



Camp MDA at Camp John Marc Amanda Plura, B.S. Kinesiology, 2022

Service

SUMMARY

June 15-21, 2019 I spent my time as a camp counselor for children with muscular dystrophy. I, along with 4 other girls, watched over girls aged 8-10 with muscular dystrophy and helped them make their way around camp. We helped them change, shower, clean, and get around through transfers and lifts taught in training. My goal going into it was to get more familiarized with different diagnoses I might see in my career field later on in life, but soon after meeting the kids, my goal quickly changed to just giving them the best camp experience ever. It was a challenging but extremely rewarding week and I will take the things I've learned from it everywhere I go.



SPICES

What the Muscular Dystrophy Association has done is provide a safe place of security that is free of judgement and a week of relief to the families of those with MD.

HERBS

B/S: It was a pleasure to be there for children who needed extra help. Being a physical aid to them just increased the willingness to help.

LEARNING OUTCOMES

C/E: I worked with a team of people not just including my fellow counselors in the cabin but with PTs, OTs, RTs, admin, and child life specialists.

SR/A: I left more aware and extremely grateful for the life I have been given and saw the difficult ways it is for a large population of people, making me want to do more to help.



IMPACT

The motto for the camp is "best week of the year," because it is often the only week where these children get to feel normal. It also lets the families get a week to themselves, which is equally important. I developed a confidence with working alongside other types of people.

ADVICE

Remember that as important as your role is, the kids are priority. They are the center of attention for a reason. It is so easy to get overwhelmed, but that is a struggle these kids and their families don't get to walk away from. Never lose sight of why this cause is important to you.