



May 4, 2020

Dear Camp Family,

I hope that you remain in good health during this challenging time. I'm sure you and your child have been awaiting an answer about summer camp. With a heavy heart, I share with you that Frost Valley YMCA will not be offering overnight or day camp this summer. After many long days and sleepless nights, our staff and I worked to find solutions to every possible contingency, but ultimately the uncertainties are still too great too late in the season. The final decision came as a board vote on Sunday evening.

Frost Valley YMCA summer camp is an experience I know your child was looking forward to. Operating a safe and enriching camp takes many months of preparation under normal circumstances. However, with this many unknown threats, combined with shortages of tests and supplies, as well as the sensible guidance from NY Governor Cuomo not to hold gatherings that attract large groups of people from outside the local area, Frost Valley cannot in good faith offer the safe and enriching camp experience your child was looking forward to.

Because we know this may be difficult news for your child, we will not be publicizing the cancellation of summer camp until tomorrow, Tuesday, May 5, so that your child can hear it from you first and you can have time to discuss as a family.

I know this is heartbreaking news. None of us ever imagined we would see a summer without camp, but our confidence that together we will rise and thrive remains strong. Please stay safe and healthy, and we hope to see you for summer 2021.

Sincerely,

Jerry Huncosky
CEO

P.S. Please *continue to page 2* for further information that includes details about refunds, tips for talking to your child about this news, who your family can call for support, and other pertinent information.

Refunds

We wanted to make this decision before the refund deadline, so that families could had several options. We're offering three choices:

- **Donations:** Making a gift of some or all of the funds you have already paid is a generous way to ensure that Frost Valley remains strong and ready to re-open when it is safe to do so. Frost Valley aims to be here for children and families well into the future, and your gift preserves our mission to serve all. Thank you to everyone who is able to make this vital gift to Frost Valley during a time of extreme hardship.
- **Hold as Credit:** We can hold your payment and credit the amount toward another program in the future. If you choose to put this credit toward a summer camp 2021 program, our refund deadline for cancellations is March 31, 2021. This option also significantly assists Frost Valley's financial stability, and we are incredibly grateful.
- **Full or Partial Refunds:** We know that many families are also facing their own hardships. We can process a full refund in the amount paid or you may choose to take a partial refund and make a donation with the remainder. *Refunds will be mailed as checks in about 6-8 weeks.*

Our camp staff will be contacting you in the coming weeks to process your preferred method. For urgent questions, please contact our registrar's office at campregistrar@frostvalley.org or call **845-985-2291 ext. 203**. Thank you for your patience as we expect hundreds of emails and calls over the coming days.

Re-Opening Frost Valley

Although much is subject to change, our current plan is to reopen after the summer camp season for family camp and the alumni reunion on Labor Day Weekend, as well as upcoming school trips, group retreats, and family weekends. If you are registered for a program in late August or thereafter, we are still holding your spot and hope to see you then. Registered guests will be informed immediately if any changes are made.

Virtual Programming

Our "Virtual Camp" program will be slightly scaled back for the month of May as we talk to parents about the cancellation of camp. However, several camp-style activities are still being offered throughout each week. We would love to see your camper there! To view the schedule and sign up, visit: www.frostvalley.org/virtual-camp

Frost Valley's Mission & COVID-19

Our mission to serve all will remain strong through this crisis. Although our dining hall will not be serving children this summer, we will continue to prepare meals for our food delivery program that supports local families facing food insecurity, and the produce at our farm will be donated as well. Our emergency daycare program for children of essential workers will also continue to be offered to infants through pre-K. As mentioned, virtual programming is happening now and is open to all children, not just those who are registered for camp. We are also looking for more opportunities to serve and safely respond to this crisis in the coming months.

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Talking to Your Child about Camp Being Cancelled

First, remember that you know your child best. Try to digest the news yourself before talking to your camper. This is why we are waiting to publicize it so you have time to discuss as a family. Below are some tips that can help guide how you:

1. **Acknowledge their feelings.** Expect a range of emotions, including disappointment, anger, sadness, or even grief. Most us, including our children, have experienced a lot of cancelled plans, and adding yet another disappointment to the list may feel overwhelming. Acknowledge that it is frustrating to suffer yet another loss.
2. **Ask: What would help?** When your camper is ready, think about what can be done to cope. You can register for virtual camp at www.frostvalley.org/virtual-camp or set up a video call with some camp friends. What are some things that your child can do to share their favorite parts of camp with your family? Maybe they can teach you a game from camp or camp song. Is there a camp meal you can make at home? Not every child will feel better by doing camp activities at home, so let them be the guide. Remember, it may take time for your child to process their feelings to get to a place where they can think about pro-actively moving forward.
3. **Check-in Again.** Over the next few days, gently ask how they're doing and see if they need more support. Try to remember to ask again as we get closer to the days when camp would have started.
4. **Resources addressing other challenges that can arise in a crisis:**
 - [How to Talk to Your Children When Bad Things Happen](#): This article offers help with one of the biggest challenges of parenthood, explaining bad things in the world.
 - [Supporting Families During COVID-19](#): The Child Mind Institute shares supportive and comprehensive resources for parents on a number of coronavirus-related topics.
 - [Parenting in a Pandemic: Tips to Keep the Calm at Home](#): These tips from the American Academy are designed to help families through the current crisis.
 - [How to Be Your Best Self in Times of Crisis](#): Psychologist Susan David shares wisdom on how to build resilience, courage, and joy in the midst of the coronavirus pandemic in this TEDtalk.
 - [Emotional Regulation Worksheets: A Coping Skill Activity](#): This worksheet and calming technique can help you focus on the present rather than overthinking about the past or future.
 - [51 Mindfulness Activities for Kids](#): These tips and activities can teach elementary-aged students how to practice mindfulness.

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Camp Director Contact Information – please call us for urgent questions. Again, camp staff will be reaching out to you over the coming weeks to provide support and process payment requests.

Office Hours are Monday-Friday 9am-5pm EST

Adventure Village, Trips, and Survival Camp

- **Tori Staley**
- tstaley@frostvalley.org
- 845-985-2291 ext. 265

Camp Henry Hird (overnight, grades 8-10)

- **Claire Greenwood**
- cgreenwood@frostvalley.org
- 845-985-2291 ext. 301

Camp Wawayanda (overnight, grades 2-7)

- **Nick Lomauro**
- nlomauro@frostvalley.org
- 845-985-2291 ext. 271

Counselors in Training (CiTs)

- **Claire Greenwood**
- cgreenwood@frostvalley.org
- 845-985-2291 ext. 301

Day Camp

- **Jessie Emmons**
- jemmons@frostvalley.org
- 845-985-2291 ext. 305

East Valley Ranch and Farm Camp

- **Megan Cheney**
- mcheney@frostvalley.org
- 845-985-2291 ext. 348

Mustang & Durango Village

- **Jessie Emmons**
- jemmons@frostvalley.org
- 845-985-2291 ext. 305

Tokyo Camp

- **Tetsuro Hatoyama**
- thatoyama@frostvalley.org
- 914-705-5434