



EPILEPSY FOUNDATION

Eastern Pennsylvania

Camp Achieve Camper Information Packet 2015



Included:

Sample Daily Menu

Camper Rules

Camper Packing List

Medical Registration & Medication Packing Instructions

Camp Achieve Staff:

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SAMPLE DINING HALL MENU

Breakfast Basics Everyday:

Orange Juice
Toast/Butter
Apple Juice
Yogurt
Hot Cereal
Cold Cereal
Coffee, Tea, Milk
Water

Lunch & Dinner Salad bar Basics Everyday:

Sunflower Butter & Jelly
White Bread & Butter
Lettuce
Celery
Beets
Carrots
Baby Corn
Seeds
Tomatoes
Chick Peas
Diced Eggs

Cucumbers
3 Bean Salad
Croutons
Green Peppers
Pasta Salad
Pickles
Radishes
Tuna Salad
Bacon Bits
Pea Pods
Cottage Cheese
Assorted dressings

Beverages available for BOTH lunch & dinner: Coffee, tea, milk, water, sugarless drink

BREAKFAST MENU

Monday: Add FRENCH TOAST STICKS & SYRUP & BREAKFAST MEAT

Tuesday: Add SCRAMBLED EGGS & BREAKFAST MEAT

Wednesday: Add PANCAKES & SYRUP & BREAKFAST MEAT

Thursday: Add BREAKFAST BURRITOS

Friday: Add FRENCH TOAST STICKS & SYRUP & BREAKFAST MEAT

LUNCH MENU

Sunday: Pizza
Greek salad

Wednesday: chicken nuggets, Veggie Nuggets
Sweet potato fries
Veggies

Monday: Chicken or Veggie Stir Fry w/fried rice

Tuesday: Grilled cheese (w/ & w/o tomato)
Tomato soup
Baked Potatoes with all the fixing
Corn cobbets

Thursday: steak sandwich, veggie burgers
Curly fries
Veggies

DINNER MENU

Sunday: Tacos or Fajitas
Lettuce, tomatoes, onion, cheese, salsa
Meat or Bean filling
Spanish rice

Wednesday: BBQ chicken
Stuffed Shells or Grilled veggies
Mac & cheese
String beans
Rolls & Butter
Watermelon

Monday: roast turkey
Eggplant rollatini
Mashed potatoes
Peas
Rolls & butter
Apple cake

Thursday: Veggie Hot Dogs
Hamburgers & Hotdogs (lettuce,
tomato, onion)
Chips
Cole Slaw
Baked Beans

Tuesday: Veggie & meat lasagna
Garlic bread
Mixed veggies

CAMP ACHIEVE
CAMPER RULES

Parent/Guardian and Camper please keep this copy.

1. All campers must be able to perform **ALL** ADLs (activities of daily living, i.e. - dressing, eating, bathing and walking) **INDEPENDENTLY**.
2. If a camper is not performing activities of daily living independently, parent or guardian will be notified and camper will be asked to leave camp. Camp Achieve is not equipped for one-on-one supervision.
3. Appropriate behavior is expected of all campers. No hitting, spitting, etc. First warning by counselor, second warning by EFEP staff, third warning, parent or guardian will be called and camper will be asked to leave.
4. **All campers must be accompanied by a counselor or EFEP staff member when leaving any activity, or going anywhere on campus.**
5. Campers are permitted to decline participation in any activity, but must stay with their group. When leaving an activity they **must** be with a counselor.
6. All campers **MUST** sleep on lower level of bunk beds.
7. Swimming, boating, water activities and climbing wall are allowed **UNLESS otherwise stated on forms by physician, parent or guardian.**
8. **Individuals attending the camp may not swim, boat or participate in water activities alone or unattended. Swimming, boating and water activities are allowed only under the trained supervision of the camp lifeguards and EFEP staff or volunteers. No swimming, boating or water activities without Camp Green Lane lifeguards.**
9. Lifeguards are placed at the pool to supervise the campers. Campers are not to distract the lifeguards by talking to them. To be most effective, lifeguards need to be free from distraction.
10. **Anyone who violates any of the above rules will be asked to leave camp.**
11. The use of cell phones will **NOT** be permitted. If there is a true necessity, the camper will be allowed to use the staff phones.
12. Chewing gum is **NOT** permitted on Camp Green Lane premises!!
13. Snacks will be available throughout the day. No extra food or snacks are allowed in the bunks.

CAMP ACHIEVE
PACKING CHECKLIST

Medication:

- Bring all medications in original bottles / containers with name, dosage, and times.
- Supply of medication for 9 DAYS (6 camp days + 3 additional days) in case of emergency
- Medication schedule
- **Supply of emergency seizure medications (Diastat, Klonopin wafer, etc), EPI-pen and nebulizer if your child needs one.**
- Supply of other PRN medications (Tylenol, Advil, etc)
- Any over-the-counter medications (Advil, Motrin, Tylenol, etc.) must also be brought to camp in the original bottles/containers and given to the nurse at check-in.
- Pill organizer with child's name on it. Medical Staff will transfer the medicine from bottles/ containers into pill organizer.

General:

- ___ sleeping bag and/or blankets & sheets (cot size) (at least 2 sets if child is incontinent)
- ___ pillow
- ___ flashlight
- ___ **WATER BOTTLE - LABELED WITH NAME ON IT!!**
- ___ sunglasses (sunglass strap)
- ___ goggles (for swimming/water activities)
- ___ hat or visor
- ___ bag for dirty laundry

Toiletries:

- ___ shower caddy
- ___ shower sandals
- ___ shampoo/conditioner
- ___ soap/soap dish
- ___ toothbrush and toothpaste
- ___ comb and/or brush
- ___ deodorant
- ___ contacts/contact solution (extra lenses)
- ___ feminine products
- ___ eye glasses/ eye glasses case
- ___ washcloth and bath towels (at least 2)
- ___ beach towel (at least 2)
- ___ insect repellent
- ___ sunscreen (sun is strong)
- ___ aloe (for sunburn relief)
- ___ lip balm with SPF

Clothing (for 7 full days):

please write or sew child's name into all items*Epilepsy Foundation & Camp Green Lane are not responsible for lost items

- ___ underwear
- ___ socks
- ___ t-shirts
- ___ shorts
- ___ long pants
- ___ sweatshirt/sweatpants *** it does get cold at night ***
- ___ pajamas/sleeping attire
- ___ sneakers or other closed toe shoes appropriate for wall climb, gaga, other sports ***bring more than one pair of shoes***
- ___ swimsuit (plastic bag suggested for wet items)
- ___ lightweight jacket
- ___ raincoat or poncho (NO umbrellas)

Camp Extras (Optional):

- ___ tennis racquet if you have one
- ___ any necessary belongings for Talent Show
- ___ any outfit/costume/decoration for the "Hollywood" theme of camp

Miscellaneous Suggestions:

- ___ camera (label it in case it is misplaced)
- ___ small games (cards, board games, yoyo, etc ...)
- ___ extra blanket
- ___ small fan
- ___ extension cord
- ___ journal, pens, pencils, markers
- ___ book
- ___ flashlight

PLEASE leave at home:

ALL Electronics, lighters, aerosol cans, matches, nail clipper, scissors, any expensive items (i.e. jewelry), money
anything of special value that may get lost or broken, leave at home

Cell Phones

The use of cell phones will **NOT** be permitted. If there is a true necessity, the child will be allowed to use one of the staff phones.

****REMINDER:**

- Cabins are not air conditioned or heated. Plan for hot temperatures during the day and cold temperatures at night with a small fan and extension cord to plug in or extra blanket.
- Please mark all valuables (i.e. camera...).
- Please do not bring something if you are worried about losing it, breaking it, etc
- **Epilepsy Foundation & Camp Green Lane are not responsible for lost or left item**
- **Pets are not to be brought onto camp property. This is a policy set by Camp Green Lane.**

CAMP ACHIEVE
MEDICAL REGISTRATION & PACKING INSTRUCTIONS

Medical Registration Information-

- On Sunday, there will be 5 health professionals to register everyone. You will be sent to register your camper with all his/her health information.
- All medication and medical information will be reviewed with a member of the medical staff. This will include all the information that you have completed on your child's health form along with the health form that your neurologist has sent EFEPA.
- Please use this time to make us aware of any special needs that your child has, (particular way of taking medication, i.e. food, sprinkles, etc.)
- **EVERY CAMPER IS REQUIRED TO BRING EMERGENCY SEIZURE MEDICATION TO CAMP ACHIEVE 2015.**
- IT IS IMPORTANT THAT YOU MAKE US AWARE OF ANY MEDICATION CHANGES, RECENT HOSPITAL VISITS, or anything else that you think is valuable information for the health and wellbeing of your child for the week that they are at camp.
- Bring ALL medication with you: daily, seizure and other emergency meds. Also bring any PRN (as needed) medications such as Tylenol, Claritin, etc. ALL MEDICATIONS NEED TO BE LABELED WITH YOUR CHILD'S NAME.
- PILL ORGANIZERS SHOULD NOT BE FILLED. Camp medical staff will fill the pill organizer during camper registration.

Medication Packing Instructions-

Medication should be inside a large Ziploc baggie with your child's name on the *outside left hand corner*. The baggie should include:

- All medication in original bottles
- Pill organizers with camper's name
- 3 extra days' worth of all medication
- 2-3 emergency medications / or however much you think your child may need

Medication Times-

Medication will be given at breakfast and bedtime, and any other time prescribed by the camper's physician.

Medication Tips & Suggestions-

One of our main goals at Camp Achieve is for each camper to realize that epilepsy does not define who they are; they are a person with epilepsy who has many different talents and qualities to their personalities. They can't come to this realization until they become independent and start to manage their epilepsy on their own. Of course, they will require a support system as they develop these skills and integrate them into their daily routine.

Medication is often an integral part of that routine therefore we make the following suggestions:

- If your child does not already know the names and purpose of each of their medication, we will begin to teach them. Please continue to reinforce this learning process in your home after Camp Achieve ends.
- If they are old enough to come to camp, they are also old enough to begin to take their medication at home by themselves, with supervision. We suggest that they fill their pill organizer once a week, with your help, and put it in a common place (kitchen table) so that they remember it and you can check without asking if they took it.
- Teens should be able to let you know when a prescription is ready to be filled or even call the pharmacy independently. We suggest you encourage this important skill to help your child increase their independence and knowledge of how to manage life with epilepsy.