

## Your Weekend Itinerary



Here is a sample of the activities you have to look forward to:

### Friday

- Aloha Luau
- Swimming
- Hula Performance & Lesson

### Saturday

- Educational Seminars
- Kids & Teens Aquatics
- Hawaiian Arts & Crafts
- Recreation Activities
  - Rock Wall
  - Challenge Course
  - Mini-Golf
  - Bouncy House
  - Trout Fishing Derby\*

\*Fishing Permit Required

- Executive Director's Mocktail Reception
- Camp Fire Family Talent Show

### Sunday

- Teen Talk with the Doc
- Educational Seminars
- Nature Programs
- Farewell Barbeque



## Details



**COST:** Free attendance at Camp JAM has been made possible through the generous support of our donors, however, there is a \$25 deposit per family, refunded upon arrival at camp.

**STAFF:** Camp activities are staffed by the Arthritis Foundation staff and volunteers. Volunteers include young adults with arthritis, medical personnel, teachers and others who have been selected because of their interest in working with children with arthritis and their families.



**WHO CAN ATTEND?** Parents (or primary caretakers) and kids & teens with arthritis along with their siblings are invited to attend. Attendees must be from the chapter area—Oregon, Washington and Alaska. Teens over 16 who have attended camp previously are eligible to apply to attend as Leaders In Training or Activity Assistants.



## Which Way to the Beach?



**LOCATION:** Our host site, Canby Grove, is located in Canby, OR just half an hour from Portland. Each family will be treated to a private cabin with shared restroom and shower facilities. You are responsible for your family's transportation to and from camp.

## Sign me up!



**REGISTRATION:** Registration is required for all individuals attending camp. Please fill out the registration form attached and return it to our Portland office by **April 30**. Confirmation packets and camper paperwork will be mailed to registered families upon receipt of registration form.

## Volunteer



We rely on volunteer support to be able to provide Camp JAM free of charge. If you are interested in volunteering, there are many ways to join the fun:

- Counselors & Co-Counselors
- Leaders in Training
- Pre-camp work parties
- In-kind donations
- Volunteer recruitment

**QUESTIONS?** Please contact Liz Kelly. Phone: (503) 245-5695, toll-free 1-888-845-5695 or via email: [ekelly@arthritis.org](mailto:ekelly@arthritis.org)



## Registration



**Registration Deadline: April 30, 2009**

Please send a \$25.00 check deposit for your family's reservation. Your deposit is refundable upon arrival. Checks can be made out to: *Arthritis Foundation*.

Please list family members attending:

Name	Age	T-Shirt Size

\_\_\_\_ /my teen would be interested in volunteering at camp! Please contact me at the number below.

Contact and Mailing Information:

\_\_\_\_\_  
Main Parent Contact Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email Address

Please return this form and \$25 deposit to:  
**Arthritis Foundation, Oregon Branch**  
**Attn: Camp JAM**  
**9700 Capitol Hwy, Suite 160**  
**Portland, OR 97219**

**Phone: (503) 245-5695**  
**Toll Free: 1-888-845-5695**  
**Fax: (503) 245-5691**  
**Email: [ekelly@arthritis.org](mailto:ekelly@arthritis.org)**



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Portland, OR 97219

Can't make it to Camp JAM?  
Join us in Washington at KAT-FISH Camp  
on June 26 - 28, 2009!

**ARTHRITIS FOUNDATION®**  
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Presents  
**CAMP JAM**  
*Juvenile Arthritis Matters*

**August 14-16, 2009**  
**Canby, OR**

**A Camp for Kids and Teens with Rheumatic Diseases and Their Families**

Aloha!



Spend a tropical-themed weekend with your family! Camp JAM (Juvenile Arthritis Matters) at Canby Grove is a weekend retreat for children and teens with rheumatic conditions and their families. This unique opportunity allows families from Oregon to meet other families, learn about arthritis, and have fun in a supportive setting. Weekend highlights include:

- 🌺 Education Sessions on Juvenile Arthritis and other parenting-related topics
- 🌺 Teen Talk with The Doc
- 🌺 Arts and Crafts
- 🌺 Fishing Derby
- 🌺 Hula Lessons
- 🌺 Family Talent Show
- 🌺 Outdoor Education
- 🌺 Aquatic Program



Camp JAM is made possible through the generous support of

Oregon State  
Auxiliary  
F.O.E.



What is Juvenile Arthritis?

Juvenile rheumatoid arthritis (JRA) is the most common type of juvenile arthritis (JA)— there are more than 100 other rheumatic diseases, including forms that affect the spine, connective tissue diseases and non-inflammatory disorders such as fibromyalgia. Some symptoms of juvenile arthritis include pain and stiffness in or around the joints, fatigue, weakness in muscles and other soft tissues.

**JA affects one in 250 Children in the U.S.**

Childhood rheumatic diseases are the leading cause of acquired disability and the fourth most common cause of blindness in children. With early diagnosis and proper treatment, most of the problems can be prevented or alleviated.

The Kids and Teens Program

The Pacific Northwest Chapter of the Arthritis Foundation's Kids and Teens program and Oregon JA Task Force are for children and teens with rheumatic conditions and their families, and people who have a professional or personal interest in improving the lives of children with juvenile arthritis. The programs includes social activities, educational events, inquiry and referral services, a physician listing service, parent matching, pen pal program, Camp JAM in Oregon and KAT-FISH Camp in Washington.

