

Here are the inner pages of the Camp Honor Parent's Manual. It is printed and bound in a little booklet with a cover and distributed to parents along with the camper applications. The inside pages are reproduced here in electronic form.

The Camp Facility

The Hemophilia Association has rented Camp Charles Pearlstein in Prescott, Arizona to hold its summer session of Camp Honor. The camp is nestled in the mountains of the Prescott National Forest, surrounded by tall pine trees and fresh air. The camp has a huge heated swimming pool, multi-sports court, archery range, arts and crafts center, spacious cabins, shower and bathroom facilities, and a large dining hall. In addition, there is a modern, well equipped, 24-hour Infirmary.

Who May Attend

Camp Honor is open to children from the bleeding disorder community ages 7 - 17 who have hemophilia, von Willebrand disease or other clotting deficiencies. Also included are their brothers and sisters and children of parents with bleeding disorders.

Camp Honor is open to all children ages 7 - 17 of Phoenix Children's Hospital Pediatric HIV program, and to their brothers and sisters.

The Camp Honor Program

Our camp is designed to allow children with medical needs the opportunity to experience canoeing, camping, sports, archery, drama, fishing, ropes courses, arts and crafts, and swimming, all in a loving environment that can meet the special needs of each child.

Because every child at camp will in some way be affected by hemophilia or HIV, they can easily feel accepted, and part of the group. This supportive environment at camp becomes a perfect conduit for healthy living and wellness guidance. Honor, is an acronym that stands for **Hemophiliacs Overcoming New Obstacles Resourcefully**.

Camp Honor stresses personal independence and community spirit. Siblings become an important part of the caring community when they share the common experience of Camp Honor.

The Counselor-In-Training (CIT) Program

There will be a CIT program for campers who are age 15 - 17. The goal of the program is to train CIT's in leadership skills, counseling techniques, outdoor skills, and to prepare them to work in a cabin with younger campers. Combining the fun of summer camp with the responsibility of being a counselor, it's the best of both worlds. CIT's will have their own unique activities and will experience a great feeling of reward. Contact Yleana Hughes at the Hemophilia Association for more information.

Cabin Assignments

Grouped together by age and school grade, campers are assigned to boys or girls cabins where they are guided through the routine and non-routine of camp life by their camp counselors. On the camp application form, campers may identify similar age friends that they would like to bunk with. As a general rule, siblings are not assigned to the same cabins. We create ample opportunities throughout the day for campers to foster friendships with other campers in other cabins.

Camper Behavior and Participation

Our camp activities and programs are adventurous, educational, and the most fun when everyone participates. That's why we encourage campers to try new things and rarely allow a camper to sit out or miss an activity.

We strive to create a caring community that fosters friendships, respect, and acceptance of the differences all of us have. Camp Honor will not accept campers who are unable or unwilling to abide by the camp rules. If behavior problems arise at camp, parents will be contacted.

Camp Honor offers its summer camping program to all children of the hemophilia/HIV community regardless of race, creed religion, color or place of national origin.

Camp Staff

Camp Honor is staffed by volunteer counselors, activity leaders, and camp cooks. The medical staff includes volunteer physicians and nurses from the Hemophilia Treatment Centers in Phoenix and Tucson. Camp Honor staff are specially trained in the areas of camp counseling, child development, hemophilia and related bleeding disorders, HIV, Hepatitis and safety. Specialty areas of camp such as swimming and archery are staffed by certified instructors.

Camp Fees

Camp Honor charges a camper fee per child attending camp to help defray the costs of transportation, food and activities at camp. If the camper fee imposes a financial hardship on a family, the fee may be waived for your child, and Camp Honor would be free of charge. Camper fees should be paid and mailed along with your child's application. Requests for scholarship (fee waiver) may be made by checking the appropriate box on the camper application form.

Out-of-State campers have a different fee structure and are accepted on a space available basis. Campers should arrive in Phoenix the day prior to camp so we may house them overnight with a family who has a child of similar age attending camp. Round trip transportation expenses to Phoenix are the responsibility of out-of-state families and the travel itinerary needs to be coordinated with Camp Honor.

Meals

Nutritious meals are provided three times a day with healthy snacks also available during the day. Special dietary requests are also honored. Please notify Camp Honor of special dietary needs on your child's camp application.

Infirmary

Camp Honor maintains a 24-hour, modern Infirmery, staffed by physicians and nurses from the Phoenix and Tucson Hemophilia Treatment Centers and Phoenix Children's Hospital. The Infirmery is stocked with standard first aid and medical supplies (Tylenol, Advil, Throat Lozenges, Band-Aids, etc.), you do not need to send those types of medical supplies with your child to camp. If you are unsure of whether certain medications will be available, call the Phoenix Children's Hospital's Hemophilia Treatment Center at (602) 546-0168.

Medications At Camp

Your child should bring an ample supply of all prescription medications that he/she will need to take while at camp. Medications should not be packed in your child's luggage. We will collect and review your child's medications, doses and schedule with you at the check-in table prior to boarding the bus for camp. We will pack your child's medication and bring it to camp.

Factor

Please bring an ample supply with you to the check-in table for your child's stay at camp. Campers on prophylaxis should have the doses needed for camp plus two additional doses. Campers on demand treatment should bring four to five treatments to camp. Please do not pack the factor in your child's suitcase. The factor should be given to the infirmary staff at check-in. Infusion supplies will be provided by camp.

Why should I send a sibling that does not have chronic disease (hemophilia or HIV) to Camp Honor? Will they have a different program?

Camp Honor realizes that the entire family is affected by these chronic diseases, not just the patient. All children including brothers and sisters deserve the same opportunity to enjoy a fun, summer camping program. It is also an opportunity for parents to send all of their children to a camp where they know the staff can attend to special needs. Siblings without chronic disease do have questions and concerns, and professional camp staff can address your child's questions.

All campers will participate together in the camp program, building relationships and a sense of community.

What is a typical day like at Camp Honor?

Camper's wake up to a delicious breakfast served in the dining hall. From breakfast, campers together with their cabin group begin the day's activities. They might begin with arts and crafts, followed by archery and exploring. Then, we gather again in the dining hall for lunch and song session, unless of course your cabin group is off on a picnic lunch while canoeing at Lynx Lake. After lunch is rest hour, then in the afternoon, it might be an hour of hemophilia education followed by swimming. Late afternoon is Camper's Choice, an opportunity for campers to individually choose and participate in the activities they like the best. Evenings begin with dinner, followed by fun camp-wide evening programs, like a carnival or a camp out. There's a little snack before bedtime then a good night's sleep and plenty of rest for the next day.

What if my child is injured or becomes ill at camp?

Our 24-hour medical staff will evaluate a camper's illness or injury and can hospitalize a child, if necessary, at Yavapai Regional Medical Center only 10 miles from camp. Parents will be notified of a camper's injury or illness at the first opportunity. A child with a mild injury or illness can recuperate and sleep in the comfort and privacy of the Infirmary.

What if my child has a bleed while at camp?

Campers experiencing bleeding episodes will be evaluated and treated by Hemophilia Treatment Center medical staff. Following camp, parents will receive a treatment record of any bleeds treated at camp.

Will there be HIV education at camp?

HIV will be discussed during hemophilia education and covers issues such as infection control and the proper handling of spills and the disposal of sharps.

There are no formal classes planned, however, Camp Honor professional staff are prepared to deal with a camper's issues or concerns on an individual or group basis.

HIV education for volunteer staff is a part of their counselor training.

Will there be sex education at camp?

There are no formal classes however, Camp Honor professional staff are prepared to deal with a camper's issues or concerns on an individual or group basis. At times, there are discussions of genetics (how hemophilia is inherited) during hemophilia education.

CLOTHING AND PACKING LIST GUIDELINE

| | |
|--|--|
| 2 - 3 pairs of shorts | 7 pairs of underwear |
| 2 - 3 pairs long pants or sweats | 7 pairs of socks |
| 3 - T-shirts | 1 sweat shirt |
| 2 long sleeve shirts | |
| 1 swim suit | |
| sleepwear | |
| flashlight | |
| 1 warm jacket | |
| 1 sun hat (i.e. baseball hat) | |
| 2 pairs of tennis shoes (include an old pair that can get wet at canoeing) | |
| <i>optional</i> : 1 pair of hiking boots | |
| 1 rain coat or rain poncho | |
| 1 towel for swimming pool | |
| 1 towel and wash cloth for bath facilities | |
| Personal Hygiene Items: | |
| Toothbrush and Toothpaste | |
| Soap and Shampoo | |
| Deodorant | |
| Hair brush/comb | |
| Sunscreen and Chapstick with Sunscreen | |
| sleeping bag* and pillow | campers will use sleeping bags on their bed for 4 nights and 1 camp out |

*Contact the Association if you need to borrow a sleeping bag.

Optional:

- Camera and film
- Books
- Stationary or post cards, stamps, pen
- Bathrobe/thongs for shower

**PLEASE LABEL CLOTHING AND PERSONAL POSSESSIONS - ITEMS LOOK ALIKE,
WE WANT CAMPERS TO RETURN HOME WITH THEIR BELONGINGS.**

WHAT NOT TO BRING

- Knives no pocket knife or hunting knife will be needed at camp and are not allowed at camp
- Weapons no weapons of any kind are allowed at camp
- Money there is no opportunity for your child to spend any money during Camp Honor
- Valuables expensive clothing, jewelry, watches or electronics are better left at home
- Food/Snacks there is plenty to eat at camp, food in the cabins is an invitation to unwanted critters

Squirt Guns WE
Game Boys MAKE
Radios/CD Players OUR
TV'S OWN
Toys FUN
Lighters/Matches

QUESTIONS?

For questions about the camping program, transportation, what to bring etc., call the Hemophilia Association office (602) 955-3947, outside of Maricopa County call the Association toll free at (888) 754-7017.

For medical questions, call your physician or your Hemophilia Treatment Center in Phoenix (602) 546-0168 or Tucson (520) 626-7584

-or-

Bill Holt Infectious Disease Clinic at
Phoenix Children's Hospital (602) 546-0955

Transportation To And From Camp

Campers from Phoenix - Chartered, air-conditioned buses will transport campers to and from camp in Prescott, Arizona.

Campers from Tucson - Chartered, air-conditioned buses will transport campers to and from camp in Prescott, Arizona.

Campers from Northern Arizona - Please plan on driving your children to camp. Please contact the Association for a map and driving directions.

Departure

Phoenix - Please be sure to mark down the time of your child's departure for camp on Tuesday, August 5, between 7am - 9am. from the Hemophilia Association office, 4001 N. 24th Street (2 blocks South of Indian School Rd., on the Northeast corner of 24th Street and Fairmount). **You will receive a letter assigning a specific check-in time for your child.**

Tucson - Departure from Tucson is scheduled for 6:30 a.m. on Tuesday, August 5. A confirmation letter describing the exact meeting location will be mailed to you prior to your child's departure.

Northern Arizona - Please plan to have your child at camp at 11:00 am on Tuesday, August 5.

Return

Phoenix - We will arrive back from camp on Sunday, August 10 at approximately 12:30 p.m. at the Hemophilia Association office. You may check with the Association's answering machine (602) 955-3947 that day to verify our arrival time.

Tucson - We will arrive back from camp on Sunday, August 12 at approximately 3:15 p.m. at the location designated in your child's confirmation letter. You may check with the Association's answering machine (888) 754-7107 that day to verify our arrival time.

Northern Arizona - Please plan to pick up your child at camp at 11:00 am on Tuesday, August 5.

Health Screening - (Head Lice)

During camper check-in, we will be performing a health screening that includes checking the heads of all campers for head lice. If your child is found to have lice, they will be unable to board the bus for camp. We recommend parents check their children's heads 1 - 2 weeks prior to camp and if lice is present, please contact Lori Wagner at (602) 546-0168 in Phoenix, or Mary Lou Damiano at (520) 626-7584 in Tucson, to obtain the proper shampoo and instructions for cleansing the household.

Mail

Campers will be encouraged to write home during camp. It is suggested that you write to your camper using the following address:

Your Child's Name - Camp Honor
c/o Camp Charles Pearlstein
3400 Copper Basin Road
Prescott, Arizona 86303

Since we are only at camp for 5 days, we suggest you mail letters to your child the day before they leave for camp to allow ample time for delivery in Prescott. When writing your child, please do not tell them that you miss them or about how sad you are that they are gone. They will want to come home to make you feel better. Instead, write about how you are hoping that they are having fun.

Phone

The phone number at camp is (520) 778-0091. This number should only be used to reach us in an emergency. Campers will not be accepting or making phone calls while at camp.

Luggage

We would prefer that campers pack in soft luggage (duffel bags, backpacks). They are easier for us to transport and store.