

# What Former Campers Say About Kidney Camp at Frost Valley YMCA:

“

Thank you for making my dream come true.

- Kayla, age 13

“

Thank you for making dialysis [at camp] better than home.

- Ethan, age 15

“

Waterfront is my favorite!

- Olivia, age 9

“

I was a camper for four years, and I can honestly say the experience was amazing... With my kidney disease I could still be part of the group. The doctors and nurses made sure I was always well taken care of. Having this program means kidney kids feel the magic that is Frost Valley. - Shawn, age 18

“

My favorite thing about camp was making new friends and getting to spend time outside.

- Amelia, age 10

“

My favorite camp memory is hiking to cabin and camping under the stars.

- Daniel, age 12

“

The best experience I've ever had!

- Paul, age 15

“

While my mom was excited for me, I really didn't want to go at first. But it turned out I had a lot of fun. You get to know people from different places. If I hadn't gone to camp, I probably would have just been sitting on the couch playing video games. - Jayson, age 15

“

My favorite thing about camp was arts & crafts, rock climbing, and especially meeting new friends.

- Dalia, age 13

“

I'm so used to video games. Holy cow, I never knew I could have so much fun out here!

- Daniel, age 14

“

I am able to associate with kids my own age.

- Justino, age 12



# What Camper Parents & Medical Staff Say About Kidney Camp at Frost Valley YMCA:

“ Frost Valley has been good for us both. Alisha was stronger than I gave her credit for. Her experience gave me courage and confidence, too.

- **Sharda, Kidney Camper Mom**

“ Kat's condition won't go away, but for two weeks at Frost Valley, she is a regular kid just like other campers... When I came to pick her up, she cried when she saw me. I thought it was because she must have missed me terribly. But it was because she was leaving her friends...She loves the place, all the activities, the strong bonds, the friendship.

- **Karen, Kidney Camp Mom**

“

There's nothing that holds them back. And when kids come to this program, they realize that they ARE normal kids. That if they try hard enough, they can take their disease and put it to the side. They have to take their pills and go to their dialysis, but they can be normal kids and they can do the activities the other kids do. And that's the magic of camp. - **Gina, Pediatric Nephrology Nurse at Camp**



“ The program has been a transformative experience for almost 2,000 campers with kidney disorders. So too, it has transformed the lives of the medical professionals, camp counselors, and staff, and the other campers who have been there by their side.

- **Dr. Rick Kaskel, Pediatric Nephrologist and Medical Director of the Kidney Camp Program**

“

Daniel went at the time when kids typically struggle with self confidence (and he had recently gotten a transplant). As parents, we were very protective and sheltering. It was really great for me, it let me know that he can go away. He did an outward bound program that would not have been possible without Frost Valley. It gave him courage and independence. There is a life after mom's protection ends. Growing into the next chapter was easier because of Frost Valley. - **Janeen, Kidney Camper Mom**

“ When they are at home, their whole lives revolve around their kidney disease. And when at camp, we try to help them put the kidney problem behind them. We are not going to let any barriers get in the way of that experience. Whatever we have to do, we make it happen for them. We wouldn't want their life at camp to revolve around their problem. We want it to be the other way around, to show them that they can have a life, even though they have this challenge.”

- **Maureen, Pediatric Nephrology Nurse at Camp**

