



# EAGLE JOURNEYS

CAMPING PROGRAMS



**Eagle  
steps**

the  
dragonfly  
award

the  
butterfly  
award

polar  
bear  
plunge

**best  
time!  
ever!**

2022 PARENT HANDBOOK

[www.hfmich.org/camp](http://www.hfmich.org/camp)



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*Tim Wicks, Camp & Youth Services Director (right); Anthony Stevens, HFM Educational Services Manager & Associate Camp Director (left).*

## Dear Parents and Guardians,

Thank you for registering; we are eagerly awaiting your child's arrival at camp. Our Parent Handbook is designed to serve as a one-stop resource to answer your questions.

Our Camp Bold Eagle (CBE) staff includes attending physicians, hemophilia treatment center (HTC) nurses, University of Michigan 4th year medical students, as well as individuals with bleeding disorders. We are rich in highly-experienced camp staff, many who attended camp as children themselves. We pride ourselves in having well-trained, skilled and committed staff to provide superb supervision for your camper.

Additionally, we are continuously working toward developing leadership from within our community. Our Counselor-In-Training (CIT) program for 16 and 17 year old community members requires that selected individuals go through an interview process and specialized training. This is designed to develop leadership skills that encourage future and continued involvement as camp counselors and HFM community leaders.

During our extensive staff orientation, we engage in intentional and explicit training sessions that include information about behavior management, bleeding disorder awareness, relationship building, and characteristics of child developmental levels. We train our staff using a Positive Behavior Support Model to encourage positive behavior and prevent negative behavior. We utilize methods such as redirection, distraction, and conversation. We do not use any sort of punitive reaction or punishment to negative behavior. Our HTC nurses and additional camp medical staff provide extensive training about bleeding disorders and how to manage them safely.

Thank you for entrusting your child to us! As former campers ourselves, we believe completely in the value and fun that happens at camp. Please feel free to contact us with any additional questions or concerns.

Sincerely,

**Tim Wicks**  
**Camp & Youth Services Director**  
 734.961.3507 | [twicks@hfmich.org](mailto:twicks@hfmich.org)

**Anthony Stevens**  
**HFM Educational Services Manager**  
**& Associate Camp Director**  
 734.961.3510 | [astevens@hfmich.org](mailto:astevens@hfmich.org)



Dear camper families,

We are so excited to offer HFM's Camp Bold Eagle in person this year!

Please know the safety of all campers, camp staff and volunteers is our top priority. Again this year, we are grateful to have University of Michigan 4th year medical students serving alongside former campers as cabin counselors.

We continue to celebrate our distinction as the first hemophilia camping program in the world! Camp Bold Eagle is the heart of HFM's Eagle Journey's camp programs designed to be a special place where every child with a bleeding disorder feels a sense of belonging and realizes all they can do.

CBE provides opportunities for kids to learn about themselves, their bleeding disorders, develop life-long friendships and have FUN! Counselors with bleeding disorders, many adult leaders impacted by bleeding disorders, together with compassionate medical care providers are available 24/7 to create a safe, empowering camp experience.

We can't wait to be together on beautiful Big Blue Lake while also understanding that camp is more than a place — it is the people who come together with love and support.

Thank you,

Susan Fenters Lerch  
HFM Executive Director  
Regional Director, Great Lakes  
Federal HTC Network

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We continue to celebrate our distinction as the first hemophilia camping program in the world! Camp Bold Eagle is the heart of HFM's Eagle Journey's camp programs designed to be a special place where every child with a bleeding disorder feels a sense of belonging and realizes all they *can do*.





Welcome

## EAGLE JOURNEYS 2022 CAMP DATES

### Camp Bold Eagle

At Camp Bold Eagle, kids experience a traditional summer camp environment complete with archery, arts and crafts, canoeing, swimming in a lake, and nature walks. Campers and counselors stay in rustic cabins in the woods and eat meals together in the dining hall. We have full-camp games, we roast marshmallows over a campfire, and we sing silly songs before meals.

- **Teen Camp: (Ages 13-17)**  
Sunday, June 26 to Saturday, July 2, 2022
- **Session 1: (Ages 6-9)**  
Sunday, July 10 to Friday, July 15, 2022
- **Session 2: (Ages 10-12)**  
Sunday, July 17 to Saturday, July 23, 2022

### Eagle Outpost (Ages 14-17)

**Sunday, July 24 to Saturday, July 30, 2022**

This weeklong adventure is specially designed for ages 14 to 17. Participants tent camp at Pioneer Trails, cook their own food over fire, and share s'mores and stories around the campfire. Activities include swimming, canoeing, tubing, hiking, ropes courses, team building activities, and group discussions about bleeding disorders.



# What do I bring to camp?

**LABEL**  
everything

## A SUPPLY LIST FOR BOLD EAGLE CAMPERS

### Clothes

Remember that things get dirty and wet at camp, so don't bring the good stuff!

- ☐ Shorts
- ☐ T-shirts
- ☐ Long pants
- ☐ Long-sleeved shirts
- ☐ Sweatshirt or fleece
- ☐ Raingear
- ☐ Socks
- ☐ Underwear
- ☐ Sandals/flip flops  
(for waterfront/shower use only)
- ☐ 2 pairs of tennis shoes  
(include pair to get wet)
- ☐ Sun hat
- ☐ 2 bathing suits

### Personal Hygiene

- ☐ Toothbrush and toothpaste
- ☐ Safety mask
- ☐ Hairbrush/comb
- ☐ Soap and shampoo
- ☐ Towel and washcloth for shower
- ☐ Shower sandals

### Other Stuff Not to Forget

- ☐ Bug spray
- ☐ Flashlight and spare batteries
- ☐ Sleeping bag and pillow
- ☐ Sunscreen
- ☐ Beach towel
- ☐ Medications/Factor products and supplies

### Optional Stuff

- ☐ Plastic shower caddy
- ☐ Laundry bag
- ☐ Disposable camera, labeled with name
- ☐ Alarm clock
- ☐ Swim goggles
- ☐ Fishing equipment
- ☐ Sessions 2 & 3 only:  
Items for talent show (costume stuff, dance shoes, inexpensive musical instruments, etc.)

*\*\*If there is financial hardship and you are unable to provide certain items for your camper, please contact HFM.*



## PLEASE DO NOT BRING

- Cell Phones
- Tablets
- Personal electronic games (Gameboy, etc.)
- Money
- Bows and arrows
- Guns or ammunition
- Illegal drugs
- Cigarettes
- Alcohol
- Knives
- Water guns
- Fireworks
- Snacks



# Medical Care for Camp

**At Camp Bold Eagle, we pride ourselves in creating a SAFE and HEALTHY environment for all.**

**Here's how you can help make sure that your child has the safest and healthiest experience possible:**

- Please monitor your camper for COVID symptoms leading up to camp. Each person attending camp will be tested for COVID upon arriving at camp.
- Communicate with your HTC/hematologist and return a completed medical form to HFM before camp.  
*By returning the medical form to us in time, you are ensuring the medical staff has a chance to review your child's health information and contact you if they have any questions.*
- Send an adequate supply of factor and treatment equipment (regardless of your child's severity), and any other medications that your child will need during their stay at camp.
- ALL medications (all factor, medications, coolers, and supplies) **MUST** be sent in their original prescription containers, labeled clearly with your child's name.
  - Campers on prophylaxis should have the doses needed for camp plus two additional doses.
  - Campers who use on-demand treatment should bring four to five doses to camp.
- Send your child's Medical Alert tag with him/her to camp.



# Homesickness Prevention

## Proven strategies to help prevent your child from feeling homesick.

- Involve your child in the process of deciding to go to camp. The more that your child owns the decision, the more comfortable they will feel being at camp.
- If possible, practice a few nights away at the home of a friend or relative.
- Share all camp information with your camper, including brochure, packing list, website, camp photos on Facebook, etc.
- Involve your camper in shopping and packing for camp.
- Talk to your camper about the normalcy of missing home and help them develop coping strategies like writing letters home, involving themselves in new activities, or talking to a trusted adult or new friend.
- Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.
- Buy a calendar for your camper(s) and mark the days they will be away. Help them see how few days they are away and discuss how they can make the most of their time at camp. Also, use the calendar as an exciting countdown tool at home.
- Have your camper talk to another camper or staff member about camp, or exchange letters before camp. Tim or Anthony at HFM can help you set this up.
- Follow the packing list and label everything!
- Pack a personal item from home, such as a stuffed animal.
- Send a positive note or care package ahead of time to arrive the first day of camp:

### **Your Camper's Name**

Camp Bold Eagle

C/O Pioneer Trails

1421 East Fruitvale Road

Holton, MI 49425

Email: [campboldeagle@gmail.com](mailto:campboldeagle@gmail.com)

- Talk candidly with your child before camp that they may miss home, that this is normal, and that they should let a counselor or other staff member know if they are having difficulties.
- For many children, camp is a first step toward independence and plays an important role in their growth and development.
- Go to [hfmich.org/worried-about-your-child-getting-homesick/](http://hfmich.org/worried-about-your-child-getting-homesick/) and read this helpful article written by Annie Phillips, MSW, LMSW, Pediatric Hemophilia Social Worker.



## Camp Bold Eagle

# heading to camp

**Please, please, please** arrive at the drop-off site **at your designated time** listed below!

HFM provides complimentary transportation as listed below unless you choose to drop-off / pick up your camper at Pioneer Trails (1421 E. Fruitvale Road, Holton, MI 49425). Please call **734.961.3507** if you have any transportation issues.

Are you driving your child(ren) to camp in your personal vehicle? Campers need to arrive at Camp Bold Eagle/Pioneer Trails between 1-3pm on their first day of camp. Driving directions provided on page 11.

## Complimentary Transportation from

### Detroit, MI

#### CBE Teen Camp

Sunday, June 26, arrive at 9:00am

Location TBD

Bus will pick up campers at 10:00am.

#### CBE Session 1

Sunday, July 10, arrive at 9:00am

Location TBD

Bus will pick up campers at 10:00am.

#### CBE Session 2

Sunday, July 17, arrive at 9:00am

Location TBD

Bus will pick up campers at 10:00am.

#### Eagle Outpost

Sunday, July 24, arrive at 9:00am

Location TBD

Bus will pick up campers at 10:00am.

## Complimentary Transportation from

### Okemos, MI

#### CBE Teen Camp

Sunday, June 26, arrive at 10:00am

Exit 110 Park & Ride off I-96

Van will pick up campers at 10:30am.

#### CBE Session 1

Sunday, July 10, arrive at 10:00am

Exit 110 Park & Ride off I-96

Van will pick up campers at 10:30am.

#### CBE Session 2

Sunday, July 17, arrive at 10:00am

Exit 110 Park & Ride off I-96

Van will pick up campers at 10:30am.

#### Eagle Outpost

Sunday, July 24, arrive at 10:00am

Exit 110 Park & Ride off I-96

Van will pick up campers at 10:30am.

# Camp Bold Eagle heading home

**Please, please, please** arrive at the pick up site **early** so your camper will not have to wait while everyone else reunites with their families.

- **Teen Camp: (Ages 13-17)** Ends Saturday, July 2, 2022
- **Session 1: (Ages 6-9)** Ends Friday, July 15, 2022
- **Session 2: (Ages 10-12)** Ends Saturday, July 23, 2022
- **Eagle Outpost: (Ages 14-17)** Ends Saturday, July 30, 2022

## Transportation back to Detroit, MI

Bus will drop off campers at **2pm** (all sessions).

**ADULT MUST SHOW PHOTO ID TO PICK UP CHILD. (No exceptions)**

## Transportation back to Okemos, MI

Van will drop off campers at Okemos Exit 110 Park & Ride off I-96 at 12pm on the last day of camp (all sessions).

**ADULT MUST SHOW PHOTO ID TO PICK UP CHILD. (No exceptions)**

## Parent/Guardian Transportation from Camp

If you choose to pick up your camper at Pioneer Trails (1421 E. Fruitvale Road, Holton, MI 49425), please be sure to be there between **9:30 and 11am** on the final day of the session. Please be on time; it can be extremely upsetting to be the last camper picked up from camp.

**ADULT MUST SHOW PHOTO ID TO PICK UP CHILD. (No exceptions)**

## Ohio Transportation

Ohio hemophilia chapters also provide transportation depending on attendance. Please contact your local Ohio chapter to confirm transportation to Detroit to meet the HFM bus.

# Camp Bold Eagle if you're driving

## Driving Directions to Camp Bold Eagle

**Address:** Camp Bold Eagle C/O Pioneer Trails  
1421 East Fruitvale Road, Holton, MI 49425

### From the North

- Take US 31 South
- Exit US 31 at the COLBY ROAD exit
- TURN LEFT onto COLBY ROAD and go exactly ½ mile to SILVER CREEK ROAD
- TURN LEFT onto SILVER CREEK ROAD and go 5.1 miles to the end, which is RUSSELL ROAD
- TURN LEFT onto RUSSELL ROAD and go 2.4 miles to the end, which is FRUITVALE ROAD.
- TURN RIGHT onto FRUITVALE ROAD and go about 1 mile. The drive into PIONEER TRAILS is on the right.

### From the Detroit and Ann Arbor Area

- Take I-96 West to US 31 North.
- Follow “**From the South Directions**” in next column.

### From the South

- Take US 31 North
- Exit US 31 at the RUSSELL ROAD Exit (approximately 6.5 miles from the Apple Avenue Exit)
- TURN RIGHT onto RUSSELL ROAD
- Follow RUSSELL ROAD until it ends. (Russell Road twists and turns, so be sure to follow the signs to Muskegon County B-23)
- TURN RIGHT at the second STOP sign onto FRUITVALE ROAD (approximately 10 miles from the expressway)
- Head east for 1 mile on Fruitvale road until you see the sign and entrance to Pioneer Trails on the right.

**NOTE:** Please pick up your camper between **9:30 and 11am** on the final day of the session. Please be on time: it can be extremely upsetting to be the last camper picked up from camp. **ADULT MUST SHOW PHOTO ID TO PICK UP CHILD. (No exceptions)**

# Camp Bold Eagle COVID Policy

As a social service health agency, HFM believes community and patient safety is a top priority. To ensure community members remain safe and healthy while attending HFM in-person events, HFM will require all participants to provide proof of full COVID-19 vaccination. (Including eligible children.)

## **Full vaccination is currently defined as:**

- 2 weeks after the second dose in a 2-dose vaccine series (Pfizer or Moderna)
- 2 weeks after a single-dose vaccine (Johnson & Johnson's/Janssen vaccine)
- HFM will also require a booster shot if eligible

For camp, this means we are requiring all campers and staff to be fully vaccinated against COVID-19 along with diphtheria, tetanus, pertussis, polio, measles, mumps, hep b, meningococcal, and chickenpox in order to make sure we are keeping everyone at camp safe. We will also be requiring negative COVID tests immediately upon arrival as further protection. The test will be administered by medical staff at camp or before boarding the bus. As always, we want to make sure everyone at camp, including our most vulnerable community members, are safe. Please monitor your child for COVID symptoms leading up to camp. Even though it would be upsetting to miss camp, please do not send your child if they are sick or experiencing symptoms.



# Sample Camp Bold Eagle Daily Schedules

## Sample Schedule

### Session I

(ages 6-9)

7am	Wake Up
7:40am	Bell Rings
7:45am	Flag Raising/Stretching
8am	Breakfast
8:45am	Health Call/Clean Cabins
9:15am	First Period
10:15am	Second Period
11:15am	Third Period
12:30pm	Lunch
1:15pm	Rest Period
2:15pm	Fourth Period
3:15pm	Snack in the Mess Hall
3:30pm	Individual Choice
4:30pm	Cabin Time
5:15pm	Bell Rings
5:20pm	Flag Lowering
5:30pm	Dinner
7pm	Evening Activity
8:15pm	Snacks and Showers
9pm	Lights Out

## Sample Schedule

### Session II

(ages 10-12)

8am	Wake-up
8:15am	Bell Rings / Flag Raising/ Stretching
8:30am	Breakfast/Sign-up for Individual Choice
9:45am	Health Call/Clean Cabin
10:15am	First Period
11:15am	Second Period
12:30pm	Lunch
1pm	Rest Period
2pm	Third Period
3pm	Snack in Mess Hall
3:15pm	Fourth Period
4:15pm	Individual Choice
5:15pm	Cabin Time
5:45pm	Bell Rings
5:50pm	Flag Lowering
6pm	Dinner
7pm	Personal Adventure for Campers (PAC)
8pm	Evening Activity
9:30pm	Snacks, Showers & Lights Out before 10:45pm

## Sample Schedule

### Session Teen Camp

(ages 13-17)

7:40am	Wake-up / Polar Bear
8:15am	Bell Rings for Breakfast
8:20am	Flag Pole Pledge
	Moment of Reflection
	Stretching
8:30am	Breakfast Yum--Yum
9am	Health Call—Clean Cabin
10am	Morning Programs / Campers Plan Your Day with Staff
12:15pm	Lunch
1pm	Afternoon Programs
	Camper's Create Your Own Programing with the Staff and Tim
4pm	Late Afternoon Programs and Road Trips
	• LAKE MICHIGAN Beach Day
	• BBQ at the Lake Sand and Sunset---Go Bold Eagle
9pm	Campfire
10pm	Night Programs
Midnight	Midnight Curfew



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## Your child will be well cared for

### Medical Care and Nutritious Meals

- Your child will be given a brief physical examination by a physician during camp.
- A full health center team (including physicians, HTC nurses, nursing students, and 4th year medical students) will be available at all times during your child's camp session.
- Routine healthcare, non-urgent care, and self-infusion instruction will be provided.
- Medical staff will send home copies of general health center notes.
- In the case of an emergency, parents/guardians will be notified immediately by the Health Center director or supervising RN.
- Nutritious meals are provided three times a day with healthy snacks also available during the day. Special dietary requests are also honored.
- Water is available to campers at all times throughout the day and night.
- Over a 24-hour period the food offerings will include but are not limited to:
  - Fruit/vegetables--5 servings
  - Milk/cheese--4 servings
  - Meat/fish/beans--3 servings
  - Bread/cereal--5 servings
  - Water, kool-aid, and milk will be served at all meals.
- Unpasteurized dairy or food products are not permitted.
- Any special dietary needs should have been noted in your registration – if you have concerns please call HFM.



## Health education is very important at Camp Bold Eagle

Our goal is that your child has a wonderful, fun filled camp experience while learning about his/her bleeding disorder. Throughout the time that your child is with us, there will be a variety of opportunities for your child to learn about bleeding disorders and other health related topics through games, discussions, and health center activities.

By demonstrating that he/she understands his/her bleeding disorder, your child will have the opportunity to earn a health center award. It is our experience that campers feel a sense of joy and accomplishment when they earn a well-deserved award. Our awards provide a chance for each camper to be recognized by staff and other campers for his/her accomplishments.

CBE health center awards are all-inclusive.

Each camper will be eligible to earn an award specific to his/her diagnosis.



**Butterfly Award:** This is an award given to campers who have successfully learned to self-infuse. Campers must have permission from their parent/guardian and hemophilia treatment center to learn self-infusion at camp. The Butterfly Award is intended for children who are or will be on home infusion therapy.

**Dragonfly Award:** This is an advanced award for children who are not candidates for self-infusion. Campers must be able to answer a series of questions that will demonstrate advanced knowledge of a variety of bleeding disorders. The Dragonfly Award is intended for children who are not or will not be on home infusion therapy.

We look forward to working with your child at camp and have enclosed the criteria for the Dragonfly and Butterfly awards so that you may review with him/ her in the weeks before camp. Please do not hesitate to contact us if you have questions or concerns.

Sincerely,

*Sarah Smith*

Sarah Smith, MPA, RN  
Camp Health Officer



# Butterfly Award Checklist

## Bleeding Disorder Information

- ☐ What is the name of your bleeding disorder and what is the severity level?
- ☐ Name three places in your body where you could have a bleed.
- ☐ What is a joint bleed?
- ☐ How would you know if you were having a joint bleed?
- ☐ What kinds of bleeds are most dangerous?
- ☐ How would you know if you were having a "head" bleed? What are the symptoms?
- ☐ Why should you treat a bleed as soon as possible? What can happen if you don't?
- ☐ What does it mean if someone has an "inhibitor"?
- ☐ What is the name of your medication?
- ☐ How does factor work in your body?
- ☐ Can everyone with hemophilia use the same factor?
- ☐ Is the amount of factor the same in every bottle?
- ☐ When might you need to use more than one bottle of factor?
- ☐ Why might you need to treat more than once in a day?
- ☐ How long does the factor that you take stay in your body? 1 month, 1 week, 1 hour?
- ☐ What is "Prophy"? Why would someone be on this kind of treatment? Are you on Prophy?
- ☐ Why do you want to learn to infuse your own factor? Give two reasons.
- ☐ Where do you infuse the factor- into a vein or into a muscle? What is the difference?
- ☐ Show 2 possible veins that you could use for an infusion. Why is it important to have more than one site?

- ☐ What do you call the balance of bleeding and clotting?
- ☐ What are the steps involved in hemostasis?
- ☐ What are the steps involved in formation of platelet plug?

## Prepare for infusion.

### Gather supplies

- ☐ Factor, syringes, butterfly, tourniquet, alcohol wipes, gauze pad or cotton, tape, band aid, sharps container, waste basket, log sheets. Why do you need to get everything ready first?

## Prepare factor concentrate

- ☐ Check name of factor, number of units, lot number, expiration date
- ☐ Mixes factor with aseptic technique, examines diluted factor

## Perform infusion

- ☐ Locates Vein
- ☐ Applies Tourniquet
- ☐ Cleans site with alcohol in circular motion
- ☐ Inserts butterfly needle
- ☐ Checks for blood return. What is a blood return?
- ☐ Removes tourniquet. Why do you have to remove the tourniquet before you push in factor?
- ☐ Infuses
- ☐ Removes needle, applies pressure to site with cotton or gauze
- ☐ Applies band aid

## Clean up / log infusion

- ☐ Dispose of medical waste in appropriate container
- ☐ Disinfectant / Bleach clean up of surface
- ☐ Wash hands
- ☐ Log infusion





2022 CAMP BOLD EAGLE HEALTH CENTER AWARDS

# Dragonfly Award Questionnaire

1. What do you call the balance of bleeding and clotting?
2. Which organ is primarily responsible for making clotting factors?
3. What do you call the kind of disorder that is transmitted from parent to child?
4. What are the steps involved in hemostasis?
5. Which organ is primarily responsible for eliminating platelets?
6. What are the steps involved in formation of platelet plug?
7. When a blood vessel is broken, a clot forms. Why does a clot form only at the site of injury, and not in the middle of the blood vessel?
8. What vitamin is required for the activation of some clotting factors?
9. Which mineral is essential for clotting?
10. What is it called when platelets attach to the endothelial lining?
11. Platelets sticking to each other is known as what?
12. What is fibrinolysis and why is it important?
13. When you take one aspirin, how does it affect bleeding?
14. What is von Willebrand factor?
15. What are mucus membranes ?
16. Which bleeding disorder involves mostly mucus membrane bleeding symptoms?
17. Does a person's gender affect his/her likelihood of having vWD?
18. Christmas disease is caused by a deficiency in which factor?
19. Which is more common, Hemophilia A or B?
20. The hereditary gene for hemophilia is carried on which chromosome of which sex?
21. What is the most common inherited bleeding disorder?
22. What is the "normal" factor level percentage?
23. Hemophilia A is a condition that results in a deficiency of which factor?
24. Hemophilia B is a condition that results in a deficiency of which factor?
25. What condition is present if a patient lacks vWF?
26. Why are some inherited bleeding disorders more severe than others?
27. What two factors have an X-linked inheritance pattern?
28. Can hemophilia be caused by more than one kind of genetic mutation?
29. True or False: You must have a family history to have Hemophilia.
30. How is your bleeding disorder inherited? Can you pass this on to your children? Which ones?
31. Can you get an inhibitor with your bleeding disorder?
32. Name three ways you prepare for travel with your bleeding disorder.
33. How did you get diagnosed with your bleeding disorder? What labs were done to do this? What tests are done to monitor your bleeding?
34. What are two pieces of information that you should share with a new medical service provider such as a new doctor, dentist or emergency room personnel?

# Social Networking

## **HFM's Social Media Policy**

HFM does not sanction or monitor any Facebook or social media pages outside of direct HFM sites and maintains a strict policy on social media use by campers and counselors. HFM does not allow any personal information to be disclosed online that may identify staff or campers. Photos are only shared on direct HFM sites with parental permission. Campers, staff, or community members who engage in behavior against HFM's policy may not be allowed to participate with camp and/or other HFM activities.

## **Facebook posts during camp sessions**

**Facebook page:** [www.hfmich.org/facebook](http://www.hfmich.org/facebook)

HFM will regularly post photos on Facebook. Campers who have photo release forms submitted by their parents/guardians will be included in these fun posts!

## **Stay connected with HFM after camp!**

**Website:** [www.hfmich.org](http://www.hfmich.org)

**Facebook page:** [www.hfmich.org/facebook](http://www.hfmich.org/facebook)

**Instagram:** @hfmich



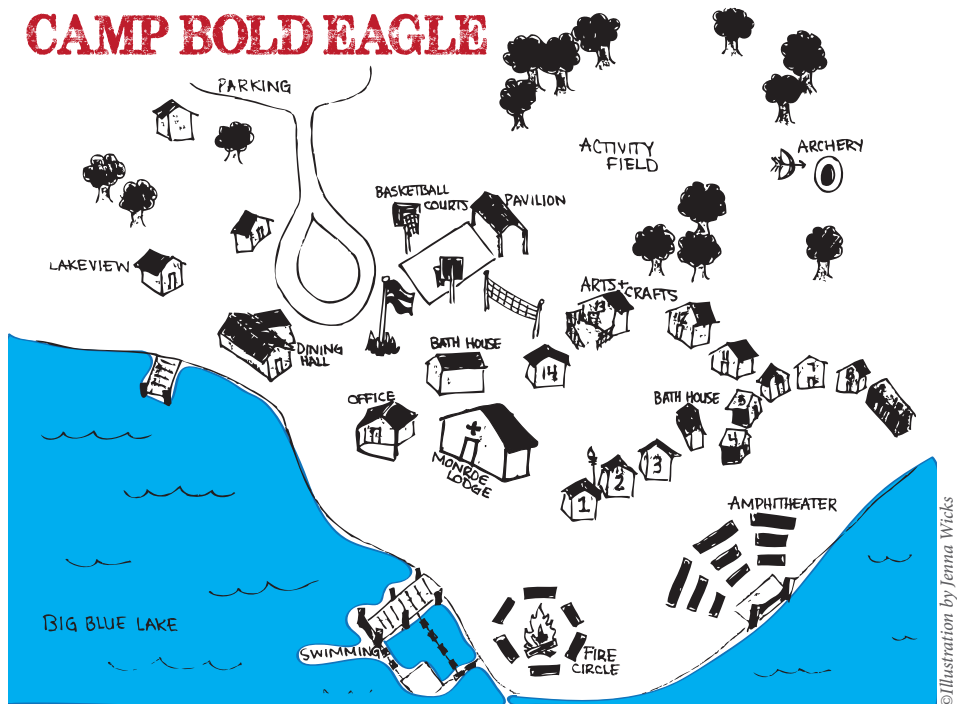
# After Camp Discussion

## Ask your child about camp!

Here are some suggested starter questions:

- Who did you enjoy spending time with at camp?
- How many times did you go swimming?
- Tell me about something you made in arts and crafts.
- Sing me a silly song you learned!
- Tell me something you learned about your bleeding disorder.
- What did you do at Hi-C (health education)?
- How did you feel about being away from your iPad/computer/TV?
- Did you go on a nature walk? What did you see?
- How did you like walking to the bathrooms at night?
- Tell me about the first time you used your flashlight.
- Did you go canoeing? Kayaking or fun yak? Stand-up paddle boarding?
- How many fish did you catch?
- What was your cabin like?
- Did you hit the target or get a bullseye at archery?
- Tell me about your favorite food.
- Tell me about the silliest person at camp.
- Tell me about the loudest person at camp.
- Did you play Nuk-em? (altered volleyball) How about GaGa?
- What kind of bugs did you catch?
- Did you jump off the raft?
- What was it like swimming in a lake?
- What was your favorite evening program?

# CAMP BOLD EAGLE



## Camp Bold Eagle Important Information

### Contact Numbers

**734.544.0015:** During business hours IF hgj Zr rakhn` a?k? Zr%2Zf th i f ", ask to have a message relayed to camp.

**734.961.3507:** When HFM is closed, call this number and leave a message.

**IN CASE OF EMERGENCY ONLY:** Pioneer Trails **231.894.4768**

### Hemophilia Foundation of Michigan Facebook Page

We will be posting several times throughout each camp session and will try to include a photo of every child. [www.hfmich.org/facebook](http://www.hfmich.org/facebook)

### Mail at Camp!

When a camper receives **THREE pieces of mail** (either email or USPS mail) on the same day, the camper will have the opportunity to tell a joke or a funny story to the rest of camp during dinner. Sending your child three separate pieces of mail to arrive at camp on the same day will ensure that he/she has the chance to participate in the fun!

### Snail mail address

Camper's Name  
c/o Pioneer Trails  
1421 E Fruitvale Road  
Holton, MI 49425

### Email address

Email: [campboldeagle@gmail.com](mailto:campboldeagle@gmail.com)  
Subject line: Camper's first and last name