



Highbrook Lodge

Established 1928

2017

CAMP REPORT

Lindsay Svarovsky, CTRS, Manager of TR & Highbrook Lodge
Mollie Evans, Therapeutic Recreation Specialist

Therapeutic Recreation Focus

Therapeutic Recreation, or Recreational Therapy, is a holistic approach to utilize recreation and other activity based interventions to address and meet the needs of individuals with various illnesses and disabilities to help increase their psychological and physical health, emotional well-being, and overall quality of life. Services and interventions are provided by a Certified Therapeutic Recreation Specialist (CTRS) who is qualified to do so. Recreational therapists work to promote health and wellness and increase the level of independence of individuals in all domains. Recreational therapy is the only therapy to focus on the leisure domain. They also work to reduce or eliminate restrictions or barriers to participation in leisure activities. A CTRS will assist clients to develop skills, knowledge, and behaviors for daily living and community involvement. Recreational therapists are employed in a variety of setting including hospitals, schools, assisted living facilities, and community based facilities. Research has documented and reinforced the benefits that individuals receive after participating in a therapeutic recreation camp.

Highbrook Lodge helps individuals learn independence through nature. It is a recreational therapy-based camp that employs interventions to help increase the level of functioning and independence level of individuals from the ages of one to eighty-two (for summer 2017). The current Camp Manager at Highbrook Lodge is a CTRS; who took over the position in 2014. Examples of interventions utilized include arts and crafts, sports and recreation, music and drama, outdoor living, and nature. Campers work towards achieving goals, increase overall well-being, and continue vision rehabilitation journey. Staff works together to ensure the camp experience is used as a step to further growth through outdoor recreation and leisure experiences. Progress is documented using a Camper Goal Chart where each camper received a minimum of one individualized goal set for them for the session. The level of functioning in the domains of activities of daily living, leisure, physical, cognitive, psychological/emotional, and spiritual are documented for each camper. Upon completion of each session, transition notes are written by the CTRS, with the assistance of the Recreational Therapy Intern, to document the overall progress that each camper has made as well as continued areas of improvement. Many campers have been attending camp for years and were able to verbalize their enjoyment of camp as a whole, and the improvements that have been made to camp in recent years.

Highbrook Lodge will continue to provide therapeutic recreation-based activities to clients in the future as it will be celebrating its 90th season in the year 2018.

-Mallory Washburn, 2017 Recreation Therapy Intern

The Debut of Patterson Hall



Thanks to the generosity of Lubrizol Foundation and John Wolf/Wolf Family Foundation, summer 2017 kicked off with a GRAND addition to the facilities side of camp.

Throughout the year work was done on the basement of the current Sears Hall building – as the area stood unusable since 2014. Work culminated with the creation of a new music room (see above and left), an accessible ADA bathroom and a staff lounge/laundry area. The addition of these spaces doubled camp’s indoor area and provided a safe, clean, creative location for our campers to learn and grow through music, dance, drama and more!

The area was named “Patterson Hall” after the very first Camp Director of Highbrook Lodge, Ethel Patterson.

Session 1: Adult Celebration

June 26-July 1, 2017



Attendance: 28 campers total
(14 Male, 14 Female)

Utilization¹: 93%

First Time Campers: 2

Geographical Demographics: 9 – Cincinnati
4 – Cleveland
2 – Garfield Hts.
1 – Akron, Bedford, Berea, Brookpark, Cleveland Hts., Conneaut,
Highland Hts., Lakewood, Madison, Parma, Orrville, Ravenna,
Solon

Summary:

Celebration session is for campers with multiple disabilities in addition to their vision loss including hearing loss, physical disabilities, developmental and intellectual disabilities, psycho-social challenges, and chronic medical conditions such as diabetes and epilepsy.

This session provides a wide variety of opportunities for our campers with multiple disabilities to experience the therapeutic benefits of nature and the camp experience. The accessible and goal-based programming of Highbrook Lodge allows for Celebration campers to work on physical, social, emotional, cognitive and individual goals – all working towards increased independence. In addition to traditional camp programming, highlights of this session included: **Jungle Bob** and his tactile exotic animal show, a group fishing trip and canoeing trip at **Geauga Park District's Headwater Park**, a visit from the **Great Geauga County Band**, a field trip to **Fieldstone Farms**, a therapeutic riding center, for equine-assisted programming **and** overnight campouts in the woods. Finally, the campers were able to exhibit their unique talents in the annual talent show and choir event during the last evening of the session.

Adult Celebration camper, Sharon, who has been attending since 1995, says over the years at Highbrook Lodge she has learned “how to get along with people and make new friends”.

¹ Utilization in this report is based off of 30 beds, due to staff and camper housing availability and our supervision ratios.

Session 2: Adult Resort July 3-8, 2017



Attendance: 28 campers total
(16 Male, 12 Female)



Utilization: 93%

First Time Campers: 1

Geographical Demographics: 4 – Cleveland
3 – Cleveland Hts.
3 – Strongsville
2 – Parma
1 – Akron, Berea, Canal Winchester, Canton, Carrollton, Cincinnati, Euclid, Elyria, Fairview Park, Greenwich, Hudson, Lorain, Mayfield Hts., New Philadelphia, St. Mary's, Stow

Summary:

This session is designed to offer a variety of therapeutically-based activities for adult campers with vision loss. The theme for the session was Route 66. Each day explored a different stop on the infamous route and the program activities reflected this.

In addition to traditional camp programming, highlights from this session included an optional canoeing and fishing trip at **Geauga Park District's Headwater Park**, overnight campouts in the woods, our outdoor living program where campers learned orienteering and cooking over the campfire and a performance from the **Chozen Few Band** on the last evening of the session.

Adult Resort camper, Todd, said he enjoys coming to camp every year to “reconnect with other visually impaired people”. He said through coming to Highbrook Lodge he has learned “a lot of different activities” and how “to become more self-sufficient”. He also says “when I am here, it is the happiest time of year for me...I am uplifted when I am with [my friends at Highbrook]...”

Adult Day Trip: this session's campers were joined by five (5) campers for the day on Friday, July 7th for a trip that gives individuals a chance to be exposed to Highbrook Lodge and experience the benefits of the camp experience. These five campers hail from Canton, Cleveland, Cleveland Hts., and North Royalton. First time camper, Margie, said “this was an amazing day and I am hoping to come back for a full session next summer”.

Session 4: Bright Futures Day Trip July 9, 2017



Attendance: 3 families total
(13 individuals; 3 children with vision loss)

First Time Families: 2

Geographical Demographics: 1 – Beachwood
1 – Cleveland Hts.
1 – Columbus

Summary:

Due to the increase in demand for the Bright Futures weekend camp in summer 2016 and the interest of families to have a day-option, the Bright Futures Day Trip was added this year. Three families joined the staff at Highbrook Lodge to experience the benefits of joining together with other families in the camp experience.

Families enjoyed the experience of what a full day at camp looked like, arriving just after breakfast and ending the day with campfire songs after dinner. Throughout the day, families participated together in activities from arts and crafts to music to ball games to playing in the sand pit. In addition, parents were able to experience some much deserved rest and relaxation through a guided meditation and progressive relaxation program led by Recreation Therapy Intern, Mallory Washburn.

Session 5: Youth Day Away July 12, 2017



Attendance: 10 campers total
(3 male, 7 female)

Utilization: 33%

First Time Campers: 2

Geographical Demographics: 1 – Chardon, Chagrin Falls, Cleveland, Columbiana, Cuyahoga Falls, Dover, Kent, Mayfield Heights, Wickliffe, Willowick

Summary:

Youth Day Away was put on again for the third summer to help introduce and promote the camp experience to potential new campers and also to transition returning campers into their upcoming camp session. Former Chief Executive Officer of the American Camp Association said "[k]ids have to learn how to separate from their families and become resilient and independent. Camp gives them a safe way to take these steps." About day programs she said, "[k]ids learn about being part of a community and to cope with temporary separation... [t]hey're not only a good transitional step for kids but also for parents..."

Campers were able to experience a full day at camp, arriving at 8:30am and departing after dinner and campfire songs at 6:30pm. Parents were able to meet camp staff, including the Camp Nurse during drop off and pick up. Throughout the day campers participated in traditional camp activities including:

- Yoga
- Writing their own song
- Parachute games
- Making monsters out of cups and yarn
- Hiking
- Swimming
- Campfire songs

Session 6: Bright Futures Weekend July 14-16, 2017



Attendance: 7 families total
(28 individuals; 9 children with vision loss)

Utilization: 93%

First Time Families: 5

Geographical Demographics: 2 – Cleveland
1 – Maumee, Oberlin, Olmsted Falls, Parma

Summary:

In addition to utilizing the benefits of nature and the camp experience to help campers grow, this session is focused on connecting parents of children who have vision loss with someone who may be able to share similar experiences, challenges, and solutions to problems.

The theme for the session this year was a Safari weekend. There were parent specific activities along with children & all-family activities that were planned to allow for an enjoyable, recreation-based weekend for all. Parent-specific programs included a yoga session led by **Barbara Williams**, Early Intervention Specialist, and foot soaks put together by CYAS Case Managers **Laurie Schlickman** and **Kristin Callahan**. CYAS Case Managers also provided the opportunity for parents to make sensory/tactile memory books to take home for their children to document the weekend at camp.

In addition, families were treated to a wide variety of Safari-themed camp programming including making rain sticks and paper plate turtles, playing zoo animal parachute games and safari duck-duck-goose and exploring the “desert” sand pit. The weekend was capped off with a visit from **Jungle Bob’s Tactile Animal Show**, swimming, campfire songs, and a family-focused “safari” throughout the camp property.

This summer Highbrook Lodge saw the greatest number of interested Bright Futures families than ever before!

Session 7: Tween Camp
Session 8: Teen Camp
July 19-29, 2017



Attendance: 8 Tweens (ages 11-14)
13 Teens (ages 15-21)
21 campers total
Utilization: 70%



5 male, 3 female
6 male, 7 female
11 male, 10 female

First Time Campers: 4

Geographical Demographics: 2 – North Olmsted
1 – Akron, Aurora, Barberton, Brimfield, Brunswick, Chagrin Falls,
Eastlake, East Cleveland, Garfield Hts., Louisville, Mayfield Hts.,
Medina, Mentor, Milan, Stow, Willowick, Wooster
1 – West Springfield, Pennsylvania

Summary:

Change for 2017: only Tween and Teen campers (ages 11-21) were given the option to attend the 11 day session of camp.

The theme of the entire 11 days was based around “Magical Kingdoms”, with Highbrook Kingdom being the most magical of all. Activities were related to the theme, including evening programs. Among other things, campers made Kingdom pennants, t-shirt “armor”, stained glass vases, lanterns and masks in arts and crafts; learned how to hula dance, play extreme musical “carpets”, learn to improv, held a marionette show and learned how to cardio-drum in music and drama; worked on teamwork in sports and recreation activities such as obstacle courses, relay races and a rousing game of machine ball; made ice cream and bug terrarium’s, played predator and prey and learned about fish in nature; and learned about shelter building, fire building, cooking over the campfire, and orienteering in outdoor living. Every day ended with different evening programs, also focused around the session theme. The session culminated with the “Kingdom Quest” – a team-focused challenge where campers worked together utilizing all they had learned throughout the session. Another important focus for the campers in our Tweens and Teens session was a cabin clean

up hour where each member of a cabin group was responsible for cleaning up their bunk area and assisting their peers and staff in maintaining the cleanliness of their cabin. “Fairy points” were awarded daily for the cleanest [and most spirited] cabin!

Other magical highlights of the session included the following: overnight campouts in traditional tents; trips to **Geauga Park District’s Headwater Park** for canoeing and fishing; a visit from **Jungle Bob’s** tactile animal show; a visit from the **Cuyahoga Valley National Park** team that put on a show utilizing silly songs and stories; a trip for our teens to **Fieldstone Farms**, a therapeutic riding center, for equine-assisted programming; a trip to **Hasting’s Dairy** where our tweens got to learn about the milk making process and churn some butter; and fly-in visits from some very special friends (see below).

Tween camper, Alijah, said camp has helped him “learn how to get along with his friends, make arts and crafts... [and] do music and drama...” When asked how camp has made him more independent he said “camp has made me feel like a different person...a good person.”

Teen and first time camper, Dylan, said he learned from camp that “sitting in front of the TV is NOT the coolest thing to do all summer”. Dylan, whose favorite activity is swimming, says camp allowed him to help his peers with vision loss do activities they struggled with and learned how to better explain things to others. He also said that his counselor taught him how to be himself again, after losing his vision recently.



Session 9: Kids Express
Session 10: Tweens Express
July 31-August 4, 2017



Attendance: 6 Kids (ages 7-10)
9 Tweens (ages 11-14)
15 campers total
Utilization: 50%

4 male, 2 female
5 male, 4 female
9 male, 6 female

First Time Campers: 6

Geographical Demographics: 3 – Cleveland
2 – Mayfield Village
1 – Akron, Barberton, Brunswick, Chardon, Clinton, Dover, East
Cleveland, Kent, North Olmsted, Toledo

Summary:

This session provided a shorter, 5-day camp experience for youth ages 7-14. The theme for this session was also Magical Kingdoms. Campers – especially the six new ones – were exposed to programming from Highbrook Lodge’s program areas including arts and crafts, music and drama, nature education, outdoor living, sports and recreation and swimming. Campers were able to participate in activities such as designing cabin flags, bowling, making ice cream, knot tying, archery, hiking, learning how to camouflage themselves and more! Each cabin was able to experience an outdoor campout and a visit from **Jungle Bob** as well. Throughout the session cabins worked on increasing their level of independence through goal-oriented programming. A returning camper was even heard telling his mother “I want to teach you how to make ice cream when we get home!”

Kids Express camper, Paje, said she looks forward to getting to know the counselors and staff every year. About what camp has taught her she said “it has taught me to do stuff on my own...like cleaning up after myself.”

Session 11: Fit & Fabulous Camp

Session 12: Young Adult Camp

August 5-6, 2017



Attendance: 6 campers total
(3 male, 3 female)

Utilization: 20%

Geographical Demographics: 1 – Chardon, Chagrin Falls, Cleveland, Columbiana, Cuyahoga Falls, Dover, Kent, Mayfield Heights, Wickliffe, Willowick

Summary:

Created last summer as a pilot program by then Recreation Therapy Intern, Shelby Rieger, the Fit and Fabulous session was brought back for year two. The overall goal of the session was to provide low-impact recreation and leisure activities for adults the ages of 40-60 with vision loss. The session was also combined with the Young Adult Camp session for adults ages 22-40. Attendees from this weekend were made up mostly of participants from the United States Association of Blind Athletes (USABA) program that has been running at Cleveland Sight Center since February. The USABA program goal is to increase overall fitness of participants – which fit perfectly into the camp weekend.

As part of the weekend, USABA sent out two-time goalball **Paralympian Daryl Walker**. He spent time talking about his experiences with campers and staff and then taught everyone the fundamentals of goalball. He even passed around his silver medal (with braille and bells inside!!!) from the Brazil Paralympics. Other activities for the weekend included a nature hike, water aerobics, yoga, archery, guided meditation, cardio drumming and candle making. All activities were created to either increase participants' physical well-being and/or expose them to new leisure activities. At the conclusion of the weekend campers attended the end of the season BBQ.



2017 Volunteers

We were once again fortunate to benefit from the volunteerism of several organizations that provided a day of service to clean, paint, rake, and repair and help us keep the camp beautiful and maintained. Time and talent were provided to Highbrook Lodge this year by:

- Cleveland Clinic
- Riverside Group
- Progressive Insurance (Special Lines/IT)
- Delta Gamma Alumni East
- Oswald Financial

With the combined efforts of individuals from Progressive Insurance, The Rogers Company and East Geauga Kiwanis, Highbrook Lodge received a donation of an 8-person golf cart this spring. The golf cart was painted an impressive green color by Ken's Auto Body, Inc. and was aptly dubbed the "Green Machine". The golf cart was used throughout the summer to transport campers around camp's 60+ acre property!



We were lucky to be supported by three volunteers who dedicated their time and energy over the summer to assist us in our camp programming. Volunteers included: Michelle Reid, Bobbie Szabo, and Joseph Svarovsky.

Pictured at right: Bobbie Szabo working on an art project with a camper.



2017 Camper Attendance

Session	2015 Camper Attendance	2016 Camper Attendance
Adult Celebration	26	28
Adult Resort	23	18
Bright Futures (day + weekend)	25	31
Kids	5	7
Tweens	5	4
Teens	10	10
Kids Express	17*	7
Tweens Express		7
Teens Express		2
Adult Express	19	14
Fit & Fabulous Weekend	-----	7
Adult Day Trip	7	3
Youth Day Away	11	8
TOTALS	148	146

2017 Camper Attendance	Session Length (days)	Actual Camper Days Attended
28	6	168
28	6	168
41	1 + 3	97
-----	-----	-----
8	11	88
13	11	143
6	5	30
9	5	45
-----	-----	-----
-----	-----	-----
6	2	12
5	1	5
10	1	10
154	-----	766



Highbrook Lodge employed 20 seasonal staff members to serve as Cabin Leaders, Program Staff, Lifeguards, Drivers, Camp Nurse, Kitchen Assistants, Maintenance Assistants, Recreation Therapy Intern and Leadership Team Members. All staff is supported by year round Camp Manager, Lindsay Svarovsky, Therapeutic Recreation Specialist, Mollie Evans, and Camp Ranger, Kevin Pye in addition to seasonal staff member Stefan Wickli, Program Coordinator.



For More Information Contact:

Lindsay Svarovsky, CTRS, Manager of TR
Cleveland Sight Center- Highbrook Lodge
1909 East 101 Street
Cleveland, OH 44106

216-791-8118

llowe@clevelandsightcenter.org

www.clevelandsightcenter.org/highbrook-lodge