



Parent/Camper Handbook



SICKLE CELL DISEASE
FOUNDATION OF CALIFORNIA

Sickle Cell Disease Foundation of California

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LET'S TALK ABOUT GOING TO CAMP

Camp Crescent Moon is more than just a camp for children with sickle cell disease, ***Camp Crescent Moon changes lives.*** All of the campers learn more about sickle cell disease, coping strategies, and standing up for themselves when they are misunderstood because of their disease.

While at camp, the children participate in skill building activities, are exposed to new challenges and have the chance to form very important, life-long friendships. Camp Crescent Moon has been successful because of the dedicated staff which helps each camper become more self-confident and more self-reliant.

As part of the specialized programs and services offered by the Sickle Cell Disease Foundation of California, ***the SCDFC created the first summer camp for children with sickle cell disease (SCD) in 1967.*** For 47 years, we have provided a memorable camping experience for thousands of children with SCD.

What Happens At Camp?

The goal of Camp Crescent Moon (CCM) is to provide a week-long, sleep away camp experience for children with SCD who are unable to attend traditional camp program. Children with SCD would typically be excluded from other camps due to the potential serious complications that could arise at elevations above 5,000 feet, the environment, daily camp activities and the lack of a medical staff experienced in the management and care of SCD.

Camp Crescent Moon allows campers to participate in a creative outdoor group experience and provides growth and development for each camper. The campers have a chance to express themselves through group activity, campfire programs and community living.

Activities are geared to the ages, abilities and interests of the campers. Campers should be participants in all regular aspects of program planning. The program is designed to aid in the development of camping skills and provide an opportunity for a satisfying experience.

Campers will have an opportunity to participate in preplanned activities which include: arts and crafts, games, line dancing, making a music video, singing camp songs, nature walks, computers, learning about sickle cell disease, making new friends, and simply having a lot of fun.

Theme day activities are also a large part of the camp experience. Each day has a special activity to fit within the theme. Campers, counselors, palanca, program, administrative & medical staffs participate in the theme day activities. ***Safety is adhered to carefully in all activities.***

Who Will Be Taking Care of Your Child?

To carry out a successful camp week, the SCDFC recruits volunteers which reflect the cultural, linguistic, ethnic and other characteristics of the campers we serve. Each staff member completes an application, participates in an interview and agrees to a background check. Camp Crescent Moon volunteers accepted in the program participate in an extensive training program to provide the best possible camp experience for your child.

The majority of the camp staff have participated and/or volunteered in other SCDFC programs and activities. We also encourage former campers to apply for the camp program.

There are five (5) components to the staff of Camp Crescent Moon which include the following:

- 1) Administrative Team
- 2) Medical Team/Help Team
- 3) Counselors
- 4) Palanca Crew
- 5) Program Directors

Administrative Team: The administrative team is led by the SCDFC President & CEO – Mary E. Brown, who has been the Camp Director for the past 35 years. Deborah Green is the SCDFC’s Program Administrator/Director of Health Education and the Camp’s Assistant Director. She has been on staff for the past 22 years. Additionally, the administrative staff is comprised of senior volunteer staff.

Medical Team: The medical staff consists of hematologists, internists, pediatricians, nurses and social workers who work at the major comprehensive SCD centers and other medical centers in California. The Camp Crescent Moon medical director is the center director of the Comprehensive Sickle Cell Disease Center at the LAC/USC Medical Center. The following is just a partial list of the medical providers who will be at Camp Crescent Moon.

Camp Medical Director: Cage Johnson, MD Director, LAC/USC Medical Center (retired)

Camp Nurse Director: Charlotte Dixon-Burke, RN, Kaiser Permanente, West LA (retired)

Help Team: The Help Team consists of social workers and/or psychologists who assist the campers with behavioral and/or psychosocial issues while attending camp, with a goal of ensuring a positive camping experience for the all campers.

Cabin Counselors: Counselors are the backbone of our camping program. Our ***recommended minimum*** age requirement for counselors is 21 years of age. However exceptions may be made for individuals between the ages of 18-21 who have had past experiences with other camps or children and have demonstrated a high level of maturity. Camp Counselors are responsible for providing a wholesome living experience while your child is away from home. The Camp Counselor is the person your child will live with during the week.

Palanca Crew: The Palanca Crew is former campers and volunteers who are responsible for the setup of ***fun*** theme day activities. The Palanca Crew also provides assistance to the counselors, program, medical and administrative staff as needed.

Program Directors: The program staff consists of volunteers with a specialty or hobby in the particular program area offered.

Camper Responsibility - All campers are responsible for having fun! We encouraged each camper to participate fully in the camp program and to abide by all camp rules and regulations. Additionally, all campers are encouraged to accomplish certain tasks which may include: “Kamp Kapers/KP” (chores), setting the dining tables before meals, reciting grace before meals, establishing patterns of good citizenship and respect for peers, adults, animals, nature and property.

To ensure that all of our campers have a fantastic week Camp Crescent Moon has developed a Camper Behavior Management Plan. This policy has been created to protect your child and members of the staff. The SCDFC has a no tolerance policy for teasing and bullying, playing with matches, using foul language and disrespecting adults, campers and property. We ask that you sit down with your child and go over this plan so they are fully aware of the camps expectations.

Camp Crescent Moon Behavior Management Plan

1. Goals for Campers

The overall goal for each camper is to have a positive camping experience.

- Campers will be encouraged to grow in appreciation of another
- Campers will be encouraged to develop a strong sense of moral values
- Campers will become contributing members in the camp community
- Campers will resolve issues by learning to communicate instead of fight
- Campers will learn to distinguish between right and wrong

2. Behavior Management Philosophy

The management of children with a chronic illness can be challenging. Parents often feel guilty when a combination of genes has produced a child with sickle cell disease. Oftentimes these children grow up underexposed, overprotected and *the center of attention*.

This latter fact causes challenges for camp staff; especially counselors who are directing cabin life. However, regardless to the conditions, the staff of Camp Crescent Moon is trained to deal appropriately with disciplinary concerns.

The standards of our staff include, but are not limited to:

- Actively listening to the camper's concerns
- Participating in camper activities
- Establishing with the camper group guidelines and consequences
- Gently diffusing issues with campers
- Evaluating the nature of the offense to determine whether the involvement of the administrative/help team staff is needed

3. Behavior Management Guidelines for Campers

The Camp Crescent Moon program seeks to teach the campers that there are more effective ways to settle disagreements without using negative behaviors.

The overall objectives include, but are not limited to:

- Accepting responsibility for group living
- Settling disputes without pushing, shoving or punching one another
- Settling disputes without using foul language
- Respecting each other's opinions

Damage to Camp Property - Parents will be held financially responsible for any and all damage their child causes to camp property. This includes broken windows, the use of markers on any walls or doors, graffiti and any behavior that may result in broken furniture or torn bedding, curtains, etc.

What Does the Campsite Look Like?

A dining hall, several clusters of fully enclosed cabins, bathroom facilities with running water, an infirmary, wilderness trails and lots of tall trees make up the campsite. Cabins have restroom & shower facilities, heating and bunk beds & mattresses....campers bring sleeping bags or blankets and pillows. Each cabin can sleep 8 - 12 children and 1-2 counselors. Boys and girls live in separate areas of camp and interact during activities, meals and evening programs. *This is a perfect location for the campers to romp and play and learn about the environment.*

CAMPER TIPS

Bedwetting - We realize that bedwetting is a complication of SCD and are very sensitive to this fact. There are restrooms in each of the cabins, however if your child is likely to wet the bed please send extra pajamas and underwear and if your child uses pull-ups at home, please send them. Also, **please send sheets & a blanket** which is easier to wash than a sleeping bag.

Perfume, cologne and other fragrant items - Due to many allergies and the attraction some insects have to fragrances we recommend that your child does not wear perfume or cologne or use fragrant soaps, shower gels, lotions, etc. while at camp. Remember, bees, wasps and other insects are attracted to these scents.

Hair Management - If your child, especially your daughter is not used to combing hair, we recommend styling it in such a way that can withstand not being combed for 7 days. Many parents choose to place their daughter's hair in braids or multiple pony tails. We also encourage our young men to maintain good grooming as well by brushing or combing their hair daily.

PACKING FOR CAMP CRESCENT MOON

Luggage - Please have child's suitcase, backpack, pillow and sleeping bag tagged with their name before you arrive at the camp registration and check-in.

Shoes - Closed-toe shoes **MUST** be worn at all times except for in the shower. This is to protect your child from stubbing their toes while at play, etc. There are rocks, sticks, bugs, dirt, etc. that can get into opened-toe shoes that can cause cuts, scrapes, bites, etc.

Lost & Found - Lost and found items will be kept at the SCDFC for 5 days after camp. It is the responsibility of the camper and parents to claim lost items and pay for any mailing/shipping costs that may apply for the return of these items.

THINGS YOU DO NOT NEED AT CAMP

Expensive jewelry, cell phones, cameras and other valuables, Tablets, Ipods/MP3 players, radios, tape/CD players, DVD players, electronic games, fireworks, pets, skateboards, skates, bikes, alcoholic beverages, matches, lighters, cigarettes and other recreational drugs have no use at camp. Please do not allow your child to bring these items.

DO NOT SEND A CELL PHONE WITH YOUR CHILD. Campers do **NOT** use the telephone except in very unusual circumstances. If needed a member of the camp administrative team would contact you first. Cell phones will be taken from your camper and kept in the camp office until departure. **Besides, there is no reception for cell phones.**

There Is Nothing To Buy - Money is not needed at camp. Money and valuables are kept at the sole risk of the camper and his/her parents. Camp Crescent Moon is not responsible for lost, stolen or damaged items.



We encourage all parents to send their campers mail, as it brightens their day and lets them know you are thinking of them. **Please write to your child.** Some children become very sad when they do not receive a letter or card from home.

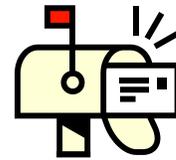
The camp session is short, mail your letter(s) the day your camper goes to camp or a couple of days before or place letters in a large envelope marked with your child's name and give to individual doing check-in.

One-way email is available from the camp website at www.campcrescentmoon.org. Just click on the link to email a camper. The administrative staff will print off the emails at camp and it will be delivered like regular mail. Note: information should be friendly and personal, but should not include sensitive or private information. PLEASE LIMIT YOUR EMAIL TO ONE A DAY.

Please do not tell your child you miss him or her in your letter. This often causes the child to become sad and homesick campers. Instead **we suggest that you tell your child you love him or her.** Also, we ask that you do not inform your child of negative situations occurring at home nor describe fun things they are going to miss being away from home.

MAILING ADDRESS: Name of Child

Camp Crescent Moon
Temescal Gateway Camp
15601 Sunset Blvd.
Pacific Palisades, CA 90272



HOW TO REACH US AT CAMP

Phone calls and visitors from home are discouraged. If you have concerns about your child during the camp week, you may call the camp office or the Sickle Cell Disease Foundation of California and someone from our staff will call you back as soon as possible.

In case of an emergency, please call the:



*Camp Crescent Moon cell phone at
Number to be provided at camp check in*

or the

*Sickle Cell Disease Foundation of California at
(310) 693-0247 or (909) 743-5226*

Health and Medical Needs

Please read carefully

Camp Crescent Moon is a camp for children with sickle cell disease and will provide the best medical care during the week if needed. As part of our camper care plan we will need all of their prescribed medications. Please do not decide that he/she can skip taking certain meds while at camp as this maybe harmful to your child.

1. Medications

All medications, prescription and over-the-counter are to be turned into the camp nurse(s) or other designated person at registration.

Medicine must be brought to camp in their original containers, clearly marked with the camper's name, medication and dosage.

DO NOT MIX PILLS TOGETHER!

Please send your child's inhaler if he or she has one.

If your child takes medications for ADD or ADHD, camp is not the time to give your child a break. We want to ensure your child has a good time while he/she is in our care.

Please place all medications in a zip lock bag with the camper's name on the outside of the bag. The medical staff will handle the dispensing of ALL medications from the infirmary.

2. Recent Hospitalizations & Surgeries

For the health and well being of your child, Camp Crescent Moon does not allow children to attend camp if they have been in the hospital two weeks (14 days) before the start of camp or have had surgery 30 days before the start of camp.

Hospitalization cut off date: If your child has been **hospitalized after July 1st** he/she will not be able to attend camp.

Surgery cut off date: If your child has had **surgery after June 14th** he/she will not be able to attend camp.

Please call the SCDFC if your child his hospitalized after July 1st or has had surgery after June 14th.

A health update is required for each camper before attending camp. The SCDFC will follow up with each camper's parent and physician or nurse just before camp.

3. Allergies

If your child has any known allergies, please notify the SCDFC immediately, especially if he/she is allergic to the following: medications, animals, insect bites (mosquitoes, bees, etc.) laundry detergent, soap and any food items.

Camper Registration and Check-in, Saturday, July 14, 2018

Parents often wonder what the campsite looks like. We are giving you the opportunity to see for yourself when you bring your child to camp. The benefit in bringing your child to the campsite is that you will be able to see the facility. You may walk around the camp AND visit a cabin or bungalow.

If transportation is an issue for you, please contact our office by June 16th at (909) 743-5226 to see what alternative arrangements can be made.

You will receive a separate notice with the specific check in times.

Pre-Camp Medical Screening

Parents, please be prepared to update any medical information with the camp nurse(s) upon your arrival.

Please note: For the health and well-being of its campers, *Camp Crescent Moon will not allow children with a recent hospital stay to attend. A final medical clearance will be required for each child before attending camp.*

Parents will be notified by mail of the exact time and location for your drop off site at least two weeks prior to camp. If you do not receive this information by July 1st contact the SCDFC immediately at (909) 743-5226 or toll free at (877) 288-2873 or the contact person for your area for assistance.

Los Angeles, San Bernardino, Riverside, Orange or Ventura Counties

Temescal Gateway Park
15601 Sunset Boulevard
Pacific Palisades, CA 90272
SCDFC Office (909) 743-5226
Temescal Gateway Park (310) 454-1395

Fresno/Kern Counties

Contact Person: Catherine Hansen, MSW
Children's Hospital Central Valley
Phone: (559) 353-5237

San Diego County

Contact Person: Beth Shehee, RN
Rady Children's Hospital San Diego
Phone: (858) 966-6709

Camper Check-Out, Saturday, July 21, 2018

Please arrange to pick up your child at the designated time and location on Saturday, August 8th. If someone other than the child's parent(s) or guardian(s) will be picking up the child, please notify the SCDFC immediately of this change. No camper will be released without this authorization.

Southern California area children who are not picked up on time may be taken to the local police department for your designated pick up city.

WHAT TO BRING TO CAMP

The following is a minimum list of clothing and equipment needed for Camp Crescent Moon. Please **check off the items as you pack**. This is a 7-day list and should be used as a guide. Please keep in mind that some children need to change more than others to keep clean and neat and therefore you may need to include additional items.

Most of these items are part of every child's wardrobe; please **DO NOT SEND NEW CLOTHING**. Remember **CAMP IS A GOOD PLACE TO WEAR OLD CLOTHES!** Clothing may be packed in a duffle bag or suitcase.

Please do not send items of special value or requires dry cleaning, special washing or ironing. All clothing and personal items **MUST BE PLAINLY MARKED WITH THE CAMPER'S FULL NAME**. Please use a SHARPIE on those articles in which you cannot sew nametags.

Your child should help with packing his/her bag(s) so they will know what is theirs

Shirts & Tops

- 6-8 short sleeved shirts/tops
- 3-4 long sleeved shirts



Underwear & nightclothes

- 8-10 pairs of underwear
- 8-10 pairs of socks
- 4-6 undershirts or bras
- 2 pairs of pajamas/nightgowns
- 1 bath robe
- pull ups (as needed for bed wetting)

Bathroom Items/Toiletries

- 1 bar of soap (in container)
- 1 toothbrush
- 1 tube of toothpaste
- deodorant
- lotion (small bottle)
- chapstick or lip balm
- comb/brush (as needed)
- shampoo/conditioner (as needed)
- feminine products (as needed)
- scrunchies & other hair items



Shoes

- 1 pair of tennis shoes (sneakers)
- 1 pair of flip flops (for shower)



Swimwear (for water play)

- Girls – a one (1) piece bathing suit (tankini ok – no midriff areas showing)
- swim cap as needed/preferred
- Boys – swim trunks (no speedos)

Shorts & Pants

- 5-6 pairs of jeans or long pants
- 1-2 pairs of sweat pants
- 4-6 pairs of shorts



Outerwear

- 1 heavy (warm) jacket
- 1 lightweight jacket
- 2 long sleeved sweatshirts or sweaters
- 1 hat or cap (required due to the weather)

Sheets, towels & blankets (twin bed size)

- 1 sleeping bag or blanket
- 1 fitted sheet (to cover mattress)
- 1 flat sheet
- 1 pillow case
- 1 pillow
- 2 wash towels (small)
- 2 bath towels (large)



Miscellaneous

- flashlight & batteries (very important)
- camera & film (the disposable kind)
- suitcase or duffle bag
- insect repellent
- laundry bag or pillowcase
- medications (packed separately)
- Some children choose to bring a "dressy outfit for the awards ceremony - **NOT REQUIRED!!**



Please make sure to mark all clothing and personal items with the camper's name

IF YOUR CHILD HAS AFRICAN ATTIRE PLEASE SEND IT FOR OUR FRIDAY THEME NIGHT

The SCDFC is not responsible for lost, stolen or damaged items.

These items will not be allowed outside of the cabin (you can bring them)

- Wave caps, “do rags”, bandanas
- Sleeveless undershirts

These items will not be allowed at camp (do not pack them)

- Halter tops, backless shirts, back outs, spaghetti straps
- Midriff shirts, tube tops, bikini bathing suits (tankini ok)
- Extremely low rise pants/jeans (displaying underwear)
- Excessive sagging of pants (displaying underwear)
- Gang affiliated items
- Excessive & large jewelry, also known as “bling”
- Any other items deemed inappropriate by the SCDFC Camp Administrative Team

DO NOT BRING THE FOLLOWING ITEMS TO CAMP

- Radios, CD players, Walkmans, iPods, MP3 players, DVD players
- Candy or other food
- Rollerblades, skates, skateboards, scooters, wheeled shoes
- Pets
- Cell phones, video game systems (i.e., gameboys, psp, nintendo DS, etc.)
- Expensive jewelry or watches
- Cigarettes, matches, lighters, fireworks, laser pens
- Knives, firearms or other weapons
- Aerosol cans, illegal drugs or alcohol
- Gang affiliated clothing, hats, etc.
- Tablets, Laptops, Ipads, Kindles, etc.

If any of these items are brought to camp, they will be taken from the camper and kept in the camp office until departure day.

If weapons, alcohol or illegal drugs are brought to camp, the camper will not be allowed to stay for the camp session.