewarding, knowing how FHF counselors had profoundly influenced me when I was growing up. Creating bonds with campers and gaining their trust to share their pictures and stories was incredibly fulfilling. I also got to share my own story to encourage campers to apply for the Ranger program and to volunteer after they age out, proving that camp magic can be a lifelong gig.

Reflecting on my time at FHF, I see how the camp has grown and how it has shaped me. From the early days of dusty paths and limited accessibility to becoming the advanced, inclusive environment of today, FHF has been a significant part of my life. It taught me to appreciate the diversity of medical experiences and challenges faced by others, and it provided me with lasting memories and skills that I continue to use. The world would benefit greatly from mirroring FHF's positivity and ability to bring joy to its campers. FHF's model of inclusivity, empathy, and support helps individuals thrive and fosters an environment where everyone can feel valued and happy. Embracing this positive spirit more broadly will lead to a more uplifting and supportive world for all.



## More about being a FHF RANGER

The Ranger program is designed to be a two-year program for campers who have aged out of traditional programming (ages 16-17). In year one, Rangers focus on servant leadership and giving back to camp through community, mission, and purpose. During their second year, Rangers focus on growth and moving beyond the gates of camp through reflection, advocacy, and community building.



# MORE THROUGH THE CAMPER LENS

This summer, campers at each session had the opportunity to go behind the camera to capture memories from their point of view. Get a glimpse into their world.



## Igniting More CARDINAL HEALTH

CAMPFIRE FIRESTARTER 2024

At Flying Horse Farms, the Activities Center – with its grand stage and numerous spaces to play – is more than a multi-purpose space. It’s a vibrant testament to the longstanding support of a foundational camp partner.

All In since day one, Cardinal Health continues to be a key part of camp’s ability to expand equitable access and enhance mental health programming beyond the Activities Center.

Cardinal Health has been an instrumental partner in bringing the mission of FHF to life well before camp was populated with buildings. Their support continues to be a driving force in making sure camp remains a magical environment where every kid can experience more through contributions of time, talent, and treasure. And, while their impact is etched on the physical facade of the Activities Center, the impact is felt in the fabric of the camp community.

Beyond the boundaries of camp, Cardinal’s presence has included four individual Cardinal team members serving on FHF’s Board of Directors with one individual also serving on the SeriousFun Children’s Network Board of Directors. The organization’s workforce has shown up in a variety of meaningful ways, mobilizing to volunteer during camp sessions and participating in 21 Camp Creator Days, which includes hours of cleaning and preparing cabins between camp sessions.

*As Jessie Cannon, Cardinal Health’s Vice President of Community Relations, reflects, “We are proud to support camp as their work directly aligns with our focus to improve the lives of people every day.”*



Celebrating every milestone matters to camp and to the world we’re shaping together with organizations like Cardinal Health. The Firestarter Award stands out for its significance and magnitude, recognizing those individuals or organizations who have been a champion for camp since the beginning by inspiring partnerships, supporting programs, and further guaranteeing opportunities for campers to have transformational experiences.

“FHF gives kids the ability to thrive and experience the magic of camp,” shared Ola Snow, Cardinal Health Chief Human Resources Officer and Vice-Chair of FHF Board. “I am proud to support camp in their mission to provide transformative experiences for these remarkable kids and their families.”

It’s with gratitude and admiration that FHF presents the 2024 Firestarter Award to Cardinal Health. Their unrelenting dedication has illuminated the path for countless camper journeys and exemplifies a true partnership that goes above and beyond.





# Fearless is FREE

## MEET CAMPER BRIE & HER MOM, CYNDI

**Camp Value #4: Fearless is Free.** At FHF, campers are empowered to boldly take risks, make discoveries, and be creative – all while determining what “fearless” feels like for them.

Behind the mission of FHF are 10 values. When you meet camper Brie, #4 Fearless is Free quickly comes to mind. Brie is 10 and time spent with her will leave you ready to take on the world. Below her mom, Cyndi, shares why and how camp has helped her hone this outlook. And, how she has found Camp Value #6 “With Trust Comes Relief” for herself.

### How did your family first learn about camp?

With Brie's rare diagnoses, medical complexities, and how quickly a situation can become an emergency for her, we have never felt comfortable leaving Brie outside of our care or her grandmother (who was an ER nurse). Even when she is inpatient at the hospital, we never leave her without a parent. A close friend who is also very protective of her medically complex child told me about FHF and reassured me that she was hesitant at first but after looking into the camp extensively, she had sent her daughter the last few years. Her daughter looks forward to camp every year as it's the only camp she feels comfortable. FHF has earned our trust, and it is such a huge relief to feel that there is a place where both her and I can feel safe!



### When you first told Brie about camp, what was her response?

Brie loved the idea of camp! She was most excited to show off how brave and grown-up she was to be able to go to camp without her mom!

### What are some firsts you've seen happen for Brie because of camp?

Brie will proudly tell you a first was going down the zipline! From my perspective, the biggest first is that Brie met amazing, strong, independent women who have similar, complex medical needs! Her counselors showed her their different g-tubes or leg braces and even though their diagnoses are different, all have overcome obstacles and are proud of who they are.

### What impact has camp had on Brie?

The first year of camp, Brie was faced with the emotional challenge of being

homesick. Through that first week of camp, she learned to trust others and utilize coping strategies that have empowered her in so many areas of her life. She gained a huge confidence boost in her ability to take care of herself.

### What would the world be like if it were more like camp?

If the world was more like camp, Brie would be given the chance to show others that she is a bright, strong, capable, and unique before being judged by her medical needs. She would not be assumed to be delayed, sick, younger, or incapable. If the world was more like camp, everyone would be loved and respected for who they are as a person and not by their medical differences. Most importantly, people with medical complexities would never have to overcome feelings of shame, embarrassment, and despair because of their diagnoses.

## MORE CONNECTIONS MADE

*“During GI week, some campers from one of the youngest girls cabin were interviewing me and asked me my favorite food, to which I explained that I can't eat because of my chronic illnesses, and I am tube fed. We talked about what that means and looks like for me for a while and I ended up showing them my feeding tube. One of the little girls, Brie, pulled up her shirt to look at her tube, looked at my tube, looked at me with the biggest grin and said, 'I've never met an adult that's like me before' and at closing campfire, she wouldn't leave before giving me the biggest hug and didn't want to let go. On departure day, I met Brie's mom and shared the exchange with her – she cried hard, happy tears.*

*This is why I'm here. Even if I make a difference in one person's life or one family's lives this summer, I did good.”* – Miranda Kiffmeyer, FHF Seasonal Team Member

## MOMENTS OF MORE SIGNIFICANCE

By Zak “Z” Grimm, FHF long-time volunteer

“No one here's a stranger.” These words, from the “Camp Song” of Flying Horse Farms, are a big part of what makes the community behind camp so strong as we work together to create magical, transforming, and fun.

Having been a part of the FHF community for the past 14 seasons, I've watched time and again as the lyrics of the camp song have rung true in countless ways. Camp's week-long summer sessions have provided me the opportunity to see magic in action. During many of these different sessions, I've been fortunate to greet campers and their families at the front gate, the very moment they drive into camp for a truly life-changing experience. Whether it's the first time at FHF or the fourteenth, it takes just minutes for everyone to feel at home again.

Since 2014, I've settled into helping create magic at the archery range, where bullseyes, stacks of playing cards, friendly competition, dancing, concentration, and cheers meet every camper on their journey and help further achieve their goals and grow. With time and learning, we've built more into archery programming, allowing kids to discover more ways to succeed on the shooting range – from simple, on-demand lighting and fans to keep cool in the summer heat, to an adaptive bow that provides an extra boost of inner power or an individual in a wheelchair to find their center. Everyone comes away with something, and quickly becomes no stranger to the constant celebrations of every milestone reached.

Archery was one of the first original activity areas ready to welcome campers through when FHF first opened. In the time that I have helped lead activity sessions during both week-long and weekend camps, I've witnessed hundreds of first-time archers step to the shooting line,

nock their first arrow, let it fly, and hit a bullseye within moments. Their eyes light up immediately, flashing back and forth from their target to their friends, faces shining in complete awe at what they just achieved. Right alongside them, everyone cheers wildly, and the special, decade-old card and bullseye dances soon follow. More often than not, each camper's confidence grows with every following aim, and one card turns to five (or more!), and one dance rolls right into another.

In a flash, those same first-time campers return to the range for their tenth year, and the magic abounds just as it did before – even years later, as campers-turned-counselors take a few moments to guide the young campers who proudly stand where they once did.

Just beyond Archery, atop a hill that invites curiosity and the opportunity to soar among the treetops, is the high ropes course. While challenging, the team offers numerous adaptations including chest or seated harnesses for those using a wheelchair, have limited core strength, or simply choose to ride the “elevator.” With the support of their cabin, campers are lifted to new heights with the 4:1 pulley system. Teamwork quite literally makes dreams happen among the towering heights.

Transformation happens everywhere at FHF, and the smallest spark of connection can brighten an entire day or week, or even life. When campers arrive, they quickly discover that they are surrounded by kids who are facing the same or similar health challenges. This helps create a strong sense of belonging, as no one is “different” around them – and they can be their full selves.

When I came to FHF in 2011, I brought my physical disability, spina bifida, with me. Though I wasn't sure



what would happen, within a week I, too, belonged at FHF, and could inspire and connect with campers simply by not shying away from the few unavoidable limitations that I do have. I walk everywhere I can and listen to my body when I am struggling. Part of my disability that is always visible are my leg braces, without which I could not experience a single centimeter of camp.

Earlier this summer, when I was simply jumping into the fun of camp to serve for a couple days versus a full week, I was able to help nudge a camper, Brie, toward a stronger version of herself. After I had rested at home and then returned, my friend Peyton told me that Brie had written me a personal note – a longtime camp tradition that allows the camp community to celebrate each other.

Brie's words to me? “How long have you had your braces? I had mine for a long time.” Simple, yet incredibly profound.

Brie noticed leg braces, much like her own, on someone she had just met days before. The camp community is built by similarity, and Brie somehow knew that she could freely explore that. The innate trust in that sameness lets campers like Brie realize, perhaps for the first time, that their illness doesn't define them; it simply and constantly refines their inner selves while on their center paths toward futures brighter than they ever thought possible, no strangers to the challenges they face.



# Making MORE POSSIBLE

## HOW TO BE PART OF A COMMUNITY OF CHAMPIONS & SUPPORT CAMP

Looking to connect to camp? There are many ways you can make an impact!

## GIVE TO MAKE MORE POSSIBLE

Your gift fuels more possibilities for every kid and their family, allowing campers to experience camp at no cost. Every contribution makes it possible for FHF to provide expert medical care, craft moments of joy, and foster an environment where families experience respite. It allows campers, often for the first time, to focus on just being a kid. Your donation is more than a transaction; it's a profound act that changes lives, making an immediate impact on the journey of each camper. **Scan the QR code to make your impact.**



### DID YOU KNOW?

You can also give in the future: Make Flying Horse Farms part of your will or trust, or other planned giving arrangement.

## JOIN TEAM CAMP, EXPERIENCE MORE

As a volunteer, you become part of something empowering and join a community that cultivates connections, creates more for others, and allows campers and their families to experience true respite and relief.

Volunteers become part of a community of over 18,500 individuals dedicated to creating more for campers. More laughter, more healing, more transformation. You also walk away with the full strength of the camp community at your back – pushing you forward to what comes next in your journey.

Volunteers shape the camper experience. How you show up reflects to every camper what is possible. Show a shy camper it's okay to be silly. Make memories through sticky s'mores and loud laughs at opening campfire. Underneath

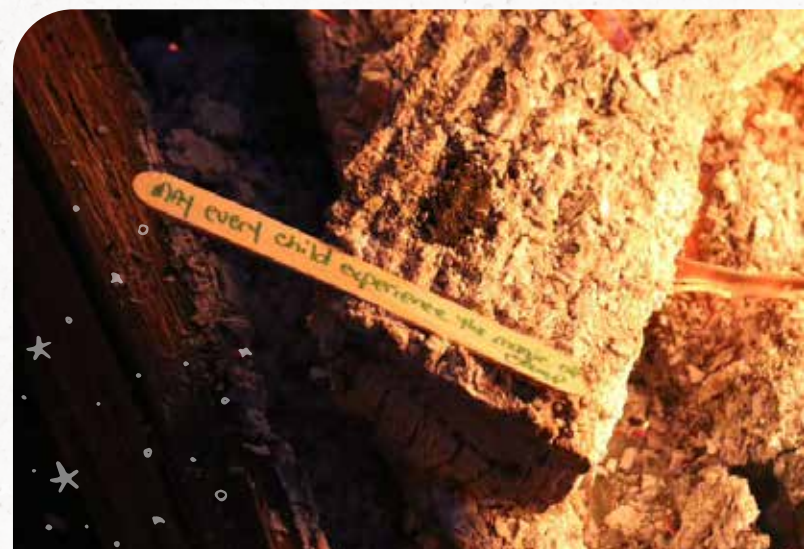
the laughter and fun, watch yourself transform. Every interaction builds your skills as you change campers' lives forever.

Want to be even more All In? Individuals who apply to work at camp in the summer come from all stages of life – from college break, to experiencing a career transition, to leaning into service and giving back. Anyone who spends a summer on staff comes away with a transformational experience that facilitates self-discovery.

*"During week four at camp, I received a wish stick that said 'I wish that the world becomes more like FHF.' Before this, I had seen so much goodness, but struggled to articulate what that goodness meant. The wish stick made it clear to me why camp meant so much to me and everyone around me. I'm not sure who wrote it. Whether it came from a camper, staff member or volunteer, either way, the message is clear – camp is special. There are so many reasons why. But, I am talking about one. It's one thing to say you are going to make a place inclusive and welcoming for all – and FHF embraces that mission fully. But what I saw this summer was a collective of experiences growing, healing, and thriving. A collective of learning to be your authentic self, and, remarkably finding that is welcome. The resources and accessibility at camp is all wonderful, it is this value that makes camp magical."*

– Ayden Kligfeld, Psychosocial Seasonal Team Member

## FOLLOW CAMP ON SOCIALS TO STAY IN THE KNOW AROUND THE 2025 CAMP CALENDAR AND APPLICATIONS.



**WISH STICK** – During closing campfire, campers write wish sticks to pay it forward to the next session - sharing a memory, hope, or dream for whoever pulls it. This is a wish we're passing to you as someone who ignites more by supporting camp magic.



Abercrombie & Fitch Co.



American Electric Power



Besa (Ohio State Wexner Medical Center)



Forge Biologics



Morrow County Chamber of Commerce

## CREATING MORE, TOGETHER

Camp Creators are individuals that support the need to turn over cabins; which is more than disinfecting surfaces and preparing beds, it's creating a warm, comfortable space for our next set of campers – the cabins spaces kids call home for the days spent at FHF. We welcome companies, businesses, and organizations to spend time with us not only making more possible at camp but serving as a space for building relationships amongst co-workers, presenting an atmosphere of togetherness and opening the floor for leadership, all while giving back.

### Thank you to our 2024 Camp Creators

- |  |                                    |
|--|------------------------------------|
| 1st Ohio Defenders Law Enforcement Motorcycle Club | Greif                              |
| Abercrombie & Fitch Co.                            | Huntington Bank                    |
| AgCredit   | JPMorgan Chase                     |
| American Electric Power                            | Keller Williams Consultants Realty |
| Besa (Ohio State Wexner Medical Center)            | Ketchum & Walton Co.               |
| BTTs Holdings                                      | Kforce                             |
| CareSource   | Medical Mutual                     |
| Daimler  | Morrow County Chamber of Commerce  |
| Del-Co Water Company                               | Morrow County Hospital             |
| Delta Zeta Sorority (Cleveland State University)   | Niagara Bottling, LLC              |
| Dwyer-Omega Engineering                            | OhioHealth                         |
| Edward Jones (Commerce Drive)                      | Provide                            |
| Forge Biologics                                    | Rock House Realty                  |
|  | Safelite Digital                   |
|  | The James Cancer Hospital          |
|  | Tidy Tim's                         |
|  | Vertiv                             |

## CONNECT MORE AT CAMP

Looking for a place to host your next corporate retreat, staff outing, team-building event, organizational conference, or even a full camp session? FHF is ready to welcome you home.

With expansive overnight lodging options, delicious on-site food service availability, small break-out spaces, large meeting areas, and a wide range of adventure activities, camp has all you need to make your next group gathering truly transformational.

Be a camp champion while aligning your mission with ours – scan the QR code to get your experience with camp started.





## MORE WAYS CAMP STRIVES TO BE

# ACCESSIBLE TO ALL

Intentionality can be found in every corner of camp. Making each activity area and program offered accessible for all is the definition of camp magic. **This summer, more than 90 adaptations happened across camp to make magic memories possible.**

### ACROSS CAMP

- Automatic doors
- Accessible bathrooms
- Facilitation to promote inclusion
- Developmentally appropriate activities
- Choices are given to promote self-advocacy

### ACTIVITY CENTER

- Ramps on both sides of the stage
- Garage doors for added space for entering and exiting



### ANGIE'S ARTS & CRAFTS

- Options for craft of choice
- Array of craft options available
- Multiple mediums offered to participate
- Paint holders
- Stencils
- Larger crayons for easier grip with lower dexterity
- Different paint brush options with different grips (larger, angled, etc)
- Adjustable easel to change angle and height of project for seated campers
- Options and structure for participation

### ARCHERY

- Varying target distances and bow options
- Stationary bow rest and bench for sitting and shooting
- Pull tabs for easier grip or mouth grip
- Trigger releases for easier grip and release
- Stationary bow with adjustable height to be used from a seated position with fewer dexterity/strength requirements

### BOATING & WATERFRONT

- Adaptive boat launch with stabilizer to keep from tipping
- Back rest on seats for stability
- Paddle boats
- Adaptive paddles for one handed/lower dexterity use



### CAMP THEATER

- Speaker system on the stage with microphones
- Gas fireplace
- Fully accessible environment with paved paths and ramps



### DINING HALL

- Noise canceling headphones to minimize stimulation
- Rearranged seating to be more accessible with designated table spots for accessibility
- TV for program visuals, schedule for the day, and song lyrics to support visual learnings
- Audio system for added auditory support
- Angled and larger griped utensils for lower dexterity
- Obi, an assistive feeding device, available to support camper feeding needs

### HAPPYTIMES WOODSHOP

- Gloves
- Earplugs and noise canceling headphones to minimize stimulation
- Clothes pins to hold nails more easily
- Variety of hammers, sanders, palm sanders
- Clamp to hold projects steady/at different heights
- Work benches wheelchair accessible
- Adjustable easel to change angle and height of project for seated campers

### HIGH ROPES

- Easy seat (seated harness)
- 4:1 haul
- Chest harness
- Adaptive elements (handlebar ascenders)

### LOW ROPES

- Low initiatives
- Multiple role options for elements

### NATURE/OUTDOOR ADVENTURE

- Ramp to front door
- Gloves when using potting soil
- Adapt activity/location/etc. to meet needs
- Floating location to meet various needs

### POOL

- Hatchery (sauna for temperature regulation)
- Heated pool
- Zero entry to support new swimmers
- PVC wheelchairs
- Shallow and deep ends
- Life jackets and floating mobility devices
- In-pool chair
- Portable pool lift for options of entry at different areas of the pool



### OUTPOST

- Option to be indoors instead, called "Inpost"
- Generator available
- Condensers and other devices
- Earplugs and noise canceling headphones
- Bug nets
- Extra padding for stability and comfort
- Multiple access points (by canoe, hike, walk, cart)
- Various fire starting techniques
- Option to sleep indoors (medically)
- Extra blankets

### SPORTS COURT

- Options and choice offered for participation and engagement
- Indoor area for heat

### SPOTLIGHT STUDIO

- Ramp to stage
- Noise canceling headphones to minimize stimulation
- Lighting controls for preference and vision
- Sound dampening panels
- Variety of instruments, music picks, and options for play







**CAMP MAGIC MEANS  
MORE  
ACCESSIBILITY**

By Billie Buxton,  
FHF Seasonal Staff, RNC, MSN

As a Neonatal Intensive Care (NICU) nurse, I see miracles every day I work. I step in at the start of the long journey some babies must begin. I find incredible joy watching these babies, now kids, continue their journeys in such powerful ways here at Flying Horse Farms.

Campers with serious medical diagnoses that attend FHF experience moments that would be impossible in any other camp setting. That's because, here, the Medical Team in collaboration with the Psychosocial, Programming, and Facilities teams, work behind the scenes to make every journey possible. Before the first camp session even begins, every camper's acuity, condition, and needs are assessed to proactively remove limits and open opportunities. Once camp begins, the planning pays off as kids participate in activities with the help of adaptations – what is fondly referred to as “camp magic.”

The team believes in “challenge by choice,” and the goal for every camper to have the choice to safely participate in every activity offered and take on any challenge they determine they are ready for. **Here's what that looks like throughout camp.**

### Center Path

Starting at Hole in the Wall, the main pathways through camp are paved to make it easier for those with wheelchairs to navigate camp independently. New this year are two electric buses that accommodate wheelchairs for those longer treks to activity areas. Transportation is a major factor at camp. Many campers have conditions that limit strength and stamina. Golf cart rides are always available during transition to activities. In all of this, the magic lies in conserving energy for fun!

### Activity Areas

Our Medical Team joins campers in activities to develop connections and assess health and wellness. Beyond medication pass around meals – where every kid walks through the line to normalize the experience, meds are brought directly to campers wherever they are in camp and any necessary medical procedures are scheduled in between activity time.

### Waterfront

Wide docks allow for wheelchair access to the boat and fishing areas. The boat launch and boating stabilizers reduce tipping as campers get onboard. There's also a lift to assist campers with limited mobility into the boats.

### Archery

Archery magic happens as campers hit cards taped to the targets. It's a badge of honor to wear various cards on your camp lanyard! Campers without the strength or ability to stand use a special support stand that allows them to participate.

### Woodshop

Woodshop is a large, inviting building within a grove of trees. Inside, the aroma of freshly cut wood invites campers into a space with wheelchair accessible work benches and additional adult support available for any camper

who may need extra assistance navigating woodworking activities.

### Ropes Course

Many intentional adaptations happen at the ropes course. Nurses pad g-tubes, ports and other medical equipment for protection and comfort. Adaptive seating can assist campers to the top of the course and allow campers to zipline no matter their medical condition. Campers requiring oxygen can even zip and climb the rock wall!

### Pool

At the pool, a gradual ramp leads into the heated water making it accessible for those with mobility issues. There are two PVC wheelchairs that can go right in the pool with a camper! New this year is a poolside lift which can also lower campers into the water.

During hematology week, the water temperature is kept several degrees higher to avoid triggering a pain crisis in campers with Sickle Cell Disease. The Hatchery is a sauna space where kids can go after exiting the pool to avoid a fast change in temperature while drying off.

### Camper Corral

During the weekly “Color Olympics” event, all terrain PVC wheelchairs can handle the water and the paint! Water is heated for hematology week. Medical staff ensure that any medical devices are protected from water damage.

### Campitheater

Each session of camp begins and ends with a campfire. The Campitheater has fully accessible pathways to allow all campers to sit with their cabin and make their way to the center stage to perform skits or sing the closing “Mountain Song.” The gas powered fire pit allows all campers to enjoy the outdoor ambiance without fear of respiratory distress.

# More for CAMP'S FUTURE & LEGACY

The generous community behind FHF has always been the foundation of what makes camp possible. Because of devoted donors, camp exists and continues to be a place where transformation thrives. Since FHF first opened its gates, Hope and Tom Ashby have been champions of camp. After first visiting for the official ribbon cutting, it's safe to say the Ashby's have made a groundbreaking impact. That day, while the vision was still being shaped and the first buildings had yet to be finished or filled with campers, an impression was left on the Ashby's. With a shared love of the mission behind camp, they knew FHF had to be embedded into their legacy, making sure future generations of campers could be provided the opportunity for transformation.

“Camp allows kids to be a kids while battling an illness. All kids need to have life events that bring smiles to them, not being reminded every day of their illness. FHF does this for them. The smiles, the laughs, the creativity, and so much more are all brought to the kids by way of FHF for a short time, but the memories last for a lifetime.”, Tom shared.

The Ashby's determined their commitment would best serve camp long-term through a planned gift. Now, their legacy plans reflect deep appreciation for the joy and empowerment that FHF brings kids who might otherwise feel defined by their illnesses. Specifically, Tom recalls the thoughtful conversations that he and Hope had about their desire to make a meaningful difference. Seeing that camp provides a unique sanctuary to families, filling a crucial gap in healthcare by offering a space where kids can heal, grow, and thrive alongside peers who understand and intimately relate to their experiences.

“Camp brings more than just normalcy to the kids. It brings smiles, laughter, and lifelong positive experiences to them. We have seen many people fight cancers, neuroscience issues, heart conditions and more... and if we can assist in the battle then this is our goal.”



This planned gift is more than a financial contribution to the future of FHF, it's a legacy of kindness and hope. It represents a commitment to enhancing the lives of kids and ensuring that these lasting memories will continue to stay with campers long after their time at camp. Looking ahead, the Ashby's see a future where camp continues to expand its reach. This forward-thinking approach will sustain camp's vibrancy and inspire others to consider ways to also leave a lasting legacy for years to come.

“We think the vision is simple, as it has been over the years, to provide joy and smiles. If we can leave to this world a way for kids to enjoy childhood events and leave a daily fight behind, then this is our desire.”

As camp pulls out the confetti to celebrate every gift, we're excited to highlight the impact made with an intentional planned gift. These gifts are pillars in the ground of what camp will continue to be for decades to come as we ensure, together, that the world of camp lives on.

## Setting Your Legacy

Planned giving, or legacy giving, is a gift made to camp that connects your shared vision with the mission and future of Flying Horse Farms. Essentially, planned giving requires a donor to make arrangements with their financial fiduciaries (lawyer or advisor) for a contribution in the present, while the contribution is only realized at a later date. Given this process, the donor maintains the ability to determine how the gift would be allocated to a certain area or program of camp. These types of gifts can be made as part of financial or estate plans, they can also take the form of a bequeathed gift in a will/trust, life insurance policies, stocks, or a donor-advised fund contribution.



# Dear CAMP

## MORE STORIES FROM THE CAMP COMMUNITY

Camp magic can be measured in smiles, laughter, and connections made. After every session, campers and their families fill our mailbox with memories and moments that mattered to them.

### EXPERIENCES & DISCOVERIES

#### From Caregivers

"He really enjoyed getting to play with the dogs and swimming. He got out of his shell really quickly and loved dancing and singing all the time and was very animated and goofy. He made the cabin laugh constantly (especially at opening campfire)."

"At first, she was embarrassed about swimming but once counselors were able to explain that it's never too late to learn a new skill she embraced taking lessons. She also helped herself by bouncing off choice activities off of counselors to help make the right decision for herself."

"Our kids were all accepted and accommodated where they were at. Watching the kids thrive in the environment and be treated like royalty and like they mattered."

"He was extremely happy, energetic, and excited to share his camp experiences with others."

"She was so happy. It's been a long haul with new diagnoses and treatments and getting a chance to be with other kids with similar experiences is really valuable."

"My daughter was so happy when she came home – she said for the first time she didn't feel like the only kid taking medication and it felt good to have it normalized."

"My camper came home excited and full of stories of her friends and adventures. It brought me so much happiness to hear her talk about all the NORMAL camp experiences she had, which was AMAZING to hear because she got to have a normal camp, full of fun, without worrying about how her medical stuff would be handled or if she would miss out or stand out because of her differences."



#### MORE COMPASSION FELT

**"I don't ever want his illness to hinder him. People don't always understand. And, at the end of the day, he's still a kid, I just want people to treat him as a human being and be compassionate. Camp is the place where compassion happens, where he is seen and heard, and where I can trust he will be okay."**  
– Anita Coleman, Caregiver

### HOW I DESCRIBE CAMP

#### From Campers

"Camp is a bright light to a lot of campers going through hard times and I am truly glad I got to come back and help serve camp."

"Helpful, great for people that have a rough time with emotions, gives the best care."

"Awesome, cooperative, welcoming."

"Inclusive, caring, and comforting."

"Worry free, fun, and unexpected."

"Fantastic, caring, and home."

"Community, friends, and home."

"Thrilling, different, and comfortable."

"I am happy."

### THINGS I LEARNED AT CAMP

#### From Campers

"How to make a friend."

"How much fun it is to have a birthday at camp."

"I learned how to not be afraid of who I am, goofy or not. Camp was a great way to learn that nobody cares or judges – and you can just have fun!"

"I learned that I do have a community and I have people like me who want to be my friend even if I feel alone at home."

"I personally learned how to communicate with others and have connections in which we all were able to share experiences with each other. I also learned that no matter what we have we don't let that interfere with the friendships we have made."

"Friends are important."

"That you are always loved here."

"I learned that even though we are all different individuals, some of us here have so much in common with each other, and I was able to learn so much about myself and others as well."

"Weird is good."



"I learned about other illnesses and a lot about other people. I also learned that I am never alone. Along with that, I learned that it's okay to ask for help. I will take all these lessons with my through life."

"Self love...and, I can do hard things."

"I learned the importance of being there for one another because sometimes a friends isn't feeling it and sometimes you just got to be there to support them."

"You can build bonds with people you've only known for 5 days."

"I learned about my identity, how to lead, how to work with others in a way that's comfortable for everyone, I learned ways to deal with complex emotions."

"Camp will never leave me."

"That no matter who is in your cabin, you will always have fun and find a camp family. I also learned about birds in nature as well as survival skills in Outpost."

"At camp, I learned how to be a good friend and make people laugh, and I learned how to have a good time. This was my last time being a camper – I have been here since I was eight. I love this place so much."



I went  
in a canoe  
for the first  
time, and  
crushed it.



My first time catching a fish! - Murey  
I Did Archery for the first time - M/Lani  
First time sneaking  
First time cacking a  
First time trying arch  
This was my first time being and going on a night zipline - Rory 6/28/24  
First time doing hard course on high  
First time fishing for the first time for the Ella



First time canoeing!!!  
First time going to sleep on the boat  
First time getting wild the  
First time on the zip line  
First time on Ransen Wall on Zip line



# CAMP'S BOOK OF FIRSTS

Camp is a place where firsts happen.

It's where kids can say "yes" to trying something new. To capture these magic moments, there is a special book kept at the Dining Hall fireplace hearth for campers to share.

In your hands, you hold  
The FHF Book of Firsts.  
Share your firsts and  
let the story of You  
be told.



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a seriousfun camp

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**TOGETHER,**  
*we will*  
*make the world*

**LIKE CAMP**



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