



# CAMP NO LIMITS

Volume 1, Issue 1

Fall 2007

## CAMP ABILITY GETS NEW NAME!

No Limits Limb Loss  
Foundation  
265 Centre Rd  
Wales, ME 04280  
(207) 240-5762  
[www.nolimitsfoundation.org](http://www.nolimitsfoundation.org)  
[campnolimits@yahoo.com](mailto:campnolimits@yahoo.com)

Executive Director:  
Mary Leighton, OTR/L

Words from Mary Leighton, OTR/L, Executive Director

I am writing to all of you with great happiness. This camp, which started only 3 years ago, has become so much more than I ever thought would be possible. This camp was started because of a little

boy named Nicholas who was my very first patient with limb loss. Nicholas always showed me that there was nothing that he was not willing to try and there has been nothing so far that he has not been

able to do. Nicholas, who is now 7 years old, still amazes me with his determination, strength, and "ability". It was because of Nicholas the name "Camp Ability" seemed to

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## Camp Ability Summer 2007 Review

By Kim Collett, MSc PT, Program Director and Mary Leighton, OTR/L, Executive Director

As the school year starts we look back on this summer with great pride, happiness and thanks for three successful camps in California, Idaho and Maine. We have also had a year of growth and change with the implementation of the "big buddy system", and the "volunteer orientation program", foundation development and the search for a new name for our camp.

### Big Bear, California

Our expansion into the southwest this summer was to the beautiful YMCA Camp Whittle in Big Bear California. The enormous San Bernardino mountain range and the tall Jeffrey

pine trees of the National Forest were the back drop for our camp which was held from June 20-23<sup>rd</sup>. Campers from Los Angeles, Missouri and as far away as Uzbekistan conquered all that Camp Whittle could offer us. Elizabeth and Umida showed amazing determination as they crossed the wires of the 25 foot high ropes course while others bravely climbed up the ropes ladder and rock wall. Ari and Matt made sure no one escaped being drenched while we spent a beautiful day in kayaks and canoes on Big Bear Lake and Amy was determined to be the last one out of



Camp Ability 2007  
Big Bear CA

the kayak. All campers demonstrated that with a belief in yourself you can master any skill. Ari rode horseback for the first time, Umida mastered riding a bike and Elizabeth and Amy learned how to put their hair in a ponytail.

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No Limits Limb Loss  
Foundation Newsletter  
Editor: Michelle Buckley  
Want to submit an announcement or article?  
Email to:  
[campnolimits@yahoo.com](mailto:campnolimits@yahoo.com)

## From the President of the Board of Directors, Jason Melanson

Welcome everyone and thank you for another fantastic year for Camp No Limits (formally Camp Ability). With another successful year behind us we have so many incredible people to thank. From our first Gold Sponsor, the Global Health and Wellness Group, to our many volunteers, thank you so much for being the force behind so many achievements.

When Camp No Limits began little did we know the journey that was about to begin, and what true im-

pact such a non-profit could have on its members and community. Greater than any expectation we had, we became so much more than a Camp, but a source for hope and inspiration. With each passing camp your support has aided efforts to educate and empower. These actions cannot be reflected upon lightly. Although the lessons of occupational means are incredibly important, the lessons that enrich the hearts and spirits play a pivotal role that can only be learned through experi-

ences. Learning to tie a shoe is more than learning to make bunny ears. It's learning that everything has a means to an end. It's about learning that self-accomplishment is not just about where I was and where I am now, but what it took to get me here. We are products of our journeys and by enriching a life each step of the way; achievements are not simply tasks performed but life successes.

Thank you again for an amazing year.

## Words from the Executive Director (continued from page 1)

fit the Camp goal and there began our journey to prove that this camp will focus on our "Ability" rather than the "Disability". Unfortunately, this year we found out that our almost perfect name was already in use and trademarked, therefore we needed to change our name. After months of research, great suggestions from our campers and with the help of Rita Heimes from the University of Southern Maine Patent and Trademark Re-

search Program, we finally have come up with a name. Our Camp name will now be known as Camp No Limits. Our foundation name will be No Limits Limb Loss Foundation. Although our name is changing our guiding principles will not. Camp No Limits will continue to be a place where we only see "Ability" and where we know that there will never be "Limits" set on any of our goals or dreams. The new name will encompass a world of "limitless ability". I know that this name is fitting for our foundation. In 2004 we had our first camp in Maine with 5 campers with great success and happiness. Little did I realize what had been created that August in 2004 would grow into what it is today. With great feedback, requests for more camps and ongoing support from many individuals we began to look at the possibilities of expansion. As we head into 2008 our ex-

**Camp No Limits will continue to be a place where we only see "Ability" and where we know that there will never be "Limits" set on any of our goals or dreams.**



**Nicholas with his  
Amputeddy**

pansion plans will lead us into the four corners of the United States with continuing camps in Maine, California and Idaho, and prospects for a new camp in Florida. Although our name has had to change we hope to have "No Limits" on our camps growth and support for children and families living with limb loss.

## Summer in Review (continued from page 1)

Christa practiced riding her bike without training wheels, ran up and down ramps and climbed on the stairs and bunk beds. Umida, Amy, Christa and Elizabeth put on an amazing dance performance at talent night, JadyN impressed us all with his knowledge of whales and Adam mastered shoe tying so his Mom wouldn't have to tie his shoes anymore. Not one of us will forget our last night around the campfire when we all shared what Camp meant to us. We all left Big Bear with new knowledge, skills, friendships and confidence.

The Big Bear Camp was a great success due to the many volunteers that supported it. Our "big buddy system" led by the sister team of Vivian and Valerie provided great support for Elizabeth and Amy as well as all our campers with upper limb loss. Lisa, Ashley, Laura, Matt, Cindy and Liz were wonderful big buddy role models and helpers. We owe a special thanks to John Siciliano and the USC physical therapy students (Prachi, Alex, Cindy, Stephanie, Natalie and Elizabeth) who contributed their skills to teaching the kids new activities. Thanks also to Carrie Davis, Matt Daniels, Dan Selleck, and Coryn Reich for their ongoing support and knowledge. Finally a heartfelt wish to Robin Eliason for her nature talk, Anna Black for sharing her challenges and successes, Smokey Bear and the fire rangers for letting us spray Matt with the fire hose, and the Challenge Athletes foundation for sharing their program with us.

### Rome, Maine

August 1-4<sup>th</sup> brought us to our home camp, for the 4<sup>th</sup> year in a row, on the crystal clear North Pond in Rome Maine. The temperatures were as warm as the staff of Pine Tree Camp where we enjoyed four days of ex-

traordinary fun in the sun. Campers from the Northeast and as far away as California enjoyed early morning exercise and therapy breakout sessions with Kim and Mary. We had great fun with the "Natural Motion Martial Arts" and the "Extreme Studios of Self Defense" groups who showed us some great self-defense and karate moves. The afternoon swimming and sponge ball water fights were a highlight in the hot sun and the fishing trips on the calm waters were a delight at sunset. This year we celebrated some fishing records such as Alex's capture of a 15 inch trout, Chad's hooking of the smallest fish and Scott's boat crew landing a whopping 33 fish in one trip!

Our first camp Triathlon, which was held to support camper and CAF triathlete Brendan Driscoll, brought out the thrill of competition and the athletic potential in all the campers. With the help of the camp OT, PT and adult amputees, many of our campers learned new skills such as biking, putting hair in ponytails, tying shoes, cutting with scissors and knives, playing baseball, kayaking, rock climbing and climbing up and down hills and playground sets. With some practice Emily tied her shoes on her own and with little assistance, Lucy quickly learned how to ride her bike back and forth on the camp roads without training wheels! The amazing race saw great team building with the red, blue, yellow and green team leaders bringing their campers thru water mazes, kazoo songs and puzzles. Camp's American Idol was hilarious with our panel of judges; Simon (Scott Hebert), Paula (Carrie Davis) and Randy (Cameron

Clapp) giving funny reviews to our performers. All campers showcased their talents with Josh and Nicholas stealing the show with their fine singing and bell shaking abilities. Thanks to special donors, Stephanie and Harold Payson, each camper received an "Amputedly" teddy bear wearing a special t-shirt from DR Designs.



Camp Ability 2007  
Rome, Maine

We were very fortunate this year at Camp Ability Maine to have the help of Mr. Bill Barron and the students, faculty and parents from the Hyde School in Bath, Maine. They built camp fires, life-guarded, set up our first camp ability triathlon, fed us, showed us how to wrestle and participated in all our events. We are looking forward to seeing them again next year!

The Wayne Johnson Memorial Scholarship was funded for the second year in a row by Hanger Prosthetics and Orthotics. Representative, Chad Thompson presented Jonathan Karolides with a plaque with his name engraved on it to acknowledge Jonathan's accomplishments at camp last year. Chad then presented the 2008 award to Isaiah Wims. The award is presented to the camper who shows a determination to exceed all expectations.

### Lake Coeur d'Alene, Idaho

For our 2<sup>nd</sup> year in a row we were thrilled to be back with the Camp Cross staff on the beautiful lake Coeur d'Alene. Nestled into the tall trees in warm lakeside cabins we spent August 23<sup>rd</sup>-26<sup>th</sup> with campers from the Northwestern states of Idaho, Montana, and Washington. We were again fortunate enough to have Car-

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## Amputeddy comes to Camp

One of the great additions to this year's Maine and Idaho camps were the Amputeddy's. The campers were excited to receive these bears as gifts during their stay at camp. The founder of Amputeddy Inc.,



Amputeddy wearing Camp Ability t-shirt

Jean Boelter, with the help of her family make each bear specifically for an amputee. Campers in Idaho were able to meet Jean and her family when they surprised everyone by visiting one day and donating the bears to the

Idaho campers. Jean's niece, Kate Policani, is the author of "Todd the Amputeddy" series. Please visit their website [www.amputeddy.com](http://www.amputeddy.com) if you are interested in purchasing an amputeddy or any of the picturebook stories.

## Many, Many Thanks To Our Sponsors

### Monetary Gift Sponsors

#### Gold (\$10,000 to \$49,999):

Global Health and Wellness Group, Arizona Group 112

Fundraiser Lead by: Lori Peters

#### Silver (\$5,000 to \$9,999):

Alphonse Tetreault, Solon, Maine

#### Bronze (\$2,500 to \$4,999):

Ability Prosthetics and Orthotics of Gettysburg & Exton, PA, Frederick & Hagerstown, MD

#### Patron (\$1,000 to \$2,499):

Hanger Prosthetics and Orthotics-Waterville, Maine

New England Chapter of Orthotics and Prosthetics

Dean Leighton, Chester, NH

Stephanie and Harold Payson, China Village, Maine

Augusta Maine Rotary Club

Maine Street Foundation (Androscoggin Bank)

Extreme Studios of Self Defense, Sabattus, Maine

#### Advocate (\$250 to \$499):

Hanger Prosthetics and Orthotics New England Division

Area Agency of Greater Nashua Inc. (New Hampshire)

Kirk and Holly Sink, St. Petersburg, Florida

The Binswanger Foundation, Philadelphia, PA

Dr. Brian Gillis, Oakland, Maine Orthopedics, LTD, Waterville, Maine

Rathdrum Lions Club, Rathdrum, Idaho

Rathdrum Friends, Idaho

Baron Group, Inc, Maine

#### Friend (Gifts up to \$249):

Bresnan Communications, Billings, MT

Berry Family, Livermore, CA

Susan and Peter Wong, Lewiston, Maine

Marilyn Greenwood, Wales, Maine

Nancy Prince, Sabattus, Maine

William Webb, Maine

Stanton and Elizabeth Leighton, Wales, Maine

Melissa and Christopher Moreau, Auburn, Maine

Anthony Webb, Winthrop, Maine

Anna Black, California

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## OT Corner

By Mary Leighton, OTR/L

For those of you with upper limb loss and either use a prosthesis or do not; a **MUST HAVE** item is dycem..this sticky substance is great for stabilizing objects or items that you may be trying to use completing a one handed task or further need for stabilization even when using a prosthesis. Dycem can be placed on a table to hold a peice of paper, stabilize a Cup or plate, it can be a replacement for using your teeth on many items!!! Check out [www.dycem.com](http://www.dycem.com) for further details of this nifty tool!



Mary Leighton, with Carrie Davis, during an OT break-out session at Camp Ability

## PT Corner

By Kim Collett, MSc PT

### Balancing Act

Hey kids, it is very important for you to have good balance. It will make you better at running, climbing, playing sports and chasing your friends or pets. One simple balance exercise is to stand on one foot with your eyes open and then with your eyes closed. Make sure you practice with your sound and your prosthetic foot. Practice this until you can do it for 10-15 seconds. Practice this 5x on each leg every day and before you know it you'll be teaching my PT class at Camp No Limits next summer.

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### Supporters of Camp Ability:

A special thank you to:

Hanger Prosthetics and Orthotics Upper Extremity Division for sending Carrie Davis to all our camps.

Hanger Prosthetics and Orthotics Corporate for sending Cameron Clapp to be a mentor and special guest.

Hanger Prosthetics and Orthotics New England Division for setting up the annual Wayne Johnson Memorial Scholarship Fund.

Helping Hands Foundation, Inc

Challenged Athletes Foundation

Barr Foundation

Amputee Coalition of America

Maine Handicapped Skiing

TRS, Inc Prosthetics

Newington Certificate Program, Newington, CT

Husson College, Bangor Maine

Smokey Bear and the National Forest Service in Big Bear, California

Michael Laroche & Roger Paradis & Roger Laroche

Extreme Studios of Self Defense, Sabattus, ME

D & R Designs, Winthrop, ME

**Special Thanks to all the volunteers and guest speakers that donate their time and become part of the Camp Ability Family!!! Everyone who is involved in our camps plays such an important role in our camps and without everyone's support this camp would not be possible!**

**THANK YOU!!!**

## No Limits Limb Loss Foundation

rie Davis organize and connect us with the great people that supported our Northwest Camp. Under the direction of the wonderful Teresa Skinner from Team St. Luke's Hospital, Campers competed in water skiing and wheelchair basketball, with Bo showing his great hook shot. Kevin, Sarah, Kelsie and other brave campers amazed us as they water-skied for the first time. Kelsie's great tumble could have been taped as the world's best water-skiing stunt. During the American Idol we rocked out with Sheng on guitar and Scott's band of rockers, Jonathan, Zane, Matthew, Davis, Kyle and Chester impressed us with their musical skills. Has anyone figured out yet how Scott could be so messy while making a peanut butter sandwich during talent night?

We were very fortunate to have a surprise guest, Jean Boelter, visit our camp in Idaho! Jean is the founder of "Amputeddy" teddy bears! Jean and her sisters, all of whom make these fine teddies, blessed us by attending our camp and donating teddy bears to all of our campers! Each teddy bear was custom made for the campers and we were all truly grateful to have the opportunity to meet Jean and her family.

## Summer in Review (continued from page 3)

We were also privileged to have Logan and her parents attend camp to share their story, how they overcame the challenges that were presented to them and how they have made the "disability" turn into "ability" by starting their own magazine! The "Logan Magazine" was shared with all our families! Thank you Logan for sharing your success with us!

At Camp Ability Idaho we were blessed by the support of the staff of Camp Cross. The staff played water sports with us, took us sailing and kayaking, made us fantastic meals and even participated in our Camp American Idol. Thanks also to Evita who helped bring us to the beautiful Camp Cross.

This has been an outstanding year for us with volunteers who go above and beyond including Carrie Davis, Cameron Clapp, Scott Hebert, Chad Thompson, Matt Daniels and Jeff Erenstone. We especially want to thank our board for overseeing the decisions for our foundation and for those who go above and beyond. Special thanks to Michelle Buckley for managing the office and making sure



**Camp Ability 2007  
Lake Coeur d'Alene, ID**

the "books" stay accurate! Thank you to Jason Melanson for leading us in many spaghetti suppers and creating the Amazing Race! Thank you to Marc Paquette for his knowledge of running a board, supporting

our foundation and leading us in the right direction. Our camp would not be the success it has become without people like you.

This camp season was a very special one, full of growth and potential for our foundation. We take great joy in the "camp affect" that you all take from camp and will use to start off a new school year. We are proud of your parents who reached out to one another, participated in support groups and were open to letting you challenge yourselves and grow at camp. How proud we are of all of you for coming to camp, participating in our events, sharing your stories and challenging yourselves to be all that you can be. We can't wait until 2008!

## UPCOMING EVENTS

**Board of Directors Meeting**

November 3, 2007 1pm

**Camp No Limits Open House**

November 3, 2007 2pm—4pm

Both to be held at 265 Centre Rd Wales ME

## CAMP ABILITY MERCHANDISE

There are a limited quantity of t-shirts available, please contact Mary if you are interested in purchasing.

Camp Ability DVD—\$5