



# Sunrise Day Camps

*Where children with cancer find a new beginning every day...*



BARRY AND FLORENCE  
FRIEDBERG  
JEWISH COMMUNITY CENTER  
NATHAN & MURIEL GLANZ CAMPUS



**J** Jewish Community Center  
Staten Island, NY



February 2021

Dear Parents,

With Covid-19 still a threat, Sunrise Association Day Camps have developed protocols for the summer of 2021 that are designed to minimize the threat of infection at camp. These guidelines were developed with input from our medical directors, medical consultants, and in conjunction with guidance from the CDC, as well as experts in the field of camping. So while we will still be engaging in many of the activities that are highlighted in this brochure, we will be doing so in ways that can mitigate the spread of Covid-19. Among them:

- *Smaller groups that are self-contained and do not interact with others*
- *Socially distant bus transportation with constant air-flow*
- *Mask wearing (required of all campers and staff)*
- *Continuous cleaning and disinfecting throughout the grounds*
- *Daily screening of all children, staff and visitors*
- *Modification or elimination of activities which require direct physical interactions*



By adhering to these and other modifications, we hope to provide a safe, fun summer for your child(ren), filled with all the magic and joy that has come to define Sunrise.

More information on procedures and policies for Sunrise Association Day Camps 2021 is available on our website ([www.sunriseassociation.org](http://www.sunriseassociation.org)) and in the information packets that accompany our registration forms. And of course, we will be closely monitoring local and national Covid trends in the months leading up to camp, adjusting our procedures as needed.

And finally, an online option will be available for children and families who would prefer to attend a virtual camp this summer.

While we will be undertaking numerous enhanced health and safety measures, it is important to note that an inherent risk of exposure to COVID-19 still exists in any place where other people are present. As such, we urge you to consult your child's physician and to carefully consider which camp program may be best for your family.

As always, we look forward to magical, fun and safe summer for your children.

Warmly,

Arnie Preminger  
President & CEO

Michele Vernon  
Sr. V.P. for Camping Services





Sunrise  
DAY CAMP

Sunrise  
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DAY CAMP

## *where kids with cancer can just be kids...*

Sunrise Day Camps are the only full-summer day camps in the world for children with cancer and their siblings, ages 3½ – 16 (ages 3½ – 18 at Sunrise-Long Island), who are within five years of active or follow-up treatment for cancer. Unlike most oncology sleep-away camps that are offered for only 1-2 weeks each summer, Sunrise Day Camps allow children to attend camp for as little as one day or for the entire summer. Being a day camp allows children who are in active treatment to continue with their home doctors and enjoy the comfort of sleeping in their own beds each night.

Recognizing the extraordinary financial demands that a child's chronic illness can have on a family, Sunrise Day Camps and Year-Round Programs are always offered **free of charge**.

Sunrise Day Camps are proud members of the Sunrise Association, whose mission is to bring back the joys of childhood to children with cancer and their siblings world-wide, through the creation of Sunrise Day Camps, Year-Round Programs and In-Hospital Recreational Activities, all offered **free of charge**.

Since it began in 2006, Sunrise has enriched the lives of over 15,000 children dealing with cancer in 8 unique summer day camps and a host of year-round programs designed to bring back the joys of childhood to children struggling with cancer.



***“Sunrise is bringing normal childhood back to special campers who missed out on so much.”***  
***- Dr. Sarah Vaiselbuh, Staten Island University Hospital***



*“I love camp. I don’t want anything changed because camp is already perfect...”*

# *a happy, safe place...*

Sunrise Day Camp-Long Island, Sunrise Day Camp-Pearl River and Sunrise Day Camp-Staten Island are situated on expansive campgrounds boasting lush woods, grassy hills and open meadows.

Daily activities may include:

- Recreational & Instructional Swimming
- Basketball, Baseball, Volleyball, Soccer
- Arts and Crafts
- Music and Drama
- Water Play
- Dance
- Mini Golf
- Nature, Yoga
- Group Games
- .....and so much more!

Parents have peace of mind when their children attend Sunrise. All activities at camp are designed with special features to best accommodate the needs of our children. Medical personnel are always available to provide expert care if needed.

Sunrise Day Camps are designed to meet the particular needs of children with cancer. In addition to beautiful grounds, our camps have indoor air-conditioned facilities and other modifications so children can enjoy summer camp at its fullest.



*It's the best camp in the world!" - Justin, age 10*



## *the sunrise experience...*

Sunrise Day Camps are offered **free of charge** on a non-sectarian basis to children ages 3½–16 (ages 3½–18 on Long Island) who are within five years of active or follow-up treatment for cancer, provided their doctor clears them to participate. For our preschoolers, Sunrise offers a modified program specially geared to their age. Days and hours may vary by site.

### **Siblings are welcome at Sunrise Day Camp!**

When a child has cancer, it affects the entire family. Siblings, too, may face tremendous challenges socially and recreationally as the family's focus understandably turns to their brother's or sister's medical needs. But at Sunrise, siblings can play and interact as other brothers and sisters do; they are free to be with friends in a very normal, fun way while escaping the constant worry often found in a home with a chronically ill child. At Sunrise, siblings learn to better understand and deal with their brother's or sister's illness and their own feelings. Siblings are welcome to attend whether or not the child with cancer is able to be a camper.

We also recognize that each child is unique. The Friedberg JCC, the JCC of Staten Island and other partnering agencies also offer alternative camp programs including theater, travel, arts, day camps, etc., and have relationships with some of the finest sleep-away camps. Working with the family and the siblings, we can help parents find the best fit for every sibling who wants to go to camp, with Sunrise as one of the options. Please check with your local camp for availability.

### **Who Staffs Sunrise?**

Sunrise Day Camps are staffed by counselors, specialists and volunteers specially trained prior to the camp's opening. Our camps' on-site Directors have extensive experience with children and camping, and our staff-to-camper ratio often exceeds 1:4, assuring that every need of our campers is accommodated.

*“While we wish a million times over that our family was not affected by this horrible disease, we cannot feel more blessed to know and love our ‘Sunrise Family’...”*

It is an honor to serve as the Medical Director for Sunrise Day Camps.

Coping with a childhood cancer diagnosis is a life-altering event for the entire family. Living with cancer becomes the new normal and turns the life of a family life upside down. It is critical that children with cancer be allowed to experience normal childhood activities including a care-free day camp environment.

Sunrise Day Camps are more than just camps. They are places where children with cancer and their siblings can just be kids. They are creative, safe, healthy, supportive and fun-filled communities where peers who have a similar and shared experience are supervised by a dedicated and trained staff who are keenly aware of the unique needs of Sunrise campers.

Sunrise Day Camps offer a host of high-low activities suited to those feeling energetic and others who need to take it easy. A day camp model that allows for children to sleep in their own bed at night, Sunrise fills a unique need for the Five Boroughs of New York City, Long Island, Westchester, Rockland, Orange County, Lower Hudson Valley and New Jersey communities. Parents can feel comfortable knowing that Sunrise is close to their home hospital.

Over my years as a childhood oncology specialist, I have seen the amazing positive impact that attending camp has on children with cancer, their siblings and the entire family.

Dr. Mark Atlas

Head, Childhood Brain and Spinal Cord Tumor Program  
Program Director, Pediatric Hematology/Oncology Fellowship Program  
Associate Chief, Education  
Division of Pediatric Hematology/Oncology and Stem Cell Transplantation  
Cohen Children's Medical Center  
Associate Professor of Pediatrics  
Hofstra-North Shore LIJ School of Medicine



*because that is what it is – not just a day camp, but a family.” - Adam, Sunrise Day Camp Parent*



### **What About Medical Support?**

Each Sunrise Day Camp has a private, air-conditioned Wellness Center. Each camp is supported by a medical director, on-site pediatric oncology nurses and physicians on call. Most medications can be easily administered and ample indoor areas are provided for children to just “cool down and rest.” In the unlikely event of an emergency during the camp day, rapid transportation by ambulance is provided.

### **Transportation Options**

Sunrise Day Camps are within driving distance of its local communities and surrounding boroughs. We encourage parents to drive their children to and from camp, in order to limit their time on buses and keep them in the most comfortable environment. If driving is not an option, free bus transportation is available from select locations on Long Island, Queens, Brooklyn, Manhattan, the Bronx, Westchester, Rockland, Orange County, Lower Hudson Valley, New Jersey and Staten Island. Additional special transportation arrangements can be worked out to accommodate the different needs of families.

### **How Long Is The Camp Season?**

Sunrise Day Camps are full-summer day camps, Monday through Friday, from approximately 9:30 A.M.–3:45 P.M. (excluding transportation times). Please check with your individual camp for start and end dates as these vary by location. It is divided into sessions, ranging from 1 ½–2 weeks each. Campers may sign up for any or all sessions depending on their summer schedule, and special accommodations can easily be made depending on when a child is able to attend. At Sunrise, we recognize that children may not be able to attend camp every day, and so our program is designed to assure that no one “misses out” because of an absence. To accommodate working parents, extended hours are available from about 7:30 A.M. to as late as 6:30 P.M. We recognize that our regular day may be a long one for preschoolers. For our preschoolers, Sunrise offers programs specially geared to their age. Days and hours may vary by site.

### **What Type Of Food Is Served?**

One of the great advantages of day camps is that children can bring their

*“It’s a feeling that they understand you; as if they know how you are suffering and*

own yummy lunches from home, so they never have to wonder about what's on the menu for that day (of course, we'll refrigerate it). But that's all they need to bring, since we provide several snacks during the day as well as juice and other drinks whenever needed. Need something special? No problem! Just let us know and we'll get it. As part of our commitment to provide a safe environment for all children, Sunrise Day Camps are nut-aware facilities, meaning we will not knowingly serve any food with nuts and we request that all parents do the same.

All foods served at our Long Island Campgrounds are strictly kosher. In addition, kosher, gluten free and dairy free options are available at all our camps as well as at all off-premises camp events. Please make sure to make us aware of any special dietary needs – including any not mentioned here – that your child may have and we will do our best to accommodate.

### Can Parents Get Involved?

Our parents are our strongest resource, and as such, numerous avenues are available for parents to keep in touch with us. From participation in parent sub-committees, focus and discussion groups and just plain old-fashioned telephone calls, communication with our parents ensures that we always remain responsive to the ever-changing needs of our children and families.



*what you are going through in your life. And I've been through a lot in my life.” - Fara, age 15*

## ***the fun continues all year 'round!***

Our kids love camp so much that we just had to extend the fun beyond the summer. During the school year, our camps host Sunrise Sundays and Sunrise Fun-days – special weekend and school holiday activity days for our campers and prospective campers – with many of the staff they played with during the summer. Our year-round programs make it possible for our campers to see their friends throughout the year while enjoying summer fun all year long. These camp-like activity days include sports, crafts, special shows & programs, delicious snacks and, when available, swimming in an indoor pool! Some of our year-round programs are family events, where parents and children enjoy the fun-filled festivities together. Free transportation is available if needed.

Children, ages 3 ½–16 (3 ½–18 on Long Island), who are interested in joining our Sunrise family and who were not campers the previous summer are always welcome to attend our year-round programs. Just let us know if you are interested in starting your Sunrise Day Camp experience during the school year and we will work with you to make it happen. Sunrise Sundays and Fun-days are held at our summer camp sites or at other sites that provide Sunrise Day Camp with exclusive use.



***“I’m a cancer survivor and wanted to be a counselor in order to help kids just like me.” –Kelly, Sunrise Day Camp Counselor***

# when you need us most...sunrise in the hospitals

## Sunrise On Wheels

Ever see a child not want to leave a hospital because they're having too much fun? At Sunrise on Wheels, it happens all the time! Sunrise on Wheels is an innovative program that provides a day filled with Sunrise fun to children awaiting treatment in pediatric oncology units of participating hospitals. Volunteers wheel a rainbow trunk bursting with toys, games and activities right into many of our affiliated hospitals and change what could have been a difficult day into a day of camp fun!

Sunrise on Wheels currently brings fun to thousands of children in many of our New York & New Jersey metropolitan hospitals. While the youngest are enjoying building LEGO sets, coloring and other age-appropriate activities, older children can participate in a lively game of UNO, intricate crafts and so much more. There are even electronic devices available for interactive gaming. Of course, we know that the day is taxing and tedious for parents and caregivers as well, so we also have special "age appropriate" activities for adults! For information on when Sunrise on Wheels will be at your hospital, please email or call us.

## Sunshine From Sunrise

Whenever we become aware that one of our campers is hospitalized, either camp counselors, staff or volunteers will visit with a few special surprises and a cheery smile. They will sit at bedside and play with the child, share stories of camp days, and even give mom or dad a drop of respite so he or she can go home for a few hours, change clothes and maybe have a hot meal. The continuity from camp to bedside helps our children feel connected to their counselors, friends and fun, lessening the sense of isolation and fear that a hospital admission can bring with it. Sunshine from Sunrise is just that – a burst of sunshine during the darkest times, bringing sighs of relief to parents and sounds of laughter from their children. It's so simple to schedule a visit; all you need to do is email or call us!



***"Sunrise on Wheels is as important as the chemotherapy itself."  
- Dr. Lawrence Wolfe, Cohen Children's Medical Center***



## ***enroll for a summer of smiles!***

Applications for Sunrise Day Camps may be completed online by visiting your camp's website (listed below). Just click "Enroll Camper Now." Paper applications may be obtained through your doctor, social worker, child-life specialist or other medical professionals, or through our camp offices:

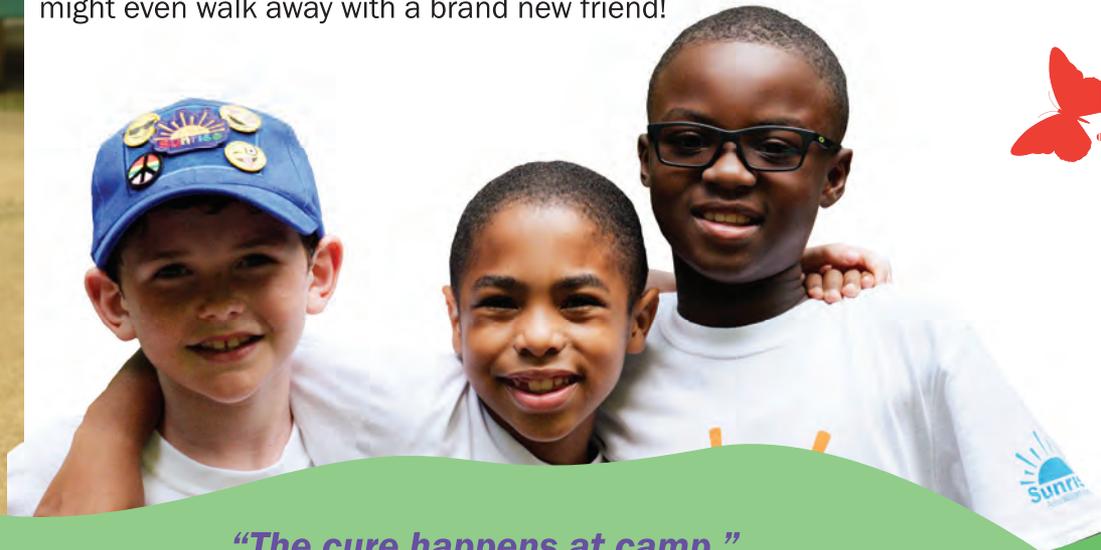
**Long Island: 516.634.4199 or [www.sunrisedaycamp-longisland.org](http://www.sunrisedaycamp-longisland.org)**

**Pearl River: 914.343.5405 or [www.sunrisedaycamp-pearlriver.org](http://www.sunrisedaycamp-pearlriver.org)**

**Staten Island: 718.475.5261 or [www.sunrisedaycamp-statenisland.org](http://www.sunrisedaycamp-statenisland.org)**

### **Parent-to-Parent**

For first time enrollees, it may be comforting to hear from other parents' experiences with Sunrise. Call us, and we'll connect you with a parent of a current camper who can provide you with that special perspective that only another parent would have. Who knows—you might even walk away with a brand new friend!



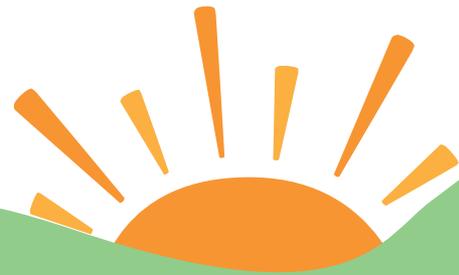
***"The cure happens at camp."***

***- Roberta, Sunrise Day Camp Parent***



## ***funding...***

Sunrise Day Camps and Year-Round Programs are offered free of charge and exist only through the generosity of others. Private donations by foundations, businesses and very special individuals, as well as special events, government grants and support from UJA-Federation of NY help offset the costs of running these incredible camps and Year-Round Programs. Sunrise Day Camps are not-for-profit 501(c)3 charitable organizations and all donations are tax-deductible under federal guidelines. Donations can be made on our websites or by calling your local camp office.



***“It’s hard to say to a kid because we paid the hospital, you can’t go to camp. This camp is a lifesaver.”  
- Alan, Sunrise Day Camp Parent***



Sunrise Day Camps are proud members of the Sunrise Association, whose mission is to bring back the joys of childhood to children with cancer and their siblings world-wide, through the creation of Sunrise Day Camps, Year-Round Programs and In-Hospital Recreational Activities, all offered **free of charge**.

Sunrise Day Camp–Long Island is a project of the Friedberg JCC; Sunrise Day Camp–Pearl River is a program of the Sunrise Association; Sunrise Day Camp–Staten Island is a project of the JCC of Staten Island. All agencies have successfully operated day camps for over 40 years.

Sunrise Day Camps are affiliated with over 20 of the most renowned hospitals and medical centers in New York & New Jersey working in the field of pediatric oncology. For a full listing of current affiliations, please visit [www.sunrisedaycamp.org](http://www.sunrisedaycamp.org).

***“Sunrise is the best camp EVER!” - Keisha, age 5***



NBC SPORTS

BATTLE OF THE DECADES



Sunrise Association

DELTA

SHOW NINE

# Sunrise Day Camps

Serving New York City's Five Boroughs, Long Island, Westchester, Rockland and New Jersey

## Long Island

### Summer Office:

Henry Kaufmann Campgrounds  
75 Colonial Springs Road  
Wheatley Heights, NY 11798  
631.920.6439

### Winter Office:

Friedberg JCC  
11 Neil Court • Oceanside, NY 11572  
516.634.4199

email: [registrar@sunriselongisland.org](mailto:registrar@sunriselongisland.org)  
[www.sunrisedaycamp-longisland.org](http://www.sunrisedaycamp-longisland.org)

*Deanna Slade, MAED, Camp Director*  
*Dan Silver, Year-Round Programs/Asst. Camp Director*  
*Mark Atlas, MD, Medical Director*

*Sunrise Day Camp-Long Island  
is a project of the Friedberg JCC*

## Pearl River

### Summer Office:

Henry Kaufmann Campgrounds  
44 Henry Kaufmann Road  
Orangeburg, NY 10962  
845.735.3638

### Winter Office:

c/o JCC of Mid Westchester  
999 Wilmot Rd • Scarsdale, NY 10583  
914.343.5405

email: [registrar@sunriseassociation.org](mailto:registrar@sunriseassociation.org)  
[www.sunrisedaycamp-pearlriver.org](http://www.sunrisedaycamp-pearlriver.org)

*Jennifer Reich, Operations Manager*  
*Robin Rosenberg, Administrative Director and  
Camp Registrar*  
*Mark Atlas, MD, Medical Director*

*Sunrise Day Camp-Pearl River  
is a program of the Sunrise Association*

## Staten Island

### Summer Office:

Catholic Charities of Staten Island,  
Mount Loretto Campus • 6581 Hylan Blvd  
Staten Island, NY 10309  
718.475.5261

### Winter Office:

JCC of Staten Island  
1466 Manor Road  
Staten Island, NY 10314  
718.475.5119

email: [dlutsker@sjcc.com](mailto:dlutsker@sjcc.com)  
[www.sunrisedaycamp-statenisland.org](http://www.sunrisedaycamp-statenisland.org)

*Sandor G. Haft, LMSW, Camp Director*  
*Mark Atlas, MD, Medical Director*

*Sunrise Day Camp-Staten Island  
is a project of the JCC of Staten Island.*



## Sunrise Association

11 Neil Court • Oceanside, NY 11572 • 516.634.4144 • [www.sunriseassociation.org](http://www.sunriseassociation.org)

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*Beth Fetner, Senior Vice President of Development*  
*Aileen Hoffman, LCSW, Vice President of SunriseWALKS & Camping Standards*  
*Judy Fishkind, Vice President of Marketing*  
*Joel Block, Director of Operations*

