



Schedule of Events



**Please note, all times listed below are in Pacific Time*

Participants are encouraged to enter Zoom waiting rooms 5 minutes prior to session beginning

Friday, May 1, 2020

TIME	SESSION	PARTICIPANTS	LINK
4:00 PM	Introduction to Zoom Session Description: <i>Mandatory session for all participants.</i> Please bring all devices that will be used throughout the weekend to this session. This session will allow us to test all devices, trouble shoot audio/visual concerns, and become familiar with the different Zoom platforms and views that will be used throughout the weekend.	All	



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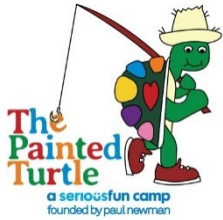
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Saturday, May 2, 2020

TIME	SESSION	PARTICIPANTS	LINK
9:00 AM	<p>Welcome!</p> <p>Session Description: A welcome to all families on behalf of The Painted Turtle, the Stanford ALD Program, and the Adler Family.</p> <p>Supplies:</p> <ul style="list-style-type: none"> • Family Journal (included in Camp at Home Kit) • Turtle Shell (included in Camp at Home Kit) 	All	
9:30 AM	<p>Family Meet and Greet</p> <p>Session Description: Get to know the other families participating in the weekend! We'll introduce all families to one another and breakout into smaller rooms to play camp games. Let the fun begin!</p> <p>Supplies:</p> <ul style="list-style-type: none"> • Large butcher paper (included in the Camp at Home Kit) • Colored markers 	All	
10:15 AM	Break		
10:30 AM	<p>Family Activity</p> <p>Session Description: Tricia is an artist and has over 20 years experience in Early Childhood Education. Join her as she leads families through a creative and interactive session!</p> <p>Supplies:</p> <ul style="list-style-type: none"> • 12 x 12 cardstock (included in the Camp at Home Kit) • Glue Stick (included in the Camp at Home Kit) • Magazine (included in the Camp at Home Kit) • Scissors • Markers • Additional magazines, catalogs, & newspapers (optional) 	All	
11:30 AM	Lunch Break		



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TIME	SESSION	PARTICIPANTS	LINK
12:30 PM	Connection Session: Navigating Family Life with ALD Session Description: Join for a panel session and discussion on having a family member with ALD and the challenges and successes of balancing everyday responsibilities.	Parents	
	Camper Activity Session Description: Join Wild Child for this interactive session as they lead campers through a fun and energetic experience that cultivates joy, peace, health, and community!	Children ages 0-12	
	Teen Activity Session Description: Calling all teens! Meet PUN, one of camp's favorite volunteers and connect with your peers in our specialized teen track of activities!	Teens ages 12-18	
1:30 PM	Break		
1:45 PM	Education Session: Standards of Care: Neuro, Endo, BMT Session Description: This session will include a multi-disciplinary perspective on medical care for ALD. Prior to the session, please watch three pre-recorded talks, one each from Sejal Shah, MD, Ami Shah, MD, and Keith Van Haren, MD. In addition, you may also view the "What is ALD? Adrenoleukodystrophy Explained" video as a basic overview to accompany this session.	Parents	



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TIME	SESSION	PARTICIPANTS	LINK
1:45 PM <i>cont'd</i>	Camper Activity Session Description: Join special guests Jim and Christina! First, Jim is a professional musician and teaches percussion for all ages. Grab a wooden spoon, a pot, a cardboard box, a milk carton – anything you can drum with - and get ready to drum with Jim! Then join Christina who is a naturalist and promotes environmental literacy with children. She will take us on an adventure through nature in New Zealand!	Children ages 0-12	
	Teen Activity Session Description: Join your fellow teens for another session with PUN and Emily!	Teens ages 12-18	
2:45 PM	Break		
3:00 PM	Cooking and Nutrition with Gina Gina Cousineau , mom and founder of Be a Hero, Become a Donor Foundation and of Mama G's Lifestyle, has been a fitness professional for over 30 years. She uses food as fuel and makes the disclaimer that everything she eats is not only nutritious but delicious! Join Gina for a cooking session preparing Turkey Bolognese. Supplies: <ul style="list-style-type: none"> • Recipe and Health Plate (included in Camp at Home Kit & www.aldfamilyweekend.com) • Whole wheat or bean pasta (included in Camp at Home Kit) • Additional ingredients (listed in Packing List for Families) 	All	
3:45 PM	Break		
4:00 PM	Family Campfire Session Description: Join us for a campfire including our favorite camp skits, songs, stories, and a very special musical performance! Supplies: <ul style="list-style-type: none"> • S'Mores (included in Camp at Home Kit) • Camp Journal with campfire songs (included in Camp at Home Kit) 	All	



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Sunday, May 3, 2020

TIME	SESSION	PARTICIPANTS	LINK
8:00 AM	Yoga (optional) Join a live yoga session with Kiara Ana to start your morning! Kiara Ana is a freelance violist, violinist and yoga teacher based in Los Angeles. She loves making music, traveling, cooking, knitting, hiking and swimming.	All	
9:00 AM	Welcome and Morning Warm Up! Get your dancing shoes on and start Camp Day #2 with some fun camp dances! We will also have an opportunity to meet and connect with other families again and meet some new ones!	All	
9:30 AM	Education Session: Future Therapies: gene therapy for cerebral ALD, gene therapy for AMN, small molecule therapy Session Description: This session will include a conversation about the future ALD therapies with a panel of physician-scientists, including Keith Van Haren, MD, Josh Bonkowsky, MD, Troy Lund, MD, Paul Orchard, MD, and Asif Parker, MD. Prior to this session, please watch the pre-recorded video "Future of ALD Therapies" by Dr. Keith Van Haren.	Parents	
	Camper Activity Session Description: BINGO! Join The Painted Turtle team for fun rounds of picture, get-to-know you, and traditional bingo! Supplies Needed: <ul style="list-style-type: none"> Bingo Cards (included in your Camp at Home Kit) Colored Markers 	Children ages 0-12	
	Teen Activity Session Description: Get ready for another day of bonding and fun with fellow teens from all over!	Teens ages 12-18	
10:30 AM	Break		



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Sunday, May 3, 2020

TIME	SESSION	PARTICIPANTS	LINK
10:45 AM	Connection Session: Converting Anxiety into Action: Fundraising, Volunteering, Organizing, Peer Counseling Session Description: A group of panelists will share experiences and tips on how to engage and take active steps to strengthen the ALD community.	Parents	
	Camper Activity Session Description: The BeatBuds will lead campers in a session to create a musical universe that guarantees campers an educational and entertaining music experience! Supplies Needed: <ul style="list-style-type: none"> • Music instrument making supplies (ideas listed on Packing List for Families) 	Children ages 0-12	
	Teen Activity Session Description: A final time to gather with your teen crew!	Teens ages 12-18	
11:45 AM	Lunch Break		
12:45 PM	Connection Session: Inspirational Stories Join as a group of panelists share their personal stories, inspire hope, and foster encouragement for the future.	Parents	



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TIME	SESSION	PARTICIPANTS	LINK
12:45 PM	Camper Free Choice! Session Description: Campers, choose your own adventure! Please select any or many of the activities listed below!	Children ages 0-12	
		Teens ages 12-18	
	Syringe Painting (Live Session) Session Description: Squirt paint from your syringe and create a masterpiece! A fun and exciting work of art with Teresa, Michelle, and Carlie! Supplies Needed: <ul style="list-style-type: none"> • Paint (included in Camp at Home Kit) • Syringes (included in Camp at Home Kit) • White Cardstock (included in Camp at Home Kit) • Cardboard Box (Camp at Home Kit shipped in this box!) 		
	Storytime! (Live Session) Session Description: Enjoy some of our favorite stories with Amanda, Raven, and Katie		
	Pugs and Wrist Hugs Session Description: Greg and Sarah introduce you to their pug pals, Champ and Biscuit, and teach you how to make friendship bracelets (wrist hugs!) Supplies Needed: <ul style="list-style-type: none"> • Friendship Bracelet Kit (included in Camp at Home Kit) 		
	Indoor Obstacle Course Session Description: Ali teaches you how to build an obstacle course in your own home! Parent or caregiver inspection required prior to the start of your obstacle course races (kid tested, parent approved)!		
	Yoga Session Description: Allaire, Chloe, and Noelle lead you in a turtle-tastic yoga and relaxation session!		



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TIME	SESSION	PARTICIPANTS	LINK
12:45 PM	Camper Free Choice, continued! Session Description: Campers, choose your own adventure! Please select any or many of the activities listed below!	Children ages 0-12	
		Teens ages 12-18	
	Camper Cooking Class Session Description: A cooking class specifically for the ALD Family Weekend Campers! Lindsay will be leading you in lesson on homemade bagels! Supplies Needed: <ul style="list-style-type: none"> • Bagel recipe (included in Welcome Packet) 		
	Star Fidget Spinner Session Description: Have you ever wanted to create your very own fidget spinner? Megan will be leading the group to learn how to make their own Star Fidget Spinner with a piece of paper! Supplies Needed: <ul style="list-style-type: none"> • Piece of scratch paper (included in Camp at Home Kit) 		
	Keep It Moving Session Description: Andrew and Tim challenge you to see how long you can keep your ping pong ball in motion. Learn their tips and tricks and see how long you can <i>keep it moving!</i> Supplies Needed: <ul style="list-style-type: none"> • Keep it Moving Kit (included in Camp at Home Kit) • Various items from around your house 		
	Additional Free Choice Activities Session Description: Additional Free Choice Activities are included in your Camp at Home Kit! These include: <ul style="list-style-type: none"> • Woodshop Projects • Sand Art • Duct Tape Crafts (directions included in Welcome Packet) 		



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TIME	SESSION	PARTICIPANTS	LINK
2:00 PM	Break		
2:15 PM	Fun with PUN Session Description: PUN is a magic-maker, game changer, and inspiration to all! Join PUN for a series of fun and interactive games for your whole family to enjoy!	All	
	Camp Closing Session Description: Join the entire TPT ALD Camp at Home family for a camp closing to wrap up our weekend together.	All	

Additional activities and videos for your family to enjoy throughout the weekend!

SESSION	LINK
Parent Craft: Cork Trivet Supplies: <ul style="list-style-type: none"> • Instruction Sheet (included in Camp at Home Kit) • Glue gun (included in Camp at Home Kit) • Corks (included in Camp at Home Kit) 	
Video: Camp Dance with Miss Kerri Video Description: Join Kerri, a camper mother, for a ballet dance session!	
Video: Camp Tour with Pops and Sherry! Video Description: Join Pops and Sherry, longtime volunteer favorites at TPT, as they share a tour of The Painted Turtle camp facility. Take the tour – we hope to see you all there next year!	



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Activity / Video	LINK
<p>Video: Meet TPT's Volunteers! Video Description: Volunteers are key to providing the camp spirit that we know and love at The Painted Turtle! A few of TPT's volunteers wanted to say hello and welcome you to Camp at Home!</p>	
<p>Video: This is The Painted Turtle Video Description: This short 3-minute video will share fun facts and give you a glimpse into our camper program!</p>	
<p>Video: 30 Seconds of Camp Video Description: A quick 30 second peek into the experience of a Painted Turtle camper!</p>	
<p>Video: Dear Mom and Dad Video Description: A camper perspective of the summer camp experience!</p>	
<p>Interested in learning more about The Painted Turtle? Visit Camp's website to see more of camp in action!</p>	

Thank you for participating in the first ALD Family Weekend – Camp at Home!

We look forward to welcoming you to Lake Hughes, CA for a camp weekend at The Painted Turtle!

More information and date to follow – stay tuned and stay connected!