

For more information,  
call (662) 377-4706 or email  
khaynes@nmhs.net.  
Camp forms are available at  
www.nmhs.net/asthmacamp.

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NORTH MISSISSIPPI  
MEDICAL CENTER  
830 South Gloster Street  
Tupelo, MS 38801



*Around  
the World  
in 4 Days*

# Camp Breathe Ezzzze

*For children ages 6-12 with asthma*

May 28-31, 2012  
Tishomingo State Park



Children with asthma are invited to participate in **Camp Breathe Ezzzze** each summer at Tishomingo State Park. Camp is designed to boost self-esteem and nurture friendships among children ages 6-12

with asthma. Around-the-clock care is provided by registered nurses and respiratory therapists. A parent/child asthma education session is required prior to camp, and sessions will be scheduled at various times during May for convenience.

Camp Breathe Ezzzze features fun activities, as well as daily education provided by NMMC's certified asthma educators. Activities may include:

- Rock Wall
- Swimming
- Fishing
- Obstacle Course
- CareFlight Visit
- Line Dancing
- Hiking
- Water Park
- Scavenger Hunt
- Arts & Crafts

Three cabins are designated for girls and three for boys. Campers are separated by age groups, and a minimum of three counselors are assigned to each cabin. A counselor from each cabin will have a cell phone at all times. Your child may call you, and you may call your child.

The camp registration form and \$25 non-refundable registration fee are due by April 15. The camp fee of \$75 is due by the start of camp. Scholarships for the \$75 camp fee are available based on need.



## What to bring to camp:

- Bath towels & wash cloths
- Swimsuits & an extra towel
- Sleeping bag
- Pillow
- Water shoes
- Sneakers
- Shorts/pants, socks, shirts, underwear x 7
- Pajamas
- Medications in original packages labeled in a zipped plastic bag
- Personal hygiene items

*Please label with a laundry marker each item of clothing. It is very helpful if you package each day's clothing in a bag and label for that day.*

Please do not send spending money with your child. We will provide three meals each day plus snacks.

## Campers will learn:

- About asthma
- About their medications
- How to avoid asthma triggers
- To use peak flows
- How to properly administer inhalers and aerosol treatments
- To have confidence
- And have fun!

## Location

Tishomingo State Park is located two miles south of Tishomingo off Mississippi Hwy. 25. It is also located at mile marker 304 of the Natchez Trace Parkway. Tishomingo State Park is approximately 42 miles northeast of Tupelo.

You get to meet **new** people and learn things about your asthma that you didn't know before.

– Kenndie Gamble, Saltillo

I am so **thankful** to be able to learn about asthma and learn how to control it. Now I know how to do things like normal kids, thanks to you.

– Sydney Morgan, Booneville

My daughter had a **great time** and learned a lot about her care – she came home and taught me things that I did not know. She enjoyed it and cannot wait until next year.

– Teresa Beene, Saltillo

I thought it was **fun**. We went on field trips and got to learn about healthy choices. My counselors were really nice.

– Cooper Stacks, Pontotoc

He got the **practice** he needed to learn how to perform his meds correctly. He came home like a pro and he had fun!

– Ann Compton, Pontotoc

Nick is so **independent** with taking his meds, and it's because of the camp!

– Ida Delbert, Oxford

My little girl's **asthma** has always restricted her outings. Thanks to all the staffers of Camp Breathe Ezzzze, she will remember this summer always. She is already making plans to attend next year.

– Renita Ware, Tupelo

