

## Journey

**SPRING 2021** 

KIDS CAMP

Summer Kids Camps get the green light!

We are pleased to announce that the Bristol
Hospice Foundation (formally Optimal Hospice
Foundation) Kids Camp will take place this summer.
Since 1993 Kids Camp has helped hundreds of children who are grieving the death of someone they love. "Some formats will be different this year, but the outcomes will be the same: healing and fun," said Cherie Shoemake, Bristol Hospice Foundation Director and Kids Camp Administrator.

"Utilizing guidance and COVID-19 protocols from the CDC and the American Camp Association we are confident we can conduct a supportive and successful camp this year."



"I don't need to tell you that the last year or so has been hard, on all of us. Especially our kids," said James Farrell, Bristol Hospice Care Bereavement Counselor.

I be tool rator. he dent year."

"At a point in their development when social interactions help them to develop skills that will carry them into the rest of their lives; many are isolated from friends, classmates, teachers and coaches."

Continued on page 2



#### REFER A CHILD FOR CAMP

Kids Camp is provided free of charge and is open to any child in the community even if their loved one didn't utilize hospice services.

To refer a child contact your local Foundation office or visit our website at www.bristolhospicefoundationca.org/kids-camp to use our new online referral form. Referral forms may be submitted year-round.

#### Kids Camp,

continued from page 1

Two recent studies provided parent reports of child and adolescents' increasing mental illness symptoms including:

- Clinginess (37%)
- Inattention (33%)
- Irritability (32%)
- Worry (28%)
- Obsessive requests for updates (27%)

Other reported symptoms included fear of death of a relative, sleep disorders, poor appetite, fatigue, nightmares and discomfort/agitation.

It was also found that 40.1% of parents reported observing signs of distress in their children. (Jiao et al., 2020; Rosen et al., 2020).



"We are not meant to be alone. Now with all of that, add in the loss of a loved one, and circumstances may seem insurmountable. Now more than ever we see the need to continue our mission of providing a place for kids to learn how to grieve in a healthy way," said James.

"Last year we made the difficult choice of not holding our annual Kids Camps to protect the safety of the kids, our volunteers and staff; since last year, our team has worked to find solutions to allow us to move forward with Kids Camp."

#### Implement with guidance

Kids Camp has always provided kids a secure environment to find healing and peace through games, activities, and common fellowship with each other along with one-on-one bereavement counseling when needed. Much research and planning have been done in preparation for this year's Kids Camp.

"As information on the virus and guidance seems to change overnight, we continue to monitor the American Camp Association and CDC guidelines. We will implement best practices to ensure that all attendees have a helpful and fulfilling experience at camp," said Cherie.



Some of the non-medical interventions to be implemented per ACA and CDC guidelines include:

- Wearing face coverings
- Being outside as much as possible
- Using cohorts: Small groups of campers and a counselor stay together all day, each day, and remain spaced apart
- Promoting healthy hygiene practices
- Cleaning and disinfecting frequently touched surfaces.

#### The Foundation is accepting referrals for Kids Camp 2021

#### 27th Annual **Bakersfield Camps**

Ages 5 to 9

Saturday, July 31 (one day) at Madison Grove Park

**Ages 9 to 12** 

Sunday, Aug 1 – Tuesday, Aug 3 at Gergen Ski Ranch

Ages 12 to 16

Wednesday, Aug 4 – Friday, Aug 6 at Gergen Ski Ranch

#### 16th Annual Fresno Camps

All One-Day Sessions

Ages 5 to 9

Saturday, July 17 in Fresno

**Ages 9 to 12** 

Saturday, July 10 at Camp Oakhurst, Coarsegold

Ages 12 to 16

Sunday, July 11 at Camp Oakhurst, Coarsegold

#### 6th Annual NORCAL Camp

One-Day Session in Manteca

**Ages 8 to 16** 

Saturday, August 14

Information and referral forms are available online at

bristolhospicefoundationca.org/kids-camp

The Foundation will be using guidance and COVID-19 protocols from the CDC and the American Camp Association to provide the most supportive and successful camp possible.

#### One-day camps and overnight camps

Camps will be held in three areas of California this year. Some camps had to be relocated to meet safety protocols. "We are working with each facility to offer the best experience we can while staying within safety parameters," said Cherie.

Because overnight accommodations at Camp Oakhurst are too tight per COVID-19 guidelines, the 16th annual Fresno Kids Camp will be a one-day experience this summer. Campers ages 9 to 12 and ages 12 to 16 will attend camp at Camp Oakhurst. Camp for ages 5 to 9 will be held on Friday at a location in Fresno.

NorCal Kids Camp, now in its sixth year, will be a one-day camp for ages 8 to 16. The camp will be at a park in Manteca this summer. Campers will be grouped by age so they can engage in age-appropriate activities.

The 27th annual Bakersfield Kids Camp will be a day camp for ages 5 to 9 and overnight camps for ages 9 to 12 and 12 to 16. "The camp locations, Gergen Ski Ranch and Madison Grove Park, have lots of grassy areas which gives us more flexibility," said Cherie.

"For the overnight sessions, we are moving everything outside, including meals and movie night. A tent city will be created where kids will sleep on mattresses with their cohort."

Camp dates and details are listed at the bottom of page 2.

#### We need your support

Camp is provided free of charge, thanks to our generous sponsors. Donations have been affected by the pandemic. Your support is needed more than ever.









### SPONSOR A CHILD

FOR KIDS CAMP

Sponsorships allow us to provide this amazing opportunity for young people who have experienced the death of a loved one at NO COST to the family. If you would like a sponsorship packet or if you know a company or individual who would like to change the life of a child contact Cherie Shoemake at (661) 716-8000 or via email at cherie.shoemake@bristolhospice.com.









29<sup>TH</sup> ANNUAL

# TOURNAM



FRIDAY, SEPTEMBER 10 Stockdale Country Club | Bakersfield | 3:30 p.m.

Play 9 Holes in the Sun

- Enjoy Dinner & Prize Drawings
- Play 9 Holes Under the Stars with Glow Balls
- \$150 Entry Fee

PRESENTED BY



To register a team at bristolhospicefoundationca.org For sponsorship opportunities, call (661) 716-8000.

> Event date/details subject to change. Updates will be posted on our website and Facebook page. Sponsorship & Registration Forms available at bristolhospicefoundationca.org



#### Saturday, October 9

10 a.m. to 2 p.m.



at the Bakersfield RV Resort 5025 Wible Road, Bakersfield

#### **Open to ALL Vehicles Including Motorcycles**

For event sponsorship, entry and vendor information, call the Foundation office at (661) 716-8000, email cherie.shoemake@bristolhospice.com or visit www.bristolhospicefoundationca.org.

Event date/details subject to change. Updates will be posted on our website and Facebook page.

Presented by

Bristol Hospice Foundation of California

100% of net proceeds benefit

#### Thank You for Your Support

The following individuals and organizations generously contributed to Optimal Hospice Foundation, now Bristol Hospice Foundation of CA, from July through December 2020. On behalf of the patients and families we serve, thank you for your support.

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# Light Up A Life Thank you

to our hosts, streaming donors, volunteers and those who submitted names of loved ones

We are pleased that with the help of many, we were able to hold our community remembrance celebrations in 2020.

The uplifting Celebrations, held virtually, looked a bit different, but still offered inspirational music, personal reflections, ceremonial reading of names and the lighting of our Tree of Life adorned with lights in memory of loved ones and friends.

- Kern County was hosted by Greenlawn Funeral Homes Bakersfield.
- Fresno/Kings/Madera/Tulare Counties was hosted by Soma Community Church Fresno.
- Stanislaus/San Joaquin Counties was hosted by Oakdale Riverbank Memorial Chapel.
- LA/Orange Counties was hosted by Halley Olsen Funeral Home Lancaster.









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1227 Chester Avenue Bakersfield, CA 93301 (661) 716-8000

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