



C A M P N E W S L E T T E R

SUMMER 2013

CAMP FOR KIDS WITH ARTHRITIS AND OTHER RHEUMATIC DISEASES



The Minions

By: *Tiffany*

We are The Minions. We got our name from the movie "Despicable Me 2." Each group got to pick a name for the Gnome. We picked Home Gnome. Turns out we didn't win, but we all worked together. The gnome's name is now Frugalestine.



✧ Congratulations! ✧

Congratulations on yet another successful year of camp! Over this year's week of camp, we've compiled some articles high-lighting all of the fun that our campers have had over the week. Enjoy!

NEW THINGS AT CAMP

By Jack

This year, there were some big and small types of new things at camp. One big change was the addition of the new camper, Jesse. Another new big change was the gnome finding game was changed around. We looked for "tree mail" in order to find the password. Whichever bunk group has the most passwords at the end will win.

Some small changes was the new location of the flag and the

new grade limit used for the waterside. The flag got moved next to the lodge. It makes it quicker and easier to do flag everyday. The new grade limit for the waterside made it so that you have to have passed the 5th grade to use it. That made some of the campers not able to use the slide like they did last year. Everyone still got to use the bouncy house in side the slide though. Those were all the new changes, big and small, at camp mack this year.





Our Disease

By: Tiffany

We have a lot of diseases. The first person is Ann, 1 good thing about her disease is it makes Ann responsible. She doesn't like that she can't be in the sun very long. Ann has had Lupus. Amanda has JRA. Amanda can't do the things she used to do. It has made Amanda more Appreciative. She has had JRA for 7 years. That's a long time. Payton has had JRA for 4 years. Payton doesn't like that she can't do



flips or handstands, like other kids. Heather has had Lupus for 16 years. One good thing is it allows her to come to camp. Gracie has had JRA for 3 years. She can't do flips or run as fast as the other girls.

Our next camper is Kyle. He has had JDMS for 11 years. I can't believe has had it for 11 years. One bad thing is that it makes him tired. Bailie has had JDMS for 10 years. She can't do as much stuff as other kids, but she said the stuff I can do is awesome. Caleb has had JRA for 8 years. Caleb can't do sports like other boys. Dorie

has had RSD for 5 years. Her RSD only occurs when she sprains or breaks something. Tiffany has had Waggnes Gramulitis Vasculitic for about 2 years. She can't get germs on her, or drink out of school water fountains.

Now Jack has had JDMS for about 6 years. A good thing about it is he found out about camp. Jesse has had JRA for 3 years. He can barely run, but he tries.



Campfire

By Dorie

*Fun at night time,
Roasting many marshmallows
Till burnt to a crisp.*

THE PHOTO ALBUM

By Tiffany

The photo album we made at first it looked confusing. Then it got easier and wasn't hard at all. I think it was fun and we should do it another time. We each got to pick two designs and Alisa would pick our 1 choice or our 2 choice. I got splatter my 1 choice. We each had a fun time.

FIRST YEAR OF CAMP

By Jesse

My first year at camp was awesome. I had a great time. Boating and fishing were the two best things I did here. I had a great time with my cabin-mates. We shared a few laughs. The one thing I liked more than boating and fishing was singing around the fire with the other campers.

CAMPER COUNSEL

By Bailie

Every year, thursday night is movie night! That means that camper council needs to arrange some movies! We get together and have a vote on what movie to watch! Depending on how long the movies are, depends on how many we can watch. Along with the movie we must have snacks. Before the movie, we need to eat a nice dinner. We have a tradition eating pizza! In order to have enough, we needed to know how many pizzas to buy. So therefore we split up and asked our cabin mates what toppings they would like and how many

slices. Camper counsel is very fun and a big part of camp. With this being my 7th year I have been in it three times, and have really enjoyed it!

FISHING

By: Dorie

Worms, casting, & waiting is all a part of the life of fishing. During this week, everyone got a chance to try & catch a big one. But, let me tell you it's not always the easiest thing to or even catch one at all. A pull, grip, & a reel is the trickiest part. Maybe all you need is some luck... & a good worm.

Excitingly, just about everyone caught one! Some caught other things than juicy fish though like trees, seaweed, & even almost a turtle. Others just "fell" in. This year, I finally caught a fish! It's also one of my favorite things to do here at camps.

FRUGELSTIEN

By Gracie

Frugelstien, Frugelstien, Frugelstien! That is all people want to talk about. The first step to finding out where Frugelstien was is that we have to find out where our tree mail is. Then we have to look at the picture clue and determine where that thing is. After that we have to go to that place and look for the word clue. We have to do what the clue says. Then we look for Emilie the password person and we tell her the password that was on the word clue. Then, we have got it! Some of the campers thought that we had to actually find Frugelstien, but they were still good detectives. "I thought we had to find Frugelstien but I guess not!! Says Gracie, a second timer.



The LMNT

By: Dorie

In my cabin this year, there are 2 lovely ladies: Bailie & Heather. Heather has been a counselor in the past & returned back. Bailie is the only girl my age & has been going here for 7 years. I met Bailie last year, which was my 1st year here. We instantly clicked & now we're closer than ever.



The LMNT is our cabin name, pronounced "the element!" We are the element cause we act as one. A little fact you probably didn't know about Heather is that she's an amazing singer. One about Bailie is she uses baby lotion, like me. So there you have it, the LMNT.

Bunk Group

By Kyle

This year the boys bunk group had 3 campers and 1 counselor. The boys bunk group stayed in cabin w9 for the whole week. The 3 campers were Caleb, Jesse, and myself. The counselor was Kyle and everyone had a great year. The bunk group name for the boys was the goonies.

The goonies won many of the amazing race challenges this week. The goonies also found almost all of the tree mail. Everyone says that they had a great time and that they are coming back next year. Everyone is looking forward to next year too.



A Letter From the Camp Director

It's hard to believe that this summer marked our 24th year of having camp! We were so excited to have a new camper join us this year, Jesse. We had a total of 8 campers and once again we had a great time of just hanging and doing all our activities. We had tree mail, boating, swimming at all times of the day, the bouncy house, water slide, fishing, arts & crafts, and we even learned a new song, thanks to Payton! I'm sure the next time we see a banana, orange or popcorn we will think of her!

We participated in some "amazing" challenges and the campers did a great job of trying new things! Our bunk groups this year consisted of "Minions", "Goonies", and "The LMNT". We have some good prospects for CIT's this next year in Bailie, Jack & Dorie.

We always have a good time with Caleb, Gracie & Tiffany and wish we could experience camp again just like them!

Next year marks our 25th year and we certainly can't wait to see what is in store for us! We hope everyone can join us again as we Make New Friends, but Keep the old

Until next time ~

Alisa



Dr. Mike's Corner

We had another great week at Camp Del-Ja-Ri! It was good to see old friends and make some new friends this year!

On Monday, we heard about these diseases from campers and staff who felt comfortable telling their stories. Hopefully, no one felt too pressured to talk about anything they did not want to talk about. As you know, juvenile arthritis, juvenile lupus, juvenile dermatomyositis and juvenile vasculitis are not common. It is important that you are able to describe these to doctors who do not practice pediatric rheumatology, because they may not know much about these diseases. It is also important you are able to talk about your disease, your symptoms and your medications with doctors who know you well, because doctors do not always know what patients are going through. At some point it may be important to explain your illness to people who are not in medicine for different reasons. I was really glad you each told me about your disease. Though, I've studied a long time about these diseases and I see a lot of patients with these diseases; it is good to hear about these diseases from the perspectives of the kids and adults who deal with the diseases every day!

On Wednesday, we talked about Research. Research can mean a few different things, as you all told me on Wednesday. You can research what is known about a topic by looking for information about the topic in books, newspapers and magazines. For any topic we want to learn about, this is the starting place.

In medicine, another type of research is to collect data about diseases and the people the diseases

affect. Patients who participate in this type of research answer questions about their disease to help doctors understand how the disease affects them. In pediatric rheumatology, there is a huge research project going on right now, called the CARRA Registry that involves gathering data about children and young adults all over the USA so that we can better understand the disease and how it affects people.

A third type of research involves trying new medicines for a disease or trying an old medicine in a different way for a disease. This type of research is sometimes more scary to people because we do not know for sure how the medicine will work. The great thing about this kind of research is that we sometimes learn some great new ways to treat diseases and make people feel better. We heard from one of our counselors that she was one of the first children to try methotrexate. This medicine has been used for juvenile arthritis for about 20-25 years. It was used for rheumatoid arthritis in adults for about 10 years before that.

Patients with diseases should not participate in research projects of any kind if they do not feel comfortable doing this, but it is a great way to help doctors understand these diseases and the best way to treat them. If you are interested in participating in a research study, please ask your doctor at your next visit if he or she knows a research study that would be good for you.

Thank you all, again, for teaching me so much at camp this year!