



# CAMP NEWS 2019

30th Anniversary Edition - Picnic in Paradise

## Fishing

By Evan

On Monday we caught 6 fish. All the fish but one were Blue Gills, the one was a Small Bass. On Tuesday we caught one fish. The fish was another Blue Gill.

## Arkey Parky

By Mia

Arkey Parky is a fun playground that has fake animals, a basketball court, Gaga Ball pit, rainbow arch, and a pirate ship. On the basketball court we play 8 vs 1 everybody against Caleb. We also play on the ship the ghost game, which is where one person is the ghost and they have to get us before we touch the cross on the ship. But if he gets us we are ghosts, too.

Go to Arkey Parky!



## Swimming

By Jade

This year the water was so warm when you got in and got colder the further you went down. Also, more people are passing the swimming test. There have been turtles here and there, maybe they also want to have fun, too. The water was murky and you couldn't see the bottom of the lake. There was seaweed EVERYWHERE and it made the swim test a little hard. Just like treading for 2 minutes wasn't hard enough. And finally the Summit this year was still fun, but the top of the slide has been deflated due to the humidity. That's all for swimming and this year I passed my swim test. See you next year Del-Ja-Ri!

## Food

By Caleb

The food at Del-Ja-Ri this year was amazing like always. Such as



### Camp Mad Libs

By Maddox

Fill in the blanks below first, then replace the blanks in the story with your words.

1. \_\_\_\_\_  
(camp name)

2. \_\_\_\_\_  
(adjective)

3. \_\_\_\_\_  
(name)

4. \_\_\_\_\_  
(noun)

5. \_\_\_\_\_  
(game)

6. \_\_\_\_\_  
(plural noun)

7. \_\_\_\_\_  
(plural noun)

My first year at Camp

(1) \_\_\_\_\_, it was a load of

(2) \_\_\_\_\_. I pranked

(3) \_\_\_\_\_ with a

(4) \_\_\_\_\_, learned

(5) \_\_\_\_\_, beat a few

(6) \_\_\_\_\_, learned new

(7) \_\_\_\_\_. Either way, it was fun.

meatball subs and ham sandwiches. I actually ate three sandwiches: ate one in 4 bites, ate one in 3 bites, and ate one in 2 bites. Some dinners we had were spaghetti and meatballs, we also had pizza. We had for breakfast french toast sticks and some pancake corndogs. The food this week was good.



### Dr. Mike's thoughts:

We had another good week at camp in spite of the heat!

This was the 30th anniversary of camp Del-Ja-Ri! A lot has changed in the treatment of juvenile arthritis in the last 30 years, but our campers are still having fun in spite of their arthritis.

I really liked Doctor time this week, because all of the campers asked good questions. We talked about healthy habits, which are important no matter what health problems we have. These include things like getting good sleep, getting some exercise every day, eating healthy and minimizing stress as much as possible. All of these things take some effort but if we make them habits we get better at them. Doing these things help is live better with our arthritis, help reduce flares of arthritis and may help is control our arthritis better.

The exercise part can be tricky with arthritis: it is important to find an exercise that is not too hard on the arthritis but still keeps us active.

Another part of healthy living is taking our medicines regularly and checking in with our doctor about our problems and how we use our medicines.



## Del-Ja-Ri 30th Year Anniversary

How does one even begin to share what the 30th year of Camp Del-Ri means? When I think back over the years to how many campers we have shared this experience with it truly is a blessing to have been apart of it for all these years! We decided our theme would be “Picnic in Paradise” and have tropical decorations with pink flamingos, palm trees, and a pineapple piñata. Our campers in true form embraced the challenge and the bunk groups were named Bahama Mama’s, Cheeseburger’s (in Paradise) and the Dancing Green flamingos!

Mother Nature decided to show up in rare form with some hot & humid weather, but we were still able to get all of our activities in, which included boating, fishing, arts & crafts, swimming and time in Arky Parky. We took advantage of our indoor dining space (which was air conditioned) and spent a lot of extra time in there to keep cool! We had a lot of card games going on and I think we will have a lot of campers practicing “speed” over the next year!

We wanted to do something fun for the campers to celebrate our 30th year so each of the campers received a camp chair with Camp Del-Ja-Ri printed on the back. We also decided on the last day (the heat helped us make this decision) to have a slumber party in the Lodge! I think the kids got a kick out of it (they are going to sleep as I am typing this), We had a great group of campers and I’m sure the kids would agree, the week goes by too fast! But I know next week, we will start to make plans for next year!

They say good things come in small packages (and I know we don’t have a lot of campers compared to some groups,) but in our case, GREAT things come in small packages as each of our campers have a unique and special quality that only makes Camp Del-Ja-Ri the place our campers come home to ever summer,

See you next year! Hugs & Pink Flamingos!

Alisa

### ... continued

It seems at camp we are able to keep active, manage sleep, keep stress down, take our medicines and eat healthy; though, we are given too much desert at mealtimes!

I wish all our campers and staff a great year and look forward to seeing you back next year, for the fabulous 31st year of camp Del-Ja-Ri!

Michael Blakley  
Adult & Pediatric  
Rheumatology

