

AbilityFirst provides programs and services to help children and adults with physical and developmental disabilities realize their full potential throughout their lives.



SPRING 2009

CAMP PAIVIKA EDITION

MARATHON CAMPAIGN AT DERBY DAY A SUCCESS!

On the early morning of April 4, The Kunsek Family joined a huge crowd of AbilityFirst program participants, families, friends and staff at the Santa Anita Race Track for the Santa Anita Derby Day 5K, raising money for the AbilityFirst Marathon Campaign. The course was beautiful, the weather perfect and the company couldn't have been better for a wonderful morning walk! Thanks to the support of so many of you, the Kunsks have surpassed their fundraising goal of \$5,000 for Camp Paivika by several thousand dollars! The donations are still coming in and all of us at Camp Paivika thank you for your generosity. Financial support of our programs is needed now more than ever as we face the continuing cuts to our services as the state continues to struggle under the load of the current budget crisis. The money raised will go directly to supporting the many unique and valuable programs offered at Camp Paivika.



Kelly, Kenny and Sydney Kunsek at Derby Day.

ESCAPE TO THE ISLANDS...AT CAREGIVERS CONFERENCE

Our annual Caregivers Conference for Women was transformed into a tropical paradise the weekend of April 17. The Caregivers Conference for Women is a three-day retreat designed to provide the attendees a small respite from their daily care giving responsibilities with the added benefit of providing educational opportunities, as well as a chance to receive some pampering for themselves. The ladies arrived on Friday afternoon to a champagne welcome, and a weekend full of outstanding workshops and fun activities. In addition to a professional private massage, each participant had the opportunity to take part in a variety of workshops and classes focusing on stress reduction and resources to help them meet the challenges of caring and planning for their children with disabilities. Workshops included: a presentation on *Social Security Benefits* by Edith Marquez, Disability Coordinator from the Riverside Social Security Administrative Offices; *Planning for the Future of your Special Needs Child* presented by parent and Director of the Dignity Group of Ontario, Grady Jennings; *Resources* presented by Jane Edmonson, Founder of the Mountain Special Needs Network; *Talking to Your Child about Sex*, presented by Elise Carwile of Inland Regional Center; *Taking Care of Ourselves* facilitated by Gayle Marano-Brown, MFCC; *Yoga* taught by Dr. Amy Wheeler; *Tai' Chi* taught by Monica Harrison; and *A Holistic Approach to Medicine and Healthy Eating* by Dr. Pejman Katiraei. Attendees also enjoyed live music on Saturday



Caregivers Conference attendees relax under the warm Paivika sun.



Polynesian dancing was one of many activities offered at the Caregivers Conference.

(Continued on page 2)

Caregivers Conference (cont'd)

evening performed by *Senara Strings* as well as tried their "hips" at traditional *Polynesian Dancing* led by Diane Gonzalez. In a grand gesture of thanks for the weekend, the ladies participated in our most successful silent auction to date... we raised \$1,500 which will be our start up money for next year's Caregivers Conference!



Arts and crafts provided allowed the women to tap into their creativity.

SUMMER 2009 IS ALMOST HERE

We are busy planning for the big three month annual party at Paivika! Staff recruiting is well under way and we are all running around getting all the details of camp just right for camper arrival in June. We will be hosting our annual *Open House* on Saturday, May 30 from noon until 3 p.m. There is a \$6.00 lunch fee and we ask that you please RSVP for the event (call Nisel at 909.338.1102, ext. 115). It is a fun day so bring your family and friends to see what camp is all about!

Wish List (New items only please)

Crafts supplies-glue, scissors, tempera paints, markers, crayons, coloring books, beads.
Sleeping bags
Giveaway prizes for campers (any age)
Recreational supplies-balls, etc.
Swimming supplies-life jackets, inner tubes, toys, small rafts
Games
Video camera and digital camera
Medical supplies-exam gloves, adult size diapers, baby wipes, medicine cups

RESPITE CAMP TONS OF FUN!

We had another great respite season this year with a combination of new campers and alumni joining us for five different weekends. Our respite program is similar to our summer program but with smaller numbers of campers and activities adapted to the sometimes wintery weather. While at camp, participants enjoyed hiking, group competitions, singing, acting, movie night, crafts and nature activities. We had a lot of fun and are already looking forward to next year!



Our 2009 winter respite brought new campers and alumni together.

EASY WAYS TO SUPPORT CAMP PAIVIKA

Supporting AbilityFirst Camp Paivika is easy:

- Talk to people that you know that may be in a position to support our programs financially or through the donation of needed goods (see our wish list).
- Ask your employer if they have a matching donation program.
- If you shop on-line, sign up at *iGive.com*. Type in *Camp Paivika* in the *Keyword Search Box* and follow the instructions. Once you are registered, any on-line purchases that you make at over 700 participating stores will result in an automatic donation to Camp Paivika. **Thank you!**

For more information about any of our programs please contact us at:

AbilityFirst Camp Paivika
PO Box 3367
600 Playground Drive
Crestline, California 92325
(909) 338-1102

Kelly Kunsek,
Director (ext. 101)
kkunsek@abilityfirst.org

Brenda Starkins,
Camper Services Coordinator (ext. 102)
bstarkins@abilityfirst.org

