

Accessibility Info

Let My People Sing! 2026 at Isabella Freedman

We are working to grow our capacity to support accessibility at Let My People Sing! We recognize that our retreat and its location are not fully accessible at this time. As we grow, we hope to be able to offer programming that is more accessible to more people, both in person and virtually. Please don't hesitate to get in touch at access@letmypeoplesing.org if you have any questions about if this retreat can meet your access needs or want to further discuss any of the information below. If you haven't yet shared your accessibility needs, [please complete this form](#).

Physical Space

- Isabella Freedman is an outdoor retreat center with buildings located along a paved main road and nestled amongst trees and rolling hills. The buildings are spread out within a **½ mile radius** of each other. All buildings are within 500 steps, or 5 city blocks, of the main building.
- All meals and some programming will take place in a large outdoor tent with a short grass lawn (with some tree roots) leading to a tent with **grass covered ground**.
- Some programming will take place in outdoor locations, which will entail going over grass, tree roots, and some **uneven ground and slight inclines**.
- There is a paved path that leads down a hill to one of the full group programming spaces (patio tent). The asphalt has **significant cracks and tree roots** that make it difficult to navigate with wheels.
- All indoor spaces are wheelchair accessible except the gazebo, which is located at the **bottom of a hill** and has **one step** at the entrance. The gazebo will only be used for a few workshops.
- Many of the buildings are old and may have poor air quality for those who have **mold or mildew** sensitivities. If this is an access issue for you, please mark it on your application and we will do our best to accommodate you.
- Public stalled bathrooms are attached to the main building in the center of campus and are all-gender. The bathrooms may be accessed from both inside and outside the main building. There is a single step at the outer

entrance. There is a single stall bathroom across the road from the main building.

- There will be times when the whole retreat is together indoors. This will mean there are about **200 people together in an approximately 2,000 square foot space**. [Check out our COVID protocols here](#).

Food

- Sharing your dietary information is a part of the registration process.
- If you have any **special foods** that you need to have access to during the retreat, feel free to bring them along. Some rooms have small refrigerators, and there is a guest refrigerator available in the Arts & Crafts building. Any outside food brought into the main building or the dining tent must be packaged, sealed with a [kosher hechsher](#), and checked by the mashgiach (kosher supervisor).
- Dining hall food will be labeled with known allergens, but does not include additional nutritional information. If you need this information (for example, to calculate how much insulin to administer), you might consider supplementing your own food.

Fragrances

- **Isabella Freedman uses chemical cleaners, and is not a fragrance free space.** Even so, we want the space to be as low fragrance as possible. To respect participants with allergies and environmental sensitivities, **we ask that you refrain from wearing fragrances during this retreat (this includes essential oils).**
- We will provide fragrance-free hand soap available in the public bathrooms and stock fragrance-free sunscreen and bug spray at our access table. For more information about this, including a list of fragrance-free products you can consider using, check out [this guide](#) from the East Bay Meditation Center.
- If you are sensitive to scented laundry detergent, we recommend you bring your own sheets, blanket, pillow case or sleeping bag.

Lighting

- Lighting on the path to housing is limited at night, so we recommend bringing a flashlight or headlamp and finding a buddy to walk around with if night vision presents a challenge.
- Many of the lighting indoors is fluorescent overhead lighting.

Reading Materials

- We will have a few magnifying glasses available during the retreat.
- We do not have access to braille printing. If this poses a challenge to your participation, please let us know in your application.

Sensory Information

- Meals take place in a large outdoor tent with ceramic plates and metal utensils. The combined noise level of people talking and eating may be overstimulating inside the tent. There are places to eat near the dining tent where the noise levels are lower. We will have a pop-up tent set up with a table and chairs for those who want a lower sensory experience to eat meals with compostables.
- The majority of the chairs available for programming and meals are plastic folding chairs. There are some heavy wooden chairs available in gathering spaces. None of our regular chairs are padded.
- There are a variety of medical alert devices that participants might use in public spaces. These devices may have sudden loud sounds or flashing lights.
- Many of the doors are heavy and shut loudly.
- Noise travels across campus easily and you may hear singing or talking from your room, camping area, or while walking around.
- Announcements, daily agendas, and campus maps will be posted in large-format in the main building.

Noise-Amplification Information

- We will have a few seats reserved close to the session leader for those who need better audibility in the space.
- We will have amplification available for sessions in the Patio tent as well as for announcements in the Dining Tent (except for Shabbat).
- Shabbat Amplification Adjustments

- We will not use amplification in any full group spaces on Shabbat (from Friday sundown until nightfall on Saturday) in order to keep the space open to folks with a variety of Shabbat observance practices.
- We will create an alternative system for communicating announcements during Shabbat.
- There will be amplification available in the Creative Services, and in sessions in the Patio Tent on Shabbat.

Service Animals

- Service animals are welcome on campus. Please let Isabella Freedman know beforehand if you are bringing a service animal. The animal's status as a service animal must be readily apparent at all times. Emotional support animals and non-service animals are not allowed on campus.

Ticks

- Ticks are prevalent here, as they are most everywhere in this region. One precaution Isabella Freedman takes is to keep the grass short, as ticks love tall grass. We suggest wearing closed-toed shoes, high socks with pants tucked in and checking for ticks daily using the mirrors provided in the bathrooms.

Phone & Internet

- There is limited cell phone reception at Isabella Freedman! An emergency phone number will be listed on all maps including the one you will receive at check-in. You may give this number as an emergency contact. The office phone number at Isabella Freedman is **(860) 816-8957**. There is free wireless internet access across campus.

HOW DO I GET THERE?

Please refer to the information [linked here](#) about how best to get to Isabella Freedman.

- If you are arriving by air **you should plan to rent a car or arrange a carpool to/from the airport if you're flying in from out of town.**

- We are offering a shuttle for folks coming from the Wassaic Train Station to and from Isabella Freedman, as long as two or more people sign up. **There will be two shuttles on Thursday afternoon *to* Isabella Freedman, and one shuttle on Sunday *to* Wassaic Train Station from Isabella Freedman.** The shuttles will be based on the MetroNorth Schedule, and Neshama, the Freedman registrar, will be in touch about the timing as we get closer to the start of the retreat. There is a \$35 fee each way to ride the shuttle.

This document is a work in progress! If you have feedback or notice things that are missing, please feel free to get in touch: access@letmypeoplesing.org.