

CAMP JORDAN IS A GREAT ADVENTURE

featuring traditional camp activities while making friends with others who understand the challenges of having diabetes. The campers are supervised by caring counselors and experienced doctors and nurses.

CAMP ACTIVITIES

A fun-filled daily schedule including:

- Archery • Nature Study
- Swimming
- Group sports • Boating
- Hiking • Cookouts
- Educational Sessions:
diet, insulin, injections,
glucose monitoring, etc.
- Optional Worship
and Spiritual Development



CAMP GOALS

- Fun • Independence • Self-reliance
- Diet planning • Home glucose monitoring
- Understanding of hypoglycemia
- Adjustments for sports and other activities
- Confidence for all to give their own injections
- Promoting friendship and problem-sharing
- Helping campers deal with their feelings
about diabetes

HISTORY

Camp Jordan was founded by the West Central Richmond Optimist Club and Dr. William R Jordan in 1966. The Optimist Club chose the name "Camp Jordan" in appreciation of the generous support and continuing interest of Dr. Jordan and Mrs. Robert (Betty) Jordan, the camp's director until her death in 1986. In 1981, the club constructed and dedicated a medical infirmary and staff quarters building in Betty's honor known as Jordan Lodge.



Supported by:

West Central Richmond Optimist Club
The Medical College of Virginia
Children's Hospital of the King's Daughters

Hosted by:

Makemie Woods Camp & Conference Center

To register...

go to www.makwoods.org/cjordan
call Karen Broughman: 800.566.1496
email Karen: makwoods@makwoods.org

For medical information...

call Dr. Marta Satin-Smith:
757.668.9789
email Dr. Marta Satin-Smith:
marta.satinsmith@chkd.org

Camp Jordan

For campers with diabetes.



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Near Williamsburg, VA

Experienced college-aged (or older) counselors lead campers in exciting daily schedules, including swimming, canoeing, hiking, archery, crafts, as well as education and instruction related to diabetes. Opportunities abound for organized games and recreation, skits, and making friends that last a lifetime.

The following sessions are available:

BEGINNERS (entering grades 3-5)

Geared towards developing new friendships and skills, campers participate in many of our activities.

JULY 15-17, 2010; FEE: \$419

EXPLORERS & PIONEERS (entering grades 4-10) A more intensified experience in building outdoor & nature skills and group building under the leadership of two counselors for every 12 campers. Weather permitting, pioneers may opt to cruise over the reservoir on our zip lines.

JULY 15-24, 2010; FEE: \$894

CANOE ADVENTURE (entering grades 9-10) In addition to the regular program, this camp session will spend extra time learning canoeing on the reservoir, and then travel to the James River for an overnight, whitewater canoeing trip. All gear is provided by the camp and campers are taught by certified instructors. A doctor and an EMT accompany campers and staff on this adventure.

JULY 15-24, 2010; FEE: \$894

PERSONNEL

Physicians and nurses will provide medical supervision. Many of the medical, nursing, and nutritional personnel are volunteers from the supporting hospitals and private practices. Counselors, certified lifeguards, and program directors directly supervise the campers in all activities. The program staff is recruited nationally and internationally, and has been carefully screened and trained to provide a safe and successful (and fun!) learning experience.



MEDICAL CONSIDERATIONS

- We do not make major changes in the treatment regimen prescribed by the camper's physician. We do make short-term insulin adjustments which will avoid hypoglycemia and extreme elevations of blood sugar while at camp.
- Since camp activities often result in changes in exercise and dietary patterns, it is very likely that readjustment of treatment regimen will need to be carried out by the family and local physician when the camper goes home. A summary of the camper's medical course at camp will be sent to the camper's physician.
- All insulin, syringes, and testing equipment are supplied. If a camper takes additional medication, he/she must bring an adequate supply.
- In the unlikely event of severe illness, campers will be transported to the Medical College of Virginia, a 40 minute drive.
- We are not able to properly serve campers with severe emotional, psychological, or behavioral problems.



MAKEMIE WOODS

Camp Jordan is held at Makemie Woods, a camp and conference center owned and operated by the Presbytery of Eastern Virginia, PC(USA). Makemie Woods is located on the shores of the Diascund Reservoir. Its 275 acres are a mixture of open space and pine and hardwood forest. The camp provides a full summer program and is accredited by the American Camp Association.

FINANCIAL SUPPORT

Camp Jordan is a non-profit organization. The overall expenses of the camp are underwritten annually by the West Central Richmond Optimist Club. Only a part of the expenses of Camp Jordan are covered by camper fees. Most of the professional services are donated by volunteer staff members, and all medical supplies are donated by manufacturers. Additional assistance in the form of camperships for needy campers comes from various civic groups and clubs, as well as the VA Chapter of the American Diabetes Association. In addition to the support noted above, Camp Jordan relies upon generous contributions from individuals and organizations concerned about the welfare of children with diabetes.

Send contributions to:

Camp Jordan
Box 9346
Richmond, VA 23227-0181
Your gift is tax deductible