

CAMP DEL CORAZON



Summer Camp

A free residential
for kids with heart disease



Summer camp. Long summer days on the water splashing in the ocean, roasting marshmallows by the fire with friends. This is the image we have of summer camp, one that you may not have experienced if you have heart disease. Many children are told it's too risky to leave home for a week without medical supervision. If this sounds like you or your child, Camp del Corazon is for you!

Founded by a Pediatric Cardiologist and Electrophysiology nurse from UCLA Medical Center in 1995, Camp del Corazon is a place for kids to take a vacation from the emotional stress of their illness. At CdC being "different" is normal. We are proud of our scars! Camp is a place where kids meet kids who have shared their experiences and concerns, who really understand them.

Campers enjoy all kinds of activities such as swimming, kayaking, rock climbing, archery & crafts. No camper at CdC has to worry about being left behind because everyone at camp is encouraged to go at their own pace and "challenge by choice" in a safe, medically supervised environment.



"Camp has always been my home away from home. I love this place. We go to camp and we all have a chance to feel 'normal' and have the best times of our lives with nothing to feel bad about or feel like we're different."

– Johnny, Returning Camper

"Merely treating heart disease is not enough. We must strive in every way to make these children feel good about themselves, to give them a sense of belonging."

– Lisa Knight, RN
Camp del Corazon Co-Founder
& Executive Director

www.CampdelCorazon.org

Camp del Corazon is a registered 501(c)3 nonprofit organization that provides year-round experiential opportunities for children faced with the challenges of growing up and living with heart disease. We provide a residential summer camp experience for children ages 7-17 as well as programs that offer opportunities for growth, education and support for children, young adults and the families who are living with heart disease.



For Parents

- Accredited by the American Camp Association. ACA-Accredited camps meet up to 300 standards for health, safety, and program quality set forth by the American Camp Association.
- Medically Supervised 24-hours a day
- Staffed by trained, vetted, background-checked volunteers with an adult to camper ratio of 1:5.
- Roughly 30% of our staff are comprised of medical professionals, including some of the top pediatric cardiologists and nurses in Southern California.
- Research has proven that camp gives children added confidence, self-esteem and independence.
- A nurturing, fun, safe, and memorable experience for children since 1995.
- Run and operated by co-founders Kevin Shannon, MD and Lisa Knight, RN.
- A special experience for parents too! Have peace of mind knowing your child is safe!

For Kids!

- Meet new friends just like you! Everyone at camp has a heart issue.
- Climbing wall!
- Fun, cool counselors with silly camp names!
- Explore Catalina Island!
- An opportunity to feel independent.
- The best camp food in the world!
- Archery, arts & crafts, kayaking, snorkeling, volleyball, hiking, and so much more!

Information & Donations

For more information about Camp del Corazon, to make a tax-deductible gift, or to register for camp, please visit

campdelcorazon.org

or complete and return this card to:

11615 Hesby Street, North Hollywood, CA 91601

or email:

info@campdelcorazon.org

Please make sure you fill out all of your contact information before submitting this card, whether for a donation or camper/volunteer information.

EMAIL _____

PHONE _____

NAME _____

MAILING ADDRESS _____

CITY _____

STATE _____

ZIP _____

YES, I WOULD LIKE TO MAKE A DONATION

AMOUNT \$ _____

It costs approximately \$1,200 to send one child to camp. Camp del Corazon is a grassroots organization that relies on the kindness of people like you. No gift is too small or too large!

Check enclosed (Payable to Camp del Corazon)

Credit Card (Make sure to complete contact info above)

Number: _____

Exp. Date: _____ Signature: _____

YES, I WOULD LIKE INFORMATION ABOUT SENDING A CHILD TO CAMP DEL CORAZON.

YES, I WOULD LIKE INFORMATION ABOUT VOLUNTEER OPPORTUNITIES AND EVENTS.

CAMPER NAME _____ AGE _____

Camp del Corazon is a 501(c)3 Nonprofit Corporation (EIN 95-4599670). Gifts to Camp del Corazon qualify for the maximum charitable deductions allowed by Federal and California tax laws.



CAMP DEL CORAZON

The Year in Review - What Your Support Did in 2019

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675+

Children, Families, & Young Adults Served in 2019



377

Catalina Summer Campers

The number of children with congenital heart disease that we took to our residential camp on Catalina Island this summer.

A NEW record number of children!

377

55

55

P.A.C.E. Participants (Progressive Adult Cardiac Experience)

P.A.C.E. seeks to build a CHD community and lasting support network for young adults. We address challenges that come from transitioning from a teenager to a young adult with CHD. We hope to have fun as a group while upholding the values of maturity and independence.

250+

250+

Happy Heart Festival in partnership w/ Edwards Lifesciences Educational Symposium Attendees

Camp del Corazon teamed up with longtime partner Edwards Lifesciences - the global leader in patient-focused innovations treating heart valve disease. This day of fun and education is for the entire family. Kids can enjoy a day of games and activities while their families and caretakers learn about the latest in heart health and coping with caring for children with CHD from some of the world's most renowned cardiologists, surgeons, nurses, and other experts in the field.

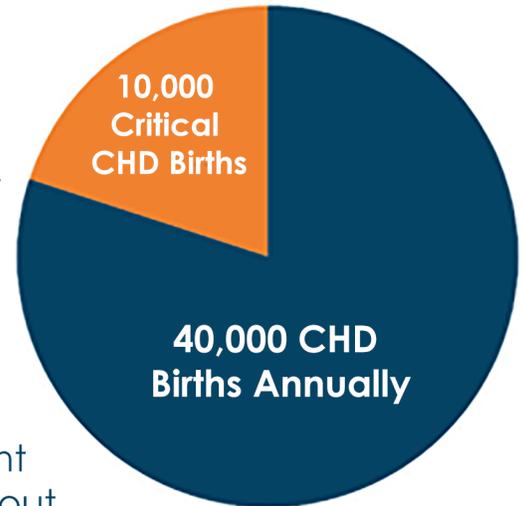


CAMP DEL CORAZON

About our Campers

CHD Births

Of approximately 4M births annually in the U.S., nearly 1%, or 40,000, will have a congenital heart defect. CHD is one of the most common birth defects, and yet resources for these children are still incredibly scarce.



Annual Medical Costs



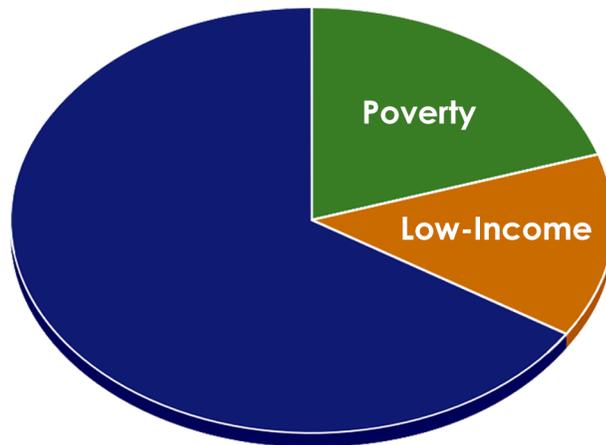
The average privately insured family with an infant with CHD is expected to pay **\$23,000** per year in out of pocket medical expenses. Costs are significantly higher for those with critical or severe CHD, or for those without medical coverage.

**Last year data is available - 2005*

Our Families

34% are low-income families
20% are living in poverty

Camp del Corazon's Programs are FREE-OF-CHARGE to our families!



Camp del Corazon

675+

In 2019 Camp del Corazon served more than 675 children and families living with CHD. 377 children were given the opportunity of a lifetime to attend our summer camp program on Catalina Island, 250+ attended The Edwards Lifesciences/ Camp del Corazon Happy Heart Festival, and 55 young adults participated in our P.A.C.E. (Progressive Adult Congenital Experience) Program.

ABOUT OUR VOLUNTEERS



VOLUNTEER-RUN ORGANIZATION

In 2018 **232** volunteer counselors brought 386 deserving campers to camp at Camp del Corazon on Catalina Island.

PART OF THE CHD COMMUNITY

Many of our staff were heart kids too! Many were even Camp del Corazon campers themselves and have returned to offer the same valuable experience to the next generation.



FAMILY

17% have volunteered for 10+ years
3% have been with us for 20+ years! Our co-founders since 1995 still run our day-to-day programs!

HIGHLY SKILLED

28% of our volunteer staff are medical professionals - Physicians, nurses, surgeons, etc.



28%
Medical Professionals



CAMP DEL CORAZON

www.campdelcorazon.org

Our Mission: Camp del Corazon is a registered 501(c)3 nonprofit organization that provides year-round experiential opportunities for children faced with the challenges of growing up and living with heart disease. We provide a residential summer camp experience for children ages 7-17 as well as programs that offer opportunities for growth, education and support for children, young adults and the families who are living with heart disease.

facebook.com/campdelcorazon1995
youtube.com/user/CampDelCorazon
twitter.com/campdelcorazon
instagram.com/campdelcorazon/

Programs

P.A.C.E. (Progressive Adult Cardiac Experience)

campdelcorazon.org/pace

The "Progressive Adult Cardiac Experience" (P.A.C.E.) Program, is designed for young adults with heart disease, ages 18-25 who are looking to...

- create a support network with people who face similar challenges in their lives.
 - practice leadership skills that will help you make better life choices.
 - build healthy lifestyle skills to support a healthy body and mind.
 - enjoy fun and challenging new experiences!
-

Happy Heart Festival/Symposium

campdelcorazon.org/hhf

A day of fun, food, and heart education for the entire family, in partnership with the **Edwards Lifesciences Foundation**. Everyone is invited to participate - campers (old, new, prospective, all ages), camper families & friends, CHD families, counselors, doctors, and nurses. **Includes:** Heart Valve Manufacturing Tour, Hands-On Activities, Games & Crafts, Heart Health Educational Sessions, and Lunch

Summer Camp

campdelcorazon.org/camp

A free-of-charge summer camping program for children ages 7-17 with congenital heart disease.

Our camp gives children living with CHD an outlet to bond with others who understand and know what they are going through. Camp studies have proven that camp helps to strengthen the confidence and self-esteem of children, and your support will give these very special children life-altering experiences that cannot be put into words. There is no charge to those who attend our camp sessions. Children served by Camp del Corazon are not typically eligible for camps provided by other member agencies of the American Camp Association due to the fact that they require round-the-clock medical supervision and care. Our camp is staffed by amazing physicians, nurses, and thoroughly trained and vetted volunteer staff.

The Diagnosed Boy
An essay by a Camp del Corazon Camper....

I could smell the sanitizing alcohol in the room, the box of white latex gloves on the shelf across from me. I was only three. My parents were speaking to the doctor, they seemed confused and I had no idea what they were talking about. My parents were just nodding their head while the doctor moved his lips up and down and made weird gestures with his hands. I went along I played with the paper they had on the bed and counted the cotton balls in the jar, but I could only count to five, then I would start over.

“How are you feeling Tommy?” said the Doctor.
“Fine.” I said

The doctor kept asking me questions about how I was felt. It seemed odd. He took my parents and I, to a dark room with many screens among the room, TVs, computers, echograms, etc. After some time and some tests he took us back to the room and told us to wait there and he'll be right back. While we were waiting my parents and I were just making small talk about things like work and daycare. The doctor and a nurse came in and the doctor asked my parents if they would follow him to a different room. They agreed and the nurse kept my company, I was once again trying to get higher than five. My parents were gone for a while and I couldn't figure out what they were talking about. It seemed like hours but they finally came back in with tears in their eyes. I knew something was wrong because I've never seen them both this sad and shocked. I didn't know what to do so I just started crying with them. After we all finished and caught our breath the doctor explained everything.

I was diagnosed with HTCM or Hypo-Trophic-Cardio-Myopathy. It is a common, yet serious heart condition where the heart wall is a lot thicker than it should be. My heart wall personally is 3x the width it should be. I was lucky to be diagnosed at an early age. Some people such as sports players don't even know they have the condition and can die right on the field, and there have been cases where this has happened. You often see it on the news where some sports players drop dead on the field without any sign of pain or warning. This is what can happen to me if I'm not careful. The doctor has said before that if I don't stay healthy with my heart that I could have an internal defibrillator placed surgically inside me as early as sixteen.

Although this condition has closed some doors for my life in some ways it has opened a thousand others. It led me to golf which I greatly enjoy, it encouraged me to try to get in shape and stay healthy, it even excused me from some physical fitness tests. But the biggest thing that my condition has done for me is allowing me to go to a place called Camp Del Corazon or Camp of the Heart. It is a five-day camp at the island of Catalina for people like me who have severe heart conditions. Every year I go I have the best week of my life. There are water activities, archery, rock wall, and riflery, but that isn't even close to all we do there. The best part about this camp is that we are all a family. There is no such thing as a person making fun of our conditions, because we all have one! Some people may have more conditions than others that might be more than just the heart and we try to make those people feel like they don't have them. We will either have them win a game of dodge ball or maybe just tell them that we love them and we are glad they are here. The best part about it is if someone sees us doing something helping one person they will join in to make the person feel even better. It's just an unspoken language we have. Last summer I was able to tell one of my good friend's little sister about the camp. Her name was JoJo. We went to the same session and we had a blast! Every time I asked her how she liked the camp so far she would always reply with some cute response.

“This is amazing!” she would say.
“I'm glad you're liking it.” I would respond

It made me feel so warm inside knowing that, like me, she was having the time of her life.

My HTCM has held me back from a lot but it has opened me up to so much more. It has shown me both sorrow and joy. It has shown me both anger and happiness. But after living thirteen years of my life with this heart condition, I can proudly say that this is who I am, and this who I will stay for the rest of my life.



Thank you!

From all of the grateful campers
& volunteers of Camp del
Corazon!



CAMP DEL CORAZON

A non-profit organization providing year-round opportunities for children with heart disease.

