

April 6, 2022

Dear Camp Ramah families –

With camp just around the corner, we want to share instructions on how to order and pack medications for your camper this summer. As we have since 2019, we will be using Wellspring Pharmacy, located in Oakland, California. Wellspring Pharmacy will be available for campers in both California and Arizona, except for those with Kaiser insurance. For campers from other locations or campers with Kaiser insurance, we ask that you instead follow the blister pack instructions found below. To best ensure that camper medications are processed in a timely and safe manner, we ask that you read through this entire document so that you fully understand the process.

For all campers in California AND Arizona (except those with Kaiser insurance):

Please sign up with Wellspring Pharmacy (<http://www.wellspringrx.com/>) and follow the instructions on the website.

- Please click on “**My Kid’s Camp Meds**” and then choose “**Register for Camp Ramah Here**”.
- Please read the FAQs and follow the instructions on the registration form.
- Please note the deadline of May 31st for campers attending Session 1 or Gesher Aleph\Bet, and the deadline of June 30th for campers attending Session 2 or Gesher Gimmel\Dalet.
- Wellspring will work with your insurance and ship the medications directly to camp.

For Families with Kaiser or those who live outside of California and Arizona:

Please use the blister packages (the same system that has been used in the past).

- Please purchase these blister packs (monthly-extra large size): <https://goo.gl/jjhHNL>
- You can read the directions for this system here: <http://ramah.org/blisterpack>
- You can watch a video of the assembling process here: <http://goo.gl/k1XMeb>
- Please mail the medication to camp by 6/7/22 if your child is attending Session 1 or Gesher Aleph and 7/7/22 if your child is attending Session 2 or Gesher Gimmel. This will allow our nursing staff to check the packaging, verify the medications, and contact parents or doctors with any questions.

If you are using the blister pack system, please address the medications as follows:

Camp Ramah in California

Attn: Health Center (Specify Gesher Aleph\Bet\Gimmel\Dalet\Session 1\Session 2)

385 Fairview Road

Ojai, CA 93023

NON-ORAL/NON-STANDARD MEDICATIONS:

If you have a medication such as growth hormone, birth control pills, nasal sprays, eye drops, creams, or other **non-standard** medications, please follow the last step of the Blister Pack

directions (placing the original packaging into a zip lock bag that is clearly labeled with the information requested in the video). PLEASE NOTE: If the medication (such as birth control) is already in a blister pack, please keep it in its original packaging.

EPINEPHRINE:

If your child requires an epinephrine auto-injector/EpiPen for any allergy (ie: nuts, foods, bees, insects, medication, etc.) please ensure that your camper brings two epinephrine auto-injectors to camp. Auto-injectors will be kept in the *Mirpa'ah* (Health Center) and, depending on the nature and severity of the allergy, may be kept in a bunk/tent.

Any medication not used will be returned to the camper upon their departure from camp at the end of their session.

As a reminder, please be sure that your camper's medications are either sent through Wellspring Pharmacy or packed in blister packs; **do not send medications in their original bottles**. Please note that any medications that are not properly packaged in blister packs will result in a \$175 medication processing fee.

Finally, please note that all medications will be kept in the *Mirpa'ah* and distributed by our *Mirpa'ah* staff. For the safety of our camp community, no medications (including over the counter medications and vitamins) will be kept in the bunks or tents, unless approved by our *Mirpa'ah* staff. Inhalers and nasal sprays may be approved based on camper age.

Thank you for your partnership in this process and please do not hesitate to reach out with any questions.

Sincerely,

Dr. Andrea Kasowitz
Clinical Marp Director, Camp Ramah in California
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