

capable

Ready

Able

A seasonal publication by
The Woodlands, celebrating
the marvelous abilities of
everyone we serve.

DAD
TO THE
WORLD

PITTSBURGH
PENGUINS



STRONG

SPRING 2018



“

BLOOM empowers teens to take on life outside of school while building social and emotional skills that will be beneficial in all aspects of their lives. Watching participants grow is one of the most fulfilling aspects of my job.

Mallory Pamphilis, Program Coordinator

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Ready to Bloom

Transitional life skills programs for adolescents function as a bridge between school programs and the opportunities of adult life. In partnership with Children’s Hospital of Pittsburgh of UPMC, the Building Lifestyles for Ongoing Opportunities & Movement Program (BLOOM) was conceptualized four years ago as a reverse inclusion program for adolescents with and without disabilities between the ages 13-21. The BLOOM program began as a one week residential summer camp that centered on post-school outcomes in the areas of leadership, empowerment, teamwork, independence and health and wellness.

The inaugural camp was a huge success! With interest from the community, and results from a needs assessment commissioned by The Woodlands that indicated a desire for transitional life skills programming, The Woodlands hired a part-time program coordinator and expanded the BLOOM Program. BLOOM now includes twice monthly

sessions during the academic year held every other Saturday from 10:00 am-2:00 pm, in addition to one week of summer camp. Adolescents with disabilities are paired with a typically developing peer to share in activities that focus on hands-on, inclusive and collaborative experiences.

Reverse inclusion in a program setting provides the opportunity for adolescents with special needs and typically developing peers to interact for life changing outcomes. While participating in the BLOOM Program, typically developing peers take the lead in recreational activities and role modeling which helps participants with special needs improve communication and social skills. The typically developing peers benefit as well: reverse inclusion helps to combat stereotypes about people with disabilities and encourages adolescents to embrace diversity and respect those who have challenges outside of their own experiences.

For more information, contact BLOOM Program Coordinator Mallory Pamphilis, mpamphilis@woodlandsfoundation.org.





Inspire

NEW POSSIBILITIES

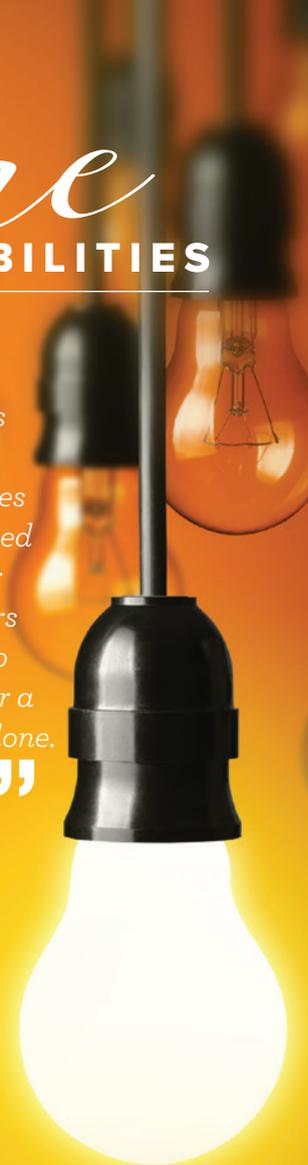
“Camp Inspire is a great opportunity for children with complex respiratory needs to participate in an amazing camp and meet other people with similar challenges to their own. It is easy for people who need medical technology such as a ventilator to feel isolated. Spending time with peers who share their life experiences at camp is an opportunity to build friendships for a lifetime and to know that they are not alone. We facilitate this during Camp Inspire.”

Dr. Jason M. Edinger, Clinical Director, Pediatric Rehabilitative Medicine, Children's Hospital of Pittsburgh of UPMC

DEVELOPED in partnership with Children's Hospital of Pittsburgh of UPMC (CHP), Camp Inspire is one of the few camps in the United States that is specifically designed for children and teens who are ventilator-dependent. The Camp provides a 6 day, 5 night residential experience that will inspire memories and learning for a lifetime. Camp Inspire is a place where youth with tracheostomies, ventilators, and BiPAP machines can be themselves with all barriers removed – and just be a kid! In addition to having a memorable week-long adventure packed with joy, this social experience provides campers with the chance to interact with other children with similar situations.

Due to the medical fragility of this population, Camp Inspire's staff to camper ratio is 4:1, comprised of respiratory therapists, nurses, physicians and other medical professionals from CHP who volunteer their time and are on-site 24 hours a day for the duration of camp. Campers get to enjoy all that The Woodlands has to offer including swimming/water exploration in a controlled environment; golf; archery; zip lining; gardening; music and drum circles; arts and crafts; camp fire sing-a-longs; social/conversational games; a carnival; and therapy dog demonstrations.

For more information, contact Director of Programs, Jesse Solomon, jsolomon@woodlandsfoundation.org.



Summer Happenings



Camp Academy

June 2-8

Camp Academy is a one week residential intensive training program held prior to the beginning of the summer camp season. This educational session is for seasonal staff who will be working as camp counselors, activity instructors, and healthcare associates. During Camp Academy, professionals including physical therapists, registered nurses, and behavioral specialists conduct workshops specific to their areas of expertise, so that participants can learn techniques and strategies that will ensure the optimal care of those The Woodlands serves. Trainees will also undergo leadership, team building, conflict, and time management training. The goal of this program is to prepare seasonal program staff for the challenges they will face working with individuals with disabilities. Three modes of training continue for seasonal staff throughout the year: digital, which includes online training to review expectations, and standard policies and procedures; hands on, which occurs every Friday (before Weekend Retreat check-in) from January-May and September-December, including transfer training for new staff and an in-service training for returning staff; and half-day instruction for CPR/First Aid/AEC Certification.

Notes From The Heart Summer Concert Series

July 6th & July 13th

In its' 19th year, The Woodlands Notes from the Heart music program offers a year-round program that includes two week-long summer camps, and a full music ensemble held every other Saturday during the academic year. The program offers a wide variety of activities that range from music appreciation, theory, composition, singing, and performing under the guidance of internationally and locally known musicians, artists, conductors, and educators. The highlight of the Notes from the Heart summer camp program is the spectacular, not-to-be-missed concert series that celebrates the participants' accomplishments with over 400 of their family, friends and the community. Be sure to mark your calendar for the Young Adult & Adult Starlight Serenade Concert on July 6, 2018, and the Children & Teen Bringing Out the Stars Concert on July 13, 2018. Both concerts, held on The Woodlands' campus, are free and open to the public. For more information, visit www.mywoodlands.org.



HOPE



Takes Many Forms

The Woodlands proudly continues its partnership with the Professional Golfers' Association of America's Helping Our Patriots Everywhere (HOPE) program. PGA's HOPE program provides golf as a therapeutic rehabilitation tool for military veterans. The program is designed to enhance rehabilitation, both physically and socially. The Woodlands first welcomed a group of veterans and PGA instructors for a successful season in the fall of 2016 with an Adaptive Golf Education Seminar and 8-week program.

The Woodlands' adapted par-3 golf course is specifically designed to provide individuals with disabilities the opportunity to learn, play, and appreciate the game of golf. The only facility of its kind in the region, this 9-hole course offers a unique experience for individuals learning the game of golf, or returning to the game after a setback from injury or illness.

Tri State PGA Professional Ron Lucas, who implemented the program locally, has devoted many years of his time, expertise,

and passion to our country's veterans. Ron's love of the game and "never say never" attitude are infectious, "Once we get them started, mark that 1 putt, they are hooked. I believe people have to have a purpose in life, and the HOPE program provides a purpose for our veterans."

The inaugural program included veterans representing the Viet Nam War, Iraq, and Afghanistan Wars. PGA professional instructors, working with participants on a 5-1 ratio, provide instruction on adaptive golf techniques and fundamentals. Tournaments between teams of participants enable them to test out their skills in friendly competition. The finale of the program will include a scramble round with the Veterans and PGA Pros, a recognition dinner and awards ceremony. The 2018 PGA HOPE PITTSBURGH Program will be held from June 7-July 26 from 5:30-7:30pm at The Woodlands. For more information, please visit www.tristate.pga.com for a link to the PGA HOPE PITTSBURGH.

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Our Mission

To enrich the lives of children and adults
with disability and chronic illness.

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