

# The Heart Institute Family Camp







May 18-20, 2012 | Joy Outdoor Education Center | Clarksville, Ohio

#### Sponsors:

The Heart Institute at Cincinnati Children's Hospital Medical Center Children's Heart Association General Electric Employee Community Fund Cincinnati Walks for Kids Hearts Are Trump Sydney Leigh Hartz Memorial Fund

Cincinnati Children's Heart Institute

www.cincinnatichildrens.org/heart-retreat



# **Heart Institute Family Camp**

A weekend of fun family activities, informational sessions and sharing with other families who have had similar experiences.

Who: Families of children ages 0-21 affected by congenital or acquired heart disease.

When: Friday, May 18 through Sunday, May 20, 2012. Registration and check-in will begin at 6 pm (no arrivals after 9 pm unless pre-arranged) on Friday with a pizza party, barn dance and games to kick off the evening. Our weekend will conclude on Sunday with an all-camp marshmallow war!

**Where:** Joy Outdoor Education Center in Clarksville, Ohio, located about 50 minutes north of downtown Cincinnati on 315 acres of beautiful countryside. Hiking trails, a fishing pond, high ropes courses and an indoor climbing wall are just a few of the amenities that Camp Joy has to offer. See for yourself at the Joy Outdoor Education Center web site, joec.org.

**Accommodations:** Charming, rustic cabins with bunk beds and modern shower and bath facilities. Two to three families per cabin. All meals will be provided.

**MiniCamp option:** Children and adolescents ages 8 and up may stay in a cabin without their parents, although parents must be present at the retreat. Camp Joy counselors will be supervising children enjoying the minicamp option. Space in the MiniCamp is available on a first come-first served basis.

Teens with heart disease ages 16 and up who would like to be leaders-in-training at Camp Joyful Hearts, our summer camp program for kids with heart disease, are invited to attend a leadership training/fun camp weekend than will run alongside the family camp. Parent attendance is not required for this program. Programming will include cabin management skills, camp culture, program development for CJH, and fun! Cost is \$25 per LIT.

Cost: \$50 per family. Fees due at registration. Financial assistance is available if needed.

**T-Shirts:** Official retreat weekend shirts will be provided for all campers who register before May 4th. Please choose sizes on the registration card.

# **Saturday Program Highlights**

### Saturday Morning

#### Kids and Teens Programs

Activities throughout the day for kids of all ages will include fun camp activities such as hiking and nature scavenger hunts, and making lots of new friends! Teen activities will include a high ropes course and other outdoor challenges. The Heart Institute Family Retreat encourages participation in a variety of activities that help the camper develop a sense of skill and accomplishment. Activities are adapted to each child's abilities and promote the development of new friendships and individual growth. All camp activities are supervised in a safe and nurturing environment. Kids and teens activities will be supervised by the Joy Outdoor Education Center staff.

#### **Adult Programs**

Guest Speaker: Terri Calla

Terri Calla is a survivor living with heart disease. Hear her inspiring story of determination, resilience, and hope.

## **Expert Panel Discussion**

Question and answer session with pediatric and cardiology experts from Cincinnati Children's.

## **Saturday Afternoon**

## Families Together

Saturday afternoon, camper's choice:

- High ropes courses
- Fishing

- Nature hikes
- Lots of other outdoor activities

Saturday evening will close with a hilarious campfire sing-along, complete with s'mores!

## **Sunday Program**

Our weekend will conclude with an all-camp marshmallow war! PVC marshmallow shooters will be provided for any camper who would like to participate.

**To register:** Please complete and mail the registration card and fees on or before May 11th, 2012. Additional forms are required for each camper. These forms may be downloaded from our web site at www.cincinnatichildrens.org/heart-retreat. If you are unable to access the forms please indicate so on the registration card and they will be mailed to you when it is received.

#### To download forms:

- · Go to www.cincinnatichildrens.org/heart-retreat.
- Follow instructions about which forms need to be filled out for everyone registering for the retreat weekend.

Register early, as space is limited. Registrations will not be accepted after May 4th, 2012. Make checks payable to the Heart Camp SPF and send to Betsy Adler, Division of Cardiothoracic Surgery, MLC 2004, Cincinnati Children's Hospital Medical Center, 3333 Burnet Avenue, Cincinnati, OH 45229-3039.

If you have questions, please contact Jill Young at 513-803-3249 or heartcamp@cchmc.org.

The low cost of this weekend is possible thanks to generous donations from sponsors and families. If your family would like to help others participate in the family retreat weekend or summer camp, consider making a contribution beyond the registration fee.





Join our two Facebook groups: Camp Joyful Hearts and the Heart Institute Family Camp.

# **Registration Card**

Name of Child with Heart Disease\_

# Heart Institute Family Camp

Mini Camp (for kids ages 8 and up, see inside brochure for details): OYes ONo

State: \_

Home Phone:

May 18-20, 2012

Cardiac Diagnosis

Address: \_ City: \_\_\_\_

Zip:

'				
Children's Name of Sibling	Progra	n Registration		Age
Mini Camp:	O Yes	O No		_ /190
Name of Sibling_	<b>O</b> V	O N		Age
Mini Camp:	O Yes	O No		
Name of Sibling - Mini Camp:	O Yes	O No		- Age
Adult Prog	ram Re	gistration		
Name				
Email Address				
To download form	<b>ns:</b> Go to ww it for everyor	d out for each camper w.cincinnatichildrens.org/heart- e registering for the retreat wee be mailed to you upon our rece	kend. If you are unable to d	
Camp fees for each	h family are S	50. All forms must be received	by May 11, 2012.	
		Heart Camp SPF and send to E Hospital Medical Center, 3333		
T-shirt o	rder fo	<b>m</b> (please indicate number of	shirts needed of each size)	:
Youth Sn	nall (6-8)	Adult Small	Adult 2	XL
Youth Me	edium (10-1	2) Adult Mediu	m Adult ?	XXL
Youth La	rge (14-16)	Adult Large	Adult 3	XXXL
Official retreat v	weekend t-sh	irts will be provided for all camp	pers who register before Ma	y 4th.

Age\_



Children's
Cincinnati Children's
Hospital Medical Center
MLC 2004
3333 Burnet Avenue
Cincinnati, OH 45229-3039