

**Can't make it to KAT-FISH Camp?
 Join us in Oregon at Camp JAM on
 August 14th-16th 2009!**

NON-PROFIT ORG
 U.S. POSTAGE
PAID
 SEATTLE, WA
 Permit No. 842

ARTHRITIS FOUNDATION®
Take Control. We Can Help.™

Let's Zap Arthritis!



KAT-FISH Family Camp 2009

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

**Discover Your
 Inner Superhero**

**June 26-28, 2009
 Stanwood, WA**

Welcome!!



Spend a weekend away from your planet at Camp Warm Beach. No matter where you hail from, KAT-FISH Camp (Kids And Teens' Families Investing Support and Hope) at Camp Warm Beach is a weekend retreat for children and teens with rheumatic conditions, and for their families. Now in its sixth year, this unique opportunity allows families from Washington, Oregon and Alaska to meet other families, learn about arthritis, and have fun in a supportive setting. Weekend highlights include:



- ✦ Educational Track for Parents
- ✦ Teen Talk with the Doc
- ✦ Arts and Crafts
- ✦ Climbing Wall
- ✦ Family Talent Show
- ✦ Outdoor Recreation
- ✦ Aquatic Program
- ✦ Talent Show



**KAT-FISH Camp is made possible through
 the generous support of:**

Tim & Dan Watts Guild



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 (KAT) program is for children and teens with rheumatic conditions, and for their families, as well as people who have a professional or personal interest in improving the lives of children with juvenile arthritis. The Kids And Teens program includes social activities, educational events, inquiry and referral services, parent matching, pen pal program, and KAT-FISH Camp.



Your Weekend Itinerary

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

Friday

- ✦ Create Your Superhero Alter Ego
- ✦ Gathering of the Superheroes
- ✦ Special Evening Entertainment
- ✦ Family Networking

Saturday

- ✦ Parents Educational Track
- ✦ Talk with the Doc
- ✦ Arts and Crafts
- ✦ Climbing wall
- ✦ Family Talent Show
- ✦ Outdoor Recreation
 - Aquatics
 - Climbing Tower**
 - High Ropes**
 - Trail Rides with Horses**
 - Canoeing**
 - Frisbee Golf
 - Mini-Golf**

** "pay to play" activities

- ✦ Family Networking
- ✦ Camp Fire Family Talent Show

Sunday

- ✦ Arts and Crafts
- ✦ Parent Track
- ✦ Nature Programs
- ✦ Farewell Ceremony



Details

COST: Free attendance at KAT-FISH camp has been made possible through the generous support of our sponsors and donors. However, there is a \$25 deposit per family, refunded upon arrival at camp.

STAFF: Camp activities are staffed by Arthritis Foundation staff and volunteers with support from the Warm Beach staff. 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—Alaska, Oregon and Washington. Teens over 16 who have attended camp previously are eligible to apply to attend as Leaders In Training or Activity Assistants.



Where is Camp?

LOCATION: Our host site, Camp Warm Beach, is located in Stanwood, WA, just 60 minutes north of the Seattle area. Each family will be treated to a private room. Accommodations are similar to motel facilities, complete with private bathing facilities and restroom. You are responsible for your family's bedding and 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 Seattle office by **April 18**. Confirmation packets and camper paperwork will be mailed to registered families upon receipt of registration form. **REGISTRATION OPENS DECEMBER 1ST.**

Volunteer

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

- Counselors
- Leaders in Training
- Parent Track Planning
- Decorations & Entertainment
- Pre-camp work parties



There are also many opportunities to support KAT-FISH Camp through sponsorship and in-kind donations.

QUESTIONS? Please contact Annie Rehn
Phone: 206.547.2707, ext. 101 or via Email: arehn@arthritis.org

Registration

REGISTRATION OPENS DECEMBER 1, 2008.

Registration Deadline: April 18, 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, PNW.*

Please list family members attending:

Name	Age	T-Shirt Size
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

____ /my teen would be interested in volunteering at camp! Please send us a volunteer packet.

Contact and Mailing Information:

Main Parent Contact Name

Address

Phone

Email Address

Please return this form and \$25 deposit to:
Arthritis Foundation, Pacific NW Chapter
Attn: KAT-FISH Camp
3876 Bridge Way North, #300
Seattle, WA 98103

Phone: 206.547.2707, Ext.101
Fax: 206.547.2805
Email:arehn@arthritis.org

