

# 2015 CAMP REPORT



# EPILEPSY FOUNDATION

Eastern Pennsylvania



# CAMP ACHIEVE

# CAMP ACHIEVE?

## WHAT IS

Each August over one hundred people gather together to celebrate one of the Epilepsy Foundation Eastern PA's longest running initiatives: Camp Achieve.

There are many reasons why Camp Achieve has thrived since it's inaugural year in 1997. Kids have fun and meet others with epilepsy. Parents get a well-deserved break. Counselors learn valuable leadership skills. Medical professionals go from handing out medications and responding to seizures to playing sports and leading educational programs. Foundation Staff delight at seeing the EFEPA community gather together to support the youngest in our family. But perhaps most importantly, Camp Achieve is so special because: *"it's where you can be yourself."* Maybe that's why the 2015 Camp Achieve theme, Hollywood, was such a hit! It highlighted each camper and counselor for the stars they truly are.

As we look forward to the next year's camp, we are emboldened by this sentiment--creating an environment where kids with epilepsy can feel confident and joyful in their own skin. We will continue to design and improve activities that challenge campers, give them new skills and allow them to explore their interests.

Until the day that epilepsy is no longer, we will gather at Camp Achieve to let kids be kids; to build a supportive community where a diagnosis is not a limitation. Thank you to all the donors, volunteers, family members and campers who ensure the success of Camp Achieve year after year.

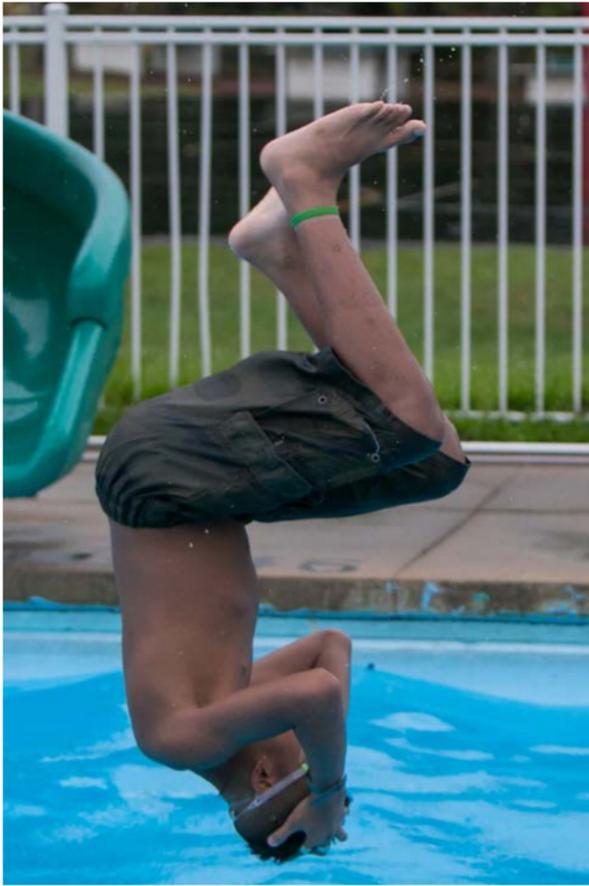


Elizabeth Beil  
EFEPA Camp, Transitions and  
Hispanic Coordinator



Allison McCartin  
President and CEO

Camp Achieve offers a variety of activities for every interest, ranging from sports like basketball and soccer to canoeing, archery, ropes courses, swimming and arts and crafts.

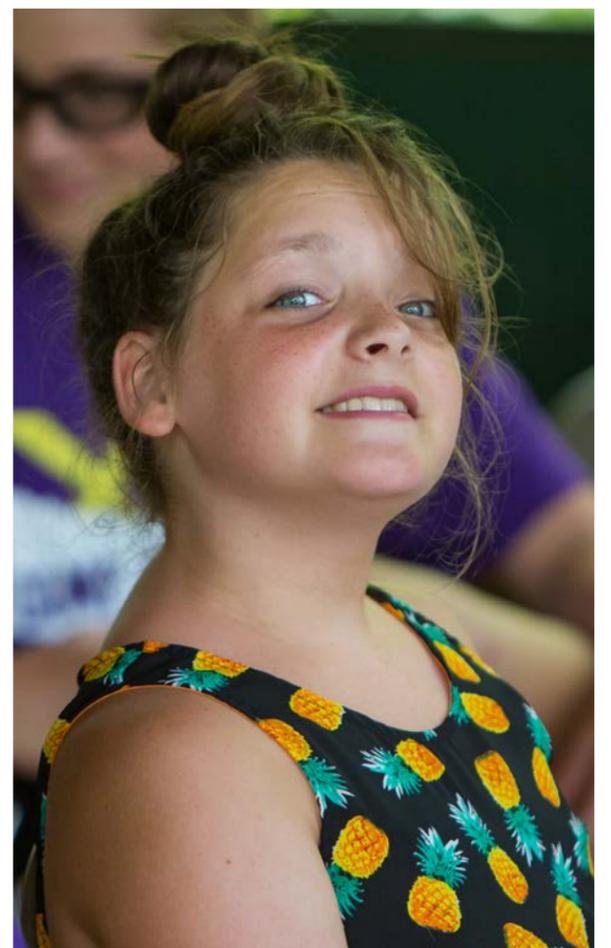


At Camp Achieve, we can accommodate different epilepsy diagnoses, medications and treatments, including the ketogenic diet.



Camp Achieve integrates campers and counselors from different age groups together to strengthen the sense of community. Older campers become role models while younger campers learn from their example.

Campers also engage in educational activities to teach them how to manage a life with seizures. This year's sessions focused on bullying, peer pressure and talking to your doctor.



“Camp Achieve is a lot of fun and  
who are fighting the same battle”

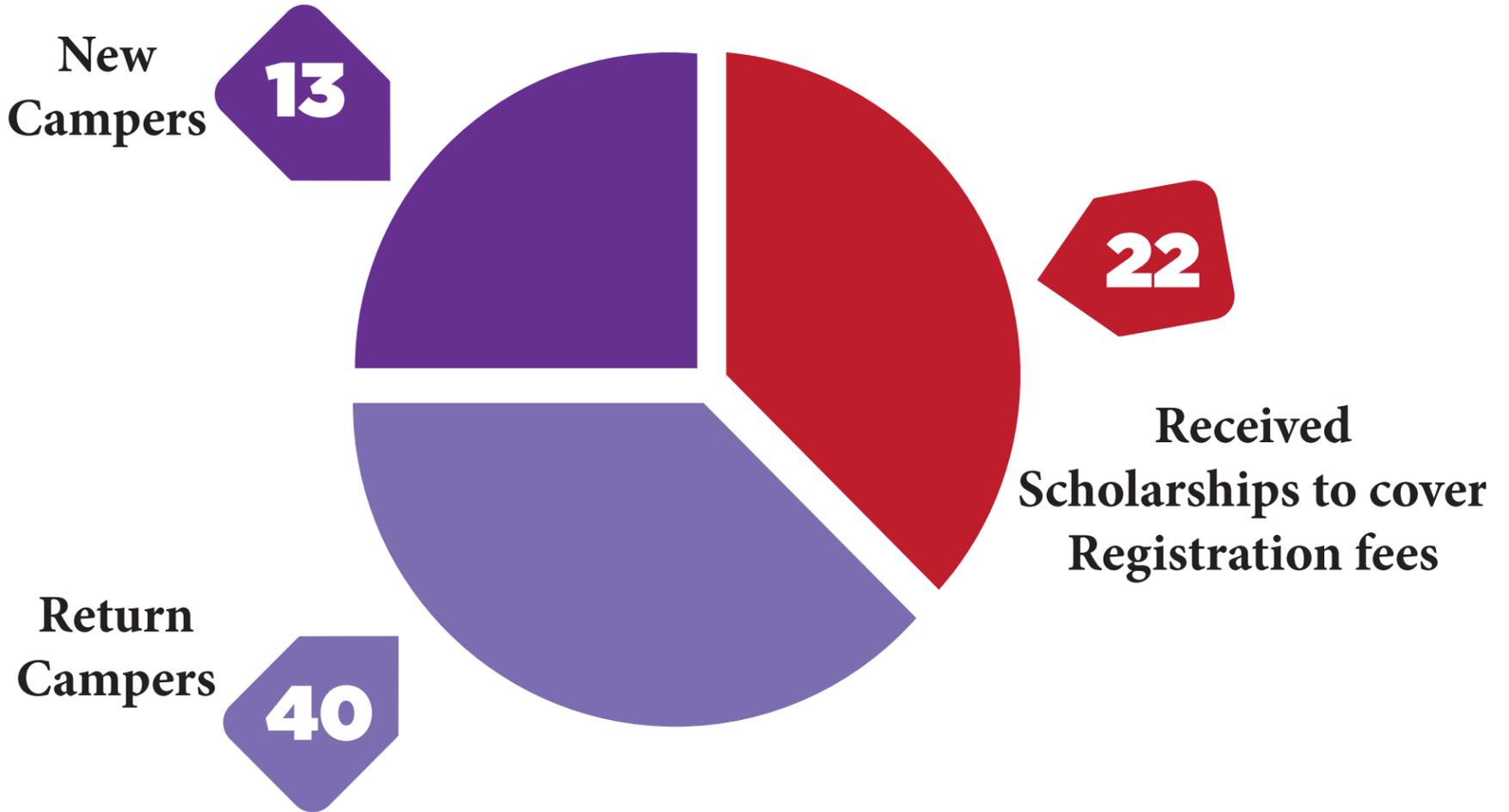


and I like being with other people  
battle as me. ***We are family.***”

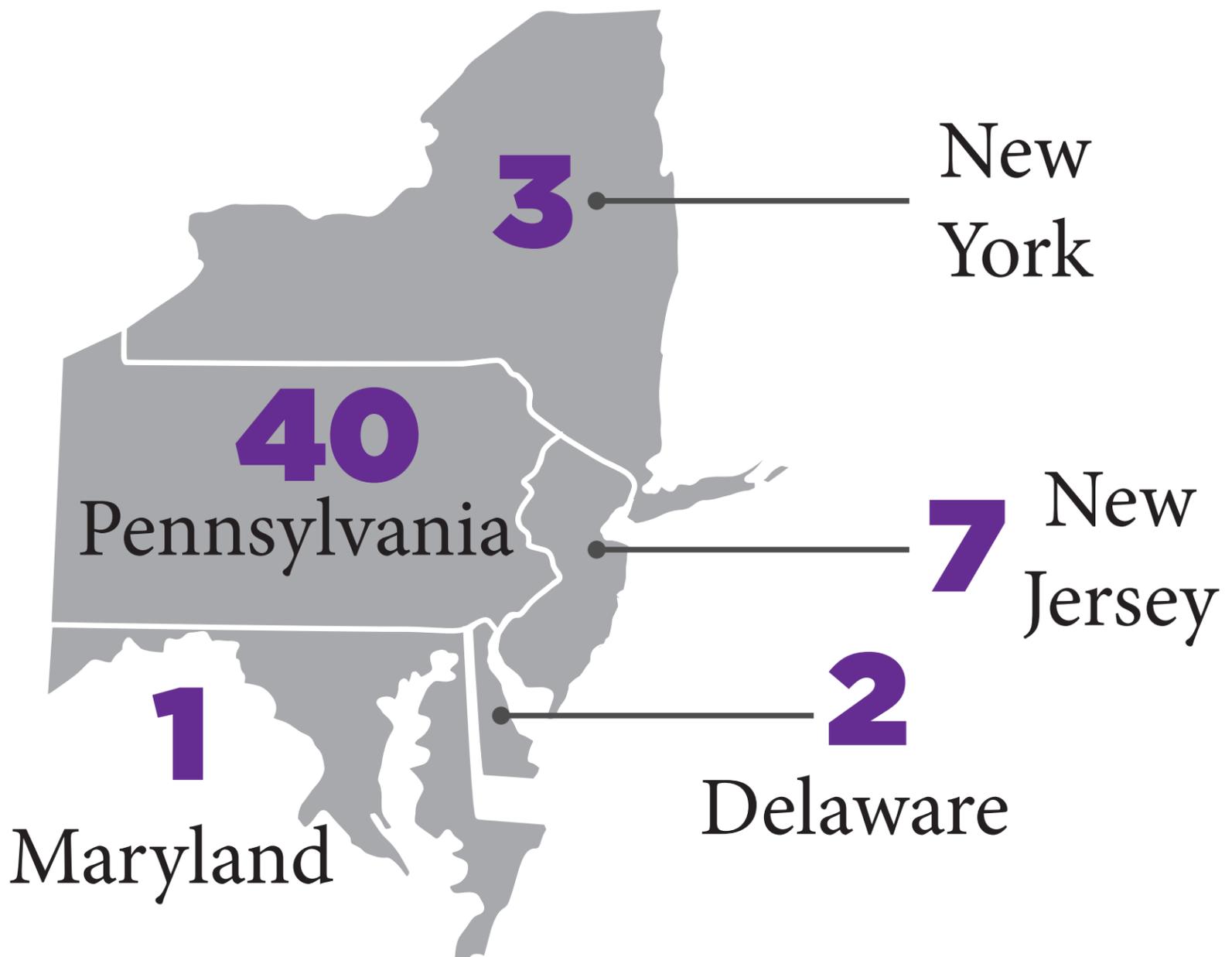


# CAMP ACHIEVE B

## About our Campers

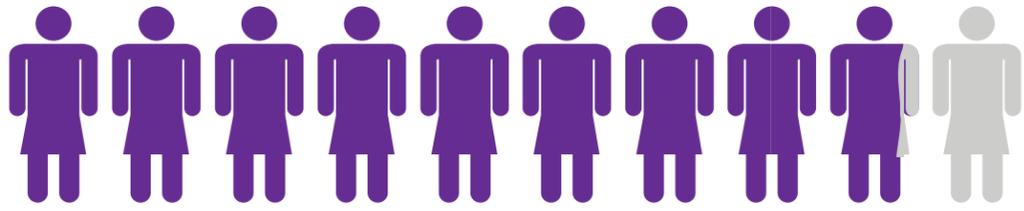


## Where our Campers Call Home



# BY THE NUMBERS

## From our Campers



88%

Of Campers reported feeling safer about having a seizure at school because of Camp Achieve.



95%

Of Campers knew what to do if someone has a seizure after Camp Achieve.



93%

Of Campers felt less worried about trying new things after Camp Achieve.



88%

Of Campers felt better about talking to their doctor because of Camp Achieve.

## Camper's Favorite Part about Camp Achieve

49% Meeting other kids with Epilepsy.

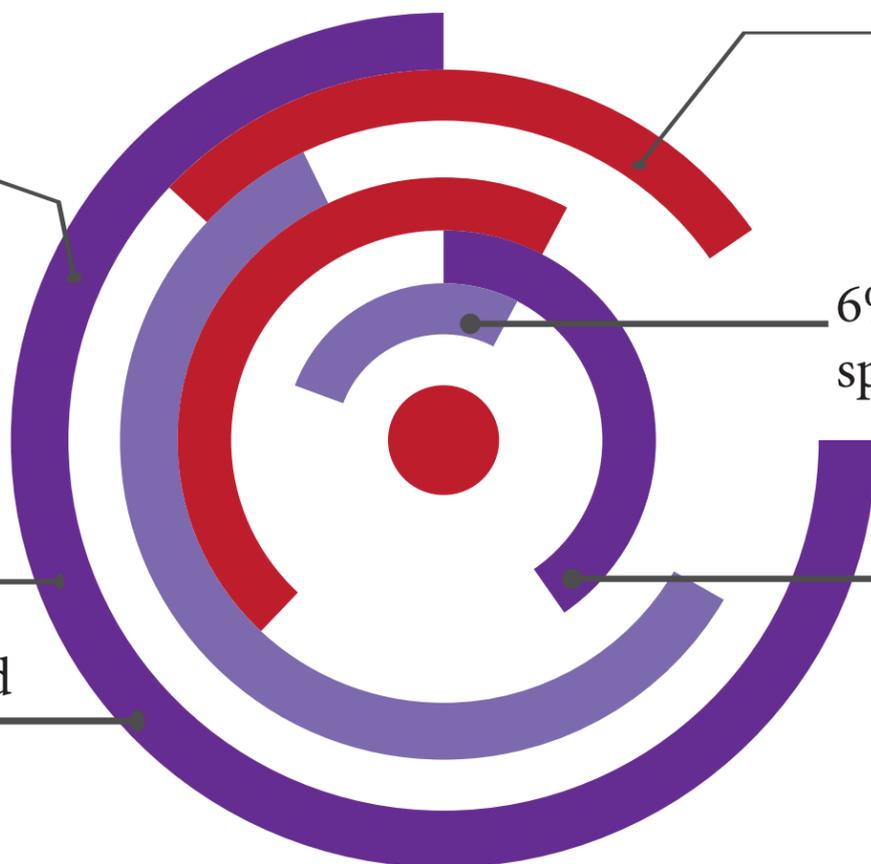
13% Learning all about Epilepsy.

9% Learning arts and crafts.

14% Spending time with my new friends.

6% Learning about sports and games.

8% Doing things without Mom or Dad's help.

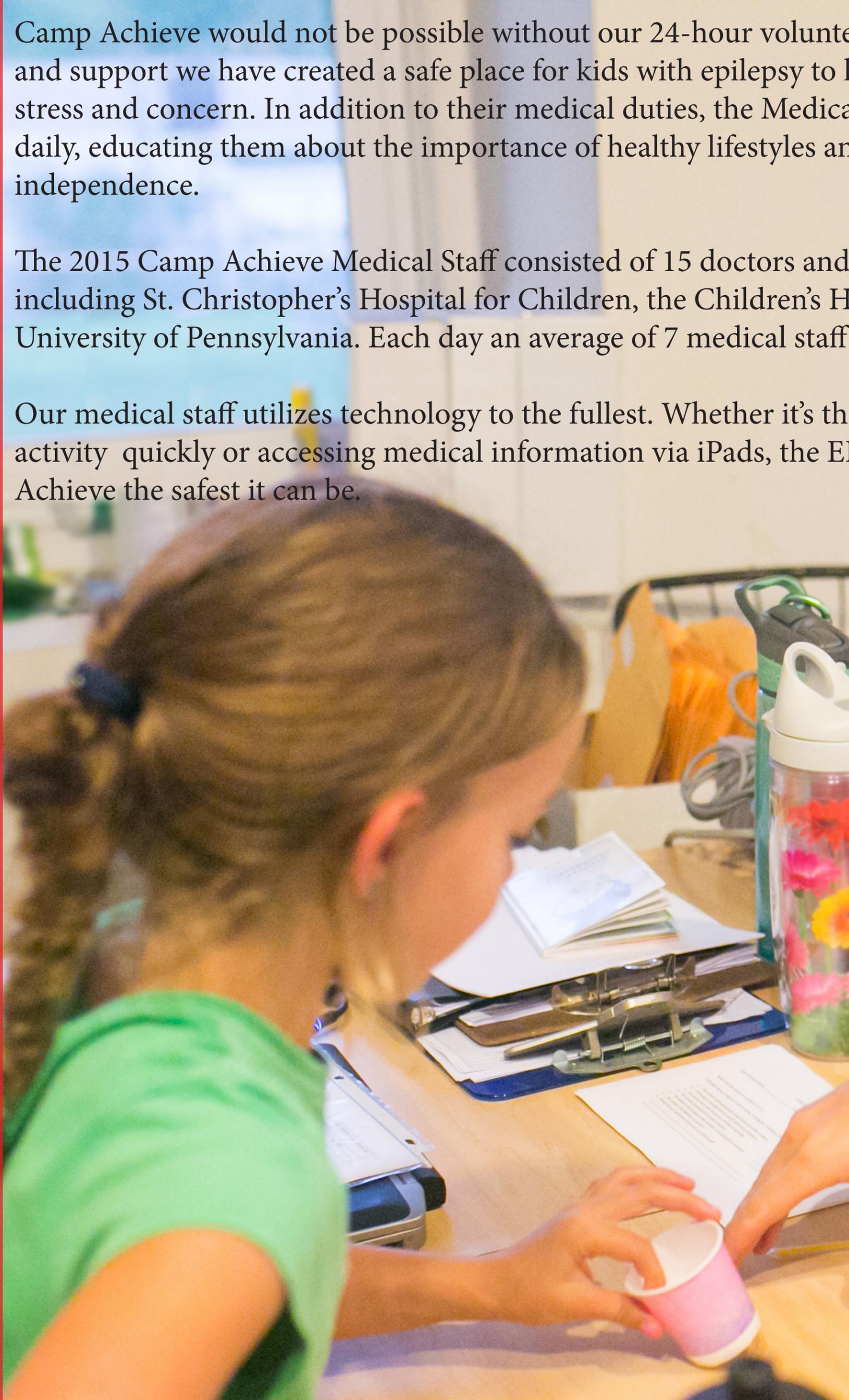


# MEDICAL STAFF

Camp Achieve would not be possible without our 24-hour volunteer support and support we have created a safe place for kids with epilepsy to learn and grow without stress and concern. In addition to their medical duties, the Medical Staff provides daily, educating them about the importance of healthy lifestyles and promoting their independence.

The 2015 Camp Achieve Medical Staff consisted of 15 doctors and nurses, including St. Christopher's Hospital for Children, the Children's Hospital of Philadelphia, and the University of Pennsylvania. Each day an average of 7 medical staff members are on duty.

Our medical staff utilizes technology to the fullest. Whether it's tracking a child's activity quickly or accessing medical information via iPads, the EMTs ensure Camp Achieve the safest it can be.



*"Camp Achieve is one of the*

peer medical staff. By providing supervision  
have fun, while relieving their parents of the  
al Staff interact with campers and counselors  
and managing medications to foster a sense of

nurses from the area's top medical centers  
Hospital of Philadelphia and the Hospital of the  
were available to respond to any medical need.

rough walkie-talkies to communicate seizure  
FEPA takes all strides necessary to make Camp



***best experiences I've ever had."***



*"I just wish we were here longer so we could be with our friends more!"*



Our dedicated counselors are part of what makes Camp Achieve so unique. Many of our counselors are former campers who learned firsthand skills like leadership at Camp Achieve and choose to be involved in our community year after year. They work hands on with campers to acclimate, engage and challenge them throughout the week.

In addition to supervising activities, counselors accompany the campers throughout the day to ensure their safety. In fact, Camp Achieve has nearly a 1:1 counselor to camper ratio. They provide support to campers who may be struggling with seizures and advice on how to manage issues like peer pressure, bullying and social isolation.

Counselors undergo a rigorous application process and background check to ensure they are a great fit for the camp community. Counselors must be over the age of 18 and have prior experience working with youths.

**OUR COUNSELORS**



*“I want to come back because Camp Achieve gives me an opportunity to see and **make friends and get to do something I usually don’t get to do.**”*

*Thank You to our generous  
Donors who make  
Camp Achieve possible!*

\$5,000 - \$10,000

The Andrea Keehn Scholarship Fund

\$1,000 - \$5,000

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Diana Walleigh, MD  
Carolyn Winter, RN, BSN, CRNP



Join us for Camp  
August 14



Achieve next year!  
4-19, 2016.



# Our Mission

*To lead the fight to stop seizures, find a cure and overcome the challenges created by epilepsy. We choose to fulfill that mission by meeting the non-medical needs for people affected by epilepsy/seizure disorder to enhance their lives and build supportive communities.*

Visit our website to learn more:

[www.campachieve.org](http://www.campachieve.org)

[www.efepa.org](http://www.efepa.org)

