



MT HOOD
KIWANIS
CAMP

TRAIL MIX

FALL 2016

2016-2017 CALENDAR

OCTOBER 31: Trick or treating at the MHKC PDX Office

JANUARY 9: Camp registration begins

FEBRUARY 18-20: February Winter Retreat

APRIL 22: Hollywood-themed MHKC Auction

MAY 20: MHKC Counselor orientation at PSU

JUNE 9: MHKC Golf Tournament, The Reserve Golf Club

JUNE 12-16: MHKC Staff training

JUNE 18: First day of summer camp!

AUGUST 11: Last day of summer camp



HELLO.

FROM KALEEN

I can't believe how quickly our summers go by! It's fall again and we are looking back at a record breaking summer, we served 543 campers this year. I can never offer enough thanks to the staff, counselors, volunteers, vendors, families, and friends of MHKC who work tirelessly each summer to make it all happen.

As we complete the work of debriefing from this summer and start planning for 2017, I find myself reflecting on parent conversations I had over the summer, and the many reasons why MHKC matters so much to so many.

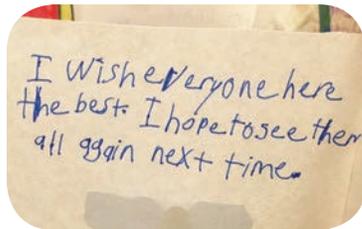
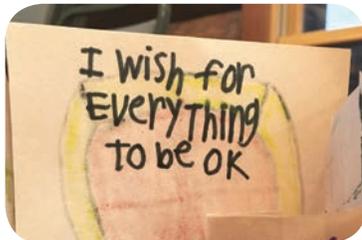
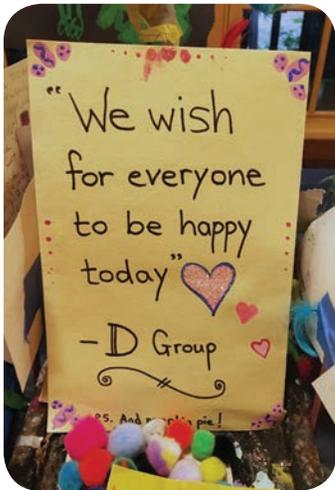
One Mom shared her view that "Mt. Hood Kiwanis Camp provides invaluable experiences for campers, their families, as well as the counselors and staff. Our life, and that of every other camper family, has been greatly enriched by this wonderful organization."

She told me that her son's time at camp gives him confidence and socialization, and the opportunity to stretch himself in a way that doesn't happen at home. At Camp he also has the chance to assist other campers who sometimes need a little more assistance than he does, another thing that doesn't happen very often in his life.

As we calculate the summer's statistics, count the leftover t-shirts, and make lists of items to buy for next year, it's important to remember why we do this work. We change lives! We give opportunities to boys and girls, men and women who otherwise might never get to ride a horse, paddle a canoe, learn how much they are capable of, or find out just how many abilities they do have. This is who we are at MHKC, and that knowledge is at the center of our thinking as we strive to continuously grow and improve the services we offer to our families.

As you read the summer recap in this edition of Trail Mix, look at Camp photos, hear about Family Camp, and learn of the many creative ways that our friends have come up with to support MHKC—never lose sight of the role you play in our success. We couldn't do it without you, we count on you, and we cannot wait to do it again in 2017!

CAMPER WISHES:



Your passion, dedication, and support helped Mt. Hood Kiwanis Camp bring the magic of camp to 543 campers this summer. We could not do it without your generous support!

2016 CAMP PHOTOS

PHOTOS BY JUSTIN TUCKER



2016 SUMMER CAMP RECAP

This summer, Mt. Hood Kiwanis Camp was filled to the brim with unforgettable moments and once-in-a-lifetime experiences. We want to begin our summer recap with gratitude for our campers, camper families, summer staff, counselors, volunteers, donors, and supporters. Without the continual support from all of these groups, our Camp would not be the exceptional program it is. This summer, we served a record number of campers—543, 86 of which were new to camp.

We added several fun elements to our program areas this year. We brought back bowling! Our Tent & Travel and Trip & Travel off-site groups went bowling at Mt. Hood Lanes each Wednesday afternoon. This activity was a fan favorite, because it's an activity that campers, staff, and counselors all participate in together, and the high bowling score every week was always, always an MHKC camper. And just when the pool couldn't get any more fun, we added POOL KARAOKE! Campers were able to perform their favorite songs for their friends between swims. Music was also added to several other program areas this year. Good tunes throughout Camp provided comfort, helped lift energy levels, and assisted with transitions and timing. At the end of the summer, the Assistant Camp Directors took their office outside, and created a hilarious, fully-functioning outdoor office complete with artwork, filing cabinets, and electricity for a lamp and fan.

This spring and early summer, we were incredibly fortunate to partner with an Occupational Therapist Master's student from Pacific University, Bridget. She and our year-round Program Team created and implemented several supports to benefit our campers, ranging from program modifications to physical adaptations. The most popular addition was our sensory tent. The sensory tent was a large tent situated between Fanning Hall and the Little Zig Zag River, and was filled with specific sensory equipment such as sensory bins for tactile stimulation, soft lights and other calming visual stimuli, noise canceling headphones, and deep breathing activities. This space was designed to be a place where campers could choose to take a break from Camp and engage in calming activities. This area was a huge hit this summer and extremely therapeutic for our campers who experience sensory processing issues.

Bridget also helped us create weighted blankets, which were available to all campers in the sensory tent. Weighted blankets provide deep pressure or proprioceptive input which helps organize and calm the central nervous system in individuals with a variety of conditions including sensory processing disorders, ASD, and ADHD. Using a weighted blanket can provide comfort for campers and help reduce a camper's overall stress so that they are able to fully enjoy camp activities.

Our canoe program at Trillium Lake also benefitted from additional adaptations. We received a donation of several outdoor chairs from Home Depot, which were cut down to fit in our canoes and secured to provide support for campers with limited trunk strength and stability. The chairs have firm backs and arm rests, so campers could maintain a comfortable, upright position during canoe trips.

Other camper adaptations included slant desks, which are writing surfaces tilted towards a camper to allow a person without full arm extension or length to have better use of the writing surface. We also created pencil and paint brush holders from tennis balls, allowing campers with loose grips or low finger dexterity to hold a paintbrush or writing utensil. This summer, we added many more visual clues and American Sign Language signs to help campers with transitions and communication.

We were also the fortunate recipients of an AMAZING Eagle Scout Project, a fully accessible swing near Cy Lodge. This swing enables our campers who use wheelchairs to sit in a fully accessible swing and propel themselves without assistance.

During rest time this summer, campers had the option to take a yoga or Tai Chi class. This was a popular activity for many campers, who found it to be the perfect break time activity to clear their minds and get reinvigorated for the rest of the day.

Kayla, our year-round Summer Camp Director, created a camp-wide scavenger hunt, designed for campers to explore the entirety of camp during the recreation program time. They were tasked to find heart shaped rocks, items of various colors, different types of leaves, someone laughing, and to learn something new about each camper in the group. Other highlights in the scavenger hunt list included the challenge to "do something nice for someone," "go photo bomb a group or individual," and "start an impromptu dance party." Needless to say, this new activity was instantly popular among our campers, staff, and counselors.

Again, thank you all for helping make this happen, year after year.



WHAT IS ACA?

The American Camp Association, or ACA, is a national organization that is committed to enriching the lives of children, youth, and adults through the camp experience. They accomplish part of this goal by ensuring accredited camps and camp staff are properly administering key aspects of camp operation. In order to be an accredited camp, you must meet 193 standards related to program quality and the health and safety of campers and staff. Every three years, the ACA does a review of Mt. Hood Kiwanis Camp to ensure we are still meeting industry standards. This review consists of 3 parts; paperwork review of policies and information, an onsite review of programs, and an in-person interview of key camp staff.

Next summer, MHKC will go through the ACA accreditation review. Every year, MHKC makes updates and improvements to camp paperwork, policies, and programming, with the goal of meeting and exceeding updated ACA standards.



Creating chair backs for canoes



Yoga and Tai Chi offered at rest times



Using weighted blanket



Tactile sensory bins in sensory tent



Heart shaped rocks



Assistant Directors' outdoor office

FAMILY CAMP

This summer, for the third year in a row, we hosted ten families for an exciting four-day Family Camp program. Designed specifically to meet the needs of our youngest campers, Family Camp offers campers ages 8-14 years old the chance to try out camp-life in a safe and supportive environment with their parents or caregivers and siblings present.

Structured to mimic our main summer camp program, Family Camp gives campers and their family members the chance to enjoy the outdoors together. Moms, Dads, and kids alike experienced the adventure course, went horseback riding, swimming, tie-dyed t-shirts, canoed and swam at Trillium Lake, and began learning all of MHKC's favorite camp songs.

Giving parents and potential campers the chance to come to Camp together does two important things: it allows kids to begin getting comfortable in our camp environment before they come to Camp on their own, and it lets parents get to know our staff and begin developing confidence in our team's ability to keep their loved one safe and healthy during their stay at Camp.

One parent shared they came back this summer for their third year of Family Camp—which they look forward to all year—because of the growth in social skills they have seen in their son each year. No other setting has produced such success for him.

There is nothing more fulfilling for MHKC than when we hear the thanks and praises from families and campers about how much they love camp, how great our Camp is, and how they (the parents) didn't know their child could do some of the activities we offered.



IN LOVING MEMORY OF MANNA

We recently lost one of our beloved campers, Amanda (Manna), who passed away in her sleep at Camp. She was 26 years old and had been coming to MHKC for 6 years. Manna loved our horse program, especially walking our mini horse Disco and riding Rosie. She overcame her fear of riding the zip line, which was a highlight this year, and as always she couldn't wait to go canoeing and swim at the pool. Manna was always smiling, and was loved by staff and counselors alike. We have heard stories about Manna from many of our staff, and most notably we heard that Manna repeatedly said this year's week at Camp was, "The best week of my life." As we grieve, it is so comforting to know that Manna was at one of her happy places, Mt. Hood Kiwanis Camp.

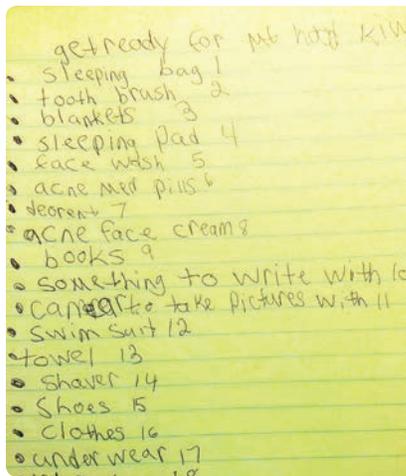
Those wishing to remember Manna can share condolences, memories, and stories about Manna on a website we created here: mhkc.org/manna which we will share with Manna's family.

At Mt. Hood Kiwanis Camp, the health and safety of our campers continues to be our first priority. Mt. Hood Kiwanis Camp is one big family, and our hearts are heavy as we grieve the loss of one of our family members. Our thoughts and prayers go out to Manna's family, and everyone who loved and cared for her.



OREGON STATE SOCIETY

Several years ago, James Adkins's visit to Mt. Hood Kiwanis Camp made a lasting impression. It impacted him so much that he asked the non-profit non-partisan philanthropic organization he belongs to, the Oregon State Society of Washington, D.C., to choose MHKC as the benefiting non-profit of their annual banquet. And they did! The event not only raised awareness about our programs, but thanks to generous donations from the event's sponsors, members, and guests, the OSS also made a \$7,000 contribution to MHKC. We appreciate James passion for our Camp, and the generosity of the OSS.



MHKC Camper Kyle's mom sent us this photo and note: "He's packing already! Camp is the highlight of his year. I'm forever grateful to MHKC for bringing such joy into his life. Hard to express how much he loves Camp, but this is just a little taste of what a big part MHKC plays in his life. Thank you!"



JEREMIAH'S BDAY

MHKC camper Jeremiah brought by \$988 worth of donations to Mt. Hood Kiwanis Camp. He recently had his 40th birthday party where he asked for donations to Camp to celebrate his monumental birthday. How amazing is he? Thank you Jeremiah! We appreciate you!



BOTTLE DROP

We're happy to announce that Mt. Hood Kiwanis Camp is now one of the featured charities in OBRC's BottleDrop fundraiser site. If you have a BottleDrop account at BottleDropCenters.com, you can donate directly through their website. Just enter 'Mt. Hood Kiwanis Camp' (don't forget to include the period!) in the search field and it will pop right up. This is a great way to support the camp as well as recycle your cans!



BOY SCOUT PARTNERSHIP

Don't you love it when you find the win/win? That magic arrangement that seems to bring about great benefits for both partners. Mt. Hood Kiwanis Camp and the Boy Scouts of America have created just that kind of partnership. With terrific accommodations at Camp just steps away from hiking trails, winter recreation, mountain biking and more, our Camp is a great overnight stop and starting point for Scout troops. In return for sharing our campsite, we have received hours and hours of scout service in the form of wood cutting, camp setup, painting projects and more.

But it gets better. What do you get when you combine Mt. Hood Kiwanis Camp and a motivated boy scout looking for an eagle project? Well in 2016, you get four projects. Ryan Kotrlík (Troop 14) built an amazing adaptive wheelchair swing for Camp, Dale and Conner King (Troop 586) renovated an underutilized and overgrown trail through Camp and created a guided-nature walk, and Elway Simpson (Troop 586) built three new picnic tables with benches that allow for wheelchair accessibility. Thank you gentlemen and to the fellow scouts in your troops for wonderful projects and for your willingness to help all the campers who go to our camp. We appreciate and greatly benefit from your hard work. Congratulations on becoming Eagles!

As if that wasn't enough, there's more. The Little Zigzag waterfall is a very popular trail, close to our Camp, often used by families with young children, that has long been used by the children and adults with disabilities who attend Mt. Hood Kiwanis Camp. Over the past three years, the trail has deteriorated as a result of winter storms and down trees to the degree that it was no longer safe for MHKC to take individuals who are unsteady on their feet or use wheelchairs to visit the waterfall. This August, a collaboration with Boy Scouts in the Wauna La-Mon'tay Lodge of the Order of the Arrow, and the United States Forest Service, resulted in a beautiful restoration of the Little Zigzag Trail to full wheelchair accessibility.

MHKC's, Executive Director, Kaleen Deatherage, who is also a dedicated volunteer with the Boy Scouts said, "This partnership was such a win for all three of our organizations. Mt. Hood Kiwanis Camp engaged two great organizations to help improve accessibility for people with limited mobility; a dedicated group of Scouts learned valuable leadership and trail building skills, while giving their time on behalf of their communities; and the Forest Service benefitted from volunteer service to bring back a very popular trail badly in need of restoration. I couldn't be happier with the results of this partnership."

MHKC also could not be happier to work with the Boy Scouts of America. Our thanks to the Scouting community for being such a valuable partner to our organization.



Wheelchair accessible swing



New accessible picnic tables



Restoring the Little Zig Zag



Guided Nature Trail

CAMPER SUPPORTS MHKC

This winter, Margaret LaFranchi, mom to MHKC camper Michael, read about how Mt. Hood Kiwanis Camp covers 62% of the actual cost of Camp for each camper, and she wanted to help. Each year, West Seattle holds a large area-wide yard sale sponsored by the West Seattle Blog. This year, Margaret and her son Michael joined the over 300 families and groups that participated in these sales, with the sole purpose of donating all of the proceeds to Mt. Hood Kiwanis Camp! Despite less-than-ideal weather conditions, they raised a remarkable \$1,500 during their two day sale! In addition, they got the opportunity to talk to shoppers about Mt. Hood Kiwanis Camp. We are so grateful to Margaret and Michael for dedicating their time and efforts to Mt. Hood Kiwanis Camp. We appreciate you!



Michael at the Seattle Yard Sale



For over 200 years, Buffalo Trace has been defined by a dedication to one craft: making fine bourbon whiskey. Their re-investment in local communities is equally impressive. Buffalo Trace supports a variety of causes around the country, including Mt Hood Kiwanis Camp!

The local representative for the Distillery heard about our unique programs at MHKC, and signed up as a sponsor for the Triple Crown Gala.

Our involvement was a huge part of our fund raising at the event, earning over \$12,000. Buffalo Trace provided the spirits for the "Mint Julep Kits", a basket for the silent auction, and a private lunch with Master Distiller Harlan Wheatley. We're very thankful for all of their support and we look forward to partnering with them in the future.

Derby Day

TRIPLE CROWN GALA & PLACE YOUR BETS BRUNCH




PHOTOS BY ANDIE PETKUS

MHKC'S 2016 Derby Day "Place Your Bets Brunch" and "Triple Crown Gala" were a BLAST, and most importantly, raised critical funds for our life-changing programs. This year's Derby theme made for an incredibly fun day. Guests wore beautiful and intricate hats, enjoyed lovely music, and even got photos with Camp's Disco, the mini horse! We've heard from many guests that this was one of the best auctions they've ever attended!

Overall, both events raised \$215,000! We are incredibly humbled by the generous support. This revenue will help to continue to build upon our program empowering children and adults with disabilities.

The morning program began with music from our very own Staff Infection Band, followed by a touching story shared by MHKC Executive Director, Kaleen Deatherage, about the impact of MHKC's Family Camp. Later, guests enjoyed a delicious brunch while hearing how MHKC has helped longtime MHKC camper, Conor, achieve goals in several areas of his life. The program was emceed by the hilarious staff duo, Marvin and Mariam, also known as MHKC staff Allan Cushing and Samantha Klein, who often host Thursday night barbecue at camp. A giant thank you to the Kiwanis Clubs that donated baskets for the morning's live auction: Bridgetown, Cedar Hills, South Riverside, SW Hills, Tualatin, Ross Island, Tigard, Portland, Hillsboro, and Montavilla Kiwanis Clubs.

The evening MHKC Triple Crown Gala was a swanky affair packed with guests wearing elaborate hats and derby attire. During the silent auction, guests enjoyed signature cocktails with Buffalo Trace Bourbon while playing the beer toss game (provided by the Lagunitas Brewing Company) and bidding on exciting packages. The evening program kicked off with delightful music by Portland band, The Bylines and songs sung by MHKC campers, Aaron Hobbs and Lea Mulligan. Kaleen shared the impact of MHKC's Family Camp on The Kotrlík family and how much Camp has helped their children thrive outside of camp. The evening program was carried by local Portland actor and singer extraordinaire, Dale Johannes, and auctioneer Kelly Russell. The evening live auction featured exciting vacation packages like a tour of Kentucky including a tasting with Buffalo Trace Distiller, Harlen Wheatley and a week in the Canary Islands. The audience was moved by meeting and hearing from MHKC Camper, Conor O'Grady. Thank you all for believing in the work of our Camp!

Our auction committee had to plan not one, but TWO events in one day. It was no easy feat, but they did it with grace and enthusiasm. Thank you: Jen Behunin, Alicia Burbidge, Terri Burns, Wallie & Marian Downs, John Flaherty, Marilee Payne, Andy & Victoria Jones, and Ann Holstrom. Thank you to our hardworking volunteers that arrived as early as 7 am and stayed as late as 11 pm! We appreciate all of you!

See the new MHKC Organizational Video, the new video featuring MHKC Camper, Conor, and more photos from the event on our MHKC website and Facebook page.

A HUGE thank you to our generous Derby Day Sponsors:

PLACE YOUR BETS BRUNCH

SILVER SPONSOR: Kiwanis Club of Portland Foundation

BRONZE SPONSORS: Ross Island Earlyrisers Kiwanis Club, Montavilla Kiwanis Club, Cedar Hills Kiwanis Club, Mt. Hood Kiwanis Camp Foundation, Buffalo Trace Distillery, Law Office of Carolyn Drew.

TRIPLE CROWN GALA

SILVER SPONSORS
Columbia Bank, Consumer Cellular, Hart Family Foundation, ProBuild

BRONZE SPONSORS
Behunin Family, Boise Cascade, Buffalo Trace Distillery, Bullivant Houser Bailey, Attorneys at Law, De Vries Family, Delta Graphics, First Tech Federal Credit Union, IMS Capital Management, International Wood Products, KGW 8, Law Office of Pam Pariani, MHKC Foundation, OrePac Building Products, Pacific Office Automation, Synergo

Save the date:
APRIL 22nd
at the Oregon Golf Club
for the 2017 MHKC Auction

The 2016 Mt. Hood Kiwanis Camp Walk, Roll, or Stroll



PHOTOS BY JUSTIN TUCKER

Thank you to our sponsors:

Care Oregon, Performance Mobility, SW Hills Kiwanis Club, Regency Gresham, AAA, CGC Financial, Kintech, Ink Brigade, FSA, and Vinnie's Pizza!

Thank you to:

Judy England and Daniel Angle of Chipmunk Ridge raised \$2,523.00

John and Alison Schrupp of Team Schrupp raised \$2,315.00

Andy Jones of Team Jones raised \$2,050.00

Jeff Stephenson of Team FNG raised \$1,542.00

Dip Thapa of Team C Crew!!! raised \$1,063.00

Annie Rueda raised \$900.00

Megan Sigler of Team Schrupp raised \$775.00

Jack Matsuo of Team C Crew!!! raised \$675.00

Carrie Akers of Team FNG raised \$600.00

The 2016 Walk, Roll, or Stroll was held on September 11th at Oaks Park and raised over \$32,000! It was a perfect day with incredible weather, filled with reunions, music, laughter, food, and fun! Thank you to everyone for supporting this event. We appreciate you all! A giant thank you to our generous donors, walkers, and volunteers.

A special thanks to the MHKC Staff Infection Band for coming and bringing the FUN! Thank you to Food Services of America for donating the food, and SW Hills Kiwanis Club for making lunch for over 200 people! The Inspire Dance team kicked off the event with an exciting performance, and Desi the face painter wowed everyone with her skills. Also, thank you to our very own MHKC summer nurse Sandy for providing relaxing massages.

This event is more than just a "walk." It helps us raise money so that we can continue to empower children and adults with disabilities. Thank you to everyone who signed up, fundraised, brought friends and family, came early and stayed late, and helped out however you could!

And high five to our highest fundraising teams!

- Team Schrupp raised \$4,075.00
- FNG raised \$3,564.00
- Chipmunk Ridge raised \$3,035.00
- Team Jones raised \$2,050.00
- C Crew!!! raised \$2,023.00
- wAAAlkers raised \$1,268.00
- Lage's Fun Friends raised \$800.00
- Cedar Hills Cruisers raised \$750.00
- Hammondeggs raised \$745.00
- Walkie Talkies raised \$675.00
- Team Joann raised \$600.00



You can see all of the walk photos on our MHKC website and Facebook page. If you fundraised and didn't get to pick up your t-shirts or other MHKC gear at the event, contact Skye@mhkc.org.



RENT THE DOIG CABIN!

Want to support Camp AND have a relaxing mountain vacation? Come stay at Camp in the beautiful Doig Cabin! The Doig Cabin is our most recent addition to MHKC. It is a lovely two bedroom lodge with a kitchen, full bathroom, living room, and wrap around deck overlooking the serene Little Zigzag River.

The cozy cabin sleeps 5 and can be rented for \$135/night, including all towels, linens, TV, and Blu-Ray. All of the proceeds from your rental goes directly to providing life-changing Camp experiences to our campers. Contact our Rentals Coordinator, Allan Cushing, to book your mountain escape!

Allan@mhkc.org or (971) 230-2930.

GRANTS RECEIVED TO SUPPORT MHKC

We would like to thank the following foundations for their continual support of our organization. They help make our life-changing programs to our campers possible.

CAMPERSHIPS

Even though MHKC covers over 60% of the cost of Camp, the cost that is left for our camper families to pay can feel very overwhelming when finances are tight. Campership funds are used to provide financial assistance making it possible for some Campers to attend Camp who otherwise might miss out on the opportunity.

EQUITY GROUP FOUNDATION FRED AND PATTY HOPP FOUNDATION

SUMMER CAMP DIRECTOR

Funds from this grant have allowed MHKC to hire a Summer Camp Director to help MHKC continually grow and improve our program offerings.

COLLINS FOUNDATION

INTERNAL CAPACITY BUILDING

This grant is dedicated to help MHKC continue to focus on growing the Camp's capacity to earn sustained revenue which will in turn allow us to continue to grow and invest in our programs.

OREGON COMMUNITY FOUNDATION

OPERATING FUNDS

This funding was used to sustain and expand our outdoor adventure programs by supporting a full-time volunteer and rentals coordinator to increase earned income.

EMIL W. AND LOIS E. BRAMMERT FUND OF THE OREGON COMMUNITY FOUNDATION

PROGRAM SUPPLIES

Funding for this project was used to purchase an automatic door opener for Fanning Lodge, providing increased accessibility to our campers and rental groups.

ALBINA ROTARY

THE STAFF INFECTION BAND



Did you know that every summer the MHKC Staff Infection band comes to EVERY Thursday night barbecue to play music and entertain the crowd? That means that collectively as a band they volunteer 56 hours of their time and talent each week, totaling 448 hours every summer. And they've been doing that for decades. Not only do they play at camp every week in the summer, but they also play for hire (a variety of music, wonderfully—not just camp tunes), donating 100% of their proceeds to MHKC! Just this year, they raised almost \$2,000 for MHKC by playing at local events. If you are interested in having great live music at your next birthday party, retirement party, or family gathering, contact:

Marilee Payne | marileepayne@aol.com
or the Camp office at 503.452.7416.

FRED MEYER REWARDS

Fred Meyer has asked all customers to re-enroll their Rewards Card to their Community Rewards program.

Here's how to re-enroll:

- Log in to your account at: www.fredmeyer.com/communityrewards.

You can search for Mt. Hood Kiwanis Camp by our name or by our non-profit number, 94344.

- Then, every time you shop and use your Rewards Card, you are helping MHKC earn a donation! You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.

MHKC FOUNDATION

DID YOU KNOW?

- It costs Mt. Hood Kiwanis Camp over \$3400 per week to serve each camper who attends our programs. We ask our camper families to pay only a portion of that price in registration fees. Our Camp Staff and Board of Directors fundraise each year to bring in the remaining dollars necessary to run our programs.

- Every camper who spends the week in our Main Camp Program has their own personal counselor who works with them one-on-one all week. This fact makes MHKC unique among camps that serve people with disabilities. Many others either cannot offer one-to-one support or charge families an additional fee for this level of service.

- MHKC has partnered with Portland State University for over 40 years. PSU is not only our source for the counselors who come up to work with campers every summer, but they also provide us with researchers and educators who specialize in the field of developmental disabilities, and help to train our summer staff team, giving us highly skilled professionals ready to serve our campers.

With over 80 years of service to people with disabilities across our state and throughout the Northwest, MHKC has served over 16,000 campers and impacted tens of thousands of lives. Our Camp was way ahead of its time, successfully serving kids and adults in a recreational setting in the forties, fifties, and sixties when the prevailing trend in our society was to institutionalize those who had disabilities.

Today we want to make sure MHKC stays on the cutting edge, introducing new activities and equipment modifications to make recreation and play easier for our campers, partnering with researchers and educators to incorporate the latest developmental disabilities best practices into our program, and looking forward to anticipating the next opportunities to better serve people with disabilities.

A big part of what will allow the Camp to be successful at achieving our goals is the support of the many families, friends, and businesses who donate to fund our work. As important as it is that we give to the causes we love during our lifetime, if we have the ability to do so, gifts at the time of retirement or when we pass away also make an enormous difference to organizations like MHKC.

A gift to the MHKC Foundation is one way to create a lasting legacy at our Camp. If you or your family is interested in making a planned gift to our Foundation, please let us know. We would be honored to talk with you about your goals and help you to ensure that the Camp we love is here to serve kids and adults with disabilities for decades to come. For more information or to schedule a meeting, please contact Kaleen Deatherage at kaleen@mhkc.org or 971.230.2920



HUCKLEBERRY HALF MARATHON

The organizers of the Huckleberry Half Marathon in Welches, Oregon chose Mt. Hood Kiwanis Camp to be their benefitting non-profit organization. Their goal for 2017 is to raise \$2,000 for MHKC. For more information, or to get involved in next year's race on August 5th, 2017, visit: www.huckleberryhalf.com.



JOIN THE MHKC EMPOWERMENT CIRCLE

Help the Camp by providing ongoing, sustainable financial support and become a member of the Mt. Hood Kiwanis Camp Empowerment Circle. Your participation makes a big impact and ensures that for the eighty-third consecutive summer, Mt. Hood Kiwanis Camp will open the gates and welcome over 575 children and adults. Make your dollar matter! Contact Skye Burns, Development Director at Skye@mhkc.org or 971.230.2928.



MHKC HOLIDAY CARDS

It's never too early to be thinking of Christmas! We are SO EXCITED to be launching MHKC Christmas cards that feature artwork by our very own MHKC campers, Iris, Jeremiah, and Caitlyn! They are \$20 for a pack of 20, and all proceeds benefit Camp. You can pick some up at the MHKC Portland office anytime between 9am-4pm Monday through Friday. Please contact Terri@mhkc.org or Skye@mhkc.org with any questions.

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www.mhkc.org

p. 503.452.7416
f. 503.452.0062

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The Mt. Hood Kiwanis Camp
EMPOWERS children and adults
with disabilities.

Mt. Hood Kiwanis Camp is an
equal opportunity recreation
provider operating under special
use permit on the Mt. Hood
National Forest, USDA Forest Service.



MHKKamp



@kiwaniscamp



TheMHKKamp



MHKKamp