



FAQs

Thank you for your interest in Camp Evergreen! Below are some Frequently Asked Questions and Answers about this very special weekend retreat. If your question is not included here, please contact one of our Camp Directors.

Topics:

- Why should my family attend camp?
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Why should my family attend Camp?

"It's a great way to have fun with your kids and not feel bad about doing so when you are sad. It's also a great way to learn where you and your kids are at in their grief." —Parent

"You are going to feel loved and cared for. You will have fun—lots of laughter, some tears, and you will be tired! LOL." —Parent

"It is truly beneficial—no judgment. There is understanding here, and you are free to express yourself." —Parent

"I know my family is really going to be okay—We can do this." —Camper, age 8

"I thought we were the only ones—like why my family? Now I see we are not alone. And that is good. If they can do it, so can we." —Camper, age 14



Camp Evergreen shares common interests with parents, legal guardians, and others concerned about the family's well-being when coping with grief:

- We want to protect our families, shielding them from unnecessary distress, while at the same time,
- We want to provide the best support to help everyone cope with the loss of a loved one or special person and better address the difficult challenges loss creates.

Loss from death and the grief that follows are opportunities for growth and for building resilience, both individually and as a family. Camp Evergreen supports families in accomplishing this valuable work by providing:

- ✓ A safe, comfortable environment wherein the hard work of grief is supported, and resilience is nurtured;
- ✓ Expertise in dealing with both the struggle and the motivation to experience and express difficult feelings and address the challenges that are a consequence of loss;
- ✓ Education, empowering families with useful information and opportunities to practice new skills;
- ✓ Teamwork, strengthening the interconnection between family members; and
- ✓ Affirmation and validation of feelings and experiences through connection with others who share similar experiences.

Evergreen provides this and more, in a way that is fun for all who attend.

Where is Camp held? What about transportation?

Camp Evergreen is hosted at Loucon Training and Retreat Center, 8044 Anneta Road, Leitchfield, Kentucky 42754. Loucon is a traditional camp setting and the original home of Camp Evergreen. You can check them out at www.camplocon.org

This location was chosen as it is the most central to our entire service area allowing for more equitable access to all families. Approximate driving times are:

- ✓ From Louisville/Southern Indiana 1 hour, 30 minutes (Approximately 80 miles)
- ✓ From Campbellsville 1 hour, 20 minutes (Approximately 75 miles)
- ✓ From Elizabethtown 40 minutes (Approximately 38 miles)
- ✓ From Madisonville 1 hour, 20 minutes (Approximately 85 miles)
- ✓ From Bowling Green 1 hour (Approximately 46 miles)

Most families find it preferable and convenient to drive themselves to camp. For families who have need, a chartered bus will be available. The actual route and departure times are being determined. Stops are anticipated at the following locations beginning Friday afternoon, October 10:

- ✓ Hosparus Health Southern Indiana, 502 Hausfeldt Lane, New Albany
- ✓ The Republic Bank Foundation YMCA, 1720 West Broadway, Louisville

Camp Evergreen, 2025, Hosparus Health Grief Counseling Center



Camp Evergreen

- ✓ The Hosparus Health Grief Counseling Center, 3532 Ephraim McDowell Drive, Louisville, and
- ✓ Hosparus Health, Central Kentucky, 105 Dieck's Drive, Elizabethtown

Please note bus transportation will require families to be ready earlier in the afternoon to accommodate anticipated departure times. The bus will leave on time. Families who miss the bus must provide their own transportation to and from camp.

While hosted at Loucon, our mission and values as well as our program philosophy and its content remain our own and consistent with our practice at Hosparus Health Grief Counseling Center. Hosparus Health complies with current civil rights laws and does not discriminate based on race, religion, national origin, gender, gender identity, sexual orientation, age, or disability. We define family however you do.

Who should come to Camp?

We define family however you do and consider immediate family to be those living under the same roof. We recognize families work in all kinds of ways, so exceptions are made to include extended family and family of choice on a case-by-case basis and as available room allows. Please do not hesitate to ask if we can better meet your family needs.

Families who have experienced a loss no sooner than 2 months and no more than 2 years from the date of the death benefit most from this weekend retreat. Please ask us about support for individuals and families experiencing a more recent or later loss.

Families who have attended prior camps may attend with the understanding that families new to Evergreen have priority. Grief is ever-evolving so repeat families still benefit from the program, looking through eyes of experience as they continue living side by side with grief. We ask that families who may be repeating the experience refrain from disclosing or commenting on activities with which they may be familiar with others who are new to Evergreen.

Are there Age or other Requirements for Camp?

Yes, this program by design is best suited for campers ages 6 and up. Exceptions to this age requirement may be made on a case-by-case basis. For example, if your Camper turns 6 years of age during the month of October or just after an exception may be granted.

Will my family have fun?

Yes! Dealing with grief does not mean “fun” is allowed to sit out or is not included! Our Camp program is planned from a whole-person and whole-family perspective and is designed to balance the serious work of grief with the fun you would expect from a traditional camp experience. Joy, good humor, and play



are important counterbalances to the work of grief and great ways to better regulate feelings and reactions from loss.

Who will lead the Camp?

The Camp is led by licensed counselors who have special expertise and experience with grief and loss and being well-experienced at facilitating camp programs. The Camp Director is Joe Ferry, LPAT, ATR-BC, CT. Other screened and trained camp staff and volunteers will assist him. In addition, the trained staff of Camp Loucon provide adjunct facilitation under the direction of our counseling team.

Important Numbers to Know:

For general questions contact the Grief Counseling Center at: 502-456-5451. For questions regarding the Camp program, making application, preparing your family, or other concerns contact your Camp Director: Joe Ferry: 502-719-8934

How much does Camp cost?

Thanks to our generous donors, including the Louisville Jaycees, WHAS Crusade for Children, and Kosair for Kids, we can provide this program at the low cost of \$100 for a family of two, and \$25 for each additional family member attending.

Scholarships are available for those who identify a need. Please contact us for more information.

What time does the Camp program begin and end?

Our Camp is hosted at Loucon Training and Retreat Center in Leitchfield, Kentucky and is on Central Standard Time.

Plan your arrival time between 4:30 and 6:00 p.m. (CST) on Friday, October 10. This will allow your family time to settle into your room. The camp program begins with dinner at 6:30 p.m.

Those who ride the bus will be provided with departure times. The bus will be scheduled to arrive at Loucon by 6:00 p.m. CST.

Families depart camp at 1:00 p.m. (CST) on Sunday, October 12.

This is a stay onsite camp. For safety reasons and program structure, families may not leave camp during the program, day or evening. Those attending the camp must arrive on Friday evening and plan to remain through early Sunday afternoon. If you have extraordinary circumstances, please discuss the need for late arrival or early dismissal with the Camp Director when making an application.



It's Camp—what exactly are the accommodations?

While it is “camp” and technically in the woods, there’s no real true roughing it at Evergreen. Each family enjoys a private room with two queen beds or queen bed with additional bunks and private bathrooms. Families should be prepared to bring their own towels and bed linens or sleeping bags for your bed/bunk.

Activities are centered in and around the main lodge (Turner) and easily accessible to everyone. For information about the facilities and grounds, please visit www.camloucon.org

Tasty meals are enjoyed in the Dining Hall and are served buffet style. We work with the Loucon team to accommodate dietary needs as best we are able. Their Sunday morning cinnamon rolls are legendary and already on order!

The dining hall is a short walk from Turner and Munday Lodges.

What should we bring to Camp?

Upon registration you will receive the Camp Evergreen Information Packet. In there you will find a list of required and recommended items every family member should bring for this weekend retreat, driving directions, the program schedule, and tips for preparing your family for this one-of-a-kind experience.

What should my family leave at home?

We invite you to “unplug,” and allow focused time for your own self-care and that of your family.

You and your family will be busy! Please leave all personal electronics at home except for phones. Our program activities take place in a variety of settings so there are lots of places where personal electronics can be misplaced. Hosparus and Camp Loucon are not responsible for any Camper item that is lost, missing, or misplaced.

How can I communicate with others while at camp?

While cell service is available at Loucon, service has been known to be temperamental and varies by carrier. In addition to reaching you through your personal cell phone, extended family and others may contact you by calling:

Camp Loucon directly at: 270-242-7160

This phone is answered during regular business hours. Should a caller be unable to reach staff at the retreat center, the caller should then contact:

Hosparus Health Customer Support at 800-264-0521 (during regular business hours)

or the same number, pressing “Option 2,” after regular business hours.

This number is answered 24 hours a day and Customer Support will contact the Camp Director who will relay any messages immediately to you.

Who do I contact with questions about the Camp, the Program, or any Activity?

Together, we share responsibility for providing each Camper and each family with age-appropriate grief education, an opportunity to gently confront discomforts and fears, and the opportunity to receive support and build coping skills. While we have expertise in grief education and support, we believe YOU are the best expert when it comes to your family. Your questions and feedback help inform us about what is best for your family and design an experience that is most beneficial to you.

Please review the Camp Evergreen Information Packet and feel free to call our Camp Director with any comment, questions, or concerns with respect to the Camp program:

Joe Ferry: 502-719-8934

What if a family member has special needs?

Our Camp experience is activity-based and takes place in a variety of settings within Camp Loucon’s grounds, which may limit our ability to provide a Camper with special accommodation. This includes short walks on paved and gravel roadways and short wooded trails. We ask that you, as the primary representative of your family and our partner, let us know whether your family members can safely participate in each Camp activity. Many activities require a Camper to be mobile, to interact with others in social settings, and to self-regulate his/her own emotions and behavior. We can only provide accommodation that is within our control and capacity to help every Camper have a successful experience. Please contact our Camp Director with any questions.

What if my Camper needs or takes medication?

Parents/Guardians maintain full responsibility for the safe oversight, storage, and administration of necessary medications to their children and family members throughout the camp weekend. This includes any ‘over the counter’ medications.



- ✓ We require that parents/guardians oversee the administration of their own medication and that of their children.
- ✓ Parents/Guardians are required to remain in possession of personal medications and those of their children through the duration of camp
- ✓ Parents/Guardians are required to always keep their medications secure, appropriately stored, and out of reach of younger campers. No children are to be alone in assigned rooms without a parent/guardian present.

We do have a Camp Nurse!

It's camp. So, bumps, scrapes, and possible bug bites may occur. Our Camp Nurse can be consulted about minor medical issues and provide basic first aid and any necessary TLC should a need arise. The Camp Nurse does not provide any medication, including over-the-counter medication, and does not oversee the administration of personal medications.

What is the Camp's current COVID-19 protocol?

COVID-19 is an unwelcomed Camper and is not allowed to participate in our program. Therefore, we require the Camp team and all Campers to meet the following criteria:

Please stay at home if:

- ✓ Showing any symptoms of COVID-19.
- ✓ Living in a household with someone diagnosed with, showing symptoms of, or a confirmed exposure to COVID-19.
- ✓ Traveled to/from a high-risk area as defined by the CDC.

If a Camper is identified as having potential symptoms of COVID-19 during the program, the Camper will be removed from the group to the extent possible and the parent/guardian notified to arrange for necessary quarantine and/or departure from Camp.

At Camp, we practice and encourage proper hand hygiene and will provide and reinforce opportunities for Campers to wash and/or sanitize their hands throughout key times in the program day (after using restroom, before and after eating, or engaging in art activities, etc.).

We do not require Campers to wear masks or socially distance; however, Campers are free to do so.

We ask that you educate your family on proper hand washing and reinforce respiratory etiquette (e.g., cover your mouth, using tissues, when possible, distance yourself or turn your head from others when needing to cough or sneeze, etc.).

Surfaces are cleaned at least once daily to reduce the risk of germs spreading.



Camp Evergreen



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Our COVID protocol is subject to change at any time, and we will consult with our Hosparus Medical Director about the safe viability of Camp and communicable diseases before and during the Camp week. We will notify Camper parents/guardians of any necessary changes to this protocol.