

Creating a community where children with chronic health conditions as well as their families feel supported, safe to explore and thrive.

Zebra  Crossings
giving the right of way

• Adventures • Empowerment • Friendships •



Case for Support



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A UNIQUE OPPORTUNITY



A Unique Opportunity to Impact a Child

When a child is diagnosed with asthma, a heart condition, diabetes or epilepsy, it can strike fear in the heart of a parent and their world changes. Distinguished by something that makes them different, possibly stigmatizes them, and often limits them in some ways, the child's self-image is fundamentally altered.

Keeping a child safe and managing their health condition is an incredibly difficult and demanding daily task. Parents, and sometimes siblings, fear for the child's safety and feel a greater responsibility to protect and control their lives. Because of the isolation often created by the need for parental or medical supervision, children with a chronic medical condition have few opportunities for traditional social and recreational activities.

In New Hampshire, approximately 1 in 6 children contend with a chronic health condition. In 2009 Zebra Crossings set out to change the lives of these children by becoming the first organization in the region to provide year-round, medically supervised programs. It is time to build on the success of the programs that we have developed. **Our vision is to expand our programs and the number of children and families we serve.** By becoming a sponsor or donor, you can be part of our growth and impact a child's future.





OUR MISSION

Our Mission

The mission of Zebra Crossings is to enrich the lives of children with a chronic health condition, and those at risk of developing a chronic health condition. Zebra Crossings helps children develop greater self-confidence, a sense of independence and a desire to realize their full potential through fun and engaging enrichment programs that build a strong and caring community support network for families.

Zebra Crossings programs are intentionally designed to further develop each child's skills, boost their independence, and reduce anxiety based on their condition. Programs are **small and intimate in size** with an average of 20-25 participants.

Parents of children with chronic health conditions benefit from the **respite opportunities** that our programs provide. Due to our small numbers and our low camper to staff ratios, children with conditions that need close monitoring are safe and welcome. Parents can drop off their child and feel comfortable that their child's needs are supported.

We **welcome siblings** to attend our programs, as it helps some children adapt and feel safe. In addition, we recognize that siblings often feel a high level of responsibility. They also can benefit from our programs by receiving support from other campers, so they can be worry free for a while.

"Zebra Crossings has been such a blessing to our family. Due to Shane's seizures and his immediate need for emergency medicine, he always needs to go to afterschool activities with a trained family member. Zebra Crossings is the one place we feel confident that he is receiving adequate supervision to recognize a seizure and the staff is competent in administering his medicine. It allows Shane to feel like a normal kid but also gives us some respite time."





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ADVENTURES. EMPOWERMENT. FRIENDSHIPS.



Adventures. Empowerment. Friendships.

At Zebra Crossings children with chronic health conditions have a chance to experience new **adventures**. They are encouraged to try new experiences and **empowered** to approach life with greater confidence. In a supportive and safe peer environment they build lasting **friendships** which helps them feel included, connected, and understood.

Our core values of play, independence, achievement, wellness, and community are interwoven throughout every program. Activities are conducted at various camps, facilities, and state parks in the New Hampshire Seacoast and Lakes Regions.

Current Programs that are inclusive of different medical diagnosis groups such as asthma, diabetes, epilepsy, JRA, Hemophilia, severe allergies, skin conditions and autoimmune disorders include:

Monthly day programs are offered to keep youth ages 6-13 connected throughout the school year.

Summer day camps in the NH Seacoast Region

Current specialty programs include:

Camp Spinnaker is our first overnight camp program for kids with asthma and is supported by **NH Hospital for Children**.

Camp Blue Sky unites families that have a child with Down syndrome for an annual weekend retreat and quarterly social events. Offered in partnership with the **American Youth Foundation**.





We have lost count of the number of smiles, laughs, high fives and hugs our children have given us – they are endless and ongoing.

Our Success

Reach and Impact: Since our first programs in 2010, we have grown steadily starting with 16 participants and serving 95 participants as of 2014. Participants spend an average of 5 days with us throughout the year.

Volunteerism: Our programs are supported by a strong base of 31 volunteers who are dedicating a total of 1,365 hours of their time.

Funding: With the support of generous donors, we are able to keep our program fees at a reduced rate as many of our families face high out of pocket medical expenses. Camp scholarship funds are available upon request to ensure that all interested children and families can benefit from our programs. In 2014, we provided 19 children with a camp scholarship for a total amount of \$6,600.

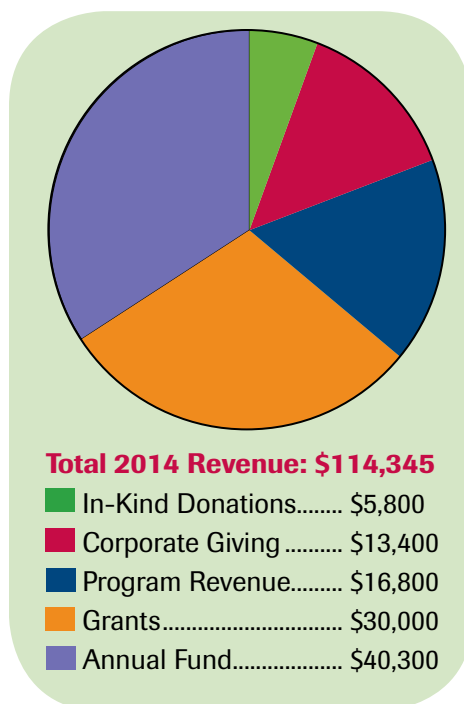


Effecting Change:

We are proud of our parent survey results indicating that we are reaching our program objectives. For example, Camp Spinnaker 2014 results included the follow responses:

Question:	Strongly Agree	Agree
My child is willing to try new things	50%	33%
Self-esteem/confidence has increased	67%	8%
My child is more independent	75%	0%
My child has learned to better manage asthma	50%	33%

"This is such a great experience for children with asthma. Being surrounded by kids in the same situation takes away the shyness and hesitation in learning more about what "having asthma" means. For my child, he came home owning it rather than it owning him."



OUR SUCCESS

Our Vision - Planning for a Better Future

We know from our experience with families and social service organizations that there is a need for our program to expand and grow.

Our strategic plan for 2015-2018 includes new programs for all age groups and the entire family unit. Additionally, Zebra Crossings will expand its geographic reach beyond the Seacoast to serve children and families in other parts of New Hampshire, northern Massachusetts, and southern Maine.

With your help, Zebra Crossings will develop and offer:

- **Teen programs and overnight trips for youth ages 13-15** to help them navigate the journey to independence and empowerment.
- **Expanded diagnosis specific overnight retreats and camps** (e.g. epilepsy and allergies).
- **Parent Education Programs** to address the emotional impact of illness, coping with illness, and sibling concerns.
- **Family support groups and retreats** to find support in addressing emotional concerns and challenges as they parent through illness.
- **Leaders In Training (LIT) program** for those teens who have a chronic health condition and want to give back to their community by being role models themselves.

Zebra Crossings is seeking funds to increase access to current programs and to support new programming initiatives. Zebra Crossings has the expertise and partnerships with other health, community, and educational institutions to create and offer additional programs to address the needs of children with a chronic health condition.

"I rate the weekend retreat right up there in our "top 10 most wonderful experiences." It had a big impact on us. It was great to be there with so many families, and to share something that is so challenging but such a joy in our lives. There was such a sense of camaraderie among everyone. Never have I been with a group of people that displayed as much grace as during that weekend"



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OUR VISION—PLANNING FOR A BETTER FUTURE



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YOU MAKE THE DIFFERENCE

You Make The Difference ... Donate. Sponsor. Volunteer.

Your gift is an investment in our community and will have a direct impact on the lives of children and their families. Philanthropy transforms lives and for Zebra Crossings' kids it helps shape their identity, provides them opportunities and helps them grow into strong and active community members.

By supporting our vision for growth, you will make a big difference. As a donor, you will help us sustain our tradition of quality and expand to fill the existing need for additional programs. Our goal is to increase our annual budget from \$114K in 2014 to \$200K by 2018 to allow the implementation of our vision.

Giving and naming opportunities include:

- Annual fund giving that enables us to put your gift where it is needed the most
- Sponsorships to underwrite a specific program
 - \$ 5,000 Level: Asthma Camp Sponsor
 - \$ 2,500 Level: Summer Camp or Season Sponsor
 - \$ 1,500 Level: Weekend Adventure Program Sponsor
 - \$ 1,000 Level: Monthly Discovery Day Sponsor
- Camp scholarship funds to make camp accessible for all families
- Matching gifts to help us leverage specific campaign donations
- Legacy or endowment fund gifts to help us sustain our future

Please contact Astrid Wielens, Executive Director, for more information on customized giving opportunities.

"Federal Savings Bank is proud to support the mission of Zebra Crossings to enrich the lives of children with chronic illnesses. It is part of our mission to positively impact the children and families in our communities and we are thrilled to continue our sponsorship of the summer camp program, which helps children grow, build confidence and achieve independence. We are incredibly fortunate to have this one of a kind program right here in Dover."

James J. O'Neill, Jr., President & CEO, Federal Savings Bank



"Zebra Crossings' staff and programs have impacted Chloe and our whole family. Through the programs Chloe has been able to hang out with other kids and feel 'normal' rather than 'different'."



Why the name Zebra Crossings?

A zebra crossing is a British term for a crosswalk marked with broad white stripes. It is a place where pedestrians have the right of way to safely cross. A zebra's black and white stripes come in different patterns unique to each individual. A common belief is that the stripes serve as camouflage. A herd of zebras standing close together may appear as one and as more powerful.

For children who live with a chronic health condition, it is similar. Each child is unique, but they also have a lot in common and can relate to each other because of their conditions.. On their own, they often stand out in their communities because of their perceived limitations or needs. However, in our community, we find strength in numbers and feel empowered.

Astrid Wielens
Executive Director

Zebra Crossings

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