



Camp Capilano

2019 REPORT

The doors are shut at Camp Capilano and the dunk tank has been stored away. Our 29 happy campers returned home after four fantastic days in North Vancouver this past July that included an exciting field trip to Burnaby Lake, high jinks on a climbing wall, swimming, mountains of pizzas, hot dogs and tacos — and, above all, more smiles than you could count.

It's thanks to you and your donation that these kids living with arthritis from across British Columbia had the chance to attend a camp that was created just for them. It's a gift that keeps on giving, long after camp is over.

The kids came from more than 20 BC communities; ranging from Terrace and Prince George in the north to Duncan and Victoria on Vancouver Island; and from Lake Country and Kamloops in the interior to Vancouver and Burnaby in the Lower Mainland. Most of them had juvenile idiopathic arthritis, but children with lupus, GPA (granulomatosis with polyangiitis) and uveitis also attended.

But arthritis didn't stop them having fun. The summer days and nights enabled these 29 kids to hang out with others who can empathize with the special challenges they face growing up with arthritis from a young age. Those camp relationships helped the kids form a unique bond, which supports and strengthens them as they grow older.

It's an isolating and lonely feeling when you have to grit your teeth and endure arthritis, whether you are 5 or 75. For kids, that isolation can be made worse by not knowing anyone else their age who's going through the same pain.

The theme this year was based on the movie Incredibles 2. Staff dressed up in costume to welcome the campers to ease their nerves ... and add a little fun!

"I loved camp so much and I plan on coming here again. I made so many new friends. Thank you!"



It's little wonder then that both young kids and teens love Camp Capilano's fun, supportive, and educational environment. There was plenty to learn, too. A Code Mobile team demonstrated computer coding and programming, with some campers getting to design a game. A nutritionist discussed sugar and salt content in food and how to read food labels, while a nurse told the campers the importance of being the CEO of their health, as well as tips on mindfulness and some breathing techniques.

Talking of getting older, this was the 37th year that you've made this vision a reality. Camp comes to life thanks to your support, aided and abetted by our staff, volunteers and the wonderful pediatric rheumatology team from BC Children's Hospital.

Kids with arthritis from all over BC sign up for Camp due to its unique nature. The friendships they make can live on for many years afterwards, helped of course by social media. Four in five campers plan to stay in touch with those friends.

We also teamed up with our colleagues in the Prairies again this year to also offer Camp All-in-this-Together again this year. This camp is based in the Rocky Mountain Foothills and is an alternative option for any child in BC who might live closer or for repeat campers in North Vancouver who fancy a new adventure.

Going to camp is a treasured experience for children with arthritis in BC, this year and every year. Thank you for supporting them!

"My daughter had a blast!! Thank you all for making this possible for our kids! The feeling of belonging to a group that is just like you... priceless."

"Our son had an amazing time! He absolutely loved the climbing wall, which has prompted us to look into the local climbing gym for him to take classes at. Thank you all for your tireless work and making some lovely memories for these kids to have for a lifetime!"



THANK YOU TO OUR AMAZING SPONSORS AT CAMP CAPILANO 2019, WHO MADE THIS ALL POSSIBLE:

YVR For Kids, TELUS Friendly Future Foundation, CKNW Kids' Fund, Coquitlam Foundation, Central Okanagan Foundation, CIBC Children's Foundation, McAdams Foundation, Andrew Mahon Foundation, Hamber Foundation and Chris Spencer Foundation.