

# 2024 Silver Lake Summer Camp Information Guide

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Silver Lake Camp & Retreat Center is the year-round Outdoor Ministry of the Southern New England Conference of the United Church of Christ.



**Southern New England Conference**

United Church of Christ

*Living the Love & Justice of Jesus*

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## **Welcome to Silver Lake!**

If you've never been here before, or if you're coming back for the umpteenth time, you're in for a treat! Our dedicated summer staff are ready to help you experience incredible, fun-filled times with new friends and great stuff to do in the magnificent beauty of God's creation, and to help you discover your spiritual gifts. We are grateful you'll be joining the adventure of Silver Lake this summer. In this information guide, we've explained the nuts and bolts of what you need to know to have a successful time, to bring what you need, and to find out how to get here!

Please read the whole guide, and feel free to call or email us with any questions you have. Come back often, and enjoy what's been so special for many generations. See you at the Lake!

Blessings,

Rev. David Camphouse, Director of Outdoor Ministries

## **The Mission of Silver Lake Camp & Retreat Center**

Silver Lake Camp & Retreat Center, a year-round outdoor ministry of the Southern New England Conference of the United Church of Christ, is called to covenant in partnership with God and with the churches of the Program in the work of forming life-sustaining leaders for the Church and world, by offering:

- Experiences of inclusive and nurturing Christian community
- Opportunities to grow and participate as Christ's disciples
- A model of sustainable environmental stewardship of God's world

We worship, learn, play, serve and work together, respecting the right of private judgment. We seek to provide a safe environment of acceptance regardless of race, ethnicity, gender, or sexual orientation, reflecting our unity in Christ and respecting the faith journeys of all of God's children.

If your personal, religious, or political views differ from this mission, we ask that you be respectful of our mission for the week that you are with us.

## **Inclusivity Statement**

Silver Lake Camp and Retreat Center strives to create an intentional, welcoming, Christian community accessible to all. The staff and Southern New England Conference of the United Church of Christ believe that exposure to diverse expressions of humanity is beneficial to all God's children.

Silver Lake welcomes and affirms campers, staff, volunteers, and guests of all races, ethnicities, gender identities and expressions, and sexual orientations. Please be in touch with camp administration so that we can best support you while you are here.

Silver Lake respects the gender identity and preferred names and pronouns of all participants. Mistakes will be made, but Silver Lake does not tolerate the intentional denial of another person's gender identity, preferred names, and pronouns.

All persons, including campers, have a right to privacy. This includes the right to keep private one's transgender status or gender non-conforming presentation at camp. Transgender and gender non-conforming individuals have the right to discuss and express their gender identity and expression openly and to decide when, with whom, and how much to share private information.

When contacting the parent or guardian of a transgender or gender non-conforming camper, camp staff will use the camper's legal name and the pronoun corresponding to the camper's gender assigned at birth unless the camper, parent, or guardian has specified otherwise.

## ABOUT SUMMER CAMP AT SILVER LAKE

### **The Benefits of Attending Silver Lake**

At Silver Lake, we strive to provide all campers (inclusive of race, ethnicity, gender identity, sexual orientation, economic status, or ability) an experience of God's love, an experience of being loved for exactly who they are.

Campers will explore their faith, both what they believe and how they live out that belief. Campers will unplug from the demands of modern life and engage in intentional Christian community, making lifelong friends and practicing how to handle conflict in a way that strengthens relationships rather than damaging them. Campers spend time outside being active, engaging with Creation, and will take age-appropriate risks in a safe environment, from trying new food to climbing the ropes course.

Each program will explore a specific theme, from justice issues to peacemaking to teamwork. When campers leave after a week at Silver Lake, they go home prepared to bring God's love out into the world with them. Parents report finding their campers to be more respectful, more empathic, and more concerned about their impact in the world. We hear repeatedly from our campers: "At Silver Lake, I can be my true self."

## **Is Silver Lake the Right Fit for Your Camper?**

When considering whether Silver Lake is the right fit for your camper, please keep in mind the following expectations that our campers are responsible for:

1. Campers can perform daily hygiene tasks, including dressing themselves, brushing teeth independently, showering independently, and self-regulating use of the toilet.
  - a. For our younger campers, we understand and expect our counseling staff to be present for mild support and guidance during these actions.
  - b. We can support chronic bedwetters. Please contact the Program Director to put a plan in place.
2. Campers can self-regulate at mealtimes and be willing to try new foods. Missing the comfort foods of home can be difficult for many campers. We hope to encourage your camper to try something new, but campers are expected to eat something substantial at every meal (i.e., cereal, sun butter and jelly, etc.)
  - a. We can accommodate a range of special diets, but extreme restrictions will have to be supplemented with food provided by the camper's family. Please contact the Program Director if your camper has a restrictive diet.
3. Camper can function as a part of a high-paced, stimulating environment. Our programs are designed to find the excitement of camp in every moment. Some activities might be overstimulating for campers with sensitivity to noise and lack of structure. There is intentional quiet time daily, but campers are exposed to high paced and fast energy activities

daily. At Silver Lake, we go with the flow and welcome the next adventure.

4. Camper can self-regulate emotions safely and look to adults for support when in a community setting. Camp can be a lot to digest in a week's time. Emotions can run high, and we look to our campers to be leaders when problem solving. Our expectation is for campers to always involve adults when a serious conflict arises to ensure safety of our community.
5. Camper can sleep in a bunkroom with other campers.

Please inform the Program Director of any special circumstances that your camper may be facing prior to arriving at Silver Lake. A recent death of a loved one, family divorce, or a change in medication may contribute to a camper's behavior while at Silver Lake, and any information you share with us will assist us in understanding and meeting the needs of your camper. All information shared with the Program Director will be handled confidentially.



## **A Sample Day at Silver Lake**

- 7:30 a.m. Morning Dip at the lake (optional)
- 8:00 a.m. Wake Up
- 8:30 a.m. Breakfast
- 9:00 a.m. Bunkroom and Building Clean Up/Composting
- 9:15 a.m. Morning Watch/Opening Circle
- 9:45 a.m. Program Activities
- 12:30 p.m. Lunch
- 1:15 p.m. Bunkroom Quiet Time
- 2:00 p.m. Ceramics, Arts & Crafts, Nature, Garden
- 2:45 p.m. Camp Store
- 3:00 p.m. Swim Time
- 4:00 p.m. High or Low ropes/Challenge course
- 5:00 p.m. Program Activities
- 6:00 p.m. Dinner
- 7:30 p.m. All Camp Worship
- 8:00 p.m. Evening Programs/Campfires
- 8:30 p.m. Snack time
- 9-10:30 p.m. In building – get ready for bed (time depending on grade level)

Please see program descriptions for individual program themes and special events.

## **Housing and Bunking Assignments**

We have found throughout our long and rich history of summer programs that campers make new friends faster and easier if they room with new people. We encourage parent/guardians to help their campers understand that part of the Silver Lake experience is making new friends. If your camper registers for a program with a close friend, please assure the campers that they will see each other throughout the day even if they are not assigned to the same bunkroom.

Silver Lake offers all-gender bunkrooms. During registration, you will be asked to indicate your preference to be placed in an all-gender or single gender bunkroom. All-gender bunkrooms will be supervised by trained counselors. All members of the bunkroom will be provided with private changing areas.

If a camper requests to be assigned to a bunkroom better matching their gender expression, Silver Lake will honor that request.

If you have questions about all-gender bunkrooms, please contact us at [slcrc@silverlakeect.org](mailto:slcrc@silverlakeect.org).

## **Deans and Counselors**

Silver Lake Deans and Counselors are volunteer leaders that make a one-week (or more) commitment to Silver Lake. Deans attend a training weekend in the spring, develop their program activities, and recruit their volunteer staff of counselors. Counselors are at least 16 years old and must attend training sessions at Silver Lake and do online training as well. All Deans and Counselors are interviewed and provide Silver Lake with references. We perform background checks on everyone over 18.

## **Summer Staff**

Silver Lake's summer staff serve in support roles to the summer programs. They are the lifeguards, ropes course facilitators, kitchen staff, program staff, maintenance staff, and housekeeping staff. All employees undergo intensive training, as well as become certified in First Aid and CPR. By the end of training, our staff are well equipped to meet the needs of our volunteers and campers. All employees over the age of 18 pass mandatory background checks.

## **Refund Policy**

If Silver Lake or the State of CT cancels camp, we will encourage families to roll their money forward to next year or convert to a donation. Partial or full refunds will be available.

If a camper becomes ill in the 7 days before camp, every effort will be made to move the registration to an upcoming session. Otherwise, a full refund may be available.

A non-refundable \$150 deposit is required to process your registration with final payment due by June 1. If a family chooses to cancel a registration before April 30, all fees minus the \$150 non-refundable deposit may be refunded. If they cancel after April 30, a family may receive a refund of up to 50% of the total camp fees.

## **Frequently Asked Questions (FAQs)**

For additional information about camp, registration, required forms, life at camp, and more – view the FAQ's on our website - <https://www.silverlakect.org/faq>.

## PREPARING FOR CAMP

### **Scholarships and Financial Aid**

Silver Lake's Scholarship Fund provides financial assistance to families who need it. Our goal is to ensure all who want to come to camp can. Many local churches also sponsor partial or full sponsorships for their youth. Please ask your local church if such support is available.

Silver Lake scholarships are intended for, but not limited to, youth from UCC Churches in the Southern New England Conference (CT, MA, and RI) to attend a summer program at Silver Lake. Our scholarships will be awarded based on financial need. Wherever possible Silver Lake strives to provide funds as part of a combined effort between families, churches, and our funds.

Silver Lake Scholarships are awarded on a rolling basis and will be awarded until all funds have been distributed. We understand asking for assistance may be difficult. We have tried to make the process as easy, confidential, and fair as possible.

Please register your camper(s) before applying for a scholarship. If you are not able to pay the non-refundable \$150 deposit at the time of registration (your registration will not be recorded without a deposit), please contact Silver Lake as soon as possible.

The Scholarship Application is available through the Document Center when you are logged into your online registration account. For more information about scholarships, please contact our office at [slcrc@silverlakeect.org](mailto:slcrc@silverlakeect.org) or 860-364-5526.

## What to bring to Silver Lake

We recommend that each camper bring the following clothing and supplies (enough for a full week – we are only able to do camper laundry on an emergency basis) when attending a program at Silver Lake

### Bedding/Linens

- Sleeping bag or bedding
- Pillow
- 1-2 Bath Towels
- 1-2 Washcloths
- 1-2 Beach Towels
- Blanket

### Clothing

- 7-10 Shirts
- 7-10 Pairs of Underwear
- 7-10 Pairs of Socks
- 1-2 Pairs of Pants
- 7-10 Pairs of Shorts
- 1 Raincoat and/or Windbreaker
- 1 Pair of Sneakers or closed-toed shoes (for Challenge Course)
- 1 Pair of Shower flip-flops
- 1-2 Swimsuit(s)
- 1-2 Sweatshirt(s)

### Toiletries

- Shower Caddy (to carry supplies)
- Toothbrush
- Toothpaste
- Shampoo
- Soap
- Hairbrush/comb
- Insect Repellent
- Sunscreen

### Supplies

- Bible
- Camera
- Stationary/stamps
- Flashlight
- Ear Plugs (for light sleepers)
- Water Bottle

## **What NOT to bring to Silver Lake**

Please do NOT bring: alcohol, tobacco, illegal drugs, weapons, expensive jewelry, pets, pocket knives, fireworks, gum, candy, food, or valuables, including electronic and handheld devices such as: cell phones, music players, laptops, tablets, or video games.

Cell phones do not work at camp due to lack of network coverage and are not permitted and will be collected and held in the office until the end of the program. Silver Lake cannot be responsible for items that may be lost, stolen, or broken.

## **Lost and Found Items**

The very best way to prevent the loss of an item while at Silver Lake is to label\* all articles of clothing, towels, bedding, and other personal items. If your camper is missing a particular item, the staff will make every effort to help find the item in the Lost and Found. At the end of each week, prior to and during departure, all items from the Lost and Found are displayed near the Summer Office and Camp Store.

All unclaimed, unmarked clothing/personal items are held at Silver Lake for 30 days. If unclaimed after 30 days, they are donated to charity.

**\*This year, we are partnering with Mabel's Labels** which provides personalized name labels and tags that are extremely durable, they're laundry, dishwasher and microwave safe – and they're 100% guaranteed. Every purchase you make sends a portion of the sales back to Silver Lake. Ensure items brought to camp stay out of the lost and found, and support Silver Lake all at the same time!

How Mabel's Labels works:

1. Visit [www.mableslabels.com](http://www.mableslabels.com)
2. Select "Support a Fundraiser" in the upper right corner
3. Type "Silver Lake" in the search bar
4. Select "Silver Lake Camp & Retreat Center (Sharon)" from the drop-down list
5. Start shopping!

## **Transportation**

Transportation to and from Silver Lake is the responsibility of each camper and their family. If someone other than a parent or guardian is dropping off or picking up your camper, please add them as an Authorized Pickup on your registration account. Authorized Pickups must be added to your account by the Wednesday before pickup. If you need help with this, please contact the office at [slcrc@silverlakeect.org](mailto:slcrc@silverlakeect.org) or 860-364-5526.

## **Open House at Silver Lake**

Open House tours will be held on a Sunday afternoon in May. Check the website for the date. This is a wonderful opportunity for families and campers to learn more about Silver Lake, tour the site, and to meet staff. We highly recommend that you attend Open House, especially if your camper will be attending Silver Lake for the first time. If you are unable to attend the Open House and would like a tour of camp, please contact the office at [slcrc@silverlakeect.org](mailto:slcrc@silverlakeect.org) or 860-364-5526 to arrange a visit.

## **Summer Program Drop-off and Pick-up**

Drop-off is Sunday afternoon and pick-up is Saturday morning. Drop-off is completed in a "drive-through" style with staggered arrival times. Please arrive on time. Campers who arrive early will be directed to return to Silver Lake at their scheduled time.

Pick-up will provide an opportunity to visit the camp store for any final purchases. Upon arrival, staff will direct you where to park and greet your camper(s). The person picking up your camper, must be listed as an Authorized Pickup on your registration account. Please ensure that they bring an ID to pick-up so our staff can verify they are an Authorized Pickup for your camper.

You will receive instructions for drop off and pick up in the welcome letter that will be mailed to you a few weeks before your camp session and emailed in the weeks leading up to camp. Transportation to and from Silver Lake is the responsibility of the parent/guardian.

To help the arrival check-in process be as smooth as possible, please submit all forms, pay your balance, add money to the store account, etc. through your online account before you arrive. You may want to bring a paper copy of your forms in case they are missing online. There will also be a health screening questionnaire for each camper to fill out upon arrival.



## **Swim Tests**

Silver Lake provides two swimming areas at the waterfront. There is a shallow entrance area for campers who do not wish to take or who do not complete the swim test, or who are beginner swimmers. The deeper swimming area is available for those who have successfully completed the swim test.

The swim test is optional and can be taken at most swim times. The swim test consists of the following:

- Swimming 6 lengths between the docks, any front stroke above water, nonstop. (1 length is approximately 25 feet.)
- Treading water for 60 seconds.

If a camper does not successfully complete the swim test on their first try, they are encouraged to try again.

## **Camp Store, Care Packages, Spending Money**

Each day, your camper will have a chance to visit the Camp Store to purchase a snack, drink, or Silver Lake memorabilia. On Missions Day, they will have the opportunity to donate some camp store money to the summer missions.

We encourage you to talk with your camper before camp about their store account. The camp store is intended to help campers practice faithful management of resources: spend some, donate some, save some. We encourage you to limit your child's amount of spending money during their week, and to help them plan for a Missions contribution.

We recommend setting aside \$5 for Missions and a total of \$25-\$40 per week.

Snacks and drinks are \$1-\$2, t-shirts are \$10-15, souvenirs are \$5-\$15, sweatshirts are \$30-40.

We encourage you to set up your camper's Camp Store account online before you get to camp. You can replenish your Camp Store account during the session through your registration account or by calling the camp office.

- Log into your account.
- Click the menu icon (3 horizontal lines) in the upper left.
- Select Camp Store.
- Select Store Deposits.
- Follow the directions from there.

The Camp Store account system is designed to prevent lost or stolen money during the week. On Saturday at checkout, any money above \$10 left in the Camp Store will be returned in cash with your camper. Remaining balances under \$10 will be considered a donation unless you call the office by 3 pm on Thursday before checkout.

The Silver Lake Camp Store encourages parents to purchase a Care Package in advance. You can order online through your registration account. For instructions on how to add a Care Package to your registration, please see the FAQ (<https://www.silverlakect.org/faq>).

### **Photo Collections** *\*Updated for 2024*

Photo Collections are a great way to remember the session, with hundreds of photos from our camp photographer. At the end of the camp session, all participants will receive a link to view all the photos online (with a Silver Lake watermark.)

If you would like to download any of the photos or order prints, there will be a per-photo fee that will be charged directly through the photo collection webpage.

If you have questions or would like assistance, contact the office at [slcrc@silverlakect.org](mailto:slcrc@silverlakect.org) or call 860-364-5526.

## **Missions Day**

At Silver Lake, we set aside Wednesday as Missions Day. This is a day to think about how our faith calls us to make a positive difference in the world through charity and social justice work.

On Missions Day, we do not serve meat in the dining hall, and we limit the types of snacks available to purchase in the Camp Store. We do this to remind ourselves that not everyone has access to the most expensive kinds of food (meat, sugar) and because reducing our consumption of meat is one of the ways we can reduce our impact on the environment and live more sustainably.

Each summer, Silver Lake supports up to three non-profit missions partners. Summer Staff members teach the campers about each of the missions partners on Tuesday, and campers are invited to make a donation to Missions from their Camp Store account on Wednesday. Missions partners will be announced before the camp season begins. We recommend including \$5 for Missions when you set up your Camp Store account.

## HEALTH & SAFETY

### **Communicable Disease Plan**

Together with our Medical Director and our team of Camp Nurses, we have put together a comprehensive Communicable Disease Plan that will allow us to respond quickly to any communicable disease that appears at camp. The most current policies can be found on our website at <https://www.silverlakect.org/health>.

We are following Centers for Disease Control and Prevention (CDC), American Camp Association (ACA), and CT Office of Early Childhood (OEC) guidance which may change, so please refer to the website for the most up-to-date information.

To ensure the safest environment for everyone, please follow all applicable CDC guidelines and monitor your health in the weeks before camp.

If a situation arises at camp, Silver Lake will follow best practices for disease mitigation, which may include testing, cohorting, and masking.

Campers who become ill, begin showing symptoms or who test positive for a communicable disease after arriving at Silver Lake will need to be picked up within 6 hours (unless parents are notified after 6 p.m. and live 3 hours or further away, in which case the camper will be isolated overnight). Campers will be housed separately until they are picked up by a parent/guardian or Authorized Pickup.

## **Immunizations**

Silver Lake requires all guests to our site to be fully vaccinated against Covid-19.

In addition, Silver Lake follows the immunization requirements for students and staff in Connecticut schools. If your camper has a medical exemption, please contact us for more information.

## **Health Screening**

Upon arrival to camp, all campers will complete a health screening including temperature check. During the camp session, volunteers and staff will check in with campers to ensure they are feeling well and symptom-free.

## **Medical Care at Silver Lake**

A full-time nurse is on site for medication administration and minor medical needs. In addition, all Silver Lake staff are certified in First Aid/CPR/AED. If there is a medical emergency, every effort will be made to contact the parent/guardian immediately.

Your camper's medical insurance will be used first by the physician or emergency medical service. Silver Lake provides limited medical coverage for accidental injury, subject to the group policy terms and conditions. Pre-existing conditions must be covered by the camper's medical plan.

Campers who are not medically restricted are expected to participate fully in all activities, programs, meals, worship, and recreation.

## **Insects**

Our programs are held outside as much as possible, which brings us into contact with various biting insects. We recommend sending a non-aerosol insect repellent that works against ticks with your camper with instructions to apply daily. Staff and volunteers will help with reminders.

As in all parts of Connecticut, ticks can be found at Silver Lake. Please instruct your camper in how to do a tick check. Campers are encouraged to do a tick check daily, and we have mirrors with posted reminders in every bathroom. If your camper is bitten by a tick, they will be taken to the nurse, who will remove it. You will receive a “tick letter” when you pick up your camper with information on after care.

## **Mental Health**

Mental health is as important to a camper’s success as physical health. Staff and volunteers are trained to recognize signs of campers needing support and to refer them to the Camp Nurse, Director, or another appropriate staff person.

If your camper is being treated for mental health concerns ahead of camp, please be in touch with the Program Director about a plan to ensure their success at Silver Lake.

## **Connecticut Safe Sport Policy: Camper Abuse Prevention**

As part of the CT Public Act No. 21-64, all Connecticut Youth Camps are required to share with camper families the Connecticut Safe Sport Policy: Child Abuse Prevention. You can read the policy on our website at [www.silverlakect.org/summercamp](http://www.silverlakect.org/summercamp).

## **Misconduct**

All participants are asked to read and sign a Behavioral Covenant as part of the registration process. This Covenant explains Silver Lake's expectations for how campers will engage with each other, their counselors, and Silver Lake. You can review the Behavioral Covenant through your online registration account.

Any camper who uses illegal drugs or alcohol, abusive language, promotes or participates in sexual behavior/misconduct, or demonstrates aggressive/violent behavior or bullying will be asked to leave Silver Lake immediately.

The camper's parents/guardians and church pastor (if applicable) will be notified so that counseling or other relevant services may be arranged to assist the camper and family. All issues related to misconduct will be managed by the Director, or an Alternate Director if needed.

Any camper who is dismissed from Silver Lake for misconduct will need to be picked up within 6 hours (unless parents are notified after 6 p.m. and live 3 hours or further away, in which case the camper will be isolated overnight). Campers will be housed apart from their Program until they are picked up by a parent/guardian or Authorized Pickup.

## **Special Needs**

Silver Lake Summer Programs provide an environment to nurture children and youth of many backgrounds and abilities so that all may have the opportunity to share in our Christian community. It is our sincerest wish to ensure a positive program experience for all God's children.

We strongly encourage parent/guardian involvement ahead of the program to ensure programs and facilities meet the needs of your individual camper. If your camper has special physical, mental, developmental, or dietary needs that require special support, please contact the Program Director prior to the start of the program. As a home for inclusivity, we will do our best to reasonably accommodate requests to ensure the safety and comfort of our campers and community.

At the same time, it is important to know that Silver Lake is not a special needs camp and is not equipped to support campers who would need one-on-one support.

Read Silver Lake's Special Needs Policy online at [www.silverlakect.org/summercamp](http://www.silverlakect.org/summercamp).

## **Health Forms**

Everyone who comes to Silver Lake during the summer must have a complete health record. The health record includes the following forms: Health History (HH), Doctor Signature Page, Medication Authorization (if your camper will take medication while at camp), Plan of Care/Action Plan (for campers with a plan of care/action plan.) All forms can be accessed through your online registration account. Please see the Guide to Forms, located in the Document Center of your registration account, for a complete list of required forms.

Connecticut Law prohibits Silver Lake Camp & Retreat Center from admitting any camper without a current health record signed by a physician. Please make sure that the health record is updated with proper emergency contacts, allergies, immunizations, etc.



If you have questions about forms, please contact our office by email: [slcrc@silverlakect.org](mailto:slcrc@silverlakect.org) or phone: 860-364-5526. **All forms should be completed and turned in to Silver Lake (electronically or in paper form) at least two weeks before you arrive at camp.**

If you are not able to upload the Silver Lake form to your online account, please send it to Silver Lake in advance of your program. **Fax:** 860-364-1000. **Email:** [slcrc@silverlakect.org](mailto:slcrc@silverlakect.org). **Mail:** Silver Lake, 223 Low Road, Sharon, CT 06069.

### Health History (HH)

This American Camp Association-approved health form can be filled out by a parent/guardian. If you have completed it before, review and update it with new information. Have insurance card and immunization dates\* ready. Your online signature on this form gives permission for our camp nurse to treat your camper.

**Note:** Copies of Insurance Cards are not required. If your camper must see a doctor while at camp, you may be contacted to provide a copy of your insurance card. The Camp Nurse will make every effort to contact you before bringing your camper to a doctor.

\* Silver Lake requires all guests to our site to be fully vaccinated against Covid-19.

In addition, Silver Lake follows the immunization requirements for students and staff in Connecticut schools. If your camper has a medical exemption, please contact us for more information.

## Doctor Signature page

Your camper will need to be examined by a physician, who must sign a form indicating an exam has been performed. You may download Silver Lake's form while logged into your registration account, or you may substitute another form (school form, state form, doctor's office form). In accordance with American Camp Association standards, **a signed physical is current for two (2) years from the date of the exam.**

## Medication Authorization form (to dispense medication)

*If your camper will need medications at camp*, this form must be downloaded, printed, completed, and signed by your doctor. A Medication Authorization form will be needed to administer any medications. **We will need one form for each medication.**

Medications include prescriptions, vitamins, supplements, and over the counter (A full list of the medications the nurse will have stocked can be found on the online Health History form under the heading "Medication.") **The Medication Authorization form must be updated annually.**

State law requires that all medication be properly labeled in its **original container** with only the amount of medication needed for the week.

*If you are completing a Medication Authorization Form*, please enter the medication information into your camper's online record. This greatly speeds up check in: Our camp nurse must keep an e-log of the medications administered. **To enter/update medications:** From My Account, click on your camper's name to get to their Detail page. Under Medications, click "Manage

Medications.” Enter each medication; click “Save Medication” after each addition. Click “Done Entering Medications” when complete. ***Remember to bring all medications to check-in in their original bottles. Bring only enough medication for the week.***

### Plan of Care/Action Plan

***If your camper has a plan of care/action plan***, this form must be downloaded, printed, completed, and signed by a parent or guardian. According to state regulations, “a Plan of Care is needed for campers with disabilities or special health care needs such as allergies, special dietary needs, dental problems, hearing or visual impairments, chronic illness, developmental variations or history of contagious disease.” **If you are not sure whether your camper will need a Plan of Care, please call or email Silver Lake for guidance.**

**Note:** Indicating on the HH that your camper will not be bringing medications and/or does not need a Plan of Care does not remove the requirement for completing those forms from your account. These requirements need to be removed administratively and will be checked periodically by a Silver Lake staff member. If you have a question or concern, please contact Silver Lake at [slcrc@silverlakect.org](mailto:slcrc@silverlakect.org).

# COMMUNICATION WITH HOME WHILE AT CAMP

## **Missing Home**

Sometimes campers experience homesickness, especially if they have not been away from home or have not been to Silver Lake before. There are several effective ways of helping your camper work through the sadness of being away from home. Sometimes this may take a few days, so please be prepared!

Based on our experience with campers and missing home, we suggest the following strategies:

- Please do not promise your camper that you will come and pick them up if they call home. This may set them up for failure.
- Understand that there are many people working to help your camper have a successful experience: Staff, Counselors, Deans, Nurse, Chaplain, Program Director, and Director.
  - Extreme cases of homesickness are managed by the Director and the Program Director. If it is advisable, we will call you to discuss options about how to manage your camper's situation.
- It is helpful if you make immediate contact with your camper by sending a letter early in the week (some parents prepare them ahead of time so they can be mailed early enough to arrive on the Monday or Tuesday of the camper's program).

If you, as the parent/guardian, are really missing your camper, please do not let on. Keep messages upbeat and do not focus on

how much you miss your camper, as this can trigger homesickness. Of course, let them know that they are loved, but encourage them to make new friends and to have a great time at Silver Lake!

For further tips on avoiding homesickness, check the links on our website, [www.silverlakeect.org/faq](http://www.silverlakeect.org/faq).

### **Calling Home**

We have found that campers can avoid feelings of homesickness by getting involved in the program. Campers are discouraged from making telephone calls home, as this invariably makes them miss home more acutely.

### **Mail and Faxes**

We encourage you to write to your camper at Silver Lake. You may also send a fax to your camper at 860-364-1000. Please limit faxes to one page, without a cover sheet. Please be sure to write the name of your camper's program on the fax.

Mail may be sent to:

Camper's Name

Program Name

Silver Lake Camp & Retreat Center

223 Low Road

Sharon, CT 06069

## **Parent/Guardian Visiting Silver Lake**

In our experience, we have found that parents/guardians visiting their campers during their program can be extremely disruptive to the camper experience. Therefore, Parents/Guardians may only visit Silver Lake during their camper's stay if prior authorization is obtained from the Director.

## **Area Lodging**

Some families have found it helpful to stay in the area the night before picking up their camper at departure time on Saturday morning. Here a few local lodging facilities that we recommend:

Wake Robin Inn

Lakeville, CT

860-435-2000

[www.wakerobininn.com](http://www.wakerobininn.com)

Camping Facilities

Housatonic State Park

Cornwall, CT

860-672-6772

Sharon Country Inn

Sharon, CT

860-364-0036

[www.sharoncountryinn.com](http://www.sharoncountryinn.com)

Lone Oaks Camp Site

East Canaan, CT

860-824-7051

Mary Stuart House

Goshen, CT

860-491-2260

[www.marystuarthouse.com](http://www.marystuarthouse.com)

## **Travel Directions to Silver Lake Camp & Retreat Center**

From Torrington, CT:

- From Exit #44 on Route 8: Follow signs to Route 4 West. (from the South, go straight at the end of the ramp to the second light and turn left.)
- CT Route 4 into the center of Sharon, four way stop.
- Turn right on to Main Street; follow town green on your right.
- The road curves to the right, slight down hill, turn left on to Low Road (before the gas station)
- Follow Low Road to Silver Lake (ap. 1.5 miles)
- Silver Lake will be on the left

From Hartford, CT:

- Route 84 West to Route 4 (Exit for Farmington)
- Follow Route 4 through Torrington, directions as above from Torrington, Route 4.

From Danbury, CT:

- Route 7 North to Cornwall Bridge and the intersection with Route 4
- Turn left on to Route 4, travel on Route 4 to the center of Sharon
- Follow directions above from center of Sharon

From the Massachusetts Turnpike (Mass Pike):

- Take Exit 10 from the Mass Pike
- Follow US route 20 to MA-102 W
- From MA-102 W, turn left onto US-7 S
- At traffic circle, take the first exit to MA-41 S
- Continue on MA-41 S, which becomes CT-41 S
- Turn right onto US-44 W/CT-41 S
- Turn left to stay on CT-41 S
- Turn right onto Dug Rd.
- Turn left onto Low Rd.
- Follow Low Road to Silver Lake (ap. 1 mile)
- Silver Lake will be on the right

From New Haven, CT:

- Route 34 to Route 8
- continue with directions from Torrington.

From New London, CT:

- Route 9 North to Route I 91 South (exit 20S)
- I 91 to merge with I 691
- I 691 to Route 84 West to Waterbury
- Route 8 (exit 20) in Waterbury
- Follow directions as above from Route 8 in Torrington above.