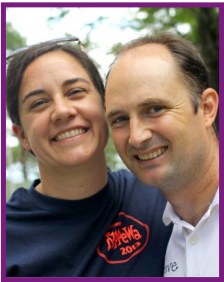


# THE KIPPY GAZETTE

Spring 2021

## A LETTER FROM THE DIRECTORS



Greetings, Kippewa Families!

Here we go!! Our staff have started arriving in Maine and the smell of summer is in the air. The anticipation and excitement is building all around camp, just as we know it is building in your homes as well! It is always amazing how much work gets done in the weeks leading up to camp with everyone diving into help prepare for our first session campers to arrive.

Let us know if you have questions. We hope you are feeling prepared for the summer! This newsletter provides additional information to help you get ready for camp. We can't wait to see everyone in Maine very soon!

WARMLY,

*Elinger & Steve*



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## myKippewa Reminder

If you have not yet completed your daughter's forms, please login to your myKippewa account and submit them to us!

If you have any specific details that you need to discuss, please feel free to contact us. Any forms should be mailed to our summer address in Maine.

**Camper Forms were due on May 1st.**



## WE MOVED UP TO CAMP!

We are happily settling into life in Maine. Please send all correspondence to our Summer Address:



**Camp Kippewa  
1 Kippewa Drive  
Monmouth, Maine 04259**

# FUN ADDITIONS TO CAMP!

**New Waterski Boat!** Malibu Response LXR.



**New Sailboats!** Joining our current fleet of Laser Picos and 420 sailboats, we have two new RS Zest (small learning boats similar to the Picos) and an RS Quest that can carry multiple students and instructors.



**New Wrap-Around Porches** on The Loft (Upper Art Building) and The Playhouse!



## Lice Policy & Treatment Reminder

The beginning of camp will look different this year with everyone being dropped off and with the addition of COVID testing. However, many aspects of arrival day and settling in remain the same, including: the initial check in with nurses to make sure medical records and medications are intact, meeting counselors and bunkmates, unpacking, tours of camp, swim tests, and everyone getting their heads checked for lice. We are partnering with Lice Treatment Center as we usually do, however this year they will be training our staff to do the checks and providing treatment supplies. Lice checks will take place over the first two days at camp. We have a “no nit” policy at Kippewa. This means if we see even one nit in a child’s hair they are required to be treated - it is too difficult for us to be in a position of deciding whether the nit is “live” or not and we don’t want to risk bringing lice into camp. While lice isn’t harmful, it is a nuisance and spreads quickly especially in a communal living, camp environment. Anyone who arrives with nits and/or live lice will be treated using LTC’s oil-based treatment and thorough combing protocol. There will also be follow up comb-outs and oil treatments for 5-7 days. We will contact you if your daughter is found to have lice or nits upon arrival, and Kippewa will bill parents \$395 for any lice treatment required. For more information on Lice Treatment Center and their treatment methods go to their website [www.licetreatmentcenter.net](http://www.licetreatmentcenter.net).

Please make sure you thoroughly check your daughter before she heads off to camp. While we will do our best to make her comfortable and supported, it isn’t an ideal start to camp spending time being treated for lice while everyone else settles in!

## Costume & Library Call



Since we began our Kippy library a few years ago, we have watched the selection grow through generous donations from our Kippewa Families and staff. The Library has become a popular part of our camp culture! We are excited to add even more to our already extensive collection in order to provide even more selections for Kippy girls to read each summer. If you have old books hanging around, and would like to see them find a happy new home...think of us! We will happily take them off your hands.

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We are always looking for additions to our costume department, we need your help! Before turning that old prom dress into rags or tossing out Grandpa’s plaid jacket, please send it to us at camp. We welcome any clothing and/or accessories that you would like to share with our playhouse. Kippy’s future thespians appreciate your help!



# What to Expect on the First Day of Camp

*We understand that the first day of camp can be a little scary for some of you and we want the transition to be as smooth as possible. Here is a little rundown on what you should expect on opening day.*

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By the time our first session campers arrive, the counselors will have been at camp for two whole weeks (some even longer) and they will be so excited to meet you! One of the most unique things about this summer is how opening day will look - for the first time ever, everyone will be arriving at camp by car. We know this means even our returning campers aren't quite sure what that will look like. When you first drive into camp you will be greeted by Kippewa staff, you will recognize some familiar smiling faces, and will find stations along the way. One important note for everyone - we will only have bathrooms available at the entrance into camp and at the exit for parents and family members. Once you are into more of the heart of camp going through the check-in process no public restrooms will be available. So anyone who needs to use the restroom should be sure to do so upon arrival!

After making your way down Kippy Road you will be ushered into a parking spot where you will be greeted by Kippewa staff. They will be ready to administer your COVID tests. Not to worry! One test is an anterior nasal swab, meaning in the front part of your nose (where you would pick your nose, even though we know you would never do that!), and the other will be a saliva test where you will spit into a tube. We will also have staff taking your bags out of your car if you have brought those with you. Once the testing is all taken care of you will say goodbye to whomever brought you to camp and will get to meet your bunk counselors and bunkmates!

Everyone will be wearing masks upon arrival at camp. We know this is tricky, it can be hard not to see everyone's faces. Please be assured, everyone will be smiling under those masks! We will be enjoying quick hugs and reunions with friends and name games and getting to know the new friends you are about to make.

Once you are with your counselors you will have a few things that are part of the settling in process. There will be general health and medication checks with our nurses, picking up any sheets/blankets/towels you are using from camp, settling in and unpacking. Your bunk

will be decorated and we assign beds ahead of time so you don't need to worry about claiming one or be

worried about how you will choose. Your counselors will help you make your bed and unpack if needed and then the day will be filled with activities, playing get-to-know you games, and tours of camp.

For dinner, you will be eating with your bunkmates and counselors, enjoying our traditional first meal of Pizza and Kippy Cookies! We will have a fun and bonding opening day evening activity after dinner. By the end of Evening Activity, it will be time to head back to your bunk for bedtime. You will surely be exhausted and ready for a good night of sleep! If you find you are a little bit nervous or sad while you are adjusting to camp try not to worry, it's normal and common, and your counselors will be there ready to help.

Hopefully you now have an idea of what to expect when you arrive. Most importantly, don't be afraid to ask questions; we are here to help!

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## Pre-Arrival Reminders!

- 1. Low-Risk Activity and Safe Travel:** Campers are expected to only participate in low-risk activities during the 10 days prior to arrival at camp, and must maintain safety protocols such as double masking and distancing throughout travel.
- 2. Daily Screenings:** You will receive a daily email to confirm the health of your household during the 10 days leading up to camp.
- 3. PCR Testing:** All Campers must receive a negative, FDA approved PCR test administered 3-5 days prior to arrival at camp. Upload results to the screening form in your myKippewa account.

***We can't wait to see you all in Maine!***



# MEET OUR AMAZING STAFF!



## **ALAN CLARE - WATER SKI DIRECTOR**

Aidan, Brett, and Courtney's "Poppa," Alan, will be joining us for his 13th season heading up the water ski program at Kippewa, which he affectionately calls his favorite

place on Earth. Alan hails from New Zealand where he has been coaching and competing in water skiing at national and international levels for many years. He won a number of age group national barefoot waterski titles himself but realized later that his real talent was in coaching. He coached Steve (Kippewa Director) to two New Zealand national titles before being asked to coach the New Zealand barefoot water ski team, a position he held for 15 years. Upon retiring from that position he returned to coaching children, guiding three young skiers to world championship level. Don't worry, he also knows the basics, including water skiing with one or two skis and even using a wakeboard! Alan believes "if it's not fun, it's not worth doing." His infectious "Kiwi" humor means everyone has fun while learning!

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## **MIKE DAVIS - TENNIS DIRECTOR**

Mike is Kippewa's very own King of the Courts where he reigns over our 6 all-weather hard courts. Mike's enthusiasm, love for sports, and friendship with the campers and staff are the reason why Mike is making his 21st trip to Maine from Kingston,

Jamaica. He began his camping career just down the street at Camp Cobbossee, but when Kippy was looking for a Tennis Director, he knew that was where he needed to be! Although now retired from full-time teaching, Mike was a faculty member at The Queens Preparatory School in Kingston, Jamaica, teaching physical education as well as tennis to children ages 6-12 in the winter (well, if you can call it winter down in sunny Jamaica). He is also a certified tennis pro and still offers private lessons to adults and children throughout the year. Mike's giant smile and infectious laugh make him a huge part of life at Kippewa. There is no doubt that after taking a tennis lesson with Mike, you will be hooked! His wife, Claudia, is another

valuable team member who heads up our housekeeping and laundry programs at camp. Although our campers don't know her as well as they know Mike, she is an essential part of making Kippewa successful each year!

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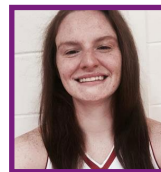


## **GEMMA SHORT - PROGRAM DIRECTOR**

Gemma can't wait to be back at camp for her tenth summer. After spending four years as our Special Events Coordinator, Gemma is super excited

to be taking on a new role as the Program Director. During the rest of the year, Gemma is an elementary teacher in Scotland. She lives with her six rabbits (Dobby, Lupin, Fawkes, Minerva, Mooney and Myrtle) and spends her spare time running, playing rugby and volunteering at the local rabbit rescue. Gemma is counting the sleeps until she is back by our glistening lake.

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## **SYDNEY BOZEMAN - LANDSPORTS DIRECTOR**

Sydney is joining us for her first year at Kippewa, although not her first year working at camp. After competing in

college basketball at the Division 1 and 2 levels and graduating with a degree in Physical Education, she is currently coaching basketball at the University of West Alabama. A multi-sport athlete throughout highschool with extensive experience coaching teams from middle school through to the college level, Sydney is a devoted fitness and health advocate. She is looking forward to spending her summer in Maine, away from the humidity of the south and enjoying an amazing summer at Kippewa!

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## **GWEN POWER - STUDIO & VISUAL ARTS DIRECTOR**

Gwen comes to us from sunny North Carolina for her fifth year at Camp Kippewa. After teaching Sewing/

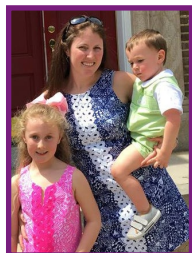
Fabrics and Stained Glass, she is excited to be joining the leadership team this year as the Visual Arts Director.

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**AMAZING STAFF** *Continued from previous page.*

During the year, Gwen can be found teaching French or working on her ultimate hobby: friendship bracelets. She is thrilled to be returning and can't wait to introduce new campers and counselors to the joy of camp!

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**MARY PAIGE KOWALSKI -  
EQUESTRIAN DIRECTOR**

Growing up in Cameron, South Carolina, Mary Paige spent every summer going to camp, starting in 2nd grade up through becoming a camp counselor in college. This summer will be her 28th summer

at camp and her 18th summer running an Equestrian Program (13 years as Equestrian Director at Kippewa!). Mary Paige loves Kippewa because it combines her favorite parts of camp from her childhood with premiere level equestrian experiences. She rode at Clemson University on their Equestrian team, where she also served as team President. While at Clemson, she studied Equine Business as well as some extra course work in Agriculture Education. She is a Level III English and Western Certified Horsemanship Association (CHA) Instructor, an Equestrian Facility Certifier, and is the Region 6 Director. She prides herself on staying current in the industry by annually attending both the Equine Affair and CHA International Conference. In 2019 she worked at the World Equestrian Games and spoke to camp professionals on safety in the industry at the 2019 Tri-State Camp Conference. Mary Paige conveniently lives just 10 miles from camp and can't wait to get all of our awesome horses to camp and is ready to meet our campers!

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**ALEX MONKS - KIPPEWA  
EQUESTRIAN ACADEMY HEAD  
COUNSELOR**

Alex is returning for her 6th summer at Kippewa, 2nd year as our Equestrian Academy

Head Counselor. Her first year she worked at the waterfront teaching paddling and ever since has

been a part of our equestrian team! Alex is originally from California but moved cross country to Maine this past year, experiencing her first ever Maine winter. She quickly learned the value of snow tires! Alex is an EMT who works with an ambulance team on the front lines all year. She also teaches riders of all levels at a local barn. She is ready and excited to be back with Kippewa campers and horses once again for another amazing summer!

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**SARAH FRISCHMEYER "FRISCH" -  
ROPES DIRECTOR**

Frisch comes to us from Iowa. This is her first summer at Kippewa but not her first summer at camp. She just graduated from a Physician Assistant

program and is looking forward to the summer at camp before diving into a new P.A. job. Frisch has several years of climbing experience and loves the outdoors. She is looking forward to meeting everybody, setting fun routes, and hanging out in the trees this summer!

.....



**NATALIE SHOFNER - TRIPS DIRECTOR**

This will be Natalie's fifth year at Kippewa, and her third as the Trips Director. Coming from Lexington, Kentucky, Natalie has been a Girl Scout for thirteen years and has years of experience in hiking, camping,

and survival skills which she cannot wait to share with campers. She graduated from the University of Kentucky with highest honors in International Studies, focusing her education on East Asia and human rights and social movements. When she isn't working, Natalie enjoys developing her writing, watching movies, or spending time at the Red River Gorge National Park with her friends. Natalie is certified as a Maine Trips Leader and certified in Wilderness First Aid, and has participated in most trips that Kippewa has to offer, including leading the backpacking trip up Mount Katahdin, which is one of her favorite expeditions. Natalie has spent most summers throughout her life at day and resident camps and can't wait to be back at Kippewa for another incredible year full of fun and adventure!

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**AMAZING STAFF** *Continued from previous page.*



**JACKIE MANDEL - PARENT COMMUNICATION DIRECTOR**

Jackie brings considerable skill and experience to her role in Kippy's office and operations department. Following a 17-year career in higher education administration, Jackie earned

a second Master's degree and became a full-time teacher in Philadelphia in 2008. Jackie was the Association for Continuing Higher Education's Educator of the Year in 2005 and is a member of the Phi Beta Kappa Honor Society. She is also a Senior Career Teacher in Philadelphia. She has a love (and a talent) for musical theatre and has extensive summer camp leadership experience, in addition to a few summers as a camper herself! Jackie is excited to be back at camp this summer!



**JOCelyn DOWLING - WATERFRONT DIRECTOR**

Jocelyn is happy to be joining us again for her 8th summer at the Kippewa Waterfront. Jocelyn has grown up

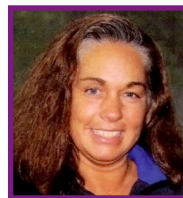
around the water whether it be canoeing, kayaking or swimming. She has been a lifeguard since she was 15 years old and a competitive swimmer since she was 7. Jocelyn's swimming career brought her to the University of Guelph, where she competed nationally for 5 years while earning her Degree in Human Kinetics and Sports Injury Management. She went on to become the Head Athletic Therapist at Mount Allison University, and spends her off season rehabilitating athletes and their injuries. Her own family of little campers will also be spending their summer either with us at Kippewa or at our brother camp, Cobbossee. They are a very active bunch who enjoy everything about camp. Jocelyn and her kids really grew up in the wonderful world of camping. She has filled many roles in the camping industry from counselor and swim instructor to Group Leader, Head Counselor, Pool Director, and finally landed her dream position as Waterfront Director.



**AILS A RITCHIE - YEAR ROUND STAFFING DIRECTOR AND HEAD COUNSELOR**

This will be Ailsa's 5th summer at Kippewa, 2nd summer as a part of our year-round team. Originally, from Scotland, she now lives in Virginia and

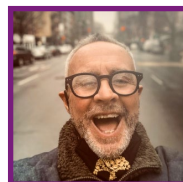
works tirelessly throughout the year to bring together an amazing group of staff and counselors! Ailsa previously worked at our waterfront teaching swimming and waterskiing, and as a division head as part of our bunk life team. Ailsa is a former competitive swimmer with a degree in Sports and Exercise Science. Before joining Kippewa year-round she worked for an international staffing agency in Scotland, helping find and place counselors at camps throughout the U.S. In her spare time she enjoys rock climbing and fitness, and can't wait to get everyone together at camp in Maine this summer!



**DEBBIE VILARDI - HEAD NURSE**

Debbie is not only our RN in residence for her 20th season, but she is a dear friend to all Kippewa families. Debbie works hard taking care of all of us. If we need a hug or are feeling under

the weather, a quick trip to the Pillbox will fix all. Debbie graduated from nursing school at Cazenovia College in New York State. She has homeschooled all of her children and they have either gone on to serve in the military, attain a degree in college, or jump start a career. She is now a proud grandmother and now resides in South Carolina. Debbie cannot wait to make her yearly trek back up north to Maine. Her passion and love for people shines everywhere she goes!



**RICHARD STEGMAN - PERFORMING ARTS DIRECTOR**

Richard Stegman has been involved with Kippewa since the summer of 2008! He is returning as the

Performing Arts Director for the ninth time and considers the Playhouse his true home. He lives in New York City where he works as a photographer, catering consultant, and meditation instructor.



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**AMAZING STAFF** *Continued from previous page.*



**STEPH CALLEN - YEAR-ROUND OPERATIONS DIRECTOR**

Steph's journey at Kippewa started in 1996, her first year as a camper! It was love at first

campfire, and she returned to Kippewa through her OC summer. Steph returned to Maine as a staff member from 2002-2005 to spend her days on the lake teaching sailing. Little known fact: she actually spent one of these summers working on the waterfront at Cobbossee!

After a few years away from Kippewa, Steph happily made her way back in 2010 as a waterfront counselor and then took over as our Trips and Adventure Director in 2011 and 2012. Once she began her non-camp career, she wasn't able to commit to camp for the entire season, but Kippewa still remained her second home and Steph returned to Kippewa each summer to lead Mount Katahdin trips with our Mighty Hikers! She is thrilled to be a part of the Kippewa year-round team, helping do whatever it takes to make camp happen each summer, and is earning her MBA in her spare time. She lives in Louisville, Kentucky with her husband John, and their two dogs, Nathan and Mercy.



**MARISSA LOPEZ RAMIREZ - SCHEDULER**

Marissa is returning to camp for her fourth year and she can't wait to be back! She spent two years as one of our camp photographers

and then changed roles to take over scheduling and programming. She will once again be our Scheduler this summer. Marissa hails from Mexico and has a background in communications, public relations, and also worked in radio and tv production for six years. She loves to learn about other cultures and foreign languages. She also loves to travel, hang out with her dog, Blues (like the rhythm), and sing opera. One of Marissa's favorite camp activities is the campfires, and she is thrilled to be back for another great summer!



**EMMA HARGREAVES - GYMNASTICS DIRECTOR**

Born and raised in Maine, Emma joins Camp Kippewa to offer gymnastics programming to campers of all ability levels. With experience competing for more than 15 years and 7

years coaching athletes at the preschool, recreational, and competitive level, she is ready to flip around in the Gymnastics Pavillion to share her lifelong love for the sport. Emma has competed and coached athletes in state, regional and national competition- she is so excited to bring her expertise back home! When she isn't upside-down, Emma competes for the Bowdoin College Track and Field team, where she also studies Education, Africana Studies, and History. A strong believer in the power of sport to empower girls, Emma brings enthusiasm for gymnastics, track and field, as well as soccer to camp Kippewa!



**TONY PRITCHARD - DIGITAL ARTS & MEDIA DIRECTOR**

Tony is so excited to be coming into his first summer at Kippewa. Tony is originally from Ohio, but spent a few years in Maine before moving to Montana last summer.

He worked for another camp for six years before finding Kippewa and has several years of Video and Photography experience beyond that. He is extremely passionate about teaching and all things creative, and is looking forward to bringing that positive energy to the Kippewa Family this summer!



**JES MANDEL - BUNKLIFE LEAD**

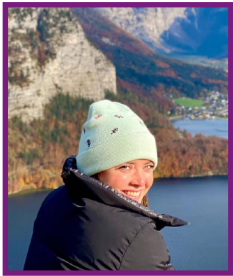
Jes is very excited to be back for her 6th year at Kippewa and her third year as part of our bunklife team, focused on the younger campers at

Kippewa! She also continues to enjoy her time working

*Continued on next page....*

**AMAZING STAFF** *Continued from previous page.*

as an archery instructor at camp. She graduated last year from Boston University and is starting a master's of education program this fall. Her Kippy favorites include the lake, the archery range, and Color War/Olympics!



**NIAMH SIMPSON -  
BUNKLIFE LEAD**

Niamh is very excited to be returning to Kippewa for her 5th summer. She first joined Kippewa as a Sailing Instructor back in 2015. This year

will be her 2nd year working as a part of our bunklife team, focused on the older campers at Kippewa. Niamh graduated with a degree in Geography and Environmental Science from the University of Dundee. Since graduating in 2018 Niamh has spent her time traveling, spending a year in Australia working and working as a Ski Instructor in Alpendorf, Austria for two ski seasons. Her favourite thing about camp is being down at the waterfront and being able to see everyone having fun and growing in confidence throughout the summer.

# Ticks and Lyme Prevention & Awareness



One of our favorite things about the summer is getting to experience the beautiful outdoors of Maine! The lake, the trees, the loons... it's really hard to beat! We

realize, however, that with this beautiful outdoor haven comes some concerns such as ticks. We have always sprayed and treated the camp grounds as a preventative measure, but since 2017 we have partnered with Ivy Oaks Analytics

([www.ivyoaksanalytics.com](http://www.ivyoaksanalytics.com)) to provide their most advanced program for mosquito, tick, and poison ivy control on our camp grounds. Even with these precautions, it is an ongoing challenge to completely exclude ticks from our property due to both people and animals coming and going throughout the summer. We encourage our families to educate themselves and their campers about ticks, Lyme disease, and the steps to take to prevent contact this summer. Wearing bug spray that contains Deet and treating shoes and clothing with Permethrin are both important protective measures. We expect all girls to pack bug spray and to use it during their time at camp.

We train our staff to: remind girls to apply bug spray, remind them to perform self-checks while showering, and to be aware of any bugs they might see attached to a camper. Staff are taught about the symptoms of Lyme in order to alert our healthcare team should they notice signs in a child, however symptoms may not show up until after leaving camp so we urge all parents to educate themselves as well. Lyme is easily treatable when detected early, though prevention is the best policy. Please keep this information in mind while you are preparing and packing for camp this summer.

***We can't wait to be back outside in our favorite place for the summer!***





# Healthy Skin and a Healthy Lake!

## LET'S TALK ABOUT SUNSCREEN!

Sunscreen is a staple of camp, summer, childhood, and hopefully adulthood! When we think about how much sunscreen we use over the course of our summer season we think about it on a personal level, and also from broader, community-wide, and environmental perspectives. It is an essential part of time outdoors, and it is essential we think about the health of our campers and the environment surrounding us.

We are really excited about our new Beauty Counter partnership and the ability to promote their broad-spectrum, mineral sunscreen as a way to help both our camp community and our beautiful lake. We would like to promote its usage by our greater camp family. A huge thank you to so many people who have already jumped on board, we love partnering with you in such a meaningful way!

## HELP PROTECT OUR LAKE

100% OF ALL PROCEEDS through the Camp Kippewa account (for any products purchased, not limited to sunscreen) WILL BE DONATED to Friends of the Cobbossee Watershed – a local organization that works hard to protect the quality of our precious lake and the surrounding watershed district. Not only can you buy sunscreen and other skincare products that are safe and healthy, you will also be helping Lake Cobbosseecontee remain clean and pristine!

## WHY THIS MINERAL SUNSCREEN?

There are a variety of reasons we prefer and would like to promote usage of Beauty Counter's broad-spectrum, mineral sunscreen:

- Mineral sunscreens safely coat the skin to provide protection whereas chemical sunscreens are absorbed into the skin, and many of the chemicals used may not be safe, especially for children.
- These chemicals are also harmful to the environment, particularly aquatic life, meaning they impact the quality of our beloved Lake Cobbosseecontee.



- We care about the quality of the sunscreen itself. Many mineral sunscreens are sticky or leave a chalky, white haze, which can be pretty uncomfortable or annoying and make kids resist wearing sunscreen at all.
- Our own kids love this sunscreen! They are especially fans of the stick for usage on their little faces.
- Our blog post has links to a couple of great articles that cover some of the differences, and potential harmful effects, of the most widely used chemicals in sunscreens and how they impact aquatic life in general. Places such as Hawaii, Key West, and Palau have banned these chemicals in an effort to protect their precious reefs and more are sure to follow.
- 100% of all proceeds will go toward protecting our lake! It doesn't get much better than that!

We are also big supporters of UV clothing and hats. Anything to help safely protect the skin while enjoying the fun of summer days outdoors!

As parents, stewards of our environment, and people who spend a lot of time thinking about and caring for other people's children, we feel it is our duty to help educate, share, and do our part to help.

**We hope you will join us in this effort to protect our skin and our environment at the same time!**

**To purchase Beauty Counter products through the Camp Kippewa account:** When shopping online at [www.beautycounter.com](http://www.beautycounter.com) at check out you can choose if you are "Shopping With a Consultant" – just type in Camp Kippewa to connect with our account. If you are lucky enough to live near one of their brick and mortar stores, just let them know Camp Kippewa is the consultant you are shopping with!

*\* This information is also shared as a blog post and in the "Getting Ready for Camp" section of our website.*

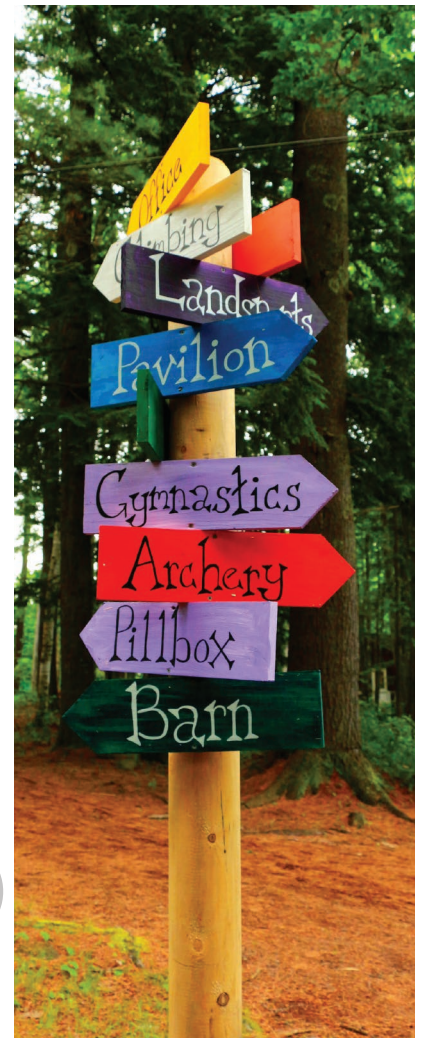
# MEDICAL CARE AT CAMP

At Kippewa, we have four wonderful nurses who live on-site and help our campers and staff at any hour of the day. They distribute medications and care for everyone throughout the summer. We have always partnered with a local physician to provide the additional support we might need for situations beyond the nurses' scope of practice. In addition, this year we are adding another partnership with a pediatrician who will provide telehealth care for our camp community. There are two hospitals conveniently located 20-30 minutes from camp should we need additional care.

DFD Russell Medical Center in Monmouth, ME will be our local family medical center. DFD Russell Medical will bill camper's medical insurance for services provided with whatever co-pays are required. Co-pays will be paid by camp at the time of the appointment and will be charged back to the camper's account.

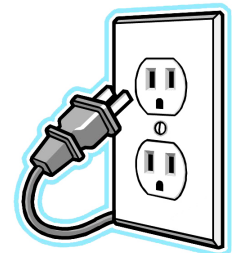
Dr. Kim Coleman and her team at my ePhysicians will be our telehealth provider. Services provided by my ePhysicians will not be billed through insurance, they are covered through camp tuition and the covid admin fee. Any necessary prescriptions will be sent to a local pharmacy and go through insurance as usual, any prescription co-pays will be covered by camp at the time of picking up the prescription and will be charged back to the camper's account.

We are so excited to have both of these amazing options available to us. No matter what the needs are to help keep our campers and staff healthy, we will have an appropriate and convenient option for their care!



# TECHNOLOGY AT KIPPEWA

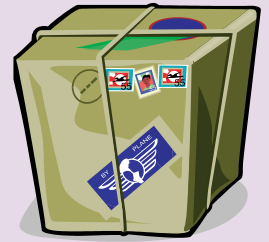
One of the things we love about camp is the break we get from the constant noise of the internet and cell phones. Camp is a great place to free ourselves for a short time of many outside distractions and just be in the moment and enjoy things like the lake, campfires, dancing, face-to-face interaction, and forming friendships. We have seen year after year how much campers really respond to this freedom and love being able to dive into hands-on projects and activities. This is one of the reasons we value our technology policies and have them in place. Just as a reminder, no cell phones, iPod touches (or any smart device which can also access the internet), or Apple watches are permitted. This rule is in effect on all camp transportation as well, so please just leave the phones at home! Any phone brought to camp will be held in the office with the camper's name on it and returned to them when they are either picked up on the last day or dropped off via camp transportation. We strongly value organic relationships, and being tech-free for a few weeks really can feel great!



***Summer 2019 we started providing music devices for all of the cabins so the girls will have access to music even if they are unable to bring an mp3 player of their own. We recognize it is increasingly more difficult to play and load music without having access to the internet, and the devices we allow can be hard to find. Providing players for the cabins is our way of helping to still have music at camp without changing our policy on electronics.***



# PACKAGE POLICY



Kippewa has a **NO PACKAGE POLICY**. If you need to send a larger essential item (such as forgotten shoes or bedding), please email [office@kippewa.com](mailto:office@kippewa.com) with the subject line "Package Approval Request."

**Flat envelopes up to 9"x12" are allowed.** It is okay to include flat, camp friendly items such as stationery, age appropriate magazines and stickers. Please do not send any food, bunk gifts (gifts for everyone in the bunk) or other similar items.

**We do not allow boxed packages or puffy (non-flat) envelopes.** This includes items sent directly from an outside vendor such as Amazon. Unapproved boxes and stuffed envelopes will not be opened and will be returned to sender or held until the end of camp. All large, flat envelopes and pre-approved boxes will be opened by our staff, and any food or restricted items will be confiscated.

**We ask that you inform all friends and family members who might be inclined to send a package of our policy.** The only exception to the package size-restriction is for birthdays during camp. Please call us if you plan on sending a birthday package. Food items and bunk gifts (gifts for everyone in the bunk) are not permitted in birthday packages.

## Medication/Vitamin Policy Reminder



Please note that prescription medication or vitamins that will be taken during the summer must be dispensed through PackMyRx medication distribution system. This applies to all pill-form medication and vitamins that campers take regularly. Using PackMyRx increases the safety and reliability of your daughter's medication administration. A separate letter is available in your myKippewa account regarding the sign up process.

**NO PRESCRIPTION MEDICATION OR DAILY VITAMINS WILL BE DISPENSED TO CAMPERS BY OUR NURSES UNLESS THEY ARE PRE- PACKED BY PACKMYRX.**

Any medication not covered by PackMyRX should ideally be sent to camp one week prior to arrival day, emergency medications can be brought along with your camper. Make sure you include any regularly taken medications in your daughter's online health history form - this is our master record that tells us what medications to give each child and it must be filled out prior to her arrival.

All medication and vitamins, with the exception of inhalers and epi-pens, must be kept in the health center. Any self-administered medication, such as inhalers, require a parent and doctor's signature on the Self Administer Emergency Medication Form. Please send two inhalers and/or epi-pens with your daughter (one for her to keep with her and one to be kept in the health center.)

## Setting Up Phone Calls



Our telephone policy allows parents to speak to their daughter one time during the session. You can schedule a phone call through your myKippewa account after June 20th. Calls will begin the second week of camp. To set a reservation, log into your myKippewa account and click the Phone Reservations link. You can select one, 10-minute time slot per camper from the dropdown menu with available dates and times. If you want to change your time, go back into your account and change your time slot.

If there is an unexpected change in our camp schedule that creates a conflict we will contact you about a time to reschedule the call. If your daughter has a birthday while she is at camp she can receive a special "birthday call." Please contact our office to book that additional time slot or for any other exceptions. Calls are limited to parents only (please advise grandparents and other relatives).





1 Kippewa Drive  
Monmouth, Maine 04259



## Camp Kippewa Important Dates for Summer 2021

**1st SESSION** .....Thursday, June 24 - Sunday, July 18  
**2nd SESSION** .....Wednesday, July 21 - Saturday, August 14  
**FAMILY CAMP** .....Sunday, August 15 - Friday, August 20

[www.kippewa.com](http://www.kippewa.com) • 1-800-547-7392



**Get Ready for Another  
Awesome Kippy Summer!**

