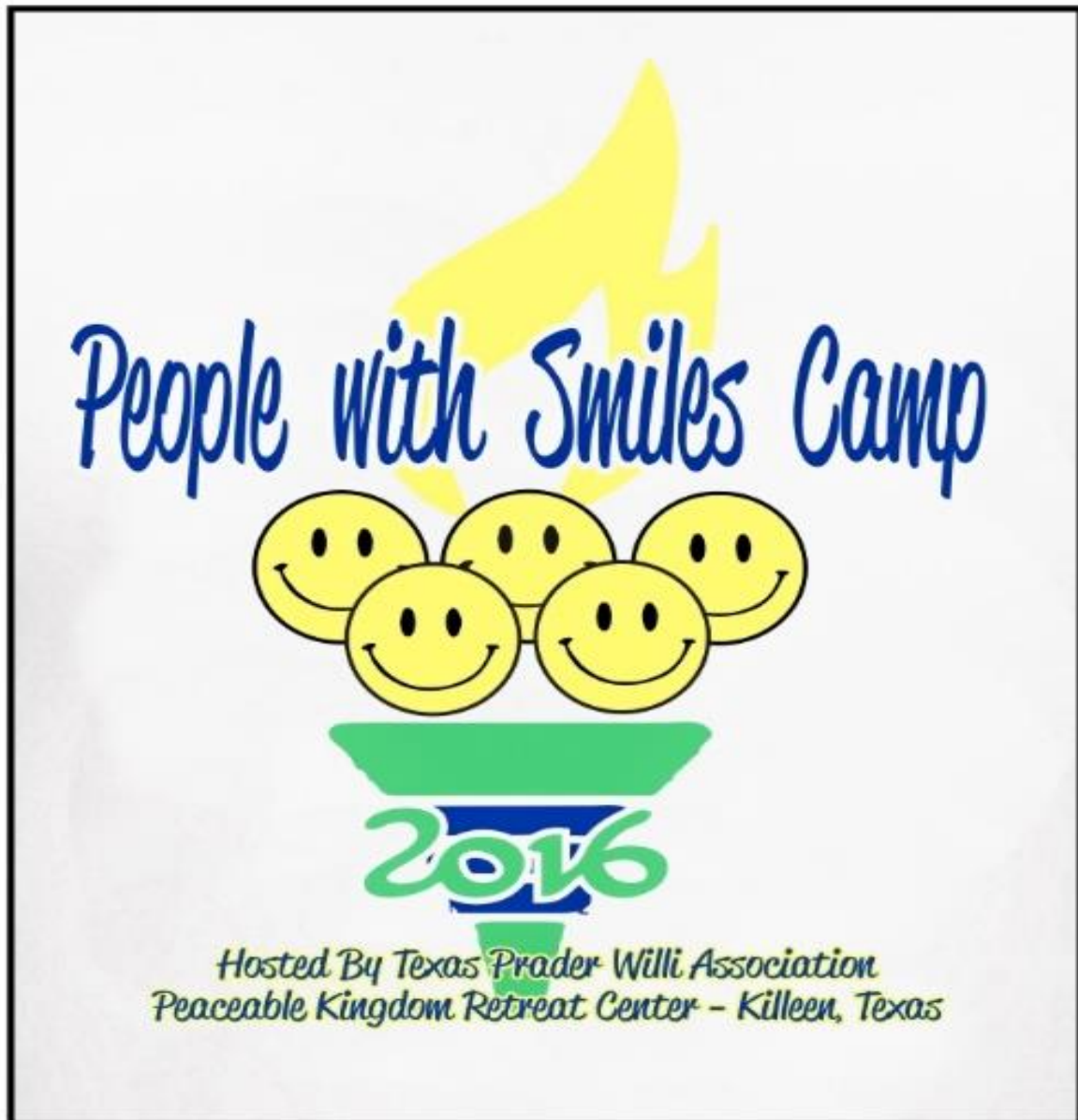


# The Texas Prader-Willi Association

*PWS Summer Camp Manual - Killeen, TX  
July 8th - July 10th, 2016*



## “OLYMPIC GAMES”

## Note from your PWS Camp “*Olympic*” Leader’s!

The Texas Prader-Willi Association (TXPWA) is thrilled to be hosting its 5th Annual “**People With Smiles**” Camp. We have strategically & thoughtfully formed a camp designed SPECIFICALLY for individuals with Prader-Willi Syndrome (PWS). Our “**People With Smiles**” Camp will again be held at Peaceable Kingdom Camp in Killeen, Texas. Cheri, Lindi & Jennifer share the duty of Camp Director’s. It is with pleasure for us to serve as a committee member’s for the TXPWA with camp being our first passion. This camp has been a hope of ours for years. Lindi, Jennifer & Cheri are all mom’s to daughter’s who have PWS. They are well aware of the food seeking & behaviors that can be associated with Prader-Willi Syndrome. We strongly believe this camp will again give our family members and friends with PWS a healthy experience, and a most memorable one. We hope you’ll “**Vault**” on over to join our 6<sup>th</sup> annual camp for people with PWS!!

The Texas Prader-Willi Association have put our heads together in planning the camp activities & dining plans to host another successfully smooth and fun camp experience. We have space to host up to 40 campers with Prader-Willi Syndrome at “**People With Smiles**” Camp – 2016. It has been such a joy in developing. Because our PWS specific camp was a huge success its first five years, we are happy to continue offering this special camp experience. Our goal is to provide fun, relaxing & exciting activities each year. We will be hosting activities such as swimming, field games & a FUN “**Triathlon**” **Dance**, just to name a few. All drinks, snacks and food for campers and counselors will be the same to keep emotions even for all groups involved.

For many parents and caregivers, sending a child or adult with Prader-Willi Syndrome away to camp can be filled with mixed emotions. There may be excitement that their son, daughter or resident will be able to participate in an activity that allows them some fun and friendship opportunities. There may be some fears – Will they be safe? Will their medical needs be met? There may be worries – Will they be successful and not have any major behavior challenges? Will their dietary and food seeking needs be met? Most have had difficulties finding the right camp for their child or adult with Prader-Willi Syndrome. It has been our personal goal to provide a camp specifically for persons with PWS, to offer accommodations to meet their very special dietary needs, as well as assure them the safest possible camping experience. We are providing each camper with a one-on-one camp counselor to insure special care that may or may not occur with Prader-Willi Syndrome.

It is our hope to see our “**People With Smiles Camp**” continue to grow with each passing year! It is our desire to offer everyone the opportunity to participate in fun and adventurous camping activities and we can’t wait until the fun begins!

We want to thank you for giving us a chance to serve as your Camp Director’s for our PWS community again. We can’t tell you how excited we are to be able to serve in this capacity another year. We all know persons with Prader-Willi Syndrome are caring & loving individuals. Our hope is to give our PW family members the greatest camping experience that will keep them wanting to come back for more year...after year...after year!!! Attached you will find our full “Camp Manual” with a camp venue to follow.

Cheri Wood –Director  
Lindi Kessinger –Director  
Jennifer Arcaya – Director

# “People With Smiles”

## “OPEN STORE CAMP SHOP”

We will again be offering a small “Camp Shop” opportunity. Campers will be allowed to shop on the LAST day of Camp just prior to the “Closing Ceremony” ONLY. Please note the “Camp Shop” time is on Sunday, July 10th from 1:30 pm – 2:00 pm ONLY. WE ASK THAT YOU READ THIS WITH YOUR CAMPER IF THEY PLAN ON SHOPPING SO THE RULES ARE CLEARLY UNDERSTOOD CONCERNING MONEY SAFETY AND SHOP HOURS.

**IMPORTANT RULES:** NO MONIES WILL BE ALLOWED TO STAY WITH A CAMPER AT ANY TIME. ALL MONEY MUST BE CHECKED IN AT TIME OF REGISTRATION. MONEY MUST BE PLACED IN A ZIPLOCK SANDWICH SIZE BAG WITH CAMPERS NAME WRITTEN ON IT WITH A SHARPIE MARKER. ANY CHANGE WILL BE RETURNED TO THE GUARDIAN OF THE CAMPER UPON PICK-UP ONLY.

Items for Sale may include but not be limited to:

- Past PWS Camp T-Shirts
- Current PWS Camp T-Shirts
  - PKRC Camp T-Shirts
  - PKRC Variety Items
- Smalls: Pencils, Erasers, etc.
- TXPWA Car Bumper Stickers
  - TXPWA Backpacks

## FOOD SECURITY for Persons with PWS

Food insecurity contributes to over eating, poor nutrition and obesity. **FOOD SECURITY** is defined as *the ready availability of nutritionally adequate and safe foods with an assured ability to acquire acceptable foods in socially acceptable ways.*

The principles of **FOOD SECURITY** are:

- **No doubt** when meals will occur and what foods will be served.
- **No hope** of getting anything different from what is planned.
- **No disappointment** related to false expectations.

Here are some ways to achieve **FOOD SECURITY**:

- 1) Secure food accessibility across *all* settings by:
  - a) Controlled access to:
    - i) Refrigerator, freezer and pantry
    - ii) Vending machines
    - iii) Money
  - b) Avoiding any spontaneity related to food
  - c) No snacks on demand
  - d) No food left out
  - e) No “free” foods or beverages
  - f) Absolute portion control
  - g) Pre-packaged condiments
- 2) Supervise food exposure
  - a) During food preparation, meal time, and snack time
    - i) In general, buffets are understood to be “off limits?”  
Or, if unavoidable, it is understood that the plate will be prepared by someone else.
- 3) Post the schedule and the menus for meals and snacks.
- 4) If necessary, because of raised expectations or anxiety, avoid places and social situations associated with excess food
- 5) Immediately remove any unsupervised plates and take out trash to the dumpster far from campsite.
- 6) Be on the outlook for any exposed trash cans containing food. Remove from site immediately.

# What To Bring

## “People With Smiles” Camp

*Use this form to check off items to bring to camp.  
TRY TO PACK ONLY ONE SMALL SUITCASE.*

- \_\_\_\_\_ Towels! (swimming / shower)
- \_\_\_\_\_ Shampoo & Body Wash
- \_\_\_\_\_ Toothbrush, Toothpaste, Deodorant
- \_\_\_\_\_ Pillow, Sheet (Twin), Blanket
- \_\_\_\_\_ Modest Clothing (pack extras)
- \_\_\_\_\_ MODEST Swimsuit / Water Shoes
- \_\_\_\_\_ Hiking/Walking Stick (optional)
- \_\_\_\_\_ Disposable camera (optional)
- \_\_\_\_\_ Flashlight, Sunscreen, RAIN COAT

~ PLEASE MARK NAME ON ALL ITEMS ~

CAMPER: \_\_\_\_\_ COUNSELOR: \_\_\_\_\_

Sponsored By:

TEXAS  
PRADER-WILLI  
ASSOCIATION

The “Texas Prader-Willi Association”, TXPWA, was created by Texas families in order to enhance the quality of lives for all affected by Prader-Willi Syndrome (PWS). We are available for support, education, and advocacy. We are dedicated to enhancing the quality of ALL lives affected by Prader-Willi Syndrome through a network of support, family mentors, advocacy, education, residential and social services. We are committed to increasing awareness in society and the medical community of Texas, and to support funding directed at improving the quality of life for persons and families affected by Prader-Willi Syndrome.

*For more information, please visit: [www.txpwa.org](http://www.txpwa.org)*