



Camp Achieve 2020 Camper Information Packet



Dear Camp Achieve Camper & Family,

Welcome to Camp Achieve 2020! Our goal at Camp Achieve is to ensure that each camper enjoys a week full of fun, education, and camaraderie. We aim to provide a safe, supportive environment designed to encourage each camper's personal growth. The Epilepsy Foundation Eastern PA and the Camp Achieve team are excited that your camper will be joining us this year!

This information packet includes important information to help you and your camper prepare for the week of camp. Enclosed you will find the following:

- Camp Achieve Goals
- Camper Rules
- Packing Checklist
- Medication Packing tips and Registration guidelines
- Sample Menu
- Sample One Day Schedule

Please review this information carefully and let us know if you have any questions or concerns. Our goal is to ensure all campers, counselors, medical volunteers, AND parents/guardians have the best experience possible during the week of Camp Achieve!

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Camp Achieve Goals

The Epilepsy Foundation Eastern PA believes no child should feel alone, ostracized, or unsafe because of their epilepsy. We strive to alleviate the stresses and fears that many children with epilepsy suffer from by providing them access to all of the life experiences they deserve. Camp Achieve is key to accomplishing this goal. From its humble beginnings over 20 years ago, Camp Achieve has become a uniquely designed program tailored to the special needs of youths with epilepsy.

Each year we aim to teach our campers new skills and help them succeed in many areas of life. To this end, we are formalizing goals for Camp Achieve 2020. There will be some formal teaching surrounding these goals as well as informal time for campers, counselors and medical volunteers to talk about these key issues. The goals for 2020 are that each camper will:

- Understand why taking medication as prescribed (dosage, time of day, etc.) is important for your health and seizure control.
- Know what seizure type you have and how to explain what it looks like to a friend.
- Learn two things you can do to manage stress.



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Camper Rules

Parent/Guardian and Camper, please review carefully. You are asked to acknowledge that you understand the rules, have reviewed them with your child, and that the camper agrees to comply with the rules via the Authorizations section on your child's [CampDoc profile](#).

1. All campers must be able to perform all ADL's (activities of daily living, i.e. - dressing, eating, bathing and walking) independently. 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.
2. All campers must be accompanied by a counselor or EFEPA staff member when leaving any activity, or going anywhere on campus.
3. 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.
4. All campers must sleep on lower level of bunk beds.
5. Swimming, boating, water activities and climbing wall are allowed unless otherwise stated on forms by physician, parent or guardian.
6. 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 EFEPA staff or volunteers. No swimming, boating or water activities without Camp Green Lane lifeguards.
7. 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.
8. 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.
9. Snacks will be available throughout the day. No extra food or snacks are allowed in the bunks.
10. Chewing gum is not permitted on Camp Green Lane premises.
11. Smoking is not permitted on Camp Green Lane premises. This includes vaping, including for medicinal purposes.
12. Alcohol, illegal drugs, and weapons are not permitted on Camp Green Lane premises.
13. Per Camp Green Lane policy, pets are not to be brought onto camp property. Service dogs are exempt from this rule.
14. Appropriate behavior is expected of all campers. No hitting, spitting, physical or verbal aggression, etc.
15. **Anyone who violates any of the above rules or exhibits inappropriate behavior will be asked to leave camp per the following Behavior Protocol:**
 - a. **The first warning is issued by a counselor, documented and reported to EFEPA staff. The counselor will implement any behavioral instruction and redirection. EFEPA staff will provide assistance as necessary.**
 - b. **If there is a second warning issued, the EFEPA staff will work to guide appropriate behavioral instruction and redirection.**
 - c. **If a third warning is issued, the parent or guardian will be called and the camper will be asked to leave.**



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Camp Achieve Packing Checklist

General notes:

- Write or sew child's name onto all items.
- Please bring sufficient clothing for 7 days to cover any emergencies.
- An extra pair of shoes is recommended in the event that we have inclement weather or footwear gets wet during activities.
- If your child experiences bladder or bowel incontinence due to seizures or other factors, please send extra clothing and at least one extra set of bedding if incontinence occurs at night.
- Cabins are not air conditioned or heated. Plan for hot days and cool nights. Campers may want to bring a small fan with extension cord and/or an extra blanket.
- ALL campers are expected to bring a water bottle and will be encouraged to stay hydrated throughout each day.
- Please DO NOT bring anything of special value that may get lost or broken (i.e. electronics, jewelry, money, etc.)
- **Epilepsy Foundation Eastern PA & Camp Green Lane are not responsible for lost items**

Clothing:

- Underwear
- Socks
- T-shirts (short & long sleeve)
- Shorts & long pants
- Sweatshirt/fleece/lightweight jacket
- Pajamas
- Swimsuit (no bikinis)
- Sneakers (or closed toes shoes for walking/athletics)
- Sandals or flipflops
- Rain jacket/poncho
- Hat or visor

Toiletries:

- Shampoo/conditioner
- Soap
- Toothbrush
- Toothpaste
- Comb/brush
- Deodorant
- Feminine products
- Insect repellent
- Sunscreen
- Aloe
- Lip balm with spf

Bedding & linens:

- Sheets & blanket or sleeping bag
- Pillow
- Pillow case
- 2 bath towels
- 2 pool towels
- 2-3 wash cloths
- Laundry bag

Other Items:

- Water bottle
- Eye glasses & case
- Contacts, case & cleaning solution
- Sunglasses
- Swim goggles
- Flashlight
- Small games, books, art supplies, journal
- Talent show supplies
- Outfit/costume/decoration for Olympics themed camp events



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Medical Registration & Packing Instructions

Medication Packing List:

- **ALL MEDICATIONS NEED TO BE IN THE ORIGINAL CONTAINERS.**
- **EVERY CAMPER IS REQUIRED TO BRING EMERGENCY SEIZURE MEDICATION TO CAMP ACHIEVE 2020.**
- Supply of daily medication for 9 days (6 camp days + 3 additional days)
- Supply of emergency seizure medications (Diastat, Klonopin, etc.), EPI-pen and nebulizer if your child needs one. At least 2-3 dosages of any rescue medication should be provided.
- Supply of PRN medications (vitamins, Tylenol, Advil, etc.) in original bottles/containers labeled with your child's name.
- Pill organizer with child's name on it. **PILL ORGANIZERS SHOULD NOT BE FILLED.** Camp medical staff will fill the pill organizer with you during camper registration.

Medical Registration Information:

- On Sunday, there will be teams of health professionals to register everyone. You will be sent to register your camper with all his/her health information and ALL medications in the original containers.
- 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.)
- 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.
- All campers will undergo a lice check by a health professional. If lice and/or nits are found, the camper must undergo treatment and cannot return to Camp Achieve until free of lice/nits.

"Self-Medication" Authorization:

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.

"Self-Medication" authorization indicates that your camper knows what medications they take and can independently take them at home. You may provide "Self-Medication" authorization or denial via their [CampDoc profile](#). If you provide this authorization, the medical team will hand your child his/her medication container so that they can take the medication for that time period and record that the medication has been taken. If you choose not to provide this authorization, the medical team will give your child his/her medications at each medication time. Please use the following as a guide to determining if you should provide this authorization:

- Does your child regularly fill their pill organizer (with or without supervision)?
- Does your child know the time of day they take each medication?
- Does your child know the name (or color/size) and purpose of each of their medications?

Medications are distributed before Breakfast and after Dinner along with any other time that is prescribed for your camper. All medications will be stored with the medical 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: French toast sticks & syrup & breakfast meat

Tuesday: Scrambled eggs & breakfast meat

Wednesday: Pancakes & syrup & breakfast meat

Thursday: Breakfast burritos

Friday: French toast sticks & syrup & breakfast meat

LUNCH MENU

Sunday: Pizza & Greek salad

Monday: Chicken or veggie stir fry w/fried rice

Tuesday: Grilled cheese, tomato soup, baked potatoes with all the fixings, and corn cobbets

Wednesday: Chicken nuggets, veggie nuggets, sweet potato fries, and veggies

Thursday: Steak sandwich, veggie burgers, curly fries, and veggies

DINNER MENU

Sunday: Tacos or Fajitas, meat & bean filling, Spanish rice

Monday: Roast turkey, eggplant rollatini, mashed potatoes, peas, rolls & butter, apple cake

Tuesday: Veggie & meat lasagna, garlic bread, and mixed veggies

Wednesday: BBQ chicken, mac & chees, string beans, watermelon, stuffed shells

Thursday: Veggie hot dogs, hamburgers, hotdogs, chips, cole slaw, and baked beans



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Sample One Day Schedule

Campers are divided into “Rings” for daily activities. Each ring consists of all age groups to encourage community building. Cabins are assigned by age. We try our best to assign counselors so that campers will have at least one counselor who is in both their Ring and their Cabin. We maintain an approximately 1:3 ratio of counselors to campers throughout the week. This does not include the EFEP staff and medical professionals who will also be on campus 24 hours a day. Campers are encouraged to participate safely in all activities and to try something new during the week. No camper will be forced to participate in any activity but must stay with their “Ring” if they choose not to participate in a given activity. Please talk to your camper about the importance of staying with their group and always travelling around the property with a counselor.

We encourage you to help your camper transition back to a “school-year” schedule prior to the start of Camp Achieve as the days start early (7:45 am) and are filled with a variety of diverse activities. We build in rest/free time for the campers and do understand that campers may need a break from activities or recovery time after a seizure. However, we know that the change in schedule after relaxing, unstructured summer days can be a challenge for some campers. You know your camper best so we ask that you please work with them prior to camp to help maximize their experience.

Green Ring	Thursday	
Time	Activity	Location
7:45-8:15	Med Distribution	White House
8:15-9:30	Breakfast	Cafeteria
9:45-10:30	Activity 1- Kickball	Soccer Field
10:45-11:30	Activity 2- Talking to your Doctor	Globe
11:45-12:45	Lunch & Meds	Cafeteria
1:00-1:45	Activity 3- Snack Attack	Outside WH
2:00-2:45	Activity 4- GaGa	GaGa Court
3:00-3:45	Activity 5- Arts & Crafts	Arts Building
4:00-4:45	Swimming (Teens) / Free Time (Pre-Teens)	Pool/Cabin
4:45-5:30	Swimming (Pre-Teens) /Free Time (Teens)	Pool/Cabin
5:45-6:45	Dinner	Cafeteria
6:45-7:15	Med Distribution	White House
7:30-8:45	Evening Program- Salute to the Stars of CA	Globe
9:00	Bedtime	Cabins