

A LETTER from the HEART

Camp del Corazon's quarterly newsletter for campers, parents and friends

Fall 2005

A top-notch volunteer medical staff plays a vital role at camp

by Kathy McCloy, Director of Nursing

It's a beautiful day on Catalina Island. The air is still and cool at 6:15 am. The infirmary is quiet except for a slow steady stream of Med Nurses who greet their med boxes to begin preparing camper medications. Most of the camp is still asleep. By 7:00 am the infirmary is bustling with 12-13 med nurses and a number of campers and counselors. Before we know it, the morning bell is ringing and campers are lining up for breakfast in France, part of our "It's a Small World" theme. The Med Nurses gather their morning medications to carry in their distinctive red fanny packs and head out to breakfast.

Camper and counselors alike turn heads in amazement as a troupe of French maids dance through the cafeteria for breakfast in Paris! Yes, it is the med nurses ready to start another day on Catalina Island.

Smiles and French maid outfits aside, the medical team is comprised of highly skilled physicians and registered nurses. There are generally several physicians available at any given time on the campsite; however, one physician is in charge of each session. Two nurses live in the infirmary during the entire camp session. They, and the physician, are available at the infirmary or by walkie-talkie 24-hours. The infirmary is equipped with heart monitors, defibrillators, oxygen, and emergency medication if needed.

Last but not least, there are Med Nurses who tirelessly pass medications to our campers. The Med Nurses generally live in the famous Windjammer; however, it is not unusual for them to be found living in cabins with the campers.

During each camp session, the med nurses pass upwards of 10,000

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Selling on eBay can now benefit Camp del Corazon

If you sell on eBay, or know someone who does, please sign up for eBay Community Selling, a service where eBay sellers list items on your behalf. It allows you to sell an item on eBay and donate from 10% to 100% of the final sale price to help young people successfully learn, stay in school, and prepare for life. Clean out that closet or basement or attic. You can sell practically anything and donate a percentage of your net proceeds to Camp del Corazon.

How Does It Work?

MissionFish, a nonprofit organization specializing in online charitable auctions, developed Giving Works for eBay. Although items will be posted through MissionFish, they will appear with all other listings on eBay. Giving Works items are marked with a charity ribbon icon so buyers know they are supporting a good cause, which often encourages them to pay higher prices. In addition, Giving Works items appear in three categories for the price of one: the category you select, the eBay Giving Works category and on the MissionFish nonprofit homepage.

To start:

1. Visit www.MissionFish.org
2. Get registered
3. Choose an item to sell
4. Write an item title and description
5. List your item through MissionFish and indicate that it will benefit Communities in Schools.
6. Complete your transaction. MissionFish collects your donation and passes it on to us.

It's that simple and everyone wins!

Med nurses play a vital role

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individual medication doses ranging from those necessary for cardiac transplantation to seasickness. Without this crucial effort, the campers would not be able to attend Camp del Corazon. Medications are given to the campers primarily at meal times and bedtime unless special arrangements are made on an individual camper basis.

We often hear that this process appears effortless, which is a tribute to the Med Nurses who ensure that all campers receive their medications. Due to the large amount of medications at each session, the Med Nurses spend most free time between activities organizing and preparing medications. They also have an activity rotation schedule that places them at all activity sites throughout each day, ensuring that all the medical (cardiac and non-cardiac) needs are properly assessed and met throughout the camp sessions.

It's also not unusual to find a physician or a nurse in the role of a counselor. In this role, these individuals are not responsible for the medical needs of the camper, but provide extra sets of medical eyes and ears in the cabins.

The goal of the Medical Team at Camp del Corazon is to ensure the safety and wellbeing of each camper and staff member. We believe that the campers should participate in every activity that is within their ability and participate in cabin life to ensure the richest experience possible. However, the occasional camper will come to the infirmary to visit. As one of our favorite campers says: "I am here for my daily dose of nurse love."

From passing medications to dancing the hula, we are proud to be a part of the CDC Medical Team!

Becca Atherton shares her camp experience



Hi everyone! I got back from camp last night! Even though I am tired and my throat hurts from all the yelling, I still wish camp was longer. Misty left yesterday for camp and I saw her as I went onto the boat.

My favorite theme was Fiesta Bingo and the Chinese New Year Dance. Except for when ALL the guys kept asking me to dance. It got SOOOOOOOO annoying! But other than that I had a lot of fun.

At Fiesta Bingo my cabin and a boys cabin won a spa treatment. Some of the guys were REALLY into it (But had NO idea what they were doing) and others just ate

the cookies while we got our nails done. It was funny to see the guys get their nails done.

They changed the rock wall. So it was even HARDER! I made it ALL the way to the top! I was SO excited!

I passed the swim test. The water wasn't that cold, so that was nice.

Every year I would dance to Britany Spears as a tradition. Well, this year the tradition was retired. We had a BIG speech and my friend Stevie and I did the dance ONE last time.

Well, I have to go get more make-up homework done. Thanks for checking up on me. It means a lot to me!

Love, Becca :)

"Chipotle" shares the memories of his first year as a counselor

As I unzip my bag upon returning from camp, I am immediately engulfed with the smell of dust and campfires. The normally unpleasant smells welcome the memories of a week that will forever be in my mind and my heart. I begin to feel a little sad as I commence to unpack what seemed to be an arsenal of comedic gimmicks and costumes, and then I reach the bottom of my bag and can't help but to shed a tear as I pull out, unfold, and begin to read my chef coat which has been signed by all the people who have set aside their lives to make a difference in the lives of children who have had so much taken away. I feel a sense of honor come over me knowing that I too have become a part of a family of some of the greatest people I will ever know.

After unpacking I sit at my computer for an hour or so looking at the hundreds of pictures that PI and I took over the course of the week. I see the story of true hope and love unfold in front of me. I see children who have been given so many limits in their lives run, dance, and play freely as if there wasn't a problem in the world; kids who have every reason to be bitter laugh and joke with each other. Young men and women perform tasks that normal people fear like climbing rock walls and conquering a ropes course. All done knowing they have heart problems.

As I finish watching the slide show, all I can think about is how much I take life for granted. How quickly things can change for the worse. How these kids have taught me that the worst thing in life is limiting yourself. My goal for my first year at Camp del Corazon was to learn more from the kids than they learned from me. I think I got the best lesson in life yet. Life is precious, and not just my own, but the lives of everyone around me. Thank you Camp del Corazon. You aren't limited to changing the lives of those affected by heart disease. You change the life of everyone in ways that could never be put into words.

Camp del Corazon Calendar

2006

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| January 20–22 | Leadership Snow Retreat in Mammoth (<i>tentative</i>) |
| February 11 | Poker Tournament |
| March 10–12 | Family Weekend (<i>all ages</i>) |
| April 1 | Gala del Sol Black Tie Event |
| April 15 | Night in the Zoo – Ages 6-12 (<i>tentative</i>) |
| May 20 | Universal Symposium |
| May 26–30 | New Camp Session (<i>under consideration</i>) |
| June 3 | Tall Ships (<i>tentative</i>) |
| July 14 | Davi Golf Tournament |
| July 24 | Mountain Gate Golf Tournament |
| August 27 | Staff Training Day |
| August 28–September 1 | Junior Camp |
| September 1–5 | Teen Camp |
| September 25 | Sunset Hills Golf Tournament |
| October 6–8 | Leadership Camp 2007 |

Golf and poker tournaments set for 2006

Are you ready for the World Poker Tour? Or are you a serious Golfer? Or even better, do you like to support Camp fundraisers? Well, if you answered 'yes' to any of these then we are ready for you! In addition to our Davi Golf Tournament that happens every July, we are adding a Texas Hold 'Em Poker Tournament in February of 2006 in Valencia, CA, and are adding a golf tournament at Mountaingate Country Club in Encino, CA on July 25, 2006 as well as a third golf tournament at Sunset Hills Country Club in Thousand Oaks, CA on September 25, 2006. More information on all of these events will be available soon on our website and thru future mailings, but do mark your calendars! To become a sponsor of any of these events, or for more information, please call or email Ronya Waters in the camp office

5th annual Davi Golf Tournament exceeds previous record

The 5th Annual Davi Golf Tournament was held on Friday, July 15, 2005 at Temeku Golf Course in Temecula, CA. Again, this tournament was a huge success! We were able to reach and even exceed our previous records! This tournament was started in the memory of Daviana Hogan by her mother, Janene, to help give back to the camp that was so special to Davi. On behalf of the Camp del Corazon staff, volunteers and campers, thank you to everyone who helps support this tournament and our camp!

Arizona non-profit organization sends 92 children to camp

The Nick and Kelly Children's Heart Fund was extremely pleased to send 92 Arizona children to Camp del Corazon. Once again, the camp staff welcomed all the campers and provided them a life-changing experience.



The opportunity to send our Arizona campers to such a well organized, well run and safe camp draws our charity back every year. The sacrifice the staff makes to ensure every camper a wonderful experience is heart-warming and very gratifying.

Thank you Camp del Corazon from our all-volunteer charity. We look forward to continuing our partnership in helping children with heart disease and giving them the opportunity of a lifetime.



Order your Holiday Tributes today!

Holiday tributes are an excellent way to honor the memory of a loved one or friend or let someone know you are thinking about them at this holiday time. All while supporting camp! Simply fill out the tribute portion of the enclosed remit envelope with your message and we will send a personalized card to your designated recipient. (The card will not reveal the amount of your gift.)

This year's tribute cards were designed by Jessica Hutfless (camp name "Hermione"). Jessica has been a counselor for Camp del Corazon for two years and is an adult congenital heart survivor herself. She had a pacemaker and cryo ablation at age 8 and a heart transplant at age 14. We are so proud to have her on our team, and thankful for her beautiful donation of these tribute cards.

Fall edition!

