

Camp Ronald McDonald for Good Times

Family Camp



PARENT'S GUIDE

OFFICE:

1250 Lyman Place, Los Angeles, CA 90029
Tel: (310) 268-8488 Fax: (310) 473-3338

CAMP:

PO Box 35, 56400 Apple Canyon Road, Mountain Center, CA 92561-0035
Tel: (951) 659-4609

Website:

www.rmhcsc.org/camp



American Camp
Association Accredited



A program of Ronald McDonald House Charities®
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Member of
Children's Oncology
Camping Association

CAMP RONALD McDONALD FOR GOOD TIMES FAMILY CAMP PARENT'S GUIDE

TABLE OF CONTENTS

WELCOME TO OUR CAMP FAMILIES.....	3
OUR MISSIONS AND OUTCOMES	4
WHAT IS FAMILY CAMP?	4
YOUR CHILD'S MEDICAL CARE WHILE AT CAMP.....	5
CAMP DOCTORS & NURSES	
MED SHED – CAMP HEALTH CARE CENTER	
MEDICATIONS	
MEDICAL HISTORY AND RELEASE FORMS	
PRIVATE HEALTH INFORMATION	
FAMILY CAMP ACTIVITIES.....	6
SUPPORTIVE ENVIRONMENT FOR PARENTS.....	6
COMMUNICATION & PHONES AT CAMP.....	7
THE FAMILY CAMP SCHEDULE.....	8
WHAT TO BRING CHECKLIST.....	9
HOW WE LIVE AT CAMP.....	10
WEATHER.....	11
LOCATION.....	11
TRANSITIONING TO SLEEP AWAY CAMP.....	12
EVALUATING OUR SERVICE.....	13
FAMILY CAMP STAFF.....	13
HOW CAN YOU GET MORE INVOLVED?.....	14

“WELCOME HOME”

Those words from our Camp Family do more to tell you about the experience we hope to provide for your family than anything else we could do or say!

We are excited you have chosen Camp Ronald McDonald for Good Times to provide your family camp experience. Since 1982, Camp Ronald McDonald for Good Times has been creating fun-filled, medically-supported camp programs for children with cancer and their families. Camp Ronald McDonald for Good Times is a recognized leader in providing activities and programs that create a positive impact on the lives of its campers.

Whether you are a new camp family or a returning camp family, this “Parent’s Guide” will help prepare you and your family for your camp experience and guide you through every aspect of our camp program. We have tried to answer most questions you may have before your family attends a camp session. If you have any additional questions please call us at (310) 268-8488 or email us at cedwards@rmhcsc.org

On behalf of the Board of Directors and staff, we welcome you to the Camp Ronald McDonald for Good Times experience. We look forward to meeting your entire family!

Chad Edwards
Camp Director
cedwards@rmhcsc.org

See Photos from your Family Camp Session!

Here’s how!

1. “Like” *Camp Ronald McDonald for Good Times* on Facebook
2. “Follow” Camp on Instagram [@campronaldmcdonald](https://www.instagram.com/campronaldmcdonald)
3. Log on www.rmhcsc.org/camp
 - Click on the “Camp Photos” under Need to Know -> For Families
 - Click on the dates of your child’s session
 - Click on any picture to see a larger image



New photos and videos will be continuously added to social media and the website. Make sure you are following along!

Mission Driven!

The mission of Camp Ronald McDonald for Good Times is to create a positive, long-lasting impact on children with cancer and their families by providing fun-filled, medically supervised, cost-free, year-round camp programs. Camp Ronald McDonald for Good Times provides opportunities for each child, regardless of their diagnosis, treatment or family position, to broaden his or her experiences and to heighten his or her self-esteem

To achieve this mission our staff and volunteers work hard to develop and facilitate programs and experiences that achieve the following outcomes:

As a result of being at Camp, each camper will:

- Develop a positive identity. Camp is a place where campers can feel good about themselves by discovering talents and skills.
- Develop independence & self-reliance. Camp is a place where campers can discover new wonders and explore new activities or skills on their own.
- Develop social competencies. Camp is a place where campers make new friends and can be a good friend.
- Feel a sense of support. Camp provides a place where they feel they belong by finding others who share the same challenges and hopes.

Camp is like no other activity. It is a place to make friends, develop healthy independence, and have FUN! But don’t take our word for it! Just ask any of the hundreds of former campers what a wonderful experience Camp Ronald McDonald for Good Times can be.

What is Family Camp?

FAMILY CAMP is an opportunity for you to come together as a family to relax, play, and connect in a caring environment. It is also a chance to form new bonds, receive support, and build friendships with other families who understand what it means to maintain relationships and raise children during treatments and procedures for cancer. Camp is designed to be fun and supportive for all members of the family, giving everyone a chance to laugh, learn, and love together.

Your Child's Medical Care While at Camp

Doctors and Nurses

Each session is staffed with an expert medical staff member available on-site, 24 hours a day, to handle your child's medical needs. A doctor will either be on-site or on 24-hour call and within close proximity. A registered nurse or team of nurses will always be on site.



Med Shed

Camp is equipped with a state-of-the-art health care center, or "The Med Shed." The Med Shed provides areas and equipment to support your child's health needs while at camp, including an Examination Room, Resting and Sleeping Areas, a Medication Dispensary, and a Catheter Care Cabin. Should additional support be needed, transportation can be made to nearby Loma Linda University Medical Center or the patient's home hospital.

Medications

We ask families to bring all medications and catheter care supplies they will need during their stay at Camp. Medications are dispensed by parents with our nurses providing any support or advice as needed. There is a refrigerator in the Dining Hall where you may store any medications as needed.

Medical History and Release Forms

By now, you have signed up for a camp session and received our multiple-page application. Our Medical staff carefully reviews all information before the session to ensure we have all the necessary equipment and support for your child's needs. Therefore, we need all applications with current medical information at least TWO WEEKS before your session. If we need any additional information, we will contact you immediately.

Privacy of Personal Health Information

To protect the privacy of our campers, our volunteers and our employees, Camp Ronald McDonald for Good Times has adopted guidelines that restrict disclosure of personal health information to only those who are responsible for medical treatment and care. This includes doctors, nurses and camp personnel.

CAMP ACTIVITIES

Just like at Summer Camp, we make sure our schedule is packed full of fun ways to help our Camper grow. Activities offered at Camp are designed to help the participants make new friends, feel part of a community and discover new skills and interests. All activities are designed for everyone to participate regardless of age and ability!



The activities we offer at each Family Camp vary, but may include:

- | | |
|---------------------|----------------------------------|
| Archery | Sports |
| Hiking | Family Carnival |
| Games | Parent Meeting & Activities |
| Fishing | Arts & Crafts |
| Stage Shows | Family Portraits |
| Great Food! | Age-specific activities for kids |
| Special Activities! | |



A SUPPORTIVE ENVIRONMENT FOR PARENTS

What does Camp provide for parents?

- A community of support from others battling the challenge of cancer in their lives.
- An opportunity to rest, ease stress, and give you time to play with your child(ren) in Camp's beautiful surroundings.
- An hour and a half Parent Meeting on Saturday afternoon that will allow parents to:
 - Learn more about the diversity of programming we offer at Camp.
 - Ask questions about our camping programs.
 - Get information about how our camping programs can support your family as you endure this life challenge.
 - Find out how our programs are built to support your family beyond that challenge.

UNPLUGGED COMMUNITY

Policies Concerning Electronics at Camp

The Camp experience is special and unique for a multitude of reasons. One of these reasons is that it allows both Campers and Staff to be in an environment that is based on community living. In this community environment, our Campers learn what it means to work together, share responsibilities, accept and embrace differences, and connect with others.

Campers, Parents, and Staff come to Camp more comfortable communicating with others via screens and electronics than they are having face-to-face conversations. Also, instead of interacting with the world around them, Campers have become accustomed to tuning out the world by always having a phone in hand or constantly wearing their headphones. If this dependence and attachment to electronics continues at Camp it will make growing our Camper's in Social Competencies extremely difficult. That is why we have decided to adopt the policy of having everyone "unplug" when they come to Camp. It's time for our community to put away cell phones so we can experience human interaction again! Help us help our Campers grow in these life-long skills. Also, since we are role models for our Campers, we will ask our Staff to set an example and follow the same guidelines we are setting for our Campers.

Please help us to create our Camp community by LIMITING your cell phone use when attending Family Camp. Also, the Dining Hall is an official Cell Phone Free Zone!

TELEPHONE USE FROM CAMP:

While we ask all to be "unplugged" during Camp, we recognize that the need to connect with others outside of Camp comes up. The only cell services that work at Camp are AT&T & Verizon. If you need to make a call, we can provide you with access to a landline phone. If there is an emergency and a family member needs to speak with you, you can be contacted at (951) 659-4609.

TYPICAL FAMILY CAMP SCHEDULE

Friday

5:00 – 7:00 pm	Registration/Check-In, Cabin Assignments
7:30	Dinner – Dining Hall
8:30	Welcome/ Announcements / Staff Introductions
9:30	Good Night!

Saturday

8:00 am	Breakfast – Dining Hal
8:45	Morning Hike - Leave from the DH after breakfast
9:59	Everyone meets post-hike to talk about the morning
10:00	Family Fun Centers: <ul style="list-style-type: none">• Family Photos @ the Stage• Game Room / Library• Arts & Crafts in the Activity Center• Fishing @ the pond• Archery @ Archery Range• Special Activity in the Dining Hall
12:00pm	All Camp photo at the Theater!!
12:30 pm	Lunch – Dining Hall
1:15 – 2:30	Rest Time
2:30 – 3:30	All Camp Games in the Meadow
3:30 – 4:45	Kids & Parents Split <ul style="list-style-type: none">• All kids stay together & then spit for age-specific activities• Parents to the DH for parent meeting
4:45-6:00	Family Carnival
6:00	Dinner – Dining Hall
7:00	All Camp & Dance
9:00	Bedtime!

Sunday

7:30 am	Continental Breakfast
8:30 – 10:45	Family Fun Centers <ul style="list-style-type: none">• Family Photo Craft• Fishing, Archery, Games
11:00	Brunch - Dining Hall
11:45	Closing Ceremony
12:00	Happy Trails!

WHAT TO BRING

EACH person in your family should use this suggested "What-to-Bring" checklist to help pack for a fun weekend. Please mark your full names on ALL clothing, personal items, and luggage

Clothing:

- | | |
|--------------------------------------------------|-------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Underwear -3 pairs | <input type="checkbox"/> Shirts/Blouses - 3 |
| <input type="checkbox"/> Socks - 4 pairs | <input type="checkbox"/> Jacket |
| <input type="checkbox"/> Pajamas - 1 pairs | <input type="checkbox"/> Sweatshirts/Sweaters- 2 |
| <input type="checkbox"/> Shorts – 1-2 pairs | <input type="checkbox"/> Athletic Shoes or Boots
<i>Must be closed-toed for safety</i> |
| <input type="checkbox"/> Pants/Jeans – 1-2 Pairs | |

Please do not bring clothes with beer or drug logos, cuss words, suggestive phrases, or tight or overly loose clothes. When packing, remember that Camp is a rustic outdoor environment.

Bedding and personal Supplies:

- | | |
|-------------------------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Sleeping bag OR 2 sheets and 2 blankets | |
| <input type="checkbox"/> Pillow & pillowcase | <input type="checkbox"/> Laundry bag or extra pillowcase |
| <input type="checkbox"/> Towels – 2 | |

**If your family needs any extra bedding for the weekend (sleeping bags, blankets, pillows), we would love to help! Please give us a call at the office so we can have it waiting for you upon arrival.*

Personal Hygiene Items:

- | | | |
|-----------------------------------------------|-------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Soap | <input type="checkbox"/> Comb/Brush | <input type="checkbox"/> Toothbrush |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Sun Blocking Hat |
| <input type="checkbox"/> "Chapstick" Lip Balm | | <input type="checkbox"/> Sunscreen |

Important:

- | | |
|--------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Flashlight & batteries | <input type="checkbox"/> Daypack |
| <input type="checkbox"/> Camera & extra film | <input type="checkbox"/> Diapers & Baby Wipes |
| <input type="checkbox"/> Water bottle or canteen | <input type="checkbox"/> Cribs |

Medicines and Special Foods

Please bring all medications and supplies. If you have medications that need refrigeration, please let us know when you arrive at Camp.

HOW WE LIVE AT CAMP

How we live at Camp:

- In comfortable, but modest cabins.
- All cabins are heated, have electrical outlets and bunk beds with mattresses.
- All cabins have bathrooms inside with toilets and showers.
- At least **two families share a cabin.** We match families based on camp experience and similar ages of children. This is to provide the best camp experience possible and to provide opportunities for Camp families to get to know each other.



MEALS AT CAMP

All of our meals are prepared by our marvelous staff. Along with the main course, we have a full salad bar and a vegetarian option at every meal. We serve buffet-style food. Our staff and volunteers will eat with you. Feel free to ask us for assistance. We are here to help you! Fruit, coffee, milk, chocolate milk and punch are always available in the Dining Hall. If anyone in your family has special dietary needs, please let the kitchen or Camp staff know. There is always an option at meals for all dietary needs!



WEATHER

Camp's weather varies with the season.
(All temperatures are Fahrenheit)



December – March <i>Cold, Breezy</i>	High 54 – Low 25	Average 45
April – May <i>Varies</i>	High 70 – Low 35	Average 55
June – September <i>Warm and Dry</i>	High 95 – Low 50	Average 90
October – November <i>Cold, Breezy</i>	High 70 – Low 35	Average 60

Source: Local Fire Department Records

Snow is possible during the months of October – May. Individual snowfalls can be a light dusting to 4 inches, average 1-2 inches.

LOCATION



Camp Ronald McDonald for Good Times operates a pine-tree-filled 60-acre private campsite in the San Jacinto Mountains, just a few miles from the scenic town of Idyllwild. The facilities are designed specifically for our campers to enjoy the magic and beauty of this wondrous hideaway while being only minutes away from comprehensive medical facilities and services.

Camp Address: 56400 Apple Canyon Road
Mountain Center, CA 92561-0035

TRANSITIONING TO SUMMER CAMP

We hope that you will love Family Camp so much that you may consider sending your child(ren) to Summer Camp once your child(ren) is at least 9 years old. You can be assured that the same type of amazing, caring, and supportive counselors you meet at Family Camp will be at Summer Camp to provide your child(ren) with growth opportunities in a caring environment. We offer Summer Camp sessions in June, July, and August that are traditional six-day camping experiences. To serve as many children as possible, all of the sessions are for both patients and siblings. If you have any questions, please give Wally a call at the camp office at (310) 268-8488. They will be more than happy to answer any questions!

- Build friendships
- Support one another
- Gain confidence
- Create memories
- Develop responsibility Develop self-esteem
- Gain an appreciation of the outdoors

Summer Camp Activities: What kind of activities will be at Camp?

Activities offered at camp are designed to help the participants make **new friends**, feel **part of a group**, and discover **new skills and interests**. Each summer or winter the activities vary, but they may include

- Archery
- Swimming
- Arts & crafts
- Cooking
- Sports
- Sleep-outs
- Backpacking
- Dances
- Fishing
- Nature study
- Hiking
- Campfires
- Horseback riding

Tips for helping you & your children transition to Summer Camp:

Consider your child's interest. Has your child (ren) voiced an interest in going to Summer Camp? Consider your child's age. Summer Camp is suited to serve Campers 9 years of age and until they graduate high school as they develop the desire to have independent experiences.

Has your child had previous experience away from home? What are those separations like for him/her and you? Successful sleepovers with friends and relatives can be great preparation for a positive Sleep Away Camp session.

SURVEYS

After your return from Camp Ronald McDonald for Good Times, you will receive a session wrap-up email with a link to an evaluation form. It is extremely helpful to us for you and your family to complete this and return it to the camp office. We are constantly trying to improve our programs and service to ensure your child's experience at Camp Ronald McDonald for Good Times is the BEST!

OUR PROGRAM STAFF

Chad Edwards, Camp Director, began as a volunteer in 2002 and joined our staff in 2005. Chad is responsible for developing and coordinating the camp program to provide care, support, and memories that will last your camper a lifetime. In addition, Chad supports and supervises our volunteer camp directors and counselors.

cedwards@rmhcsc.org

Shannon Edwards, Program Director, joined the Camp team in 2010. Shannon is responsible for our Wilderness Outdoor Leadership Program, serving campers aged 16 – high school graduates. In addition, Shannon supports our year-round teen programs and all other camp programs.

Sedwards@rmhcsc.org

Wally Quijano, Family Relations & Recruitment Manager. Wally is responsible for getting kids and families to Camp! Wally works tirelessly to recruit families and get them signed up for Camp. Wally will be working with families every step of the way to help them get to their camp session.

wquijano@rmhcsc.org

Volunteer Camp Counseling Staff are at least 19 years of age and carefully selected through written application, background check, written references, and personal interviews. Volunteers are chosen because of their ability to work with children, maturity, experience, and enthusiasm for your child's camp experience. All volunteers must attend a required one-day orientation and two-day on-site training just before their assigned session. At Camp Ronald McDonald for Good Times, we are proud to have a caring, committed, close-knit family of volunteers who love giving their time and energy to ensure your child has a fun, safe, and memorable camp experience.

How you can get more involved

Many of our families, parents, and community members ask how to become more involved with Camp Ronald McDonald for Good Times. Below are a few ways individuals can become partners in helping young cancer patients and their families have an unforgettable camp experience.

In-Kind Support – Camp always looks for goods and services to care for our campers. Examples include printing services, paper, film, bus services, program supplies, computer maintenance, new holiday toys, building materials, and more. You may have precisely what we need. Call the office (310) 268-8488

Work Weekends: Join us to spruce up camp in preparation for our campers. Work weekends are held multiple times a year. Contact the Campsite at (951) 659-4609

Annual Giving – Help “sponsor a camper” to ensure no camper is left waiting for a magical week of adventure, fun, and friendship. Contact the Camp office at (310) 268-8488.

Special Events – Our calendar offers opportunities to help staff various fundraising events, including our annual Walk for Kids and Heroes for Healing Gala. Contact the Camp office (310) 268-8488

Planned Giving – You can help ensure Camp is here as long as there are children with cancer through a bequest in your will or other tax-saving plans. Contact the Camp office at (310) 268-8488 for more information and guidance.

DO YOU HAVE MORE QUESTIONS?

Would you like more information or want to contact us? Just call us at (310)268-8488 or visit our Web Site at www.rmhcsc.org/camp



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