

Then & Now Former camper Whitney pursues her dream of becoming a child life specialist. **Page 3**

Shag Dancing for Camp Community Partner ShagAtlanta keeps in step for camp. **Page 4**

Road Race Update The Keencheefoonee Road Race sprints to a fundraising record. **Page 8**

CAMP SUNSHINE



POSTCARDS

Children's Healthcare Volunteers Radiate Special Sunshine

It takes hundreds and hundreds of volunteer hours to make camp programs possible. Summer Camp alone requires 18 volunteer nurses to staff the infirmary. Camp Sunshine benefits from a strong partnership with Children's Healthcare of Atlanta. Since its founding more than 30 years ago, camp has leaned on hospital staff to fill any number of volunteer positions. In turn, hospital volunteers have leaned on camp to invigorate and rejuvenate their spirit.

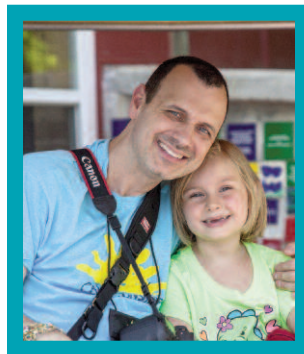
The partnership's roots run deep. Camp Founder Dorothy Jordan and Executive Director Sally Hale were both pediatric nurse specialists – and good friends – when the first camp was held in 1983. From the beginning, hospital staff stepped up to volunteer. Through the years, the alliance between Children's and camp continues to grow.

While our volunteer nurse force is integral to camp, hospital volunteers also come from other specialties: social workers, child life specialists, physical therapists, physicians and many others. Here several hospital volunteers share personal reflections. We are deeply grateful to all of our hospital volunteers for spreading their own special sunshine.

I want to be a part of giving our patients a time-out for genuine fun and connection with other people who can understand them. So often I see patients not feeling well through treatments, but at camp I get to really see them shine!

Spending time at camp gives my patients and me a way to immediately return to a better place and time, even at the bedside during a difficult admission. We can sit, laugh, reminisce, and leave behind any worries if even for a moment.

– Stephanie Borer, LCSW, Children's Social Worker, 4 years, Camp Volunteer, 3 years



Camp Sunshine is seeing kids do things they never thought they could or would do. Seeing sick kids have the time of their life. Seeing kids feel comfortable with bald heads, prostheses and feeding tubes. Being with the most dedicated, loving people who care so much about children with cancer.

I see these kids come into the Emergency Department sometimes very sick and needing treatment. It is so fulfilling to see them outside this environment for a whole week! I remember checking a camper into the hospital once and she was shocked that I worked there. She thought I was a tennis pro because that's what I did at camp!

– Judy Goodrich, RN, Children's ER Nurse, 23 years, Camp Volunteer, 20 years

Continued on Page 5

"It's not my journey, but I am so glad I come along for the ride."

– Heather Yarnell





DEAR CAMP SUNSHINE FRIENDS,

Partner is one of those excellent words that can be used as a noun or a verb. Associate, colleague, collaborator, equal. These are synonyms for partner, the noun. Partner, the verb, is even more powerful – to join forces, team up, unite and work together. Either way, our partners are invaluable to the work of Camp Sunshine.

In this issue, we salute one of our longest standing partnerships – the relationship between Camp Sunshine and the hospital staff volunteers from Children's Healthcare of Atlanta. These tireless volunteers make summer camp and other programs possible; we could not do what we do without them. In return, our hospital partners tell us that Camp Sunshine "refuels their tank." It is a partnership of the best sort – based on trust and steeped in hope. We are deeply grateful to our Children's volunteers, many of whom take their personal vacation time to help at camp year after year.

Our partnerships take many forms. Whitney's story in Then & Now tells of the special partnership between this aspiring child life specialist and Camp Sunshine. Interestingly, it was while working at Camp Twin Lakes, one of Camp Sunshine's most significant partners, that Whitney made the decision to become a child life specialist. In our Community Partner story, we recognize ShagAtlanta's long-term commitment to supporting programs for campers. Our Keencheefoonee Road Race runs stronger each year thanks to dedicated partner volunteers and sponsors.

Partnership is key to the fight against childhood cancer. Camp Sunshine is proud to be a member of the Stop Childhood Cancer Alliance. September is Childhood Cancer Awareness Month. We ask all of our friends and supporters to partner with us as we help to raise awareness and resources. We are grateful for your support every season of the year.

– Sally Hale, Executive Director

MOVING?

All boxed up and ready to go?

Update your records and stay in the know!

Email Chanteasea@mycampsunshine.com or call 404-325-7979, ext. 10.

OUR MISSION STATEMENT

Camp Sunshine enriches the lives of Georgia's children with cancer and their families through recreational, educational and support programs.

Go Gold for Childhood Cancer Awareness



September is Childhood Cancer Awareness Month and Camp Sunshine is asking friends and supporters to go gold to help raise awareness and resources. From tying a gold ribbon on your mailbox to hanging a workplace banner to planning a fundraiser to making a financial donation, you can join Camp Sunshine in taking action against childhood cancer.

Cancer is the leading cause of death by disease among children in the U.S. with more than 10,000 new cases diagnosed each year. As a member of the Stop Childhood Cancer Alliance, Camp Sunshine wants to see these statistics change. With your help, we can be a driving force in increasing awareness of childhood cancer and enhancing financial support for children fighting this disease – and the clinicians and researchers making inroads against it.

For a listing of alliance members and more information about how you can make a difference, visit mycampsunshine.com. Go gold in September, and help beat childhood cancer! ★

Five Ways to Go Gold

- ★ Make a donation in honor of childhood cancer awareness to help support Camp Sunshine's year-round programs for children with cancer and their families.
- ★ Turn your social media profiles "Gold" for September.
- ★ Attend or plan an event in September to support camp.
- ★ Put a gold ribbon on your mailbox, tree, door or office desk.
- ★ Encourage your workplace to go gold – light up the office with gold lights, wear gold ribbons or create a fun day to raise awareness for childhood cancer.



THEN & NOW

Whitney's Story



"Helping children who are hospitalized, who have life-impacting medical challenges...that is where my heart is."

– Whitney

If partnership is all about sharing, mutual respect and achieving common goals, then Whitney is the very definition. Whitney's 14-year relationship with Camp Sunshine has grown from junior camper to senior camper and now to summer intern. Her dream is to become a child life specialist, helping children to face medical challenges – much as she did.

Whitney was almost 10 years old in 2000 when her parents noticed a swelling in the left side of her abdomen. "I remember having X-rays at the pediatrician's office and the pediatrician saying, *you need to go to the emergency room at Scottish Rite right now.*" Further testing revealed synovial sarcoma, a malignant tumor of the soft tissue.

Whitney's type of cancer is relatively rare and more often presents in adolescents and young adults than in children; it is also more common in boys than girls. "My parents were shocked," she recalled. "For my part, I knew I was sick, but I was so young I really didn't understand what cancer was." She remembers being with her mother on the way to meet a child life specialist and asking, *is cancer the disease where you lose your hair?* "My mom didn't have to answer, because when we got there, the child life specialist had laid out some cool looking hats and wigs and was ready to answer all my questions. I figured we'll get me a wig and I will look awesome!"

Her feisty attitude benefited her in the days ahead. Her treatment protocol began with a two-month hospital stay, including surgery to remove the tumor, followed by five months of chemotherapy. She has been cancer-free ever since.



At the hospital, a child life specialist introduced Whitney to Camp Sunshine. "She showed me the Sunny Daze yearbook and said I really needed to be at camp." Whitney loved the idea. "But it took a little convincing for my parents. After all, it would be my first time away from home and I had just had cancer. Once they realized there would be a doctor to help me clean my central line and counselors to help me make friends, they let me go and we've never looked back."

She remembers that first camp as if it were yesterday. "The bus pulled out of the parking lot to take us to camp and I started to cry; I was excited but nervous," she recalled. "Of course, it turned out to be the most incredible, transformative week...to meet

other people united with me because we all had the 'c' word. When I got back on the bus to come home, I cried again. I didn't want to leave this magical place that just rocked my world."

Whitney never missed summer camp week. She graduated from senior camp in 2009, the same year she graduated from Mill Creek High School in Gwinnett County. She has countless memories of Talent Shows and camp shenanigans, but it is the friendships that she holds most dear: "My camp friends understand me; we can reminisce together. They know first-hand what I went through and even though we can't always be together, when we connect it is like we were never apart."

She began her college studies at Georgia/Gwinnet majoring in psychology. While working at Camp Twin Lakes (where she had spent so many wonderful weeks at Camp Sunshine), a light bulb went off in her head. "I thought, *your child life specialists changed your world, and you can do that for a child, too.*" She transferred to Georgia Southern University, which offers a child life specialist degree. When Whitney realized that the university and Camp Sunshine collaborate to offer a summer internship, she applied, was accepted and has worked for the past few months experiencing Camp Sunshine from the other side. "As a camper you don't realize what goes into camp, but it takes a lot of work to make the magic happen! I'm thrilled to be a part of it." ✨



COMMUNITY PARTNER

ShagAtlanta Takes All the Right Steps for Camp

If Carolina shag dancing is about keeping in step with the right partner, then Camp Sunshine and ShagAtlanta are meant to be. The club, a member of the Association of Carolina Shag Clubs, meets regularly at Nemo's Tavern in Norcross. Thanks to a strong relationship between club members and leaders and longtime Camp Sunshine volunteer Kay Ingalls, camp has been the beneficiary of ShagAtlanta's fundraising and community spirit for many years.

Kay's relationship with camp began in the early 1990s. A longtime Girl Scout leader whose troop members were growing up and moving in different directions, Kay was looking for a new volunteer opportunity. She also had prevailed in her own battle with ovarian cancer. Through friends and acquaintances, she became familiar with Camp Sunshine. She contacted Sally Hale and that summer served at camp as a waterfront activities counselor, overseeing canoeing, kayaking and other water sports. The next summer, Camp Sunshine's first summer at Camp Twin Lakes, Kay was a cabin counselor. For the next 22 years, Kay never missed camp. In fact, this past summer when a family commitment kept her from camp, she felt "like a 16-year-old kid who was grounded and couldn't go out and be with my friends."

About the same time she began her camp commitment, Kay also discovered Carolina shag dancing. As with many shag dance clubs, Atlanta's group combines fund-raising with their fun-raising. Their initial fundraising efforts were for a young girl named Dixie Yandle,

who had cancer and participated in Camp Sunshine, said Lester Stokes, President, ShagAtlanta. Although Dixie died at age 17, ShagAtlanta's desire to help young children continued to grow, so

they turned their attention to Camp Sunshine. Initially, the group set a goal of \$500 for camp programs. For the past 20 years, their annual fundraising, including a popular Silent Auction, has climbed steadily, and in the past two years alone reached a cumulative \$24,500 for camp.

Like Kay, Lester and his wife Betty Lou embrace Camp Sunshine's mission. "Between the two of us, Betty Lou and I have lost 11 family members over the past 20 years to cancer." Betty's grandson was diagnosed with cancer at age 12 and has partic-

ipated in Camp Sunshine programs. "These personal involvements have given us even more incentive to keep going strong," Lester said. In addition to financial giving, ShagAtlanta has offered dance lessons at summer camp; in keeping with shag dancing's beach tie-in, Betty Lou helps campers make seashell keepsake ornaments. Kay serves as the official link between camp and ShagAtlanta, and club members have generously supported Kay's participation in the Keencheefoonee Road Race over the past several years.

Kay has seen many of her former campers grow up to finish high school, go on to college, become adults, start careers, get married and have children of their own. Many have gone on to become Camp Sunshine volunteers themselves. "They are the future of Camp Sunshine – and it's in good hands," Kay said. ✨



"Campers teach you how to live in the present. They have a wisdom that is just amazing and beyond their years."

– Kay Ingalls, Camp Sunshine Volunteer

Give the Gift of Monthly Sunshine

One thousand dollars per year, or \$83 per month. That's how much the average American worker spends on coffee. For far less, you can make a monthly gift to Camp Sunshine that will positively influence the life of a child with cancer. For many donors, monthly giving makes sense. It's a way to make an ongoing gift at whatever level is comfortable for you. And it's simple. For more information, click Give Now at mycampsunshine.com. Be sure to ask your employer about Corporate Matching and make your gift go even further. ✨

- **\$10 per month (\$120 per year):** Helps provide Music Class instruction for one month for our pre-school campers
- **\$30 per month (\$360 per year):** Provides supplies for one full month of our Sunshine 2 U in-hospital program
- **\$40 per month (\$480 per year):** Furnishes arts and crafts supplies for a Teen Retreat Weekend
- **\$50 per month (\$600 per year):** Sponsors a family for Family Camp
- **\$70 per month (\$840 per year):** Sponsors a camper for one week of Summer Camp
- **\$100 per month (\$1200 per year):** Provides a Regional Program for children and families outside the metro Atlanta area

Children's Healthcare Volunteers Radiate Special Sunshine, continued from page 1

Volunteering at camp is a way for you to take the focus off of your life and your situations and to put smiles on these kids' faces and watch them have fun...

By the end of camp, it puts things in perspective for me again. And yes, it refuels my tank!

– Tracy Jackson, MA, Children's Lead Scheduler, Aflac Cancer Center, 8 years,
Camp Volunteer, 2 years



Camp is amazingly inspiring. As nurses we have the unique experience of seeing many of these campers at their sickest. Then we have the immense privilege of watching many of them heal and grow into young adults. I hope that by seeing their doctors, nurses, social workers, child life specialists and all of their healthcare providers spend a week

being silly, singing, dancing and laughing along side of them, it gives our patients confidence that we are in this journey with them every step of the way.

The research we do in our Aflac Cancer Survivor Clinic is aimed at helping improve health and quality of life for childhood cancer survivors. Spending time with teen campers gives me a unique perspective... camp personalizes research for me. What we are learning today will help these campers as they grow up.

– Brooke Cherven, RN, MPH, CPON, Children's Senior Research Nurse,
Aflac Cancer and Blood Disorders Center, 12 years, Camp Volunteer, 7 years

It is important to me to take this week and dedicate every ounce of my time to serving the campers to the best of my ability. I look forward to volunteering at camp each year. Thinking of our week at camp energizes me and gives me a feeling of wanting to go above and beyond – to do what I can to enrich the lives of our campers!

– Amanda Hazen, Children's IT Applications
Analyst, 14 years, Camp Volunteer, 2 years



I started as a camper when I was seven and attended all 12 years and then continued as a LIT for one summer before becoming a counselor. For me, Camp Sunshine has been a part of my life for so long I can't imagine not being involved



with it. The lifelong friends, connections, and ability to instantly relate in some way to other campers without even saying a word – all these things are priceless. And I love being able to facilitate these experiences with my campers

now... When I have to deal with difficult situations at work, I remind myself of the joy and carefree spirits of the campers, and their resiliency helps me carry on.

– Ansley Riedel, RN, BSN, Children's Transplant Step-down Unit, 1 year,
Camp Volunteer, 5 years

We have a saying at camp for the counselors:

"It's not your journey." This is true and untrue. It is all about the kids and giving them a great time... But my own camp journey as a counselor has brought light into my soul.

My greatest memory is of a beautiful young camper... She was so positive and open to trying everything. She did things no one thought a child in a wheelchair could do... She climbed the pamper poll and touched the top... That is what camp is all about. Being the best you can be and soaring when others think you cannot even crawl.

– Heather Yarnell, RN, BSN, CPN, Children's General Surgery Unit Nurse, 17 years,
Camp Volunteer, 18 years



I have seen a lot of children battle cancer; that can take its toll on a nurse. New diagnoses, relapses, chemo treatments, surgeries, long hospital stays... It is our job to help the patients and families endure these tough things, but it can be very difficult to see children go through these things and maintain a positive perspective. That's why I volunteer at camp – to see these kids just be kids... You get to see their true personalities... Camp allows me to see that their time in the hospital is only a slice of what truly makes up that child.

– Dawn Stys, RN, BSN, CPON, Children's Inpatient Nurse, Aflac Cancer Center and
Blood Disorders Service, 19 years, Camp Volunteer, 16 years

These kids fight for their lives every day and endure pain that we as nurses sometimes can't help. When I volunteer at camp I get to see kids who are isolated from a 'normal' lifestyle feel like they are free and just like every other kid. They participate in activities and events that people said that they would never be able to do again. Camp allows kids with cancer a chance to be a kid again... Camp allows nurses a chance to see how the chemotherapy, blood products and other treatments we provide are working and making these kids better day by day...

Coming to camp to see them so happy and active reminds me of our role in the 'big picture' for these kids and what life is really all about.

– Kelly Thielemann, RN, BSN, CPHON, Children's Hematology/Oncology and
Bone Marrow Transplant, 6+ years, Camp Volunteer, 6 years



Camp is my opportunity to give back. It also is a chance for me to recharge my batteries. As exhausting as camp is, I always come back with a new lease on life. The way people treat each other at camp is the way that the whole world should treat each other... Seeing these kids outside of the hospital gives nurses a rare opportunity to see the direct impact we have on our patients' lives. While inpatient, our patients/campers are very sick and we only get to see a small glimpse of their healthy personalities. Camp allows us to see these same kids thrive in an environment that allows them to challenge themselves and try new and exciting things. As a nurse there is nothing that I want more than to see my patients happy and healthy. Camp allows me to see that!

– Cathy Loibl, RN, BSN, CPN, Children's Cardiac Step-down Unit, 7 years,
Camp volunteer, 9 years



CAMP SUNSHINE POSTCARDS

For any House program, we ask that you RSVP to 404-325-7979

SEPTEMBER 2014

SPA SYDELL NIGHT At Camp Sunshine House

September 8 and November 10

6:00-8:00 PM

Call to RSVP

Come have dinner and be pampered by the talented professionals from Spa SydeLL.

PRESCHOOL MUSIC CLASS

2nd and 4th Wednesday each month

10:30 AM - 12:30 PM

Call to RSVP

Join us for lunch and music class. For campers birth-6 years of age and their preschool age siblings.

WHAT'S NEXT? Planning for College

PROGRAM FOR JUNIORS AND SENIORS IN HIGH SCHOOL

Wednesday, September 17, 2014

6:00 PM-7:30 PM

Camp Sunshine House

Featured Speaker: Dave Graves,
Senior Associate Director of
Admissions, Operations & Evaluation,
University of Georgia

Topics to Include:

- Navigating Admission Process
- Getting into the College of Your Choice
- Scholarships for Survivors

RSVP required. Call (404) 325-7979



Connect with Camp Sunshine online to stay up to date on the latest news and happenings! Join us at www.facebook.com/campsunshine and on Twitter @mycampsunshine.

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Labor Day Holiday (Office Closed)	2 Sunshine 2 U at Aflac Cancer Center/Egleston	3 Sunshine 2 U at Aflac Cancer Center/SR	4 Remembering the Sunshine Family Night	5	6 Preschool Apple Orchard Program Teen Lock In →
7 →	8 Spa SydeLL Night	9	10 Pre-School Music Class	11	12	13 Wild Adventures in Valdosta
14	15	16	17 Planning for College	18	19	20
21	22	23	24 Pre-School Music Class	25	26	27
28	29	30				

OCTOBER 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2 Remembering the Sunshine Family Night	3	4
5	6	7	8 Pre-School Music Class	9	10 Family Camp at Camp Twin Lakes-Rutledge →	11
12 →	13	14	15	16	17 Family Camp at Camp Twin Lakes-Rutledge →	18
19 →	20	21	22 Pre-School Music Class	23	24 Remember the Sunshine Family Camp at Camp Twin Lakes- Rutledge →	25
26 Fall Festival →	27	28	29	30	31	



For any House program, we ask that you **RSVP to 404-325-7979**

NOVEMBER 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2 Family Photos	3	4 Sunshine 2 U at Aflac Cancer Center/Egleston Seasonal Sunshine Thanksgiving Family Night	5 Sunshine 2 U at Aflac Cancer Center/SR	6 Remembering the Sunshine Family Night	7	8
9	10 Spa Sydell Night	11	12 Pre-School Music Class	13	14	15
16	17	18	19	20	21 Teen Retreat at Camp Twin Lakes-Rutledge	22
23 →	24	25	26	27 Thanksgiving (Office Closed)	28	29
30 →						

SAVE THESE DATES

January 16-17, 2015

Winter Dance and Lock In

March 22, 2015

James and the Giant Peach
at the Alliance Theatre

March 28, 2015

Spring Fling

SPECIAL EVENTS

**HD MARINE AND WENDY'S BASS
FISHING TOURNAMENT**

September 27-28

Fishing tournament and family fun to
benefit Camp Sunshine at Laurel Park
at Lake Lanier, contact HD Marine at
770-614-4080.

COFFEE FOR A CAUSE

Coffee preceeds at all RaceTrac gas
stations in Georgia will benefit Camp
Sunshine. Watch for announcement for
dates on FaceBook!

DECEMBER 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2 Sunshine 2 U at Aflac Cancer Center/Egleston	3 Sunshine 2 U at Aflac Cancer Center/SR	4 Remembering the Sunshine Family Night	5	6
7	8	9	10 Pre-School Music Class	11	12	13
14 Holiday Party at Camp Sunshine House	15	16	17	18 Young Adult Holiday Party at Camp Sunshine House	19	20
21	22	23	24 Office Closed	25 Office Closed	26	27
28	29	30	31			

REGIONAL PROGRAMMING

We now provide programs in all areas
of the state in addition to programs in
the Metro Atlanta area. Check out our
website www.mycampsunshine.com, the
newsletter and your mail for programs
coming to your area.



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www.mycampsunshine.com

Camp Sunshine Postcards
is published three times annually
for friends and supporters of
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Shag Atlanta
Vonage Business Solutions
Zeroez
Plus generous giving of
two anonymous donors

Road Race Sprints to Record-Setting Year

It's a funny name, but the Keencheefoonee Road Race is a serious fundraiser, this year raising more than \$250,000 for camp programs.

Gary Palgon, race chairman and member of Camp Sunshine's Board of Directors, said the tally had reached a record by race time in week two of camp and continues to climb. "Over the past few years, we've stressed the value of using social networks to get the word out," he commented. "While it's not the only mechanism for participants to raise funds, it has greatly enhanced the breadth of those who learn about Camp Sunshine and the Keencheefoonee Road Race."

Many participants added thank-you messages on Facebook and tagged their donors which served as a reminder to donate if they hadn't already. "This beats having to 'bug' people through multiple emails," Palgon said. "Social networking really works in our favor and has helped us grow the race."

This year marked the 14th running of the road race, which has netted more than \$2 million through the years. "When we started the race, we were reluctant to ask the volunteers, who already donate a week of their time, to ask others to donate money. We set the goal at \$10,000 that first year and raised a surprising \$57,000," Palgon noted. Today the race is consistently one of Camp Sunshine's top annual fundraisers. Camp extends sincere thanks to the 120 participants, 60 volunteers who remain at camp with the campers during the running of the race, the estimated 1,570 donors, and our corporate sponsors, all of whom make this success possible. ✨

