

THE FOOTPRINT

THE CMTA YOUTH REPORT

MAKE EVERY STEP COUNT

Welcome to the FIFTH Issue of "The Footprint"

A newsletter by the youth of the CMTA for the youth of the CMTA!

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ZOOOOM TIME!

It's time to get the Tribe together on Zoom once again!

The year is new and the gang is ready to come back together for our 5th Youth Zoom Hangout! We will get a News Update from the Youth Council, Talk about our Dreams for the year ahead, connect a few new pen pals, and have a blast as always! We've had a bunch of youth register already, so jump in! Click the registration button below and come say hey to your old friends and make a

some new ones!



A POSITIVE MINDSET

has made me a
stronger person

- Adam Palermo



Charcot-Marie-Tooth is something I've had to live with for all of my life, from when I was a baby, and up to this day as a 15-year-old freshman in high school. I've always known about my CMT, since I was diagnosed only a few months after being born, but I never really came to understand its impact on me until very recently. I had always thought I had all the same abilities as other people my age. If I couldn't physically do something that other people could, I would blame it on my incompetence, rather than accepting that I was different. The first time I could recognize myself truly coming to terms with it was after one of those CMT check-up physical appointments earlier last year. The doctors noticed I was acting extremely hard on myself for thinking I wasn't doing any good. I remember crying that whole night for whatever reason, and waking up with a different sort of attitude, one that would have a more positive mindset about my truth. A mindset that would change myself as a person and the way I think about things.

I taught myself to have a more positive mindset towards CMT and a newfound appreciation for all things that my disability has indirectly taught me. With CMT, I find myself having to come up with new ways to accomplish a task. I also have found that when I work harder to do something, I have a better appreciation for the end result than someone else.

Before I discovered the CMTA and Camp footprint, I pretty much thought I was battling this by myself. I had only met one person outside my family with CMT. When I went on to my first Zoom hangout with CMTA Youth, it was the first time I

felt I could be honest about my condition, because everyone else there can relate on such a personal level. We all have CMT. This was really comforting to me knowing that I didn't have to be alone in this battle.

I have gotten more comfortable when telling people about my condition, whether it be someone who asks when I randomly lose my balance, or when someone accidentally touches my back brace that I wear for Scoliosis. Of course, I am still working on this, I am not perfect, it will always be a difficult and somewhat uncomfortable thing to talk about with others. CMT has taught me so much about myself, and even when things get real and emotional with this condition, I would never choose to have lived a life without my CMT, not by a shot. Because even though it sucks a lot sometimes, I would not be the person I am without it, and for that I am grateful.



I started baking when I was about twelve years old. I was kind of bored and really just wanted some chocolate chip cookies to eat! From there I was really interested in learning different things to make and different techniques of baking. What I really love the most about baking is making things for other people. The smile it brings to other peoples faces is my favorite. I love being in control and with baking I am able to make whatever I want and I am in control of what I do, unlike with my CMT. I started to bake more and more and eventually taught myself many of the different techniques that they use in different bakery's. I started out just making things for fun for others and giving them away, but after a while people started requesting different things and offered to pay me for it. This gave me the idea that I could really make money off of this and make this an actual online business!



Once I got the idea to turn my baking into a business I started to advertise a little bit, but most of my business actually just came from word of mouth. A lot of family and friends suggested me to many of their friends and the business really took off! I love being able to make money doing what I love and this really has inspired me to continue making this more of a career. This year I am a senior so next year I am planning on going to a culinary arts school to really

learn more techniques and hopefully own my own bakery someday. CMT has brought its challenges for sure, my hands get tired and weak faster than others but I do not let it stop me. It honestly has been good for my CMT because it helps keep my hands strong and working better for a longer amount of time! I cannot wait to see where this passion takes me and I am so glad I have been able to make my hobby into something greater!



I am about to share the biggest secret I have.....
**CONNECT WITH THE CMT COMMUNITY AS MUCH AS YOU
CAN!!!!!!**

As we all enter 2022 there are so many things to be excited for this year. Hopefully the Covid-19 pandemic will calm down by summer time and everyone can enjoy themselves in the warmer weather and not worry about getting sick. This summer we will also have another fantastic week of camp and this year we will all hopefully be in person so everyone can get the true camp experience. It is important that we all stay positive that we will make it to camp Kon O'Kwee. Along with more youth hangouts there is so much to look forward to this year as the funky footed community.



Camp Footprint 2022 Registration Now Open!!!!

cmtausa.org/campfootprint



Have a story
to share, we
want to hear
from you.

[CLICK HERE]



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