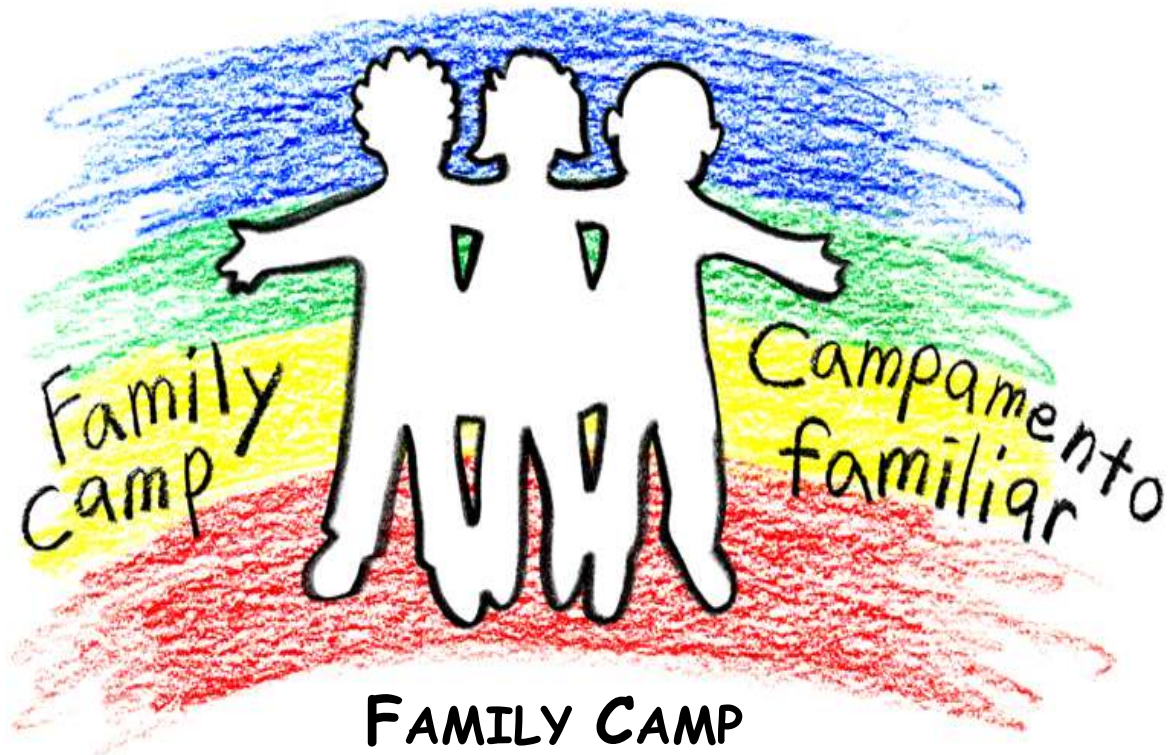


# CAMP RONALD MCDONALD FOR GOOD TIMES



## FAMILY CAMP PARENT'S GUIDE

### OFFICE:

1954 Cotner Avenue, Los Angeles, CA 90025

Tel: (310) 268-8488 Fax: (310) 473-3338 Toll Free: (800) 625-7295

### CAMP:

PO Box 35, 56400 Apple Canyon Road, Mountain Center, CA 92561-0035

Tel: (951) 659-4609 Fax: (951) 659-4710

### Website:

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



American Camp  
Association Accredited



Members of Children's  
Oncology Camping Association

# Camp Ronald McDonald for Good Times Family Camp Parent's Guide

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# "Welcome Home"

Those words from our Camp Director 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 (800) 625-7295 or email us at [dot@campronaldmcdonald.org](mailto:dot@campronaldmcdonald.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!

Dot Mains  
Camp Director  
[dot@campronaldmcdonald.org](mailto:dot@campronaldmcdonald.org)

Salvador Tovar  
Camp Registrar  
[salvador@campronaldmcdonald.org](mailto:salvador@campronaldmcdonald.org)  
(Se Habla Espanol)



Visit your Family's Camp session on our website!  
Photos from your family camp session will be posted on our website.  
Here's how to view them:

1. Log on to [www.campronaldmcdonald.org](http://www.campronaldmcdonald.org)
2. Click on the word **CAMP**
3. Click on the "Camp Photos" banner
4. Click the dates of your family's session
5. Click any picture to see a larger image

# 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:

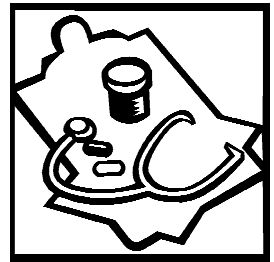
- As a result of being at Camp, each camper will develop a **positive identity**. Camp is a place where campers can feel good about themselves by discovering talents and skills.
- As a result of being at Camp, each camper will develop **independence & self-reliance**. Camp is a place where campers can discover new wonders and explore new activities or skills on their own.
- As a result of being at Camp, each camper will develop **social competencies**. Camp is a place where campers make new friends and can be a good friend.
- As a result of being at Camp, each camper will feel a **sense of support**. Camp provides a place where they feel they belong by finding others that 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 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 what we call "The Med Shed," that provides areas and equipment to support your family's health needs while at Camp. 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:

We need all applications with current medical information **at least two WEEKS before your session.**



## 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.

# Activities



Activities offered at Camp are designed to help the participants make **new friends**, **feel part of a community** and **discover new skills and interests**. The activities we offer at each Family Camp vary, but may include:

- Archery
- Sports
- Hiking
- Fishing
- Arts & Crafts
- Special Programs (Campfires and Plays)
- Family Portrait



# 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 evening 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 challenge in your lives.
  - 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 (texting, IMing, Facebook) 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 portable video game system in hand or constantly wearing their headphones. If this dependence and attachment to electronics continues at Camp it will make growing our Campers 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 the cell phones, mp3 players and video games 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 the example and follow the same guidelines we are setting for our Campers.



## Communication from Camp

### Telephone Use from Camp:

One of our goals at Camp is to help families experience a feeling of community and independence. To achieve this end, we ask families not to make calls during the weekend. If you should need to make a call we can provide you with access to a phone. If there is an emergency and a family member should need to speak with you, you can be contacted at (951) 659-4609. We are sorry, but at this time we do not provide email service.

# Typical Family Camp Schedule

## Friday

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

## Saturday

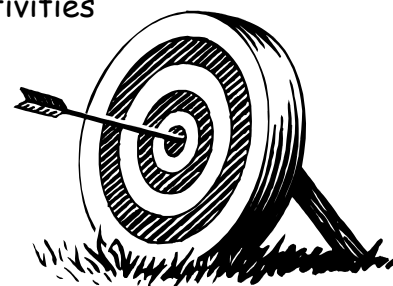
7:30 am Morning Hike (optional)  
8:30 Breakfast - Dining Hall / Family Intros  
9:15 Play Fully - Family Fun in the Meadow  
10:15 Family Fun Centers



Meander at your leisure through fun activities that may include:

- Family Photos
- Family Crafts
- Fishing
- Chalk Color the Basketball Court
- Field Games
- Archery

12:00 pm Lunch - Dining Hall  
1:00 Rest Hour  
2:30 - 4:45 Parent Activities/Infant/Toddler /Youth Activities  
4:45 - 5:15 Big Game in the Meadow  
5:30 Dinner - Dining Hall  
6:45 Family Carnival - Dining Hall  
8:30 Campfire - Dining Hall



## Sunday

7:30 am Morning Hike (optional) - Meet at Dining Hall  
Morning snacks out in the Dining Hall  
9:00 Family Fun (Photo Craft, Fishing, Archery & Packing)  
10:30 Brunch - Dining Hall  
11:30 Closing Ceremony  
12:00 pm Happy Trails!



# What to Bring

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

## **Clothing:**

- Underwear - 3 pairs
- Socks - 4 pairs
- Pajamas - 1 pair
- Shorts - 1-2 pairs
- Pants/J Jeans - 1-2 pairs
- Shirts/Blouses - 3
- Jacket - 1
- Sweatshirts/Sweaters - 2
- Athletic Shoes or Boots  
We Suggest closed-toed for safety

## **Bedding and Personal Supplies:**

- Sleeping bag OR 2 sheets and 2 blankets
- Pillow & Pillowcase
- Towels - 2
- Flashlight & Batteries
- Laundry bag or extra pillowcase
- Stationery, stamps, pen/pencil
- Camera

\*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.

## **Important:**

- 1-2 "Chapstick" Lip Balm
- Sunscreen
- Water Bottle

## **Personal Hygiene and Extra Items:**

- Soap
- Shampoo
- Comb/Brush
- Toothpaste
- Toothbrush
- Hat
- Diapers/Baby Wipes
- Crib\*

\*Camp only has two available cribs; please call in advance to see if they have been reserved or are still available

## **Medications**

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

## **Optional**

- Backpack
- Other?

# 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 toilet rooms attached and showers attached or close by.
- At least **two families share a cabin**. We match families based on camp experience and similar age of children. This is to provide the best camp experience possible and to provide opportunities for Camp families to get to know each other.

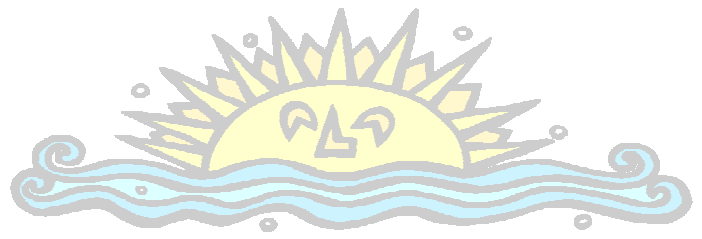
## Breakfast, Lunch & Dinner:

All of our meals are prepared by our head chef Hector and his marvelous team in the kitchen. Along with the main course, we have a full salad bar and a vegetarian option at every meal. We serve food buffet style. Our staff 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.



# 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! Location! Location!



Camp Ronald McDonald for Good Times operates a pine-tree filled 60-acre private camp site located 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

\*See map on page 15



# Family Camp Staff

*(Who are the players that can help you up at Camp?)*

It takes many people with various skills to create a community like Camp. Below is an introduction of the people you may meet and interact with at Camp.

**Volunteer Counselors:** are at least 19 years of age, and carefully selected through a process of written application, background check, written references and personal interviews. Volunteers are chosen because of their ability to work with children, maturity, experience and their enthusiasm for your child's Camp experience. All volunteers must attend a required two-day training just prior to their assigned session. At Camp Ronald McDonald for Good Times we are proud to have a caring and committed close-knit family of volunteers who love to give their time and energy to ensure your child has a fun, safe and memorable Camp experience. They are also responsible for an assortment of actions to ensure the supervision and well-being of the Campers. The volunteer staff lead many activities designed to engage and involve your family's interests and energy.

**Doctors and Nurses:** Each session is staffed with an expert medical team. This team supervises your child's health and administers medical care and medications. They are available on-site or on call, 24 hours a day, to handle your child's medical needs. The medical staff includes a doctor and a team of registered nurses.

**Grounds & Maintenance Supervisor:** *(Brad Baillie)* Responsible for the overall site maintenance and improvements and supervision of maintenance staff.

**Maintenance:** *(Cameron Hensen)* Responsible for facility repair and maintenance.

**Program Director,** *(Chadwick Edwards)* Chad joined our staff in 2005. Chad leads and trains volunteers for our adventure-based programs at our Camp Courage Course which includes our 50 foot Alpine Tower climbing course. Chad also shares responsibility in the recruitment, screening and training of over 300 volunteer counselor and activity staff. Chad is a Camp Accreditation Standards Visitor of the American Camping Association.

**Camp Director:** *(Jennifer "Dot" Mains)* The Camp Director is responsible for supporting the Director of Camp Programs in the creation, development, and implementation of programs that meet the developmental needs of our Family Camp Campers and Youth Campers, ages 9 - 18.

**Associate Executive Director:** *(Brian Crater)* The Associate Executive Director is responsible for the development and execution of Camp programs to meet the mission and goals of the organization. The Executive Director coordinates the efforts of paid and volunteer staff in facilities, health care and program operations.

# Transitioning to Sleep Away Camp...

We hope that you will love Family Camp so much that you may consider sending your child(ren) to Sleep Away 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 Sleep Away Camp to provide your child(ren) with positive growth opportunities in a caring environment. We offer Summer Camp sessions in June, July, and August that are traditional seven day camping experiences. In an attempt to serve as many children as possible, all of the sessions are for both patients and siblings. If you have any questions, please give Dot a call at the camp office at (800) 625-7295. They will be more than happy to answer any questions!

## The Value of a Sleep Away Camp Experience:

Sleep Away Camp is an amazing and magical place. It gives children with cancer and their siblings a chance to share their unique experiences in a caring and fun environment. A Sleep Away Camp experience enables your Campers to find out how much they can do, not how much they can't. In one week/weekend our Campers are able to:

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

## Sleep Away 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
- KCGT radio station
- Hiking
- Campfires
- Horseback riding



## Tips for Helping you & your children transition to Sleep Away Camp:

Consider your child's interest. Has your child(ren) voiced an interest in going to Sleep Away Camp? Consider your child's age. Sleep Away 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.

# How can you get more involved?

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

**In-Kind Support** - Camp is always looking for goods and services to take care of our Campers. Examples include printing services, paper, film, bus services, program supplies, computer maintenance, new toys for the holidays, building materials and more. You may have exactly what we need. Call Chad at (800) 625-7295.

**Work Weekends:** Join us to spruce up Camp in preparation for our Campers. Work weekends are held three times a year (April, October and New Years) Contact Brian at (951) 659-4609.

**Annual Giving** - Help "sponsor a Camper" to ensure that no camper is left waiting for a magical week of adventure, fun and friendship. Contact Sally at (800) 625-7295.

**Special Events** - Our calendar is filled with opportunities to help staff a variety of fun raising events including golf and tennis tournaments, Halloween Carnival and more. Contact David at (800) 625-7295.

**Office Support** - We are always looking for help with office mailings, filing, data entry, telephones and more. Can you help? Contact David at (800) 625-7295.

**Planned Giving** -You can help make sure Camp is here as long as there are children with cancer through a bequest in your will or other tax-saving plans. For more information and guidance contact Sally at (800) 625-7295.

**Outreach** - Help our Camp family grow. We are looking for some of our Camp parents to wear their Camp shirts and pass out materials about Camp while in clinic or at hospital events. For more info you can call Dot at (800) 625-7295.

To get more information or to contact us please call us at (800) 625-7295 or visit our website at [www.campronaldmcdonald.org](http://www.campronaldmcdonald.org)

## Evaluating Our Service

During breakfast on the final day of Camp, your family will be presented with a chance to fill out an evaluation form. It is extremely helpful to us for you and your family to complete this at Camp or mail it to the Camp office. We are constantly trying to improve our programs and service to ensure your family's experience at Camp Ronald McDonald for Good Times is the BEST!!

# How to get to Apple Canyon Center from where you are:

56400 Apple Canyon Road

Mountain Center, CA 92561-0035

Tel: (951) 659-4609 Fax: (951) 659-4710

## From Los Angeles:

- Take Interstate I-10 east.
- Exit at Hwy 79 (Beaumont Avenue).
- Take Hwy 79 south (9 miles) to Ramona Expressway.
- Turn left onto Ramona Expressway. Follow Ramona Expressway (8.4 miles) until it ends at Florida Avenue (Hwy 74).
- Turn left on Florida Avenue (Hwy 74) and continue up Hwy 74 (14 miles) to Mountain Center.
- At Mountain Center stay to the right (continuing on Hwy 74) (3.3 miles) to Apple Canyon Road.
- Turn left onto Apple Canyon Road. (Do not take the hard left into Hurkey Creek County Park entrance.)
- Follow Apple Canyon Road (.4 miles) to Apple Canyon Center entrance on your left.

## From Palm Desert:

- Take Hwy 74 south. (Monterey Ave. becomes Hwy 74 south of Hwy 111.)
- Continue on Hwy 74 (32.4 miles) through Garner Valley to Apple Canyon Road.
- Turn right onto Apple Canyon Road. (Do not take the soft right into Hurkey Creek County Park entrance.)
- Follow Apple Canyon Road (.4 miles) to Apple Canyon Center entrance on your left.

## From San Diego:

- Take Hwy 15 (North)
- Exit Hwy 79 (Indio).
- Turn right and continue on Hwy 79 to Hwy 371.
- Turn left at Hwy 371 through Anza to Hwy 74.
- Turn left at Hwy 74.
- Continue on Hwy 74 through Garner Valley to Apple Canyon Road.
- Turn right onto Apple Canyon Road. (Do not take the soft right into Hurkey Creek County Park entrance.)
- Follow Apple Canyon Road (.4 miles) to Apple Canyon Center entrance on your left.

## From Orange County:

- Take Hwy 91 east.
- Exit at Van Buren. Turn left off ramp and right onto Van Buren. Follow Van Buren through Woodcrest to Hwy 215.
- Take Hwy 215 (south)
- Exit at the Calico Expressway/Ramona Expressway Exit.
- Turn left onto Ramona Expressway.
- Follow the Ramona Expressway (23 miles) until it ends at Florida Avenue (Hwy 74).
- Turn left on Florida Avenue (Hwy 74) and continue up Hwy 74 (14 miles) to Mountain Center.
- At Mountain Center stay to the right (continuing on Hwy 74) (3.3 miles) to Apple Canyon Road.
- Turn left onto Apple Canyon Road. (Do not take the hard left into Hurkey Creek County Park entrance.)
- Follow Apple Canyon Road (.4 miles) to Apple Canyon Center entrance on your left.

