



Camp Not-a-Clot 2023 was a week to remember! In our second year at YMCA Camp Ihduhapi in Loretto, MN, we got to see our partnership blossom. Ihduhapi staff recognize and get excited about Camp Not-A-Clot traditions, and it is great to be a part of Ihduhapi's many fun traditions as well.

The mission of the Camp Not-A-Clot is "to foster community among bleeding disorder patients and promote a transition to independence. Campers will enjoy all the fun of an outdoor summer camp in a medically safe environment." We try hard to hit each piece of our camp mission statement:



Community. It is so cool to see the connections that are made between campers (and staff!) from the 5 participating HTC's: Children's MN, Mayo Clinic, M Health Fairview, Sanford Health ND, and Sanford Health SD. We welcomed new campers of all ages this year and were amazed by the friendships and supportive communities that emerged by the end of the week. Ihduhapi has a community-building theme this summer and incorporated team-building programming throughout the week. Tuesday night was declared "Cabin Magic" night, and cabins got to decide on special activities to do together as just a cabin. Many chose to include sunset swims and campfires with s'mores in their evening plans.

Our community of girls is strong and growing! We always look forward to our fun girl's educational session each camp, and had 21 girls in attendance this year! These campers built a welcoming community full of strong leaders, and we could not be prouder.



Independence. We promote independence at camp in many ways. For some, the first step to independence is staying at an overnight camp, a huge milestone! Independence also comes through learning and doing. It may be learning how to mix medication; self-infusing; or practicing one's bleeding disorder 'elevator speech'. We had a lot of campers demonstrate steps to independence by poking themselves for the first time, earning their well-deserved spot on The Big Stick!!



This year we introduced "The Big Branch." Campers who have continued branching out towards independence can work to achieve this award by demonstrating advanced bleeding disorder knowledge and skills. For example, roleplaying phone calls with a pharmacist, demonstrating how to self-advocate at school/work with a social worker, walking through their medication routine (or emergency bleed plans) with a nurse, and more. We were so proud to announce our 3 first ever Big Branch awardees during our final lunch.

Summer Camp Fun. Ihduhapi has a beautiful camp space and a lot to offer. As cabins, campers learned about nature

and outdoor skills; and then split off into different choice activities. Archery, sports, arts and crafts, rock climbing, and more. While we didn't have a record-breaking hot week like last year, Lake Independence remained a popular spot. Whether swimming, hanging out on the lily pad, paddling boarding, or canoeing- the waterfront was always active. Each day, cabins performed funny skits for the group,



campers had opportunities to showcase their talents, and everyone participated in all-camp activities. Capture the Flag remains the ruling all-camp game!

Camp is a great group effort between HFMD, the 5 HTC's, Camp Ihduhapi, and all of the campers and families who participate. It means the world to us staff to see skills built, knowledge gained, friendships made, and fun being had. Thanks to all who brought their great energy to camp this year. We hope to see you next summer!

~ By Becca Shaheen,
Children's MN
HTC Program Coordinator



| Shuttle Run | |
|-------------|---------------|
| 1 | Lindsay 14:30 |
| 2 | Jaden 14:35 |
| 3 | Eliot 15:00 |
| 4 | Ethan 15:05 |