

## ASPNC Summer Interns

This summer ASPNC enjoyed the help of two interns, Kat Belsito, an Occupational Therapy Student at the University of Southern Indiana, and Kaila Ryan, a mathematics and education major at Colorado College. Their contribution to our organization was invaluable in making our extensive summer programming possible. In the following interview questions they describe their experience in their own words.



### **Kaila, what activities did you participate in?**

*This summer we taught and assisted in lessons with most sports including kayaking, golf, cycling, and hiking! By the end of the summer, Kat and I were pros at loading and unloading the kayak and bike trailers!! Additionally, there were a variety of fun extra activities. My co-intern Kat and I dressed up as Thing 1 and Thing 2 for Franconia's Old Home Day Parade! We also took a day trip up to Vermont to help out with a wheelchair tennis clinic.*

### **Kat, what made you decide to do an internship with us?**

*I was looking forward to learning about all of the available adaptive equipment for outdoor activities so that in the future I can utilize them with either with my patients or with members of my community. The combination of this experience and my knowledge gained from my education in OT from USI can lead to benefits for people with disabilities that are potentially exponential. I am hoping to combine my education, experience, and love of the outdoors to break the boundaries people with disabilities face. There are certain things in life that sometimes just feel right, and this was one of them.*

### **Kaila, what did you enjoy the most about your time with ASPNC?**

*I enjoyed working one-on-one with individual participants the most. These interactions were priceless!! Sometimes a client would phrase a concept in the most unique way, or you would have a breakthrough as they finally learn how to paddle correctly. In any case, these moments defined my summer. However, I'd also like to give a shout out to my co-intern Kat! I learned a ton from her with our different backgrounds. (She's from Indiana!! A fly-over state ☺). And of course, we had a blast experiencing New England together on our days off!*



### **Kat, what could you tell others who are considering doing an internship?**

*It will change your life. The volunteers are so dedicated to the organization, and you will learn amazing things from them just by watching their actions. Every single person I spent time with this summer had a heart of gold and an incredibly strong devotion to serving others. ASPNC is community driven, and when you leave, you'll know you were a part of some magic.*