Mt. Hood Kiwanis Camp is known for its unique and innovative residential summer camp for children and adults with developmental disabilities for over 87 years. Every summer, MHKC has helped empower over 500 campers and allowed them to experience freedom and acceptance. Since Covid-19 became our summer kryptonite, we have learned to pivot and adapt to the ever-changing world of in-person programming.

As closures of programs, facilities, and resources grow, we cannot let social distancing become social isolation. Mt. Hood Kiwanis Camp is proud to present Virtual Programming!

Join us in a variety of virtual, hour-long, engaging activities that will not only keep you connected with friends but will also keep the spirit of Camp alive throughout the year.
Virtual Content:
Each month, MHKC will release a schedule of virtual sessions that will consist of, hour-long and engaging activities that will be led by our Programs Team through Zoom.

MHKC will offer a limited number of virtual sessions each month. Each virtual session will follow the same schedule every week, for example; every Tuesday morning in the month of October. Each virtual session will consist of four (4) classes that will vary each week in activities. These sessions will consist of 5-7 participants to focus on building friendships and have a more personalized hour with facilitators.

The classes may change monthly to fit the needs of the participants, so be on the lookout for new calendar releases.

Eligibility and Support:
MHKC’s Virtual Programming is available for all individuals who want to engage in meeting up with new and old friends, singing camp songs, dancing, and learn new skills! Participants do not need to have previously attended Mt. Hood Kiwanis Camp.

Participants must:
- Have access to the internet and a computer or tablet with the Zoom App installed and ready to go.
- Be willing to participate in hour-long virtual group setting.

Supports:
When we are in-person, we are able to help manage supports that participants may need. Being virtual, it can be harder to assist. During virtual programming, if a participant needs any supports or accommodations, we ask that the participant has someone to assist them, in-person, during those times.

*Ages 12 + and all abilities* are welcome!

*MHKC is not responsible for arranging additional support during virtual programming.*
**Cost:**

We have great news! MHKC is an approved provider for Day Support Activities through DHS! Payments can be received in one of two ways. You can privately pay or we can invoice your Brokerage/Agency.

**Brokerage/Agency:** Brokerage rate varies depending on each individual's Service Agreement or Individual Support Plan (ISP). If you have Brokerage/Agency funds available for Day Support Activities, you can arrange with your Personal Agent or Caseworker to have the payment covered by Medicaid funding. The Personal Agent or Caseworker will need to submit a Service Agreement or Individual Support Plan (ISP) to MHKC indicating how much they will pay and for how many hours. We will then submit the time through eXPRS after the activity is completed.

For further questions: Please contact your Personal Agent or Caseworker.

**Private Pay:** $80/session. Once enrolled, you will receive an emailed invoice that will direct you to pay through a secure link online.

**Payment Plans:** All payment plans must be pre-arranged with Kathy Werschkul. The full balance must be fully paid 1 week (7 days) before the start of your session/classes.

**Cancellations:** If written notice of cancellation is received less than 2 weeks (14 days) before the start of your session/class, all payments are non-refundable.

**Steps on how to Apply:**

**Step 1**  
Read through this informational packet, review the class schedules, and decide what day and payment option best works for you.

**Step 2**  
Open Application and apply online [HERE](#).

**Step 3**  
Once application is submitted, wait for enrollment* email and follow all instructions. *If placed on the Virtual Programming Waitlist, you will receive an email if a spot opens up.

**Step 4**  
Complete payment for Virtual Session.

**Step 5**  
You're in! *Happy dance!* Put your enrolled session on your calendar! Make sure your set up is all ready to go and get excited for your Zoom session!
Virtual "Net"iquette:

- **Setup, environment, and location:** First set up your area and electronic device(s) before class starts to make sure everything is working correctly, including the internet. Set a dedicated spot that's comfortable, well lit, and is free from distractions. Be aware of who might access the room that you are in and how loud it may be.
  - **Stay in one spot during your call.** You will also want to ensure that there is room to get up and dance or sing songs without having to move your device.
  - **Use headphones with a mic.** If you need to use headphones, make sure those headphones have a built-in mic. If they don't, then we won't be able to hear you.

- **Dress for class:** Some classes might be more active than others. If it is an activity day, you will want to have comfortable clothes that you can move in.

- **Be respectful and kind:** Be an active listener and try and avoid interrupting others. We will all be so excited to see each other and build our friendships. Listen to the person speaking and wait for your turn. If you would like to speak or interject, we ask that you raise your hand.

- **Be forgiving:** If another individual in the class interrupts you or hurts your feelings, be forgiving. Sometimes mistakes happen or things are said that may not have been intentional in being hurtful.

- **Don’t abuse the chat box:** The chat box feature will be available unless it is abused. Then the facilitator may turn it off. Even though the chat box is there, it is okay to not use it.

- **Be on time:** We will only get to have so much time in our class. We want to see you for the whole hour. If you need too, set an alarm or reminder when class is getting close.

- **Be prepared:** Be prepared for your classes not just physically but also mentally. On active days, prepare to get up and move. During a social or music hour, prepare to get to know others, tell them about you, and to sing from your heart!

- **Skip the virtual backgrounds:** We know that it can be fun to change your virtual background, but we encourage you not to so we can limit distractions. The only person who might have a virtual background is the facilitator.

- **Be Flexible:** We are all learning and adapting to virtual ways and unplanned errors or changes may occur, so remember to be flexible.
COME ready to play MHKC Bingo, get to know you games, and singing our favorite Camp songs.

Self-provided materials needed: Print out the specially made MHKC Bingo card that will be emailed to you. Don’t forget a pen, marker or coins to play with!

INTERACTIVE GAMES

TAI CHI & RELAXATION

Learn the history and benefits of Tai Chi. Along with practicing the ancient movements. Learn how to incorporate common breathing techniques and stretches into your life. End with a calming coloring activity.


MEET N’ GREET & SOCIAL HOUR

An hour full of mingling and getting to know each other! Join us to share how you are feeling, ask each other questions, and get to know the participants in your session.

Self-provided materials needed: Come with questions you may want to ask a friend

EXAMPLE OF OFFERED CLASSES

MHKC MUSIC

Miss Camp and singing songs at Flag, Campfire and the BBQ? Here is an hour of singing your favorite Camp songs, viewing a special Staff Infection Band performance and Karaoke! Lyrics will be provided to follow along. We will take requests!

Self-provided materials needed: Your singing voice!
 EXAMPLE OF CALENDAR SCHEDULE

New schedules with sessions and class details will be made available monthly.

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**Session 1**

- 10 am: Meet n’ Greet & Social Hour
- 10 am: MHKC Music
- 10 am: Tai Chi & Relaxation
- 10 am: Interactive Games

**Session 2**

- 2 pm: Meet n’ Greet & Social Hour
- 2 pm: MHKC Music
- 2 pm: Tai Chi & Relaxation
- 2 pm: Interactive Games
What platform is used for the virtual classes?
All virtual classes will be on Zoom! If you haven't already, make sure that you have the Zoom App downloaded on your computer or tablet. It can sometimes be hard to see on small screens so we don't suggest a phone. We recommend a bigger screen such as a computer or tablet to best participate in the more active classes. Make sure you keep your device and the Zoom App updated! Your device and Zoom are continually making updates to better serve its users. Periodically check for updates on your device and app.

What do I do if I have technical difficulties?
One side of Virtual Programming is the possibility of technical difficulties. Make sure that your WiFi and Router are in tip-top shape. Sometimes you might experience slowdowns because the connection isn't great. The majority of technical difficulties are at the root of the participant's internet services. We ask that you find a place with steady internet to minimize your chance of this happening. If you do experience technical difficulties, don't worry! Have the individual who knows your home and internet connection the best, assist you. If they cannot assist you, call 971-230-2931 and we will help the best we can.

Will the classes be recorded?
Classes will not be recorded for privacy and confidentiality purposes.

How do I access my Zoom class?
After you have registered, you will receive an enrollment email providing you with the link to the zoom classes in your bundle. All four (4) classes will have the same zoom link. This link will only work on the applicable date and time of your classes, so don't worry if you accidentally click the link before your class starts.

What should I wear?
Wear what is comfortable for you and be mindful to pick comfortable clothes that allow you to be active. We do ask that you do not wear any clothes with logos, words, or pictures that can be offensive to someone else participating on the Zoom call. For example, profanity, alcohol, and revealing clothing.

Where should I Zoom call?
We find that the best place to have any Zoom call is where it is well lit. These types of areas are usually in a kitchen or dining room. If you find that there is a lot of background noise (open window, family/roommates, or television) chose a different location where you can focus and hear better.

Should I wear headphones?
That is up to you! Sometimes using headphones can help you focus better and allow you to hear your zoom calls more clearly. If you have roommates or family that are nearby, ask them if they preferred you to wear headphones. If you do wear headphones they MUST have a built in microphone, if not, we won't be able to hear you. Headphones might not be the best idea when we are doing active classes.
When should I get online?
We recommend getting online 5 minutes before class starts so you can be ready to go. This can help solve any technical difficulties you might run into. If you do experience any technical difficulties and the individual who knows your home internet the best cannot assist you, please call 971-230-2931 and we will help the best we can.

I clicked the link but it says the host will let me in, when will I join the class?
Once you click the link, you will be placed in an invisible Waiting Room. Wait there until your facilitator lets you into your class.

What if I'm going to be absent?
We understand that things come up unexpectedly or technical difficulties happen. If you are unable to attend a class in your series, email Kathy Werschkul, ASAP, at kathy@mhkc.org.

Can I share the class link with my friends?
No. We ask that you do not share the Zoom link with your friends. We have designated only a certain number of participants per class so we can all get to know each other in small groups. The more people on the calls, the harder it is to hear and get to know one another.

Why is everyone on Mute?
Everyone will be on mute during the Zoom calls unless it is your turn to talk. When everyone is unmuted at the same time, it can be very hard to hear and understand. We may ask you to mute your microphone during the class, please follow the facilitator’s lead and instructions.

Can I keep my video off during class?
No. We must be able to see you during the whole duration of the class for attendance purposes. If your video is off for longer than 5 minutes we cannot count you as attending and will remove you from the class. Make sure your video is on at all times.

What should my Zoom name be?
The name displayed must be the first name of the participant, not the account holder, if different. It is very helpful to everyone in the class if the participant displays their First Name with their video on. If you need to change the name, don’t worry, it’s very easy! Look for the “rename” option in your Zoom account. We know it can be fun to use a different or silly name, but please only use first names. Having the correct name will also help with billing and attendance purposes.

Can I use the bathroom or eat during my Zoom calls?
Some times we have to use the bathroom during a class and that’s okay! Try and use the bathroom before you get on your call. If you have to go during class, raise your hand, or write in the chat, so we know you’ll be right back! We also understand that sometimes we get hungry. During class we ask that you don’t eat so it doesn’t take away from participating. If the class is centered around cooking, we will bend this rule a little.