

Camp Allen Stories, Questions and Answers.

This is what we hear about our services from campers, families, and caregivers!

From Vera's Mom

The first time we brought our daughter to Camp Allen we were petrified. She had never been away from us for more than a few nights and never with strangers in a strange setting. She flourished! She enjoyed swimming, ball games, camp fires, arts and crafts, modified hikes, etc. Since then Camp Allen has continued to offer her an array of activities and enhancing challenges that she cannot enjoy anywhere else. Vera began to discover her own identity at camp when she was away from parental supervision. It turns out that this non-verbal, delayed child is very funny and even sarcastic. Who knew? We continue to send Vera to Camp Allen every summer because she requests it using her electronic speech output device. All winter long she has been asking us when she can go back and sleep in the bunk and see the campfire and her favorite counselors. She even has an email friendship with one of her counselors from Ireland.

From Mel's Mom

My daughter is 31 years old and intellectually disabled. She has been a camper at Camp Allen for the last 7 or 8 years. She absolutely loves it there and it's the one place that I know she will be safe while my husband and I take a well-deserved vacation once a year without her. They have so much to offer children and adults with disabilities. It gives Melanie a chance to make new friends, meet camp counselors from all over the world and to enjoy the camping experience that normal children get to enjoy growing up.

From A Camper's Mom

Camp Allen runs a fantastic program for kids of all abilities. They make the parents feel comfortable about leaving their children (my son had never been away overnight where he wasn't with a family member). The staff is enthusiastic and welcoming. EVERYONE is top notch!!!

From A Camper

I think of Camp Allen as a second home because everyone there treated me with respect and courtesy. I love Camp Allen so much and it is such a big part of my life whenever I leave life camp I can't stop talking about it till next year.

From Roberto's Mom

The choice my son & I made this summer couldn't have made us feel more satisfied. This was a wonderful & unforgettable experience. It was worth every minute of dedication, from the moment I applied until the moment I picked him up with tears in his eyes. Which brought tears to my eyes because my son didn't want to go home so soon, due to the wonderful time he had. We're definitely looking forward to the next Camp in 2013. I recommend this camp in a heartbeat. I thank everyone at M.D.A, Camp Allen & all the people that helped raise the money for this wonderful experience. God bless you all!

From Scott's Mom

Nestled in the woods of Bedford is a summer camp for kids and adults with special needs. These campers don't often have the opportunity to enjoy outdoor life the way other kids do. At Camp Allen, where these special individuals are treated like regular campers, their disabilities are set aside. Dedicated, reliable staff members come from far and wide to spend the summer, leading these campers in all aspects of camp life. Nothing can compare to the welcome they give the campers upon arrival. The two activities my son enjoys the most are daily swimming and music. Whether these campers' difficulties are due to their medical, physical or cognitive differences, they are given the opportunity to play and work to their full potential, having lots of fun all the while. Parents and other caregivers can relax for several days, knowing that their family member is being well cared for by his/her counselor, the nurse, and many others who are there for him. Camp Allen is the best!



For general camp information contact: Michael Constance, Executive Director
For specific camp/camper information contact: Michael Constance, Camp Director
For questions about the Camper Application contact: Deb Schulte or Michael Constance

One number to call: 603.622.8471

Camp Allen Stories, Questions and Answers, Continued.

Frequently Asked Questions

What makes Camp Allen different from other camps?

- Camp Allen ratio of 1:2, counselor to camper, provides for a fun and safe camping experience for all.
- Camp Allen is easy to get to, just a few miles from Manchester, NH's largest city and an hour away from Boston.
- Camp Allen has a very long history of providing excellent camping experiences. Camp Allen was founded in 1931.
- Camp Allen recruits staff from around the globe, providing our campers with a unique cultural experience. The staff are well trained and prepared to provide a fun and safe experience for all.
- Camp Allen's focus is fun in a safe outdoor environment.
- Camp Allen's facility is accessible.
- The friendships and relationships that are developed can last a lifetime.

What is a typical day at Camp Allen?

Camp Allen provides activities based on campers abilities and desires. If a camper is not interested in the activity scheduled it is easy to change the activity or provide other options.

What do I bring to camp?

A list of items will be sent to in a packet once your camper has been accepted. Camp Allen's focus is on the outdoors and building relationships. We discourage campers from bringing electronic games, computers or tablets to camp. If you have any questions call the office and speak to Michael or Mary.

Why does Camp Allen use CampMeds?

If your camper takes more than one medication daily we want you to use CampMeds. CampMeds was founded by a camp nurse and is a safe and consistent system for our nurses to use in medication administration. All medications are packaged alike and are grouped in packages according to time of delivery. We have tried other methods and find this to be the best and safest company to use. If you have questions please call the office and speak to Mary or Michael. The fee for CampMeds is \$40. Please let CampMeds know if your camper is coming for multiple sessions and the dates of those sessions.

What is the cost of Camp Allen?

Camp Allen's fees are posted on the first page of the camper application. Occasionally, we receive criticism regarding the cost. The Board of Directors have not raised the cost of camp in several years, despite the rising cost of providing services. We recognize that our families sometimes have difficulty with the cost. We are here as a resource for how to raise the monies to come to camp and have two campership programs that we manage. If a family needs support, please don't hesitate to call us.

We remind our families that we are a safe camp with a low counselor to camper ratio. The tuition does not cover the whole cost of camp and it is necessary for camp staff to raise the difference each year. We are grateful to our donors and benefactors for their generous gifts to camp that allow us to continue to provide the best camping experience.

Does Camp Allen provide for special diets?

Camp Allen provides special diets for our campers that include gluten free, low calorie, low sugar and carbohydrate, low fat, and peanut free for those who are allergic. Please call if you have questions. A camper may bring special foods, snacks etc. to camp and the chef and kitchen staff will monitor.



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Frequently Asked Questions, Continued.

May I call or see my camper during their stay at camp?

Camp Allen always welcomes visitors to camp. We do however want to be called before a visitor comes for a visit so that we can assure that it is a good time for the camper and their cabin mates. We welcome calls at any time and you will be given several numbers including the camp director's cell phone so that you may check up on your camper at any time and as many times a day as you need to.

If you have any special requests, please don't hesitate to ask. You may call the office at any time at 603-622-8471.