

Camp Sunshine 2016

by Doris Bull

Camp Sunshine this summer was a wonderful experience! We enjoyed playing mini golf, archery, and canoeing on the picturesque waterfront as a family. When I asked our son Andrew what the best part was he chuckled and said, "The food." The break away from the day to day stress of living with SDS was wonderful!

Andrew and I had attended Camp Sunshine nine years ago when he was 17 years old. That year was different because Andrew spent the majority of his time in activities with the teens. This time around we attended the medical meetings together along with some counseling sessions. Like most of our SDS kids, Andrew is a trooper. He has learned to undergo all his medical treatment without complaint. He rarely opens up and talks about SDS. It was great to have parents ask him questions and give him the opportunity to express what is difficult for him. It was therapeutic for him to have the opportunity to be an adult SDS expert.

Attending the medical meetings allowed us all to increase our medical knowledge and learn from the experts. The great opportunity to have my SDS questions answered first hand by the expert doctors is among my favorite experiences of camp.

What makes Camp Sunshine such a wonderful time for all members of the family? I would definitely have to say meeting the other families and making life long friends. We have a week where we have the opportunity to play, laugh, and sometimes cry together. Our common bond creates life long friends.

If you have never had the opportunity to attend camp, I would encourage you to set a goal to attend in the summer of 2018. You will enjoy the fun of all the various camp activities, learning from the experts, and rubbing elbows with families that understand what it is like to live day to day with SDS.