

## Daily Camp Adventure...

What sets the Mainstay Life Services' Summer Respite & Recreation Program apart from most traditional summer camps or programs is its ability to take advantage of the rich variety of recreational and cultural opportunities that Pittsburgh and the surrounding region offer.

Summer Program participants eat most of their meals at the college dining hall, and are able to use recreational facilities on campus. Most activities, however, take place off campus. A Farewell Dance is held at the end of each session.

Individuals attending the camp can participate in off-campus activities each day including:

- Pirates games
- Gateway Clipper riverboat cruises
- The Four Carnegie Museums
- Kennywood Park
- PNC Park/Heinz Field Tours
- Miniature Golf
- Heinz History Center
- Laser Tag
- Idlewild Park
- Pittsburgh Zoo & Aquarium
- Phipps Conservatory
- Bowling
- Pennsylvania Motor Speedway
- The National Aviary
- The Frick Art & Historical Center
- Living Treasures Animal Park
- Swimming

## Camp Staff...

Mainstay Life Services' Summer Respite & Recreation Program is staffed 24 hours a day. Many staff members are professionals whose full time jobs are in the education and developmental disabilities fields. Some are college students who are planning to enter those professions.

Training for all staff is provided by Mainstay Life Services. Most camp staff are dedicated veterans who return to the camp summer after summer.



## Be a Part of the Energy and Excitement...

The success of Mainstay Life Services' Summer Respite & Recreation Program can be measured by the fact that most of the participants want to return each year. Each year the camp fills all available slots before the registration deadline.

First-time visitors to the camp are usually struck by the high level of energy and excitement. Mainstay Life Services is committed to maintaining the high quality of the camp and providing opportunities for recreation and socialization that might not otherwise be available to adults with developmental disabilities.

## Information...

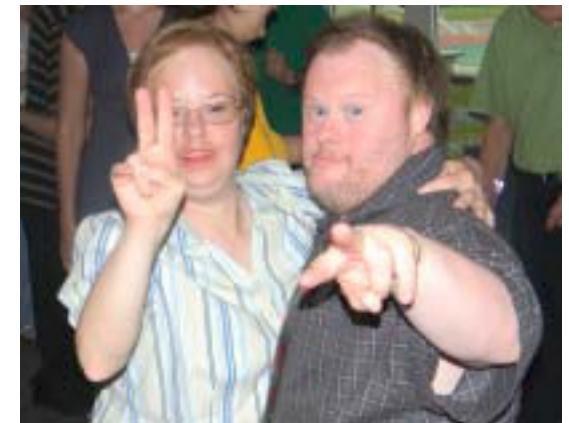
For more information about Mainstay Life Services' Summer Respite & Recreation Program please call Ned Ochester or Sherry Curry at (412) 344-3647 x378.

For employment or other agency information contact our administrative office:

Mainstay Life Services  
200 Roessler Road  
Pittsburgh, PA 15220  
(412)344-3640  
info@mainstaylifeservices.org

Or visit  
www.mainstaylifeservices.org

*See you soon!*



## *What is Mainstay Life Services' Summer Respite & Recreation Program?*

- Since 1977, Mainstay Life Services' Summer Respite & Recreation Program has offered a unique socialization experience for adults with developmental disabilities.
- This program is held every July on a college campus in Pittsburgh.
- Participants choose from one or two week sessions and room in a college dormitory while they attend the camp.
- 30 individuals participate in the camp at any given time.
- Camp participation is open to adults (18 and over) who live with families or caregivers.
- The camp allows individuals to engage in recreational activities and social interactions that they might not otherwise have an opportunity to experience.
- Mainstay Life Services' Summer Program also serves as a respite program for families.
- Mainstay Life Services' Summer Program is accredited by the American Camping Association.



Mainstay Life Services is a non-profit organization that provides community living arrangements and supports for individuals with developmental disabilities and their families in Western Pennsylvania.

### *Our Mission*

Mainstay Life Services is committed to providing life-long, high-quality support services to ensure that people with developmental disabilities lead fulfilling lives and realize their vision of a desirable future.

All our endeavors will be guided by the goal of providing services to develop each person's full potential for community participation, inclusion and personal growth.

We will provide support with sensitivity, respect, dignity, compassion and responsiveness to individual needs.

## **Summer Respite & Recreation Program**

**mainstay**  
LIFE SERVICES



Mainstay Life Services

*Unique Urban  
Camping Experience*

*Accredited by the  
American Camping Assn.*