

CANCER PATHWAYS camp sparkle

Come Together for Community & Fun

Camp Sparkle is our free summer camp for kids ages 5 to 12 years who have been impacted by cancer. Kids share experiences with others who understand what they are going through and engage in fun activities. Along with cherished memories, they build lifelong skills and friendships.



CAMP SPARKLE ACTIVITIES

Camp activities are designed to strengthen a child's socio-emotional foundation so they can thrive and have fun! **This year, we will have:**



- Animal Time
- Art
- Career Day
- Cooking Classes
- Crafts & DIY
- Dance
- Drama
- Fashion Show
- Gardening
- Music
- Pen Pals
- Show & Tell

DATES & CAMPSITES

MONDAY – FRIDAY, 12:00PM – 4:00PM

SEATTLE: JULY 12–16
EVERETT: JULY 19–23

BELLEVUE: AUGUST 2–6
TACOMA: AUGUST 9–13

To Register: cancerpathways.org/programs/camp-sparkle

Questions?

Contact: Michelle Massey, Michelle@cancerpathways.org



Cancer Pathways
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(206) 709-1400

From: Program Director Mary Nicholas and Executive Director Anna Gottlieb

Date: September 1, 2021

Subject: Camp Sparkle Impact Report (2021)

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Camp Sparkle Impact Report (2021)

About Camp Sparkle

Cancer Pathways (formerly called Gilda's Club Seattle) launched Camp Sparkle in 2003 to serve families impacted by cancer. Through camp, we deliver psychosocial care to families and meet their needs in ways distinct from the regular health care system. And while many oncology camps serve primarily children who have been diagnosed with cancer, campers at Camp Sparkle include those:

- Campers who have/had a cancer diagnosis themselves
- Campers who have/had a loved one with cancer

Thanks to our donors, all camp activities, services, and food were provided cost-free to families. With the pandemic in 2020, Cancer Pathways expanded its camp offerings, to include an online version, so that families who were unable to attend in person camp could still benefit from Camp Sparkle.

Camp in 2021

In 2021, Camp Sparkle was offered to families in two formats: online (zoom, virtual) and in-person (at camp sites in Seattle, Bellevue, Tacoma, and Everett). Camp Sparkle Online enabled campers to connect with each other coast-to-coast (national) and the in person camp allowed campers to connect with each other locally. These camps offered children a break from the reality of their current situation and an opportunity to enjoy their childhood and form lifelong memories.

| Camp Activities | Camp Services/Resources |
|--|--|
| <ul style="list-style-type: none"> ● Outdoor Adventure (e.g., sports, playground, beach, pool, scavenger hunt, DIY) ● Therapeutic activities (art, pet) ● Circle Time ● Pen Pal ● Storytime and discussion ● Online adventures (e.g., guest presenters, communal poem, communal songwriting) | <ul style="list-style-type: none"> ● Parent Support Groups ● 1:1 Counseling with camper ● Cancer Navigation Educational Resources ● Camper Kits ● Therapeutic art workbooks ● PPE (e.g, masks, sanitizers, thermometers) |

Camp activities and therapeutic activities were designed and led by Camp Director Michelle Massey, a Board-certified Oncology Social Worker who also facilitates Cancer Pathways' support groups and family programs. Camp counselors, junior counselors, Cancer Pathways staff, and volunteers worked together to ensure that camp objectives and family needs were met. Virtual camp activities were designed and led by Program Managers, Jana Mastrogiovanni and Lauren Bineau.

Camp Dates:

In Person Camps (4 hours each weekday)

| | | |
|---------------------|-------------|-------------------------------|
| Seattle, WA | July 12-16 | Golden Gardens |
| Everett, WA | July 19-23 | American Legion Memorial Park |
| Bellevue, WA | August 2-6 | Newcastle Beach Park |
| Tacoma, WA | August 9-13 | Star Center |

Virtual National Camp (online+offline; 3 hrs)

- Coast-to-coast connection for campers (ages 4-12) facing cancer
- July 26-29
- Special guests: Music Works, Hibulb Cultural Center, Pacific Science Center, Magician Nash Fung

Outreach

Flyers were emailed to outreach partners, disseminated on social media, shared with oncology social workers, and posted on parent magazine sites with some paid subscription. Families also learned about camp via word of mouth.

Virtual Camp Sparkle flyer (Coast-to-Coast)

CANCER PATHWAYS
camp sparkle
FACING CANCER TOGETHER
COAST-TO-COAST
JULY 26 - 29, 2021

Kids from all over the U.S. find their **SPARKLE** by connecting with others.

Join us wherever you are and let the adventure begin!

Cost: Free
Type: Virtual
Location: Anywhere in the U.S.
Eligibility: Any child ages 5-12 impacted by cancer

Registration includes camper kits that will be mailed prior to the start of camp.

Special Guest Appearances!

Register Now

<https://cancerpathways.org/programs/camp-sparkle/virtual-camp-sparkle/>

In Person Camp Sparkle flyer (WA)

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- Social media (Twitter, Instagram, FB)
- Cancer Pathways community (Robly digital platform, newsletter)
- Educators at schools where Cancer Pathways presents Cancer Happens (Teen Education Cancer Risk Reduction program)
- Webinars
- ParentMap Magazine (paid advertisement): Eastside Seattle 6/28 and 7/5; South sound 6/19 and 6/28; Seattle 7/1
- All WA State tribal groups
- Hospitals, oncology social workers
- Word of mouth
- 2 Georgia statewide organization serving health professionals (newsletters): Three Rivers AHEC Newsletter and GASOPHE

Families served

Upon registering their children, parents gave us further insight as to why they are signing their kids up for Camp Sparkle, the impact of cancer in their children's lives, and what were their expectations.

Top reasons parents signed up their kids for camp

- Develop friendships with other kids who share their experience
- Learn more about cancer
- Have fun
- Improve communications

I found a flyer about the camp sparkle your organization offers this summer. My daughter has never faced cancer personally, but we have seen my father dying from cancer, and I think it will be a great opportunity for my daughter to attend our camp sparkle. Actually, I believe that every child should attend this camp because everyone can deal with cancer directly or indirectly, and children should know what is cancer and what to do.

Please let me know if I can register my daughter for this camp.

*Thank you,
Andrin K. (Bellevue)*

In-person WA camp

- 64 kids registered (ages 5-15)
 - 31 girls, 33 boys
 - 34 loved one living with cancer, 19 lost a loved one, 11 personal diagnosis
- 16 registered to be Jr Counselors and Counselors
- Followed CDC and WA state guidelines, taking precautions and capacity limit at each camp site (Tacoma, Everett, Bellevue, and Seattle)

Virtual National camp

- 19 kids registered (ages 4-12)
 - 9 boys, 10 girls
 - 14 loved one living with cancer, 1 lost a loved one, 4 personal diagnosis
 - 2 GA, 2 IN, 1 WV, 1 NC, 13 WA
- 7 families requested support group
- 3 families also requested in-person camp

Therapeutic Activities for In Person Camp

All of these projects and therapeutic conversations are aimed at lowering symptoms of anxiety and depression, building coping skills, and empowering children to identify how they can help themselves as well as reach out to support systems.

| DAILY ACTIVITY | PICTURES |
|---|--|
| <p>Everyday</p> <p>CIRCLE TIME</p> <p>Every day, campers exchange stories about who in their life has had cancer; share pictures and memories about their loved one or themselves</p> |  |
| <p>Day 1</p> <p>YOU DO YOU T-SHIRTS</p> <p>Start camp off by children having permission to be themselves; bring their authentic selves to camp without judgement; acknowledge cancer without having it be their sole identity. This introduces an emotionally safe environment that is welcoming and empowers children to express themselves accurately and with confidence</p> |  |

Day 2

SUPPORT TREE

Identify sources of support and areas that are lacking. Conversations about what support looks like for them, what is missing or what they identify as needing more of (friends, family, to be heard without judgement). Discuss resources to help them cope with cancer and learn more how Cancer Pathways can help. Acknowledge friendship with fellow campers and the value of processing cancer in a safe place such as Camp Sparkle.



Day 3

CRITTER COMFORTS & JOURNALING

Continue the dialogue about cancer and difficult topics in a safe environment; ; create a tangible object (comfort critter) to identify as something they can talk to. Empower children to identify traits that are comforting to them in a support person (or object). As they create their critter, they process and create a visual representation of what comfort and trust looks and feels like; children write in journals and process emotions about what they can talk to their critter about. Conversation about challenges of cancer, who they can talk to empowers them to reach out to those who offer support.



Day 4

WISH YOU WELL JARS

Continue the theme of empowerment, coping skills, and building community. Kids learn how to comfort each other and themselves; they learn they can make a difference in the lives of others. Children mod podge tissue paper in their own design on their glass jars that acts as the container of support. On strips of construction paper children write down positive messages for their own jar that empowers them to find comfort themselves and they write messages for other campers offering



| | |
|--|--|
| <p>support for others who understand what it's like to experience cancer; discuss positive messages they wrote, what it feels like to write a message and receive a message, when they may use their jar (when sad, angry, before bed, etc.), where will the jar be placed in their home, and who will take care of it.</p> | |
| <p>Day 5</p> <p>FRIENDSHIP CHAINS</p> <p>Acknowledge newly formed friendships, saying goodbye and staying in touch. Conversations about the support received from Camp Sparkle and the value of processing emotions related to cancer with people who are experiencing something similar. Follow up any further questions about cancer</p> |  |

In addition, two stories per week were read and cancer information shared from the American Cancer Society.

Connecting Campers Coast-to-Coast (Online Camp)

All of these online activities were designed to teach campers mindfulness techniques, connect with each other online, be excited about their future aspirations, learn more about other cultures, and have fun with various camping themes. Special guests were invited each day: Music Works, Hibulb Cultural Center, Pacific Science Center, Magician Nash Fung.

Online camp lasted for 3.5 hours each day. The day began with circle time and campers getting to know one another, followed by a guest presentation, offline activities, and online activities to end the afternoon.

Parent and Camper Feedback on Camp

After the completion of camp, parents were asked for their feedback on the benefits of camp to them and to their children. Below are the questions asked, a summary of their responses and our interpretation as to the meaning of those responses.

| When asked what it was like to have their child away at Camp Sparkle (day-camp), parents reported: | |
|---|---|
| Benefits to Parents | Benefits to Campers |
| <ul style="list-style-type: none"> Helped create space for parents to take time to focus on their own cancer treatment plans Gave parents peace of mind knowing that their children are in a place where they can have fun, be safe emotionally and physically Addressed some worries parents had with the pandemic, regarding their children's social and emotional development | <ul style="list-style-type: none"> One parent reported: Happiness to be able to return to in person gatherings after having lost a parent to cancer during the COVID-19 pandemic Camp enabled children to interact with each other and the world. This is the best way children learn and become problem solvers and successful people. |
| <p>Significance: Camp Sparkle provides benefits to all family members for parents, children and their siblings. For parents, camp provides them with needed space while being assured that their children are in a safe environment.</p> | |

| Parents also reported the following changes they noticed in their child/children after attending one week of camp: | |
|---|---|
| <ul style="list-style-type: none"> Happier, cheerful | <ul style="list-style-type: none"> Excited to return next year |
| <ul style="list-style-type: none"> More relaxed | <ul style="list-style-type: none"> Don't feel as alone |
| <ul style="list-style-type: none"> More confident in independence | <ul style="list-style-type: none"> Obtained 'great emotional mantras' |
| <ul style="list-style-type: none"> Learned breathing techniques | <ul style="list-style-type: none"> Eyes light up when talking about camp |
| <ul style="list-style-type: none"> Less shy | <ul style="list-style-type: none"> Happy to have made a lot of friends |
| <p>Significance: Parents reported positive impacts of the camp experience as it pertains to their children's emotional, social, and self-esteem functioning. Children were independent</p> | |

from their parents, made new friends, discovered new interests, had open conversations about cancer and learned new ways to process and articulate their emotions. Camp enabled children to discover they are not alone, have their feelings validated and find new ways to cope and adapt to changing circumstances in life.

Parents reported on the following outcomes successfully achieved for their children as a result of camp (they could select multiple options):

| | |
|---------------------------------------|---------------------------------|
| • Had fun | • Improved communication skills |
| • Made friends | • Learned more about cancer |
| • Learned emotional coping strategies | |

Significance of these outcomes:

- **Having fun.** Children impacted by cancer often experience restricted daily activities. Schools, social events, and birthdays can be impacted. During playtime and having fun, children flourish by thinking, feeling and doing. They are separated from the fear of failure or disastrous consequences. Playing and having fun enables an escape for many children and enables them to continue along the journey of being a child and finding enjoyment in life along the way.
- **Making friends.** For many children, this is the first time they feel completely accepted when they come to camp. This results in increased confidence and social skills.
- **Communications, emotional coping strategies.** Through circle time and art therapy, children are given space to understand their emotions and to process them. They are offered opportunities to communicate these feelings at circle time. By hearing others share their stories, they are able to come to understand the world differently. Campers learn a variety of exercises that they can use to cope with their emotions when they return home from camp and reenter the 'real' world.
- **Cancer.** Cancer is a difficult topic for many people to discuss with their children. For some parents, it was helpful to have this discussion initiated at camp. For others, it is better to have the discussion knowing that their children are equipped emotionally with coping mechanisms, communication tools, and a support system.

When asked what was most important for the public to understand about Camp Sparkle, parents reported:

| | |
|---|--|
| <ul style="list-style-type: none"> It is a safe place for kids to be around other kids who get 'it' | <ul style="list-style-type: none"> We are not alone |
| <ul style="list-style-type: none"> Cancer is such a hard thing to process as an adult, as a child it is that much harder. | <ul style="list-style-type: none"> That it is so crucial for kids to know other kids with similar situations. "My boys are the only ones in their school who have lost a parent to cancer." |
| <ul style="list-style-type: none"> To be surrounded by people who understand them and their trauma and trials is a treasure for them to hold close | <ul style="list-style-type: none"> Kids need to be supported and need this kind of outlet, and especially meet others with the shared experience. It is powerful. |
| <ul style="list-style-type: none"> How important it is for kids to get together and have fun while being able to share experiences and remember loved ones | |

When asked what they would say to those considering to donate funds to support camp:

| | |
|--|--|
| <ul style="list-style-type: none"> It's a noble cause | <ul style="list-style-type: none"> You are helping people being accepted as they are dealing personally with cancer and you are helping them as well as their families know that they are not alone. |
| <ul style="list-style-type: none"> Lots of volunteers come together for a great cause with tremendous efforts, to let kids just be a normal kid for once. Playing, sharing and not feeling left out | <ul style="list-style-type: none"> This support/camp is much needed for kids, especially when they have to deal with all the realities and emotions that cancer brings into a family and everyone's lives are affected. |

| | |
|--|---|
| <ul style="list-style-type: none"> • It was so wonderful to see my kids have fun and experience happiness! | <ul style="list-style-type: none"> • Thank you for helping. There are so many stressors that come along with cancer, and this is a concrete way to support families trying to muddle through it. |
| <ul style="list-style-type: none"> • These children deserve all the happiness in the world. Camp Sparkle provides that for them for the five days they are loved on and played with. | <ul style="list-style-type: none"> • To be around your peers who understand what you've been through is an experience like none other. |
| <ul style="list-style-type: none"> • The Camp Sparkle community means so much to the children it serves and the safe place it provides for children to connect regarding how cancer impacts their life is priceless. This was my child's first year and my child said it is the one activity they did that actually meant something to them, and that they want to go every year! That is REALLY BIG for my child to say! | |

Post Camp Follow Up

After the completion of camp, Cancer Pathways followed up with all the camper families with surveys, summaries of camp, and shared camp highlights via social media, Cancer Pathways newsletter, and through a Press Release. Below are some responses and highlights from the post camp follow up from families and camp partners.

"IT WAS SO FUN SEEING EVERYONE'S BEWILDERED FACES AND SMILES."
 -MAGICIAN NASH FUNG

Thanks for everything you do for families like my family. It's been a very hard journey for many years... When my kids have the opportunity of being at camp it's amazing how much a week changes their lives and minds... We love you and we thank you for camp sparkle and helping our family.
-Sandra F. (In Person Camp Parent)

Every day I would wake up eagerly waiting for camp sparkle to start,
I loved all the DIY's, and hosts.
Everyday when I went to camp sparkle I learned something new.
Finally, Thank you all counselors for dedicating your time and effort.
-Yenwei (Virtual Camp sparkle camper)



MUSIC WORKS a non-profit community music school

August 2021
News from Music Works Northwest

Read below for information about Summer Camps, Fall Registration, and much more!

Music Shines Through at Camp Sparkle

On a hot summer July morning, campers young and old arrived at their campground for a week of camp – not a traditional one with tents and trees and backpacking, but a virtual one with friends across the country. Cancer Pathways supports individuals and families who have been touched by cancer, and their Camp Sparkle is a free summer camp (with a virtual option) for children ages 5-12 who have been impacted by cancer. That Monday morning, the first day of virtual camp opened with a Music and Mindfulness session led by Natalie Shannon, the newest member of the Music Therapy and Early Childhood team at Music Works NW. Campers began by listening to Lemon Boy by Cavetown, focusing all of their energy and attention on counting the number of times the word “lemon” was sung. We did some intentional listening activities to help us listen to our bodies and recognize our emotions, and talked about some of the images and emotions that certain songs can bring up for us...words like “cozy,” “warm summer breeze” and “smores” were at the top of the list!

The session ended with a rewrite of “The Lazy Song” by Bruno Mars, reframed so that we could talk about and reflect on ways to take care of ourselves each and every day. Said Cancer Pathways Program Manager Lauren Bineau, “It was great to have Music Works NW lead our music and mindfulness session at Camp Sparkle Online. Natalie did a wonderful job connecting campers nationwide through integrating communal songwriting, music, and mindfulness concepts. We look forward to more opportunities working together.”

Music can be an effective (and enjoyable!) tool for managing stress, coping with anxiety, and even reducing pain, for kids of all ages and adults alike. To find out more about music therapy and Music Works NW, visit our website at www.musicworksnw.org or email MTProgram@musicworksnw.org.

CANCER PATHWAYS PRESS RELEASE IN PR.COM

Cancer Pathways

Cancer Pathways Building Coast-to-Coast Summer Connections for Kids Impacted by Cancer

08/09/21, August 17, 2021 - (PR.com)

In its 20th year, the Seattle-based nonprofit organization Cancer Pathways

Decided to be more adventurous in reaching kids and teens affected by cancer.



“Working with Camp Sparkle was a wonderful experience. The camp’s facilitators were warm and welcoming and made everything with logistics for our virtual planetarium program super simple. The team has clearly done a tremendous job with fostering a sense of community and curiosity within their group of campers. The young scientists we had join our program were excited to share their observations and questions throughout our show and camp staff did a lovely job in helping make sure everyone had a chance to share their ideas. Thank you so much for inviting the PacSci team to join in on your camp fun!
-Fatima, Pacific Science Center