



# A Healthy Minute

June 2013

## *Finding Magic at Camp Jonathan*

We tend to treasure certain happy childhood memories, like playing kick ball on the playground, chasing the Good Humor truck and counting down the days till our birthday. But when these childhood experiences also include the death of a loved one, it can leave a child and the people around them emotionally stunned and feeling somewhat alone in their experiences. So we started Camp Jonathan 19 years ago to help meet this need. One of our campers shared his experience:

“When my grandfather, who raised me and was a father to me passed away, I attended Camp Jonathan. It was a magical place, where I learned healthy ways to relax, meditate and just talk about things that come up. Healing happens when you least expect it, and sometimes it comes from conversations with kids who have also lost someone. Grief has no time limits, and some of campers who attend have lost someone in the last year or last five years. Many of their losses are a parent, but not always. For me it was the loss of my grandfather whom I loved deeply. There isn't a day that goes by that I don't think about my grandfather Duncan Haimerl. Camp Jonathan-thank you for being there when I needed you. The experience was one of the proudest things I will ever do in my life.”



Warmly,  
Ish Haimerl, 18 years old  
Camper at Camp Jonathan  
NMVNA & Hospice  
860-354-2216  
E-mail us to learn about Camp Jonathan  
[dmatta@newmilfordvna.org](mailto:dmatta@newmilfordvna.org)

### **CAMP JONATHAN**

August 5-9, 2013  
St John's Episcopal Church  
New Milford, CT

Free, but pre-registration is required.  
Call Mary Peitler at 860-354-2216 for  
more information.



**TEA for TWO HUNDRED**  
A COTTAGE GARDEN TEA  
To benefit Interfaith AIDS Ministry and New Milford VNA Hospice

Saturday, July 20, 2013  
4:00 to 7:00 p.m.

Featuring Saturday Night Live Vocalist  
(the legendary “Beehive Queen”)

CHRISTINE OHLMAN  
WITH THE REBEL MONTEZ BAND

To benefit the New Milford VNA & Hospice and  
Interfaith AIDS Ministry of Greater Danbury

Tickets: \$50 Early Bird Purchase  
\$60 after July 12

For more information and to  
purchase tickets, visit  
[www.teafortwohundred.org](http://www.teafortwohundred.org)

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bereavement and caregiver support groups.