

FAMILIES HELPING FAMILIES OF GREATER NEW ORLEANS

# SUMMER

SUMMER FUN DIGITAL MAGAZINE

*Issue 5*

*5 Tips to*  
**PREVENT  
SUMMER  
SLIDE**

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**34**

RECREATIONAL FUN FOR  
KIDS AND ADULTS

**FUN INDOOR AND  
OUTDOOR ACTIVITIES**

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**2024**

**FOR CHILDREN/ADULTS WITH DISABILITIES  
OR SPECIAL HEALTHCARE NEEDS**



Changing Lives Every Day



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## MISSION

The Mission of Families Helping Families of Greater New Orleans is to educate and connect children and adults with disabilities, and their families to resources, services, and supports to attend school, work, and thrive in their communities.



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SUMMER FUN

# What can we do at HOME today?





# Outdoor Activities

**Make sailboats and race them.**

Put water into a plastic kid's pool and race your handmade sailboats. Use only the natural wind power to make them go and see who makes it to the finish line first! Remember water safety with young children.

**Puddle jumping.** Nothing is more fun than getting to play outside when it's raining. Summer rainstorms don't always mean you have to head inside - put on bathing suits and rain boots and stomp in the puddles!

**Plant a container garden.** Many vegetables and herbs can be grown indoors or out inside containers. Let your children pick some varieties to grow and tend to them throughout the summer. It may even convince them to eat a vegetable if they know they grew it!

**Car wash.** Arm your kids with the hose, a bucket, soap and some sponges and set them to work washing the family car (and each other). Remember, children will often get tired before the car is clean.

**Dirt restaurant.** Kids love to play restaurant, and who doesn't love to play in the dirt? Send the kids outside with plastic cups and plastic spoons, a few dollar store dishes and see what kind of gourmet meals they come up with. They can make salads from leaves and flower petals, mud pies, and tree bark chicken. The kids can take turns making meals or being waiters and restaurant patrons.



## SUMMER FUN

**Go for a hike, walk, or bike ride.** Most towns have parks and areas that are perfect for this, but even if you have to make it a full day trip and travel a bit, this is a great activity. Pack a picnic lunch and plenty of fluids and enjoy some exercise.

**Oversized painting.** Tape several large sheets of paper together on the backside, and flip them over on the lawn. Fill a few containers with different colors of finger paints and give the kids a box of strange items to make their painting with. Try a spaghetti strainer, a balloon, a mop head, sponges, rain boots, and any other objects you see lying around!

**Water painting.** Paint with clean paintbrushes and a pot of water outside on walls, pavement, wood fences, etc. The sun removes the evidence.

**Bubbles.** Just about every kid enjoys bubbles! Create your own bubble solution (see Fun Art Recipes). Pour the solution into a shallow container with a wide-open mouth and then use odd objects to create your bubbles. String, rubber bands, the spaghetti strainer, straws, slotted spoons, and anything else you can think of to make some fun bubbles!

**Bubble art.** When the kids get tired of making bubbles, add a few drops of food coloring to the bubble solution and have them blow bubbles that pop onto white paper. The result will be an artistic masterpiece made from the rainbow-colored bubbles!

**Sand art.** Use food coloring to color sand in zip-closure bags. Pour the sand on paper plates to dry before using. Once dry, glue to paper to make cards and art, or fill plastic containers with your sand art creations.

**Make a sandbox.** For whatever reason, kids like playing in the dirt! You can make an inexpensive sandbox by filling a kid size plastic pool with clean dirt you dig up from your yard or from sand you purchase from the store. Fill with plastic trucks and plastic cups and let the kids go to town.

**Organize play dates.** If you live in an area where there are many children, you may be able to organize play dates, taking turns at each other's house. Set up some of the activities listed here for fun activities to do together.





## SUMMER FUN

**Create a racecar.** If you have miniature cars (hot wheels and others), it can be tons of fun to create elaborate race tracks in the dirt, complete with jumps, water pits and crash areas.

**Water games.** You can let the kids run through the sprinklers, wade in a kid's pool, spray each other with the hose, or play with a bucket full of water and plastic cups. They'll be creative with it, or they'll just get each other wet, but either way, they'll have fun doing it.

**Organize a bike parade.** Gather as many neighborhood kids as you can and have everyone decorate his or her bike or wagon like parade floats. Parade around the driveways or through a bike path.

**Collect cans and bottles.** Take your kids through the town and collect as many bottles and cans as you can. Return them to the store and give the kids the money to buy themselves a treat. It will take up an afternoon, give the kids exercise, and help the environment all at the same time.

**Lemonade stand.** Turn your children into mini-entrepreneurs! Teach them how to figure out their profits by subtracting the cost of their materials and supplies from how many cups of lemonade they sell.

**Start a collection.** Seashells, rocks, old keys, fancy pencils, matchbox cars, etc. Starting a collection can be a lot of fun, especially if you can start with items you have around the house or can find easily.





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**Make a nature display.** Go for a nature walk and collect items such as leaves, twigs, flowers, rocks, and acorns. When you get home, take a shallow box (a cereal box works well) and cover it with plain white paper or the paper of a brown grocery bag. Cut the front of the box open, leaving a 1-inch border. Glue lightweight items to the back inside of the box, and heavier items to the bottom.

**Have a campout.** You don't have to actually go anywhere to go "camping". Pitch a tent in the backyard, build a fire (if local laws allow), toast marshmallows and enjoy camping in the backyard.

**Set up an obstacle course.** Turn your backyard into an amazing obstacle course! Help your kids create a course from toys, bikes, and other things found in your backyard. Build the course with your child's age and ability level in mind.

**Build a rock garden.** For some reason, kids really enjoy rocks. Let them collect various rocks and arrange them in a nice garden. For added fun, they could paint the rocks.

**Make a slip n'slide.** Use an old tarp as a slip n' slide or buy one. The kids will enjoy this activity for a few hours on a hot summer day.

**Stargaze.** Take a blanket, a flashlight, and an astronomy guide outside after it gets dark. See if you can find all the constellations.





# Indoor Activities

**Indoor camping.** Throw a sheet over your kitchen table and camp out underneath. You can sing campfire songs, make s'mores in the microwave, and pretend to go fishing. If you have a small pop-tent, it can be set up indoors temporarily and provide hours of entertainment.

**Make a puzzle.** Draw a picture or cut one from a magazine or cereal box. Cut it into puzzle shapes and then put it back together.

**Play volleyball.** Yes, you can play this version of volleyball inside. You just need a blow-up beach ball and your couch. Pull the couch into the middle of the room so you can stand on either side of it and use it as your volleyball net. (You could also drape a sheet over a couple of chairs to create your net).

**Newspaper basketball.** Roll a sheet of newspaper into a ball. Throw into an empty wastepaper or laundry basket. Add different size baskets or distances.



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## Dance, dance, dance.

If you feel like you've been cooped up inside for too long due to bad weather or other reasons, put on some upbeat music and dance until you're too tired to dance anymore! The sillier you are, the better!

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**Set up an obstacle course.** Turn your living room or basement into an amazing obstacle course! Let the kids create a course from toys and other things found in the house. Crawl under tables or chairs and slither through a tunnel made from couch cushions. Build the course with your child's age and ability level in mind.



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**Café Kids.** Let the kids create restaurant menus of items you have in your kitchen and then take turns taking lunch orders from each other (or you). Let everyone be the kitchen staff to prepare the lunches and then switch to become the customers who get to eat the delicious meals they've ordered!

**Make your own board games.** Playing board games is fun for all ages, but can get a little boring when you play the same games over and over. Spend some time creating your own board game with cardboard, crayons and other objects, and then play! The real fun is the creation of the game itself, but you can play and save the game for future playtime as well.

**Draw mazes.** On paper, create mazes and let your kids try to get to the endpoint. If you have a hamster or guinea pig, create a maze out of cardboard and see if it can find the end of the maze.

**Start an activity co-op.** If you are good at arts and crafts, your friend is good at yoga, someone else knows gymnastics or plays an instrument, etc. - you could all get together and start an activity co-op. Once a week, each parent could host an activity at their home for everyone's kids. It's a low-cost way to keep the kids involved in various activities.

**Indoor picnic.** Spread a blanket out on the living room floor and have an indoor picnic. The best part is no bugs!

**Put on a talent show.** Let the kids practice their talents, create tickets and flyers to give to the neighbors, and invite everyone to watch their performance. Let the neighborhood kids participate in the talent show, too! You can hold it inside or out, and give every participant a certificate and a round of applause.



**Make a dream book.** Using magazines, let the children cut out photographs or draw pictures of things they'd like to have someday, places they'd like to go, careers they'd like to have one day and glue them into a dream book.

**Make holiday gifts for family.** Using various craft supplies, the kids can make photo frames, mini scrapbooks, and other items to give as gifts throughout the year.

**Room rearranging.** Let the children draw a new layout of their bedroom(s) on paper, and then help them move everything around to their new configuration.

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**Set up a net.** Put up a badminton or volleyball net, or create one from a clothesline and a sheet. Use a blow-up beach ball to play volleyball or get a badminton set from a yard sale and play.

**Soccer bowling.** Set up 10 empty soda cans or plastic bottles in a triangle or circle on a fairly level section in your yard or driveway. Give each child three tries to knock down as many “pins” as possible by kicking an inflated ball at them. Keep score like bowling.

**Treasure Hunt.** Hide a small treasure (a bag of candy, new game, stickers, etc.) somewhere in the house. Then use Post-its® to write clues or pictures. Each clue will lead to another clue until finally, the last one will lead the children to the “treasure”.

**Make music together.** Write song lyrics and come up with a melody. Record the tune on your computer, voice recorder or favorite electronic device as a special keepsake.

**Make your own musical instruments.** Cymbals: 2 saucepan lids; Drum: upside-down saucepan and wooden spoon; Maracas: rice, dry beans or pasta in an empty water bottle; Xylophone: jelly or pickle jars filled with different levels of water and a spoon; Guitar: shoe box without the lid and rubber bands around the box.





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**Play store.** Either purchase a toy cash register from the store or set up a calculator at the check-out station. Make or buy play money, and spend an afternoon buying items and making change. You could even make a pretend check register and write checks, depending on how old your children are.

**Collage Art.** Have your child cut out pictures from magazines or weekly ads and glue them onto paper to create a collage.

**Start a parent-child book club.** Ideally, you could get a few kids around the same age with their parents to all read the same book and get together to chat about it. Make it a fun time together and create a craft or snack that relates to the story.

**Play school, restaurant, veterinarian, or florist.** If possible, plan a visit to see what happens in a school, restaurant, veterinarian's office, or florist. Talk about what you see and hear. Take pictures that you can look at once you are at home. Gather the props you will need such as stuffed animals, pretend money, menus, paper, and pencils.

**Keep a journal.** Have your children keep a journal. They can draw about what they did that day, or what they hope to do the next day. Ask your child to tell you about their picture and you can write the words.

**Toss a ball.** Have everyone sit in a circle. Every time someone gets the ball, she says a name of a state (or animal, or food, etc.) that starts with the next letter of the alphabet as the ball is thrown to someone else.

**Sink or Float.** Add water to a large container and collect a variety of objects from around your house (e.g. crayon, pencil, small toy, cotton ball, toy car, paper clip, coin, key, etc.) Have your child predict which ones will sink or float when placed in the water. Place the items in the water and watch what happens!



**Puppet Play.** Using a paper lunch bag have your child create a puppet. Add features using markers or crayons. You can also use materials you may have around the house such as yarn for the hair, sticks for the legs/arms, buttons and stickers, etc.

**Cereal Necklace.** Have your child make a necklace using rainbow-colored circle-shaped cereal. String the colored cereal onto yarn/string. Talk about the colors that your child is using.

A group of four diverse children are shown in a close-up, joyful pose. In the center, a young woman with long blonde hair tied in a ponytail, wearing a light blue shirt, smiles broadly. To her left, a young girl with blonde hair in pigtails, wearing a green shirt, looks down with a slight smile. To the right, a young boy with brown hair and glasses, wearing a red shirt, laughs with his mouth open. In the foreground, a young man with dark skin and glasses, wearing a light blue shirt, is laughing heartily, his head tilted back. The background is softly blurred, showing green foliage and a wooden structure, suggesting an outdoor setting like a park or camp. The overall mood is happy and inclusive.

SUMMER FUN

# **Special Needs & Inclusive SUMMER CAMPS and PROGRAMS**



## SUMMER FUN

### CAMP TIGER

Participation in Camp Tiger is open to all qualified children and is completely free of charge. This camp invites children between the ages of 6-15 years old in the **New Orleans, Northshore, Baton Rouge and Lower Parish metropolitan areas** who are physically and/or mentally challenged. We especially welcome those children who are unable to attend other camps available for special needs children. It is our goal to accommodate all children, due to limited funding and staff, we can only accept campers whose needs we can meet with our current resources. Campers must be age 6-15 at time of camp.

This year's Camp Tiger will be from **Monday, May 20, 2024 - Friday, May 24, 2024**.

Any inquiries can be made to Michael Barkemeyer, Camp Tiger Director, [mbark2@lsuhsc.edu](mailto:mbark2@lsuhsc.edu). Thank you for your understanding and cooperation, and we look forward to seeing you at Camp Tiger 2024!

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### CAMP TIGER SHREVEPORT

Camp Tiger is a free summer camp for children and teens ages 5 to 18 years old living with physical and cognitive challenges such as cystic fibrosis, Down syndrome, cerebral palsy, autism, and more. Since 2000, this camp has been organized by medical students from LSU Health Shreveport. Throughout the week, campers participate in a variety of activities in the Shreveport community such as trips to Hot Wheels of Wonder Skating Rink, Sci-Port Discovery Center, Gators and Friends, Holiday Lanes Bowling, and much more. Most importantly, the campers benefit from the social interaction with one another and the individual attention from camp counselors. We are looking forward to Camp Tiger 2024!!

In order to keep Camp Tiger as safe and fun as possible, there are a limited number of spots available for campers. Priority will be given to first and second time campers. Campers who have attended for more than two years will be given priority on a first come, first serve basis. Applications will open **January 1, 2024**, to [register](#) your camper for Camp Tiger 2024

**\*Camper applications have now closed for Camp Tiger 2024. Please contact [camptigershv@lsuhs.edu](mailto:camptigershv@lsuhs.edu) to be added to the waitlist. Thank you!\***

## SUMMER FUN

### Louisiana Lions Camp

**May 26, 2024 - June 4, 2024**

#### **Lions & LPDCI Camp Pelican**

Session 1 – Districts LIONS

In 1988, LPDCI joined with the Louisiana Lions League for Children, Inc. to provide the pulmonary session of Lions Camp. Louisiana Lions-LPDCI-Camp Pelican is a week-long summer camp program for **children living with pulmonary disorders ages five to fifteen years**. The program offers a wide variety of activities, including swimming, sports, arts and crafts, and many special events to entertain and educate these children. [APPLY HERE](#)

**June 9, 2024 - June 15, 2024**

#### **Lions Camp – Mentally Challenged Youth**

Session 2 – Districts NS

For over 60 years Louisiana Youth, aged 8-19, **with Mild-Moderate mental challenges** have enjoyed an outdoor summer experience filled with laughter, smiles, and LC Love. Activities include swimming, fishing, archery, gun safety, sports, and much more. We are an American Camp Association Accredited Camp and have LPNs & RNs on-site for the entirety of camp. Our staff is volunteers, full of life and energy pouring all of their talents and love into camp week. [APPLY HERE](#)

**June 16, 2024 - June 22, 2024**

#### **Lions Camp – Mentally Challenged Youth**

Session 3 – Districts LIO

For over 60 years, Louisiana Youth, aged 8-19, **with Mild-Moderate mental challenges** have enjoyed an outdoor summer experience filled with laughter, smiles, and LC Love. Activities include swimming, fishing, archery, gun safety, sports, and much more. We are an American Camp Association Accredited Camp and have LPNs & RNs on-site for the entirety of camp. Our staff is volunteers, full of life and energy pouring all of their talents and love into camp week. [APPLY HERE](#)

**June 23, 2024 - June 29, 2024**

#### **Lions Camp – Physically Challenged Youth**

Session 4 – Districts LIO

For over 60 years, Louisiana Youth, aged 7-19, **with Spina Bifida, Cerebral Palsy, and other physical exceptionalities**, have enjoyed an outdoor summer experience filled with laughter, smiles, and LC Love. Activities include swimming, fishing, archery, gun safety, sports, and much more. We are an American Camp Association Accredited Camp and have LPNs & RNs on-site for the entirety of camp. Our staff is volunteers, full of life and energy pouring all of their talents and love into camp week. [APPLY HERE](#)



## SUMMER FUN

***June 30, 2024 - July 5, 2024***

### **Lions Camp – Physically Challenged Youth**

Session 5 – Districts NS

For over 60 years, Louisiana Youth, aged 7-19, **with Spina Bifida, Cerebral Palsy, and other physical exceptionalities**, have enjoyed an outdoor summer experience filled with laughter, smiles, and LC Love. Activities include swimming, fishing, archery, gun safety, sports, and much more. We are an American Camp Association Accredited Camp and have LPNs & RNs on-site for the entirety of camp. Our staff is volunteers, full of life and energy pouring all of their talents and love into camp week. [APPLY HERE](#)

***July 7, 2024 - July 13, 2024***

### **Louisiana Lions Diabetes Camp**

Session 6 – Districts LIONS

Louisiana Lions provide an opportunity for youth ages 6 to 14, **who live with Type 1 diabetes**, to learn about their disease and get to know others who face the same challenges. While many lessons are being taught, our campers have a week packed with fun and discovery. Safety, education, increased self-esteem, and respite for the family from the daily demands of diabetes are all benefits of Lions Camp. The main reason to go to diabetes camp is to have FUN, and it is most often an unforgettable adventure that makes our campers eager to return. The overall goal of the camp is to provide a safe highly supervised, recreational experience for children with diabetes. Louisiana Lions Camp is an American Camp Association Accredited Camp and has a full medical staff on-site for the entirety of our diabetes session. The medical staff is comprised of Medical Doctors, Physicians Assistants, Registered Nurses, Licensed Practical Nurses, Registered Pharmacist, Pharmacy and Nursing Students, Registered Dietitian, and Dietetic Interns. Medical staff is volunteers, full of life and energy pouring all of their talents and love into camp week. [APPLY HERE](#)

***July 14, 2024 - July 20, 2024***

### **Louisiana Lions & Camp Challenge**

Session 7 - Districts LIONS (ages 6 – 14)

Louisiana Lions and Camp Challenge joined together to provide a life-changing experience for the youth of Louisiana dealing with **childhood cancer as well as hematologic disorders**. Louisiana Lions Camp is an American Camp Association Accredited Camp. During Louisiana Lions and Camp Challenge, we have a full medical staff on-site for the entirety of our session. Our staff is volunteers, full of life and energy, pouring all of their talents and love into camp week. [APPLY HERE](#)

**Louisiana Lions Summer Camp**

**Office Phone (337) 239-0782**

**Fax (337) 239-9975**

## SUMMER FUN

### Krewe DeCamp

Email [friendshelpingkids@gmail.com](mailto:friendshelpingkids@gmail.com) for more information

#### **May 25 - May 31, 2024**

Krewe de Camp provides a traditional, overnight summer camp experience to children with developmental disabilities while also giving their parents and caretakers a much-needed rest. We operate the one-week-long camp without charging the campers or their caretakers any fees so that the experience is available to all families regardless of financial need. Our campers get to experience an array of activities including swimming, outdoor games, guest presenters, arts and crafts, concerts, a dance, and a fair. Camp is also an opportunity to socialize with peers and relax in a fun, nurturing atmosphere.

### MEDCAMPS of Louisiana

MEDCAMPS holds a series of one-week, fun-filled camps each summer free of charge for children in Louisiana facing the challenges of a variety of physical and mental disabilities. These include Spina Bifida and orthopedic conditions, cerebral palsy, asthma, sickle cell anemia, autism, epilepsy, visual impairment, hearing impairment, speech impairment, and those developmentally disabled. The focus is on what campers can do, and all campers are encouraged to reach their full potential. In the safe environment of MedCamps, surrounded by other children with similar challenges, these special campers discover they are not alone and gain a genuine sense of belonging, accomplishment, and self-worth. MedCamps also has camp dates available to adults with developmental disabilities ages 22 and up.



**2024 SCHEDULE!**

**SCHEDULE OF CAMPS**

JANUARY 26- JANUARY 28: HEROES WITH HEART  
MARCH 15- MARCH 17: **DISCOVERING DOWNS FAMILY CAMP**  
APRIL 12- APRIL 14: **FAMILY CAMP**  
MAY 3- MAY 5: **TALL PINES RETREAT**  
MAY 26- MAY 31: **CAMP KANDOO**  
JUNE 2- JUNE 7: **CAMP ROLLING THUNDER**  
JUNE 9- JUNE 14: **CAMP HOT SHOTS**  
JUNE 16- JUNE 21: **CAMP CHAMP**  
JUNE 18- JUNE 20: **MEDCAMPS ON THE MOVE**  
JUNE 23- JUNE 25: **BUSY BEES RETREAT**  
JULY 7- JULY 12: **CAMP SMILING SUNS**  
JULY 14- JULY 19: **CAMP ROUGH RIDERS**  
JULY 21- JULY 26: **CAMP LITTLE GIANTS**  
JULY 28- AUGUST 2: **CAMP BIG HEARTS, EASY BREEZE, SHINING STARS, ALIVE**  
AUGUST 23- AUGUST 25: **THE WELL FOSTER FAMILY CAMP**  
SEPTEMBER 6- SEPTEMBER 8: **TALL PINES RETREAT**  
SEPTEMBER 20- SEPTEMBER 22: **AUTISM SOCIETY FAMILY CAMP**  
SEPTEMBER 27- SEPTEMBER 29: **HEMOPHILIA FOUNDATION FAMILY CAMP**  
NOVEMBER 1- NOVEMBER 3: **HEROES WITH HEART**  
NOVEMBER 22- NOVEMBER 24: **FAMILY CAMP**

#### **Registration for 2024 opened January**

**1st!** We strongly encourage you to complete registration as soon as possible to help reserve your child's spot. Most of our camps fill up and fill up quickly. A complete application, including your Physician's Form, is necessary to secure your spot.

CampDoc is MedCamps online registration portal. On CampDoc, you will be able to sign your camper up for our programs throughout the year, manage your camper's profile, and much more. If this is your first time using CampDoc, see our [Summer Registration Packet here](#). This packet walks you through our registration process. It also gives you tips and tricks to navigate CampDoc! All returning campers can sign in with your email address and password.



## SUMMER FUN

### Camp ABLE

#### **Staff Training:**

#### **Campers: Check the Website for dates**

St. Andrews Episcopal Church

1031 South Carrollton Avenue at Zimpel Street • New Orleans, LA 70118

(504) 866-0123

2023 Director: Taylor Cheek

[info@campable.org](mailto:info@campable.org)

Camp Able is a sacramental gumbo where the diversely abled are baptized in a spiritual roux of dignity driven love. Camp Able is where you are invited to be yourself, set your soul free, and change the world.

We are called to love God and to love our neighbor, and reminded that our neighbors don't all look or sound or think the same way we do. The love of God is without conditions or limits, and it's in celebration of that love that we come together at Camp Able to establish, at least for a few days, a community of unconditional love and acceptance. This is not about changing people, or manipulating others to be more like we want them to be; this is about forming a community that loves us just as we are. This is about the love of God for all of God's people.

Camp Able NOLA is located at Christ Church Cathedral. We invite you to a day camp (from 8 am to 3 pm) full of activities such as dancing, arts & crafts, nature adventure, outside activities, games, and our own second-line performance. Ages range from 10 and up. Each camper, faced with their own set of circumstances, works through their challenges to take part in a camp that allows them to have fun, make new friends, experience new things and most importantly just be an extraordinarily beloved child of God.

**[For more information on Christ Cathedral, click HERE](#)**

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### Camp Dream Street

Summer 2024 Dates

Staff Opening Day: *May 25, 2024*

Camper Opening Day: ***May 27, 2024***

Closing Day: ***May 31, 2024***

Dream Street was founded in 1975 with the mission that all children, regardless of their abilities, must be offered the chance to have fun, to make new friends, to achieve, to be accepted for who and what they are, and to learn from the challenges of group life. Both the children and the staff at Camp Dream Street benefit from the life-changing experiences the camp has to offer. Dream Street is a place where

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children with physical disabilities are given the chance to be children – not “special” children, not children with disabilities, but just children. This is the true magic of Camp Dream Street.

Dream Street campers are primarily from Mississippi, Louisiana, Arkansas and West Tennessee and are between the ages of 8 and 14. All of our campers are children with physical disabilities. Predominant diagnoses of our campers include cerebral palsy, spina bifida, limb deficiencies, spinal cord injury, communicative disorders and other developmental disabilities.

We are able to accept approximately **sixty children** each summer to participate in our overnight camping program. Children applying to participate in camp should be between the ages of 8 and 14 and should have a **physical disability or mobility impairment**.

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### Jefferson Parish Recreation Department

Summer Camps for People with Disabilities (East & West Bank). **\*Must qualify to attend. Call your recreation office to make an appointment.\***

Arts & Crafts, Camp Shirts, Field Trips, Special Events, & Swimming Included!

[SPRING & SUMMER 2024 - GUIDE](#) - You can check availability at [JPRD.org](#)

### **Camp Sunshine** (Ages 6-13) Nicholson Playground Westbank

A day camp for children with developmental disabilities. They lead campers in games, arts and crafts, physical activities, and special events. They serve children who can function in a group setting and can independently manage their self care needs. They do not have one-on-one supervision; they cannot accommodate children with a pattern of aggressive or self-injurious behaviors or elopement. Campers must be mobility-independent and potty trained. *Aftercare is available for an additional fee for each session.* New participants must qualify to attend.

Call Jacob Cherry or Spencer Savoie (504) 349-5000

Session 1 | **June 3 - June 28, 2024** | 7:00 AM - 3:30 PM | **\$350**

Session 1 Aftercare | 3:30 PM - 6:30 PM | **\$50**

Session 2 | **July 8 - July 26, 2024** | 7:00 AM - 3:30 PM | **\$264**

Session 2 Aftercare | 3:30 PM - 6:30 PM | **\$50**

### **Pinnacles Summer Hang About Club** - (Ages 21/up) Pontiff Playground Eastbank

Must be socially mature, high functioning adult with mild disabilities. He/she must be mobility capable with independent self-help skills, self-controlled, and capable of following instructions with minimal supervision. The individual should be able to attend to personal needs, feeding, and personal hygiene.

Session 1 | **June 3 - June 14, 2024** | 8:00 AM - 5:00 PM | **\$175**

Session 2 | **June 17 - June 28, 2024** | 8:00 AM - 5:00 PM | **\$175**

Session 3 | **July 8 - July 26, 2024** | 8:00 AM - 5:00 PM | **\$264**



## SUMMER FUN

### **Camp Rainbow** - (Ages 6-13) Ree Alario Special Needs Center Eastbank

A day camp for children with developmental disABILITIES. They lead campers in games, arts and crafts, physical activities, and special events. They serve children who can function in a group setting and can independently manage their self care needs. They do not have one-on-one supervision; they cannot accommodate children with a pattern of aggressive or self-injurious behaviors or elopement. Campers must be mobility-independent and potty trained. *Aftercare is available for an additional fee for each session.* New participants must qualify to attend.

Call Leslie at (504) 736-6971

Session 1 | **June 3 - June 28, 2024** | 9:00 AM - 3:30 PM | **\$350**

Session 1 Morning Care | 7:30 AM - 8:45 AM | **\$?**

Session 1 Aftercare | 3:30 PM - 6:30 PM | **\$?**

Session 2 | **July 8 - July 26, 2024** | 9:00 AM - 3:30 PM | **\$264**

Session 2 Morning Care | 7:30 AM - 8:45 AM | **\$?**

Session 2 Aftercare | 3:30 PM - 6:30 PM | **\$?**

### **Teen Scene Camp** - (Ages 14 - 20) Multiple Locations Eastbank

A day camp for children with developmental disABILITIES. They lead campers in games, arts and crafts, physical activities, and special events. They serve children who can function in a group setting and can independently manage their self care needs. They do not have one-on-one supervision; they cannot accommodate children with a pattern of aggressive or self-injurious behaviors or elopement. Campers must be mobility-independent and potty trained. *Aftercare is available for an additional fee for each session.* New participants must qualify to attend.

Call Leslie at (504) 736-6971

Session 1 | **June 6 - June 28, 2024** | 8:00 AM - 3:30 PM | **\$350**

Session 1 Aftercare | 3:30 PM - 6:30 PM | **\$?**

Session 2 | **July 8 - August 2, 2024** | 9:00 AM - 3:30 PM | **\$264**

Session 2 Morning Care | 7:30 AM - 8:45 AM | **\$?**

Session 2 Aftercare | 3:30 PM - 6:30 PM | **\$?**

### **Camp Moonbeams** - (Ages 13 +) Nicholson Playground Westbank

A day camp for children with developmental disABILITIES. They lead campers in games, arts and crafts, physical activities, and special events. They serve children who can function in a group setting and can independently manage their self care needs. They do not have one-on-one supervision; they cannot accommodate children with a pattern of aggressive or self-injurious behaviors or elopement. Campers must be mobility-independent and potty trained. *Aftercare is available for an additional fee for each session.* New participants must qualify to attend.

Call Jacob Cherry or Spencer Savoie (504) 349-5000

Session 1 | **June 3 - June 28, 2024** | 7:00 AM - 3:30 PM | **\$350**

Session 1 Aftercare | 3:30 PM - 6:30 PM | **\$?**

Session 2 | **July 8 - July 26, 2024** | 7:00 AM - 3:30 PM | **\$350**

Session 2 Aftercare | 3:30 PM - 6:30 PM | **\$?**

## SUMMER FUN

### Louisiana Academy of Performing Arts Summer Camps (including Attention-deficit Disorder (ADD), Autism, developmental disabilities, and Down syndrome)

Mandeville | 105 Campbell Ave. Suite 3 | Mandeville, LA | (985) 674-2992

River Ridge | 2020 Dickory Ave #200 | Harahan, LA | (504) 738-3050

Ages 5 -14

**Tuition: \$350/week**

Camps will be held at the Mandeville School of Music & Dance & River Ridge School of Music & Dance campuses from **9:00 AM - 3:00 PM** as follows:

- **July 8-12, 2024**
- **July 15-19, 2024**
- **July 22-26, 2024**
- **July 29 - August 2, 2024**

[Reserve your spot.](#)

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### St. Charles Parish Parks and Recreation Camps

St. Charles Parish's **Inclusive Summer Day Camp** will provide attendees with six weeks of educational and leisure activities Monday through Friday beginning in early June. Children will experience arts and crafts, games, field trips, water days, and friendships during the lazy days of summer. The camp will also offer swimming one day a week for all four campsites. *For more information, please call (985) 783-5090.*

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### **BREC Summer Camps**

#### 2024 Camp Sunshine

Camp Sunshine is an exclusive camp for campers with intellectual and developmental disabilities who can function within a staff ratio of 1:5. During each themed week, campers will enjoy recreational games and activities, arts and crafts, field trips, water activities, and inclusive activities with other BREC summer camps to socialize and interact with their peers. Add "We are excited to now partner with Crawfish Aquatics to provide water safety and foundational swim skills to all of our campers."

#### **Camper Assessments**

All Camp Sunshine campers are required to undergo an assessment with a BREC Adaptive staff member prior to registering for camp. Does your child have a disability? Do they need accommodations or inclusion services to participate in summer camp? Sign up for summer camp assessments.

#### **NAIRN DRIVE PARK**

Monday + Wednesday | *March 4-May 10* | 3:30-5:30 PM

[recadaptive@brec.org](mailto:recadaptive@brec.org) | 225-272-9200 EXT 1561



## SUMMER FUN

All campers with a diagnosed disability must undergo an assessment with a BREC Adaptive staff member. The assessment must be completed prior to starting camp. Assessments are required prior to registration for all Sunshine Camps. After May 10 assessments are by appointment only. No assessments will be scheduled between June 5-9.

### Camp Details

- Session 1: **June 3-7, 2024** / Adventure Island
- Session 2: **June 10-14, 2024** / Wonka Week
- Session 3: **June 17-21, 2024** / Animal Adventures
- Session 4: **June 24-28, 2024** / Splash-In
- Session 5: **July 1-5, 2024** / NO CAMP
- Session 6: **July 8-12, 2024** / Fit + Fresh
- Session 7: **July 15-19, 2024** / Discovery Camp
- Session 8: **July 22-26, 2024** / Olympic Odyssey
- Session 9: **July 29-Aug. 2, 2024** / NO CAMP

7:00 AM-3:30 PM

\$125 per week for EBR Parish residents

\$150 per week for out-of-parish residents

### Locations

[Jefferson Highway Park Activity #269185](#) (Ages 8-11)

[Nairn Drive Park Activity #269185](#) (Ages 12-17)

[Milton J. Womack Park - Sunshine Club Activity #269187](#) (Ages 18+)

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### [United Cerebral Palsy Mobile - Camp Smile](#)

3058 Dauphin Square Connector

Mobile, AL 36607

(251) 479-4900

Camp Director Matrisza Alvarez: [malvarez@ucpmobile.org](mailto:malvarez@ucpmobile.org)

### Life Without Limits.

The summer camp experience is about much more than horseback riding, kayaking, and swimming in the lake. For young people across America, summer camp is a stepping stone on the road toward independence. Nowhere is this more true than at Camp SMILE.

Hosted by United Cerebral Palsy of Mobile, Camp SMILE is a residential summer camp for individuals with disabilities ([ages 5 – 50](#)) and their siblings. Here, campers not only have the chance to participate in physical activities like kayaking, fishing, and horseback riding; they also meet others whose abilities and life experiences are similar to their own.

## SUMMER FUN

SUMMER CAMP - UCP's Camp SMILE offers four (one-week, age-specific ) sessions for individuals with disabilities and their siblings.

### **SUMMER 2024 SCHEDULE**

Session 1: **June 25 - June 29** (Ages 5-10)

Session 2: **July 2 - July 6** (Ages 22-50)

Session 3: **July 9 - July 13** (Ages 11-15)

Session 4: **July 16 - July 20** (Ages 16-21)

Cost \$?

[Camper Application](#)

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### [Camp Bon Coeur](#)

Our week-long summer camp is for kids between the ages of 7-16 with **heart defects**. The only camp of its kind in Louisiana, we offer a safe and fun environment for "cardiac campers" to participate in a range of activities under the supervision of our full-time 24/7 nursing staff.

#### **Campers: Check the Website for dates**

Stillwater Catholic Retreat Center

13407 Junis Rd, Abbeville, LA 70510

Phone: (504) 337-233-8437

Camp is free to attend for first-year heart kids. The cost for camp is \$750 for returning attendees. Space is limited to 60 campers.

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### [Camp Shriver](#)

Check the Louisiana Special Olympics (LASO) calendar page to see if they are having Camp Shriver in your area or in other areas of the state.

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### [Audubon Zoo Summer Camp](#)

6500 Magazine Street

New Orleans, LA 70118

(504) 212-5380 or (504) 861-5103

Audubon offers your young nature enthusiast a unique summer camp experience filled with hands-on science investigations, Zoo explorations, up-close animal encounters, arts and crafts, and nature-themed activities. Campers will enjoy the Zoo as their playground as they discover wild animals, wild places, and what people are doing to protect them. Audubon Nature Institute strives to accommodate all children interested in attending Zoo Summer Camp. Please be aware that our camp is physically active; at least half of the day is spent outdoors, and there are multiple transitions and sensory changes throughout the day. All campers are expected to adhere to the Camp Code of Conduct, follow directions from staff, and respect the safety and well-being of the people and animals at the Zoo. If you have any questions regarding registration, please email [zooedadmin@auduboninstitute.org](mailto:zooedadmin@auduboninstitute.org) or call (504) 913-0254. Registration opens late February or early March.



## SUMMER FUN

### Clover

(504) 523-6221 ext. 188 or 261

1600 Constance St

New Orleans, LA 70130

#### **Campers: Check the Website for dates**

Clover operates a full-day summer camp, including academic enrichment (with a special focus on math and reading), leadership development, STEM career exploration, recreation, and weekly field trips to fun and exciting locations throughout the area. Registration information will be available on the website in April.

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### Center Ridge Outpost – TEEAM

Located in Smith County on Highway 37 between Raleigh, MS, and Taylorsville, MS. It is the location of our summer camp programs as well as all of our other inclusive adventure recreational activities.

#### SUMMER CAMP REQUIREMENTS FOR ATTENDANCE

- Campers must meet age requirement for the camp they attend (7-17 for some weeks, 18+ for others)
- Campers with a diagnosis of an Autism Spectrum Disorder, Asperger Syndrome, or a Related Developmental Disability are given acceptance priority. Campers with all types of disabilities or non-disabled campers are welcome to attend!
- Camp involves a great deal of walking, including trails and hills. This should be considered when applying.
- Campers are encouraged to participate in the daily activities and programs at camp. A camper can opt out of an activity if necessary.

#### THINGS TO REMEMBER ABOUT SUMMER CAMP SCHEDULES

- Center Ridge Outpost holds 4 weeks of camp. Two of those weeks are for ages 7 to 17 and two are for ages 18 and older. There is no maximum age.
- All camps begin on Monday with an arrival time between 10 AM and Noon.
- All camps end on Friday with a program that is presented at 3 PM. We encourage all families to stay and enjoy the program.
- Short sessions (3 days) are as follows: Monday-Wednesday: Campers should arrive on Monday between 10 AM and Noon. Campers should be picked up on Wednesday between 10 AM and Noon. Wednesday-Friday: Campers should arrive on Wednesday between 1 PM and 3 PM. Camp ends on Friday with a program that is presented at 3 PM. We encourage all families to stay and enjoy the program.

## SUMMER FUN

Summer Camp Week 1 (Campers 18 and older): **June 3, 2024 - June 7, 2024**

Summer Camp Week 2 (Campers 7 to 17): **June 10, 2024 - June 14, 2024**

Summer Camp Week 3 (Campers 7 to 17): **June 17, 2024 - June 21, 2024**

Summer Camp Week 4 (Campers 18 and older): **June 24, 2024 - June 28, 2024**

**A deposit of \$100 per session (or \$200 per week) is required in order to reserve your camper's spot. Your camper is not guaranteed a spot until the deposit is paid.**

**One Session (2 Nights, 3 Days) - \$300**

**One Week (4 Nights, 5 Days) - \$600**

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### DREAMS Foundation - Camp Unique

**Campers: Check the Website for dates**

*Every summer, the D.R.E.A.M.S. Foundation of Acadiana hosts Camp Unique, which is suited for individuals with special needs.*

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### Louisiana Youth Leadership Forum (LAYLF)

**Camp dates not yet released: Contact Lillian Dejean for more inform info**

LAYLF is an exciting summer camp for youths with disabilities! LAYLF focuses on leadership, empowerment, and self-determination. Louisiana Youth Leadership forum is an exciting and empowering three-day residential leadership program for youths with disabilities that promotes an environment of disability history, culture, and pride.

- Free of cost to attend!
- Hosted on the University of Louisiana at Lafayette's campus
- Led by guest speakers and peer mentors who are also people with disabilities.
- Open to 10th, 11th, and 12th graders with a disability.

**Application Deadline: Contact Lillian**

For any questions (or to request a paper copy of the application), please get in touch with [ljejean@fhfacadiana.org](mailto:ljejean@fhfacadiana.org) or (337) 205-2504.

### Spina Bifida of LA Camp Friendship

Camp Friendship is a free week-long, day camp for children - 3 years of age through high school - with Spina Bifida and similar orthopedic conditions. Campers are paired one-on-one with trained high school-age counselors and participate in arts and crafts, swimming, and other planned activities. Medical needs are performed by trained staff with a nurse on site.

Campers with Medical Needs:

Campers' medical needs are met by trained staff. A registered nurse will be on-site for the duration of the camp.

## SUMMER FUN

### Out of Town Families:

If you live outside of the Greater New Orleans area, we offer hotel stipends and mileage reimbursement for your child to join us for camp. We block off a room at a designated hotel for our families to stay together near the campsite. Bus transportation may be an option based on demand.

### Nicholls State University

Camp for students with dyslexia and other learning disabilities. Camp takes place when they have enough students who would like to participate so it varies from year to year.

For additional information, please contact Sue at [sue.benoit@nicholls.edu](mailto:sue.benoit@nicholls.edu) (985) 449-7194

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### Sailing Camp: Beginner - Ages: 9-13

Our summer camp provides a safe, fun environment for kids to learn the basics of rigging, points of sail, sailing maneuvers, safety, and recovery. Certified instructors lead a variety of land- and water-based activities designed to promote comfort and independence in the boat.

Due to the construction of our new headquarters building, we will not offer summer camp in 2024. We look forward to offering summer camp again in 2025!

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### Jefferson Summer Bridge

#### **Check website for dates**

Jefferson Summer Bridge provides targeted groups of students with accelerated learning and growth during the summer months in a fun learning environment. The full day program includes a combination of math and ELA acceleration, enrichment opportunities to develop the whole child, and support for students' social and emotional needs.



## SUMMER FUN

### Charis Hills

Located in the North Texas Hill Country area, Charis Hills is a Christian Summer Camp that offers kids, ages 7 to 18, with learning differences and social difficulties—those with ADD, ADHD, high-functioning Autism, Asperger's disorder, and other special needs—an opportunity to come to a place of acceptance providing a positive camp experience while sharing the good news about Jesus Christ.

During the camp experience focuses on learning about Christ, improving social skills, boosting self-esteem and confidence, and helping kids understand that their differences are neither uncommon nor debilitating. Play with purpose: give kids access to traditional camp activities, combine recreation with learning, and help kids find greater success and fun in daily life. Dates and rates [HERE](#).

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### Crane Rehab

Speech 'N' Motion Summer Camp - To Be Decided (TBD)

This camp is designed to create a fun, playful and inclusive environment in which children are motivated to interact and engage with others. All groups have a ratio of 2 children for every 1 adult to ensure that our campers receive appropriate support through all fun and engaging activities.

Ages: 3–10 | 3105 18th Street, Metairie, LA 70002 | (504) 866-6990

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Therapeutic Learning Center - Call for dates and details.

Your child will be immersed in therapeutic sensory-based activities while attending therapist-led groups throughout the day. Groups will be run by occupational and speech therapists and will focus on social, visual motor/handwriting, speech and language, communication, and fine motor skills, as well as, STEM-based activities, sensory play, fun with foods, and wellness activities.

3329 Metairie Road, Metairie, LA | (504) 565-7300 | [info@tlcnola.com](mailto:info@tlcnola.com)

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Raphael Academy - (TBD)

Raphael Academy's Summer Camp is designed for children and teenagers who may have Autism Spectrum Disorder, Down syndrome, or other intellectual or developmental disabilities, ages 5–11 and 12–17.

530 Jackson Ave., New Orleans, LA 70130 | (504) 524-5955 | [info@raphaelvillage.org](mailto:info@raphaelvillage.org)

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## SUMMER FUN

### New Orleans Speech & Hearing - Call or email for 2024 Summer program details

Listening For Success (L4S)

In-person Preschool and School-Age Language Prep Program

For All Young Learners to Prepare for the Classroom

Listening For Success was developed from the Language to Literacy program. The program enhances academic performance through improvement and development of the following skills: auditory processing, phonological awareness, phonics, expressive and receptive language. The student will participate in classroom focused activities geared to enrich abilities to follow directions, maintain attention, recall information, and become self-advocates in the classroom.

Program Registration and Location:

Susan Stouder at 504-897-2606 ext.236 | [stouder@noshc.org](mailto:stouder@noshc.org)

NOSHC Uptown - 1636 Toledano Street, New Orleans, LA 70115

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### Kim4Kids - Call or email for 2024 Summer program details

Kim4Kids offers a variety of summer enrichment programs designed for children who would benefit from writing preparation and instruction and for the upcoming school year. They offer various levels and also offer some programs that are incorporated with speech and language pathologists. Ages Pre-K 4 - 7th Grade

4317 El Dorado St. Metairie, LA 70006 | (504) 517-5437 phone | [kim@kim4kidsnola.com](mailto:kim@kim4kidsnola.com)

### **Handwriting Helpers**

Kimberly Bradley, MS, LOTR at Kim4Kids, Pediatric Occupational Therapy, is pleased to offer a summer academic and enrichment program for handwriting. Handwriting Helpers is a program designed specifically for students who would benefit from academic preparation of written work for the upcoming school year. Handwriting Helpers has been developed to fit the writing needs and demands your child will experience in his or her upcoming grade level. In addition to the multi sensory handwriting enrichment program, a keyboarding program is also being offered.

**Pre-K Prime:** Students entering PK4 will focus on fine motor control and development, pencil grasp strengthening, drawing a picture of a person, writing first name in capital letters, and capital letter instruction.

**Kindergarten Kickstart:** Students entering Kindergarten will focus on lower case letter instruction, mastery of first and last name using lower case letters.

**Writer's Workshop:** Students entering 1st or 2nd grade will focus on composing and writing sentences, strategies to decrease reversals, and improving organization of written work on paper.

## SUMMER FUN

**Cursive Connections:** Students entering 3rd grade and up will focus on instruction and review of cursive letter formation and improving cursive speed, fluidity, and legibility.

**Keyboarding Krewe:** Students entering 3rd grade and up will focus on keyboard instruction, correct hand placement when typing, and proper biomechanics (must have their own laptop).

### **Mindful Moves**

The purpose of this group is to help kids learn the technique of mindfulness through various sensorimotor experiences, such as breath, senses, movement, meditation, and gratitude. The ultimate goal of this group is to provide kids with the tools to help build self-esteem and manage emotions. For children ages 6-11.

### **Super Skills - Pre-Teen Life Skills Group**

The purpose of this group is to provide an opportunity and safe space for pre-teens to practice their daily life skills. The group will focus on practical skills that promote independence, inspire confidence, and enhance executive functioning skills. Pre-teens will learn simple meal preparation, kitchen safety, money management, laundry, and household chore skills. For children entering 5th - 7th grades.

### **Organization Boot Camp**

This group is for children entering 3rd grade and up who struggle with organizational skills related to the classroom environment and managing their belongings in their personal spaces when in school. The group will provide the student and family with strategies to assist with getting off on the right foot for the school year and implement these strategies to have a more successful and organized year.

### **The Happy Plate Club**

During this program, kids will be encouraged to explore new foods. Play-based food activities are presented to expand the child's food repertoire and teach the child to eat at a pace that respects their readiness to progress through learning the 32 different steps of eating using the SOS Approach to Feeding. Children will learn the skills they need in order to eat a wide variety of food types and textures using the natural, social reinforcement of playing with the food and interacting with adults/children in a small group!

This program is 12 sessions and is held once a week for 1 hour each week (12 hours of intervention with an SOS certified occupational therapist).

### **Bike Riding Clinic**

Our one week long Bike Riding Clinic consists of five 30-minute sessions with a pediatric occupational therapist. This individualized program is one-on-one and designed for children of any age who are ready to conquer two wheel bike riding.



## SUMMER FUN

Children are required to bring a bike without training wheels and helmet. Various strategies and activities are taught to ensure success and independence with bike riding by the end of the week.

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### **STEM NOLA - Check website for dates**

STEM NOLA is a national leader in the design and delivery of STEM-based activities, programs and events to K-12 students, families and communities. Participants in STEM NOLA programs receive a unique interactive, hands-on learning experience that allows learners of all ages to deepen their knowledge in STEM studies, gain confidence in their abilities and chart a course for career opportunities in STEM fields.

Summer Camp topics and subject areas include coding, robotics, chemistry & biology, environmental science, and more!

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### **Electric Girls - Check website for dates**

Electric Girls Summer Camp is the perfect camp for girls who love science, building, inventing, and being creative. Girls spend 1 or 2 weeks learning skills in electronics, computer programming, power-tools, design, and leadership. Girls will design, invent and build their own take-home electronic inventions after learning how to solder basic circuits and even program them. Girls have plenty of time for games and visits from female engineers.

Audubon Charter Live Oak Campus | 3128 Constance St. | New Orleans, LA 70115

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### **Camp Journey - Check website for dates**

3120 Canal Street, New Orleans, LA

(504) 508-9007

Academic Enrichment, occupational therapy, community engagement field trips, and social skills training.

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### **Soar into Summer**

Summer is nearly here and Reading Is Fundamental (RIF) wants to make sure that students' break starts out book-filled and better than ever. RIF invites children to soar into summer, exploring their surroundings all season long through a series of literary field trips. With the help of books, kids can visit museums, beaches, farms, new neighborhoods, and more. Check out the many free recommended booklists, read-aloud videos, printable activities, and other summer resources designed to inspire and engage young readers by heading to [RIF.org/Summer](https://RIF.org/Summer). There you can browse through the many possibilities designed to make kids excited and inspired to discover their reading joy.

# CAMP GUIDES

(additional resources)

- [2024 Ultimate Guide to Summer Camp In and Around Baton Rouge](#)
- [BREC 2024 Summer Camps](#)
- [2024 Ultimate Guide to Summer Camp In and Around New Orleans](#)
- [New Orleans Recreation Department \(NORD\)](#)
- [New Orleans Summer Camp](#)
- [Jefferson Parish Recreation Department \(JPRD\)](#)
- [Northshore Parent](#)
- [Summer Camps in Louisiana](#)
- [Louisiana KidCam 2024 Summer Camps](#)

## Macaroni Kids 2024 Summer Camp Guides

- [New Orleans](#)
- [Lafayette](#)

## YMCA

- [YMCA of Greater New Orleans](#) - The YMCA of Greater New Orleans operates summer camps at our locations in **Belle Chasse - Metairie - Covington - Buras - Port Sulphur**
- [YMCA of the Capital Area Baton Rouge](#)
- [YMCA of Northwest LA](#)

CALL YOUR REGIONAL [FAMILIES HELPING FAMILIES](#) FOR ADDITIONAL RESOURCES.

# Creating Inclusive Summer Camp Experiences:

## TIPS FOR EMBRACING CHILDREN WITH DISABILITIES

Summer camps offer a unique opportunity for children to explore, learn, and make lasting memories. Ensuring an inclusive environment for children with disabilities is not just a responsibility; it's a commitment to fostering a sense of belonging and empowerment. Here are some successful tips to help make summer camps truly inclusive for all children.



- **Early Planning and Communication:** Begin the inclusivity journey by planning well in advance. Communicate with parents and guardians to understand the specific needs of each child with a disability. This ensures that necessary accommodations and support can be arranged beforehand.
- **Training for Camp Staff:** Provide comprehensive training for camp staff on inclusivity, sensitivity, and disability awareness. Equip them with the knowledge and skills needed to create an environment where every child feels valued and supported.
- **Accessible Facilities and Activities:** Ensure that the camp facilities and activities are accessible to children with various abilities. This includes ramps, accessible bathrooms, and activity areas that accommodate mobility aids and sensory needs.
- **Personalized Support Plans:** Work closely with parents, guardians, and any healthcare professionals involved to create personalized support plans for children with disabilities. These plans should outline specific accommodations, necessary equipment, and emergency procedures.
- **Buddy System:** Implement a buddy system where each child with a disability is paired with a trained buddy. Buddies can provide additional support, assistance, and companionship, fostering a sense of inclusion and friendship.
- **Inclusive Activities and Programming:** Design activities that cater to a diverse range of abilities and interests. Ensure that all children, regardless of their abilities, can actively participate and enjoy the camp experience. Adapt traditional games and activities as needed.



## SUMMER FUN

- **Communication Strategies:** Establish effective communication strategies to ensure that instructions, information, and announcements are accessible to all children. This may include visual aids, sign language interpreters, or communication devices for those with speech impairments.
- **Encourage Peer Involvement:** Encourage other campers to be inclusive and supportive. Educate the entire camp community about the importance of inclusion, kindness, and embracing differences.
- **Designated Quiet Spaces:** Recognize the potential need for quiet spaces where children can retreat if they become overwhelmed. These areas provide a calming environment for children with sensory sensitivities or those who may need a break.
- **Continuous Feedback and Improvement:** Establish open communication channels with parents, campers, and staff to gather feedback on the inclusivity initiatives. Use this information to continually improve and refine the camp's approach to better meet the needs of all participants.

Incorporating these successful tips into summer camp planning creates an environment where every child can thrive, regardless of their abilities. By fostering inclusion, promoting understanding, and celebrating diversity, summer camps become not only a place for fun and adventure but also a space where lifelong friendships are formed and cherished memories are created for every child. END

A man is water skiing on a body of water, wearing a blue life preserver and a blue shirt. He is holding onto a tow rope. The background shows a grassy area and a person on a bicycle.

SUMMER FUN

# Recreation

Ski Dawgs Adaptive Water Skiing

# Special Needs Swimming Lessons

## JoJo's Hope Therapeutic

Swimming at Elmwood Fitness Center

102 High Avenue | Metairie, LA | (504) 957-9962

JoJo's Hope focuses on an interactive aquatic curriculum that includes games, songs, and laughter. Sessions are on Sundays, Mondays, and Wednesdays. Activity programs are adapted to meet the needs of individuals with mental or physical limitations. The therapeutic programs are specially designed for those with Multiple Sclerosis, Cerebral Palsy, Spina Bifida, Autism, Down syndrome, and other disabilities. JoJo's Hope is for all ages, with special emphasis on children and mature adults (ages 6 months-100 years).

## Diverse Abilities Swim Lessons

The YMCA of Greater New Orleans will be launching a pilot program focused on reaching children with diverse abilities during the summer of 2019. Our new program will provide specialized one-on-one or small group lessons for children with various special needs. Through this swimming program, parents and caregivers will be given the opportunity to provide their children with the means to learn fundamental water safety and swimming skills in a safe environment. Offerings vary based on location. Scholarships are available based on financial needs. Please see your branch for more details. Please contact Association Aquatics Director Taylor Oelking at [tayloro@ymcaneworleans.org](mailto:tayloro@ymcaneworleans.org) to discuss options and availability

## Love Swimming

5221 S. Front Street | New Orleans, LA | (504) 891-4662

Email: [loveswimming@gmail.com](mailto:loveswimming@gmail.com)

Year-round, indoor swilling lessons for ages 6 months to adult.

## Jewell's Pool

2315 Alcide Drive | Marrero, LA | (504) 218-8800

## Crawfish Swim School

Baton Rouge & Prairieville Area Locations

Siegen - 8556 Siegen Lane Baton Rouge, LA 70810 | Phone: 225-757-6867

Bayou Oaks - 15077 Hwy 73 Prairieville, LA 70769 | Phone: 225-673-3366

CALL YOUR REGIONAL [FAMILIES HELPING FAMILIES](#) FOR ADDITIONAL RESOURCES.



# Fitness, Sports & Adaptive Sports

**S.M.C.L. Foundation** - Samaritan Multi-Services Centered on Living (S.M.C.L.)

Foundation & Associates, Inc. – Paralympic Sport New Orleans

Julius Lee | (504) 450-4014

Email: [info@smclf.org](mailto:info@smclf.org)

The mission of S.M.C.L. Foundation & Associates Inc. is to serve as public servants and provide adaptive sports and other multi-services to enhance the lives of those in need within the community. SMCLF efforts are aimed at making a positive difference in the lives of individuals who face challenges in their daily lives.

## **The Miracle League**

The Miracle League provides all children with special needs, regardless of their level of disability, the opportunity to play league sports and be part of a team.

**The Miracle League of Greater New Orleans** | (504) 894-5415

Email: [glorio@chnola.org](mailto:glorio@chnola.org)

**The Miracle League Northshore** | (504) 301-7614

Email: [trevor.johnson2@lcmchealth.org](mailto:trevor.johnson2@lcmchealth.org)

## **Ainsley's Angels**

Build awareness about the importance of inclusion, through action, while transforming populations into all-inclusive communities that celebrate everyone.

Angel Athlete riders and Angel runners

CONTACT YOUR LOCAL AMBASSADOR

Northeast Louisiana- Beth Shoemaker

Southwest Louisiana - Kris Seaward

Northwest Louisiana - Eric Kirkendall

Baton Rouge - Landis Manchester

New Orleans - Ryan Cardinal

Acadiana - Michelle Monte

Central (Alexandria) - Jason Tassin

## **Baton Rouge Wheelchair Tennis Association**

The Baton Rouge Wheelchair Tennis Association is a non-profit, all-volunteer 501c3 organization dedicated to promoting the sport of wheelchair tennis.

## SUMMER FUN

### Louisiana GUMBO

Games Uniting Mind and Body (GUMBO) is an interscholastic track and field competition designed for children ages 5 to 18 years of age who have physical or visual disabilities. The events are not unlike those at any other track and field event: races, shot put, discus, etc. What makes GUMBO different is the fact that all of the athletes have mobility or visual impairments and most compete with leg braces, wheelchairs, or assistance from sighted guides. The athletes competing in GUMBO are not intellectually disabled. Eligibility for competition comes from having a physical disability or visual impairment and athletes compete with athletes who have similar or like impairments.

### Special Olympics Louisiana

Special Olympics Louisiana provides year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. Athletes participate in local, parish, and area-level competitions.

### League of Angels | (504) 494-4172

Email: [info.loa22@gmail.com](mailto:info.loa22@gmail.com)

League of Angels offers a chance for the special needs community to participate in sports with their peers. They also provide additional activities throughout the year.

### Ski-Dawgs Adaptive Water Skiing | (985) 516-8283

We are an adaptive water ski clinic page wanting to promote our favorite sport and get as many people as we can out on the water.

### Disability Resources, Education, Activities, Management, and Services (DREAMS)

113 Oil Center Dr. | Lafayette, LA | (318) 610-0707

Email: [Donielle@dreamsfoundationaca.org](mailto:Donielle@dreamsfoundationaca.org)

The D.R.E.A.M.S. (Disability, Resources, Education, Activities, Management, and Services) Foundation of Acadiana, a 501 (c)(3) non-profit organization, was incorporated in 2007 to help individuals with special needs and their families. They have sporting programs at different times throughout the summer and the whole year.

### BeMO Buddies - Be More Human Performance's Special Needs Program

305 N. Vermont St., Covington, LA 70433 | (985) 768-9334

When it comes to special needs training, we focus on exercises & movements that will challenge the mind & the body. Here at Be More we focus on decreasing muscle atrophy as well as, brain atrophy. This means we help the clients learn more, retain more, relieve stress, alleviate anxiety, & improve overall mental health.

## SUMMER FUN

### SPEDTACULAR KIDS

Email: [spedtacularkids@gmail.com](mailto:spedtacularkids@gmail.com)

"SpedTacular Kids" was created by a group of Moms who saw the need for inclusivity within the community. Their Vision is to provide a radically inclusive setting for children with exceptionalities and their families, to experience life together and impact the community around them. Sports and social events.

### Cajun Wheelers

Lafayette, LA | (337) 703-8547

The only NWBA youth wheelchair basketball team in the state of Louisiana for boys and girls with a permanent lower limb disability. Ages 6-13 for prep team. Ages 14-18 varsity team. What is included - Uniform, loaned sports wheelchair, gas reimbursement, *summer camp*, tournaments with travel expenses paid.

Email: [cajunwheelers@gmail.com](mailto:cajunwheelers@gmail.com)

### **Able Fit**

Cleminti's Gladiator Academy, Slidell | (985) 788-5252

We see the Able, not the label.

Adaptive Function Fitness Classes - "Exercise your mind and body!"

Now taking summer registrations!

[bernadettelala@charter.net](mailto:bernadettelala@charter.net)

brain balance exercises, improve motor skills, reduce anxiety, improve focus and balance, build self-esteem, improve social interaction, and have fun while getting fit. \*Private group classes available.

### I GOT THIS Golf Academy – Stonebridge Golf Club of New Orleans | Gretna, LA

The I GOT THIS Golf Academy is the Foundation's flagship program where athletes with intellectual disabilities enjoy a 5 week introduction to golf led by professional golf instructors. The Level 3 beginner academy provides a baseline of instruction and experiences that encourage interest in golf. The program is open to those aged 13 and older with intellectual disabilities, along with a playing partner.

### **Childrens Hospital New Orleans LCMC Health**

Have you ever wanted to participate in adaptive Sports?

Now is your chance! If you have a physical disability and are between the ages of 10 - 19, come join up for this free event.

Participants that may participate, but are not limited to individuals with:

- Amputees
- Cerebral Palsy
- Stroke



## SUMMER FUN

- Traumatic Brain Injury
- Spina Bifida
- Spinal Cord Injury
- Muscular dystrophy
- Arthrogryposis
- Dwarf
- Visual Impairment

There are 5 different sports to try our!

Ree Alario Special Needs Center | 6900 Saints Dr. | Metairie, LA 70003

Track and Field - January 20, 2024 | 10:00 AM - 12:00 PM

Archery - March 16, 2024 | 10:00 AM - 12:00 PM

Wheelchair basketball - July 27, 2024 | 10:00 AM - 12:00 PM

Worley Hall | 210 State St. | New Orleans, LA 70118

Adaptive Fitness - May 18, 2024 | 10:00 Am - 12:00 PM

Wheelchair Football - September 21, 2024 | 10:00 AM - 12:00 PM

For more information and to register, please email [nemesia.addison@LCMHealth.org](mailto:nemesia.addison@LCMHealth.org) or call (504) 896-9433.

**CALL YOUR REGIONAL [FAMILIES HELPING FAMILIES](#) FOR ADDITIONAL RESOURCES.**

# Special Needs Cooking Class

## Culinary Kids

915 Marigny Ave.

Mandeville, LA 70448

Phone: 985-727-5553

E-mail: [info@culinarykidsns.com](mailto:info@culinarykidsns.com)

Culinary Kids is a place where all people can come together and learn, grow, and create. To ensure this, they keep para-professionals on staff, their building is ADA-compliant and wheelchair accessible, and their programs can be modified to accommodate any dietary, physical, or other restrictions. Whether you're hoping to customize a field trip, sign up for cooking class, or schedule a birthday party, they are happy to help! For more information or to offer your ideas on other community needs that they could fulfill, please call us at (985) 727-5553, or email us at [info@culinarykidsns.com](mailto:info@culinarykidsns.com)!

## Cooking Class

The weekly cooking class led by certified para-professionals offers opportunities to develop social, independent living, and vocational skills while also practicing cooking techniques and kitchen safety. Of course, these fun programs also include exciting games, quirky crafts, and recipes you can take home!

**Thursdays, 5:30 – 7:30 pm - Ages 10 and up**

# 5 Tips to Prevent Summer Slide

by Sharon Blackmon

How do we keep our kids from sliding backward during the carefree days of summer without stressing ourselves out and boring them to tears? That's the age-old question for parents of ANY child, but especially those who have a child with some type of learning differences or difficulties. And there really are many non-traditional ways to "teach" or engage in educational outings or activities without sitting at the dining room table practicing your multiplication tables.

Studies show that there are five things that are important to do every day to prevent the summer slide:

1

**READ.** For some children reading may be a pleasure, but for others it can be a struggle. Making a habit of going to the library and browsing through the books and letting them choose one THEY want to read is helpful if your child falls into the latter category. What are their interests? If they like trains, find books from the nonfiction section on trains. If they're fascinated by weather, or the monthly cycles of the moon, go check out those sections in the library and let them choose what they want to read. Most public libraries also have summer reading programs; some children may be motivated to read more just to win prizes from the library. Some libraries also have a Reading to Rover kind of program, where kids get to come and read to therapy dogs. (Of course, they could also read to their own pet at home!) The library also offers a wide assortment of audiobooks that kids may enjoy listening to while they play or ride in the car. Getting them into stories that are read to them may motivate them to read more on their own.

Remember, too, that there are things around us to read almost all the time. When you're out in the community, make a game out of reading signs or store names. Make a grocery list and have your child read it as you go through the store. Play "I Spy" in the car and see if they can find a word that you name using signs or store names around you.

2

**USE MATH.** Do you know how much academic mileage you can get by making a dish from a recipe? Well, of course there is the math. My six-year-old LOVES to bake. So while we go through the recipe and use measuring spoons and cups to add our ingredients, we talk about how many  $\frac{1}{4}$  cups of flour she would need to equal 1 cup of flour. And I'll sometimes purposely use a  $\frac{1}{4}$  measure to get  $\frac{3}{4}$  cup of sugar, or something similar, and ask her beforehand how many we will need. Even at six, she is



## SUMMER FUN

starting to get a basic grasp of fractions, which is half the battle won for later on! Recipes involve reading, measuring, following directions, sorting, using gross and fine motor skills, planning, observing safety rules, performing tasks in a given order, the list goes on. You might also half or double a recipe if they are ready to get a little more into fractions. And if the child is involved in the meal planning from the start, they can choose the recipe and assist with making a list and purchasing the groceries (which involves reading, writing, and math). And navigating a grocery store uses a whole other list of skills! See, math really CAN be fun!

**3 GET OUTSIDE AND PLAY.** It's hot." "I'm thirsty!" "There's nothing to do." "I'm bored." "There's a spider on the swing!" "An ant bit me!" Those are just my husband's complaints; you should hear the kids! And not everyone has a playground in the back yard or even in the neighborhood where kids can safely play and get away from air conditioning and electronics. Also, most parents work all day and don't necessarily have the time to take kids outside or to a local park. But if it's feasible, TAKE your kids outside and play with them. A dollar store Frisbee, some water guns, bubbles, sidewalk chalk, a cheap inflatable pool, a hula hoop, or a plastic bat and ball can provide endless hours of summer fun. Kids are more apt to play when mom and/or dad is available for the fun as well. You don't need a long, expensive vacation trip to make memories that last. And let's face it: ALL of us can benefit from more exercise and sunshine! I think when I was a kid I spent about 92% of my summer sitting at the edge of our yard, playing in the dirt. I made dirt forts, dirt Barbie cities, dirt volcanoes, dirt houses, dirt swimming pools (yikes)... you get the idea. Kids benefit from being outdoors in so many ways.



**4 WRITE.** We've already looked at some ways to incorporate writing into daily activities. Think about making a summer scrapbook; keeping a daily journal; writing a story, either about an actual event or something imagined; making a list of things you want to do, either on a particular day or during the summer break; writing a friend or relative a letter or card and mailing it; co-writing a story where you take turns writing one sentence to add to the story; writing down interesting things you see as you ride in the car on a road trip. Think outside the box!

**5 DO A GOOD DEED.** While baking cookies to take to your local fire station or police precinct is a truly wonderful idea, a "good deed" doesn't have to be a pre-planned, all-day affair. Looking for little ways to simply make someone else's day better can build a child's self-esteem, foster empathy, evoke feelings of gratitude, encourage leadership skills, aid in improving communication/language, and cause friendships to grow! Something as

simple as bringing in an older neighbor's newspaper or mail could brighten their day and lead an ongoing relationship. Consider making a list of opportunities a child could look for to benefit another person, or keeping a daily journal of good deeds, along with the effects they had, to look back on at the end of the summer. (I know, there I go with the reading and writing again! And if you count the deeds, there's the math...).

### Early Childhood

- Use wordless books to encourage language. Ask questions about each page; talk about what the child sees.
- Read storybooks with your child. Ask questions about each page, such as, "Can you find the blue flower?" "How many trees do you see?"
- Build communication by simply talking with your child and asking them questions that require more than a one-word answer. A simple conversation with your child while you're driving across town or on a road trip can be a boredom-buster and a language-builder.

### Elementary School

- Do some of the cooking activities described earlier. Elementary school is a great time to begin learning those kitchen skills!
- Use a standard deck of playing cards to keep numbers on your child's mind during the summer. The classic card game War is great for younger kids to practice basic greater than/less than and number line thinking. For older children, play Double War. In this game, each player turns over two cards and must add them together to find out who wins that hand. You can try this using subtraction or multiplication as well for a bigger challenge.
- Visit places like public parks, zoos, aquariums, and museums and just talk about what you see. In New Orleans, NOMA and the Audubon sites have free days for some residents! Check their websites for more information.
- Play school, with your child as the teacher. Get them to teach you something that they know (you know, like how to reprogram a computer or open a Snapchat account...). Teaching someone else requires higher levels of thinking than just being told or taught.

### Middle school

- Take cell phone pictures every day and arrange the printed pictures in a scrapbook or photo album. Actual scrapbooking supplies can be found at almost any department or craft store, or you can just use stickers or construction paper on hand to decorate the pages. Scrapbooks can also be done digitally through photo companies like Snapfish, or even Walgreens and Walmart.
- Start a passion project. Let your child choose something she is interested in, then use all the resources available to learn as much as possible about it. I know a young man who LOVES lawn work. A great passion project for him might be finding out how to start a lawn business of his own. How would he advertise, and what is the cost? How would he get customers to do their lawn? How many lawns could he cut in a weekend?


## SUMMER FUN

Is there a license of some sort needed? What about paying taxes? There are loads of things to learn and research, and a good passion project might take the whole summer to complete.

- Take a virtual vacation. Has your child taken an interest in traveling? If they have a place they'd love to visit, have them go online and find out everything they can about the people, the culture, the special events, the costs of different things, how much it would cost to get there and where they would stay. They might even create a virtual scrapbook of all their virtual journeys!

### High School

- Summertime is an excellent time for high school students to start thinking about what they're going to do after graduation. Is there a certain passion they want to follow, such as starting a lawn care business like the young man mentioned earlier? Start considering what would be needed for that venture. Is there a trade they might be interested in that would take some training? Look into schools who offer the training: what does it cost? How long does it take? Is there financial aid available? Perhaps a college degree is the goal. Consider some campus visits over the summer or at least a virtual visit online. Find out about degree programs, cost, financial aid, transportation to and from.
- Get a job! It doesn't even have to be paid work. Does your child love animals? Encourage her to volunteer at the local animal shelter, or get a position with a vet or pet grooming business. Valuable information can be obtained with a regular position, be it volunteer or paid. Skills like appropriate interactions with a supervisor, being on time, dressing appropriately for the job, following rules and directions, and communicating effectively in social or professional situations are all excellent skills to learn early.
- Get ready for driving. If your child doesn't already have a driver's license, and they plan to get one, take the summer to study and learn as much about the rules of the road as possible. Go for local drives and talk about right-of-way, signage, signals, safety, pedestrian crosswalks, etc. Even if the child isn't ready to actually drive yet, there can still be a lot to learn and think about.

I know I've covered a lot of ideas and information; hopefully, there are a few things here that can work for your family. Some main things to keep in mind as you try to minimize the summer slide are to minimize screen time and increase stimulation. Take opportunities as they present themselves. Enjoy your family, and above all, HAVE FUN! 



# Summer Nutrition

From the Department of Children and Family Services

## P-EBT Summer 2024 Update

Over the last year, Louisiana has issued about \$811.4 million in P-EBT benefits to almost 1 million students and children through P-EBT for the 2022-23 School Year, Summer P-EBT, and Child Care P-EBT.

DCFS is currently working with the U.S. Department of Agriculture to request benefits for the current (2023-24) school year. We will make more information available on this and Summer P-EBT if and when plans are approved. .

Students are eligible for K-12 P-EBT if:

- Your student qualifies for free or reduced-price meals under the National School Lunch Program. This includes any student in a school that provides free meals to all students (under a special rule called "Community Eligibility Provision"), AND
- Your student is in a hybrid (a combination of computer-based and in-person learning) or fully virtual (by computer) learning situation. Your school will confirm your student's learning situation.

**If you received a card in your child's name for the 2022-23 school year, do not throw the card away as future benefits will be issued to the same card.**

Check [HERE](#) for updates for Summer EBT.

**CALL YOUR REGIONAL [FAMILIES HELPING FAMILIES](#) FOR ADDITIONAL RESOURCES.**

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**The [Summer Food Service Program](#) (SFSP) is a federally-funded, state-administered program. SFSP reimburses program operators who serve free healthy meals and snacks to children and teens in low-income areas.**

Are you a parent or guardian looking for SFSP sites near you? Find a summer site in your community with our [Summer Meal Site Finder](#) mapping tool. You can also text "Summer Meals" to 914-342-7744 or call 1-866-348-6479 to find a site near you.

## SUMMER FUN

We would like to give out a shout of gratitude to Macomb County Great Start Parent Coalition for sharing their wonderful Indoor & Outdoor Activities with us. We hope that you have a great time experiencing these fun activities with your children this summer.

Have a safe and happy summer!



700 Hickory Avenue | Harahan, LA 70123

(504) 888-9111 | 800-766-7736

[fhfofgno.org](http://fhfofgno.org) | [info@fhfofgno.org](mailto:info@fhfofgno.org)



Families Helping Families of Greater New Orleans and Louisiana Parent Training and Information Center is a statewide agency and an IRS-approved 501 (c) 3 charitable organization. All of our programs, services, and resources are free to families of children with disabilities in the state of Louisiana.

*Any information provided by Families Helping Families of Greater New Orleans (FHF) and/or Louisiana Parent Training and Information Center (LaPTIC), its staff, and/or its volunteers is intended for informational and educational purposes only. Any information expressed or implied is not intended nor should it be construed as legal, medical, or other professional advice. FHF and/or LaPTIC does not render legal, medical, or professional advice or recommendations; nor is legal, medical, or other professional advice implied by any information given. Any information provided should not replace consultations with qualified legal, educational, healthcare, or other professionals to meet individual or professional needs. Reference to any program, service, therapy, links to external websites, surveys, or treatment options does not imply an endorsement or support of a product, service, or opinion by FHF and/or LaPTIC or by its organizational staff/members and should not be construed as such. If any content is ever incorrect, inappropriate, or unclear, we will always do what is appropriate to rectify and correct any errors.*