



May 30, 2019

CRAB,

Thanks to you and all your crew at CRAB for providing several wonderful, delightful, and rejuvenating sailing experiences to persons served at Arundel Lodge (and the staff that accompanied them).

One of our day clients stood at my door and just beamed...I mean BEAMED, following the sailing adventure you provided to our clients struggling with severe mental health challenges. He said it was one of the best experiences of his life and that he would never forget it. He said he was "Happy!".

One of our veterans who joined CRABS Sailing Regatta for Veterans returned to show me many pictures and saying it was a fabulous day for she and her child and that she was very grateful to have been included. She said it inspired a craving to sail again and she looked forward to joining your Family Sails program in the future.

At Arundel Lodge, we believe that healing and therapy come in many different forms and we want to thank you and all those at CRAB who helped to make these experiences possible.

So....THANK YOU....THANK YOU...THANK YOU for all you do!

I wish you and yours many, many more days of sun and wind and great sailing weather as you spread the joy of sailing to all.

Dee Loftis, LCSW-C

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