

# Diabetes Education and Camping Association Newsletter APRIL 2010

**DECA Mission Statement:** The Diabetes Education and Camping Association promotes communication, provides education shares resources and serves as a worldwide voice to advance diabetes education and camping programs that meet the diverse needs of individuals and families.

*Diabetes Education and Camping Association*  
and  
Camp Yellowbird, Jamaica  
present

## **“DECA Jammin in Reggaeland”**

*Diabetes, Education and Fun*

**October 21 - 24, 2010**

**Breezes Resort, Rio Bueno, Trelawny, Jamaica**

### **Keynote Speakers**

**Leslie Gabay, MD**, Pediatric Endocrinologist - Medical Director, Camp Yellow Bird  
*“Psychological Impact of Diagnosis on the Relationship between Child and Parent”*

**Professor, The Hon. Errol Morrison**, Endocrinologist, Founding Member, Diabetes Association of Jamaica/Caribbean, Principal, University of Technology, Jamaica  
*“Diabetes – Diabetes, the Caribbean Experience”*

**Andy Holder**, Triathlete, Motivational Speaker, Founder of the Iron Andy Foundation  
*“The Iron Andy Challenge – Fitness, Community Service and Health”*

### **Diabetes 101 Track**

What is diabetes, management routines  
Hypoglycemia and hyperglycemia  
Insulin and delivery systems  
Psychosocial issues and diabetes

### **School Toolkit**

Perfect for School Nurses & Others Who  
Care for Children

### **How To Organize a Diabetes Camp**

Day Camp 101  
Working with Young Staff Members  
Innovations in Medical Technologies  
Sexuality and Teens  
“FUN”amentals of “FUN”development  
Getting Service Organizations Involved in  
Your Camp

Cost is \$400 for DECA Life Members, \$425 for DECA Regular members, \$500 for non-members/US funds.  
Registration and payment deadline will be **August 10<sup>th</sup>**! **Register online at [www.diabetescamps.org](http://www.diabetescamps.org) today!**

DTreat East  
May 28-30, 2010  
Northeastern University  
Boston, MA



DTreat West  
June 4-6, 2010  
UC Berkeley  
San Francisco, CA

In only two short months, young adults from across North America will be gathering together for an educational and fun-filled weekend to shed some light on life with diabetes and the experiences that we share!

As a participant at last year's DTreat, I came away with not only many new friends, but with a greater appreciation for the support that we, as a network of young adults, can provide for each another, as well as with an abundance of tools and strategies to make life with diabetes less of a challenge.

## Are you between the ages of 18-25 and living with type 1 diabetes?

Join us, as the **Diabetes Education and Camping Association's** DLead comes together to host DTreat 2010. Because of the great success of DTreat 2009, and through the generous support of **The Medtronic Foundation**, DTreat has expanded and retreats will be hosted on both the East and West Coasts.

Share your own experiences and learn from the experts about:

- Diabetes Nutrition
- Parental Issues
- Diabetes and Work
- Travel
- Diabetes Research
- Relationships
- Alcohol and Drugs
- Diabetes Myths
- Diabetes-Environmental Impacts
- Psychosocial Issues
- Adult Care Transition
- Pregnancy
- Diabetes, Sport and Exercise
- Diabetes Burnout
- Stress
- Insurance Issues
- College Life
- Diabetes Around the World
- Independent Living
- Diabetes Technology

Spaces are still available, so register TODAY!

Visit [www.diabetescamps.org](http://www.diabetescamps.org) and click on the DTreat logo.

## ***A Special Friend to Georgian Childhood Diabetics and to DECA - Dr. Koba Koplataдзе - is Remembered***

Our A Call To Serve (ACTS) International and ACTS Georgia family and the Georgian diabetic children lost a strong champion of effective childhood diabetic care April 11 when our dear friend Dr. Koba Koplataдзе died at the age of 48 of a rapidly progressing abdominal cancer. He died in Tbilisi, surrounded by his close and loving family, including his wife and two sisters, also physicians and brother-in-law. His two daughters, Tamara, age 17, and Manana, age 12, remain in school in England.

In 1994 ACTS invited Dr. Koplataдзе, then specializing in adult endocrinology, to focus on childhood, or type I, diabetes and develop a self-management treatment program for Georgian children with diabetes. In 1995 he led the ACTS diabetic children's delegation of 19 Georgians to Columbia, Missouri, to learn self-management of childhood diabetes using a camping approach. In 1999 he earned a PhD from Tbilisi State Medical School with his dissertation on the management of childhood diabetes using the camp instruction approach.

In 2000 Dr. Koplataдзе was elected to the Advisory Board of Directors of the Diabetic Camping Association (DECA). He served as medical director of the ACTS/LIONS/Ronald James Georgian Diabetic Children's Camp for the past 14 years. In 2002 the journal *Missouri Medicine* published his research on the camp's effectiveness in teaching self-management to Georgians with childhood diabetes. In 2008 he joined the diabetic research unit at Bristol University Medical Center in Bristol, England, to further pursue innovative diabetic treatment approaches.

His many friends in Columbia, Missouri, and Georgia will work to continue ACTS' commitment to the Georgian diabetic children and will ensure that annual diabetic camps will always be conducted in Georgia. An educational fund is being established for his daughters. Donations to the fund and the camp may be sent in the USA to ACTS Diabetic Fund, c/o Dr. Elizabeth James, 610 West Boulevard S, Columbia, MO 65203. In the notation area of your check, please designate either Koplataдзе Education Fund and/or Diabetic Children's Camp.

In Georgia, funds can be donated to either fund through the ACTS Georgia office by contacting ACTS Georgia accountant [likavar@gmail.com](mailto:likavar@gmail.com).

***Trish Blair, MD***  
***President of ACTS***

<b>DECA Calendar of Events</b>		
<b>DTreat East</b> May 28 - 30, 2010 Northeastern University Boston, MA	<b>DTreat West</b> June 4 - 6, 2010 UC Berkeley San Francisco Bay Area, CA	<b>2010 Jamaica Conference</b> October 21 - 24, 2010 Breezes Resort, Rio Bueno Trelawny, JAMAICA



## **Lions Clubs and Diabetes Camps A Great Partnership**

### **Information on Connecting with Lions Clubs in Your Community**

Lions Clubs International (“LCI”) is the world's largest service club organization, with more than 1.3 million members in more than 45,000 clubs. Lion’s interest in diabetes evolved from their work with the visually impaired when Helen Keller addressed the Lions Convention in 1925, challenging Lions to become “knights of the blind.” Today, Lions are committed to preservation of sight, diabetes and to helping people in their local communities.

Hundreds of Lions Clubs worldwide support diabetes camps in their communities. They send children with diabetes to camp, they construct facilities and they volunteer their expertise to help diabetes camps succeed. *They can help your camp!*

### **DECA and LCI**

In 2009, LCI ([www.lionclubs.org](http://www.lionclubs.org)) became partners with DECA toward a common goal – to help children with diabetes lead healthy, happy lives. This means that Lions International will encourage Clubs to be involved with diabetes camps. It also means that DECA will assist camps in making the connection to Lions Clubs in their area.

### **Finding a Lions Club**

Finding a Lions Club near your camp is easy. Visit [www.lionsclubs.org](http://www.lionsclubs.org).

- Click on “Find a Club” in upper right corner
- On the “Club Locator” click on Lions Club name or state
- Click on alpha list to find a Club in a specific city

Lions Clubs meetings are always open and they welcome guests. Lions are great people. They join Clubs because they want to help others. So do not be timid about asking for their help. Personal contact is always best.

### **How to Approach a Lions Club**

The best way to approach a Lions Club is with a personal contact – not by email or letter. Use the Lions International website to find the clubs in your area and do a little research to find someone involved with the Club (it doesn’t have to be the President). Then, pick up the phone and call them. Introduce yourself and tell them about your diabetes camp and how you are affiliated with it. Ask if you can attend a meeting.

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At the meeting:

- Educate them about diabetes
- Education them about how Lions are involved in camping worldwide
- Educate them about camp
- Tell them there are children in their town with diabetes who need camp
- Tell them they can help
- Tell them how they can help
  - Scholarships
  - Volunteering
  - Facility repairs
- Give them a copy of Diabetes 101 from the DECA website and tell them to take it to the School Nurse in their area

Another great way to introduce your camp to Lions is to set up a display at their “Mid-Winter Convention.” Most Lions Districts have these and display tables are offered for a nominal cost or for free. In this way, you will be able to meet and greet Lions and share camp information with them. It’s a perfect time to ask if you can attend, and speak at, a meeting – so have a business card ready. Offering to do blood glucose monitoring at Mid Winter Conventions is another great way to get involved. If you have nurses who would be willing to do this, offer them up! Remember, Diabetes Awareness is part of the Lions mission and you can help them as much as they can help you.

Lions love to volunteer, so start with asking them to volunteer:

Camp clean-up  
Helping cook at a scheduled fundraiser  
Repairs to the camp site  
Helping with publicity and educational events  
Volunteering at programs

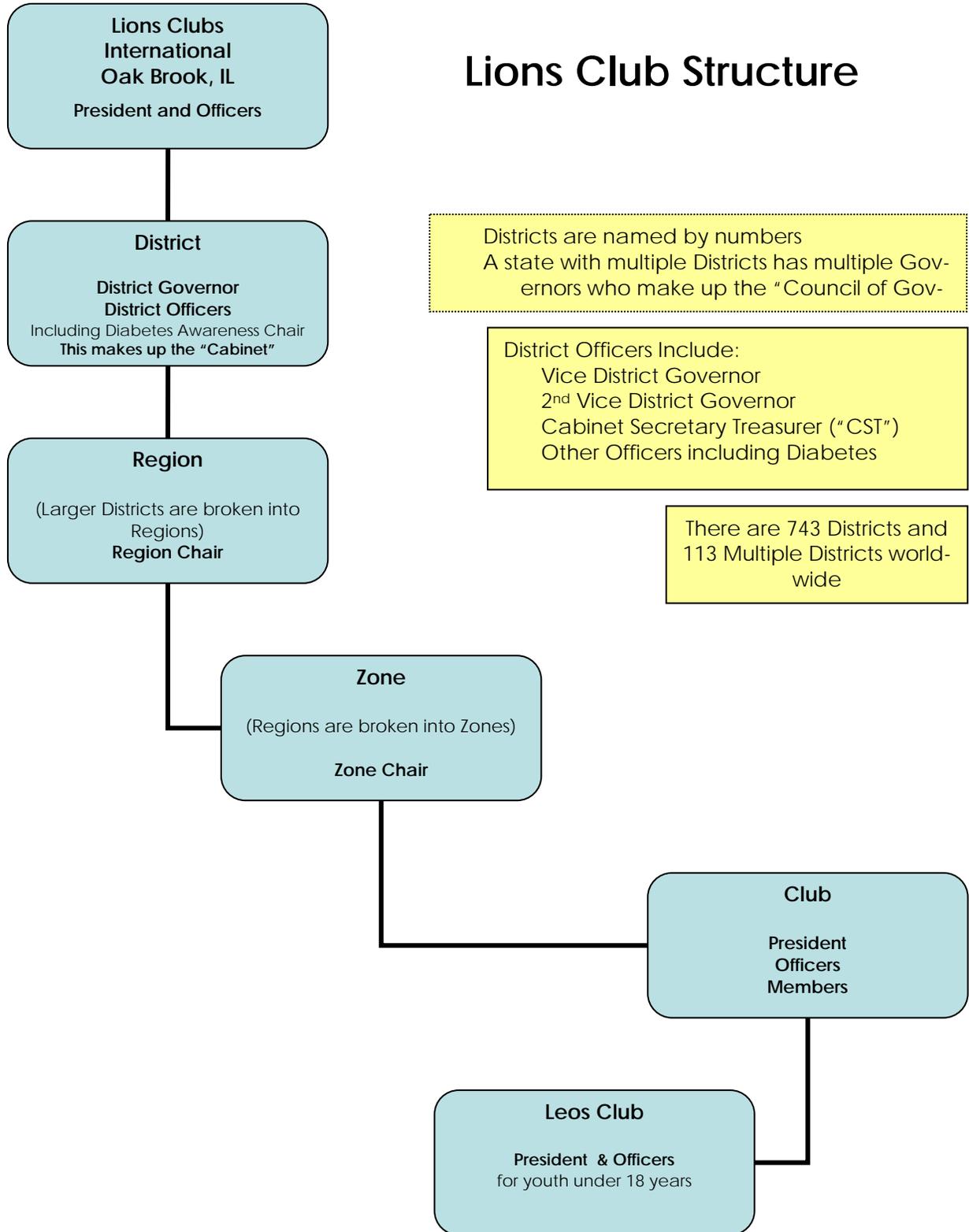
Once you are connected to your Lions, invite them to camp to meet the campers. Have the campers sing them a song in the dining hall or at campfire. The opportunities for Lions at your camp are endless. It just needs your people skills and a little imagination.

\*\* Lions Clubs organizational structure is available on the DECA website under the downloads section, “Lions Clubs How-To Guide”

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**2010 International DECA  
Camp Professional Development Conference  
Breezes Resort, Rio Bueno, Trelawny, Jamaica  
October 21 - 24, 2010  
Hosted by Camp Yellow Bird**

# Lions Club Structure



**Willard Fernald, MD  
DECA Advisory Board Member**

Hometown: **Columbus, Ohio**

Camp/Professional Affiliation:  
**Camp Hamwi  
Central Ohio Diabetes Association**

Position: **Medical Director, Board Member**

Educational Achievements:  
**MD**

Brag about your family:  
**Tom, lawyer; camp counselor their first 8 years  
Tora, school teacher, diagnosed with type 1  
diabetes at age 10 and counselor at 15  
Margaret, psychologist in Maine  
Ted, linguistic professor at Swarthmore College**

Hobbies/Pastimes: **sailing, reading, politically  
concerned**

Tell us the punchline of a joke that makes you  
laugh: **Kurt Vonnegut "is stealing wheelbar-  
rows." (Armageddon)**

Describe yourself as a 5-year-old: **First grade,  
learned to tie my shoes and to read; identical  
twin**

How have you changed? **My twin and I were in  
college together, then diverged. He went from  
Naval ROTC to World War II (Navy). I was  
drafted my Junior year and served three years,  
after which I did pre-med studies, then medical  
school. My brother's youngest son developed  
diabetes.**

Favorite Music/Musicians: **Symphonic, Pete  
Seeger, Arlo Guthrie**

What has motivated you to be involved in this or-  
ganization/diabetes camp? **Pediatrician, daugh-  
ter with diabetes; went to local Central Ohio  
Diabetes Association and headed a committee  
to start a camp for children with diabetes in  
1967 - and STILL INVOLVED!**

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**DECA Toll Free Number  
(in North America)  
866-980-DECA (3322)**

**Diabetes Education Toolkit  
Coming Your Way**

The Diabetes Education and Camping Association will be collaborating with the AADE Camps Specialty Group and camps everywhere on development of a "Diabetes Camp Education Toolkit." This online tool will make it easier for diabetes camps to effectively present accurate and age-appropriate diabetes education to their campers.

Using the AADE 7 principles of diabetes education as the underpinning of the camp curriculum, the challenge is to adopt these principles down to camp-appropriate programs that run approximately 30-45 minutes each day at camp. A large number of small educational modules are envisioned, from which camps may select multiple age-appropriate activities.

Activities will cover 5-10 essential areas of diabetes education, including:

- blood glucose control
- nutrition
- exercise
- medications
- technology
- psychosocial issues
- problem-solving

Games, skits and activities will deliver content in unique, fun ways. The Toolkit will be web-based and available to camps worldwide. **Can you help?**

Please send detailed information on educational games or tools you use successfully in your camp. Let us know what works well for you?

Contact: [shelleyeager@diabetescamps.org](mailto:shelleyeager@diabetescamps.org)

DIABETES HANDPRINT.COM

More power to you.<sup>™</sup>  
ONETOUCH<sup>®</sup>



#### JOIN THE GLOBAL DIABETES HANDPRINT.

At OneTouch<sup>®</sup>, we believe that when we all speak together, our voice will be heard. That's why, inspired by The Word in Your Hand<sup>™</sup> Project found on [Tudiabetes.com](http://Tudiabetes.com), we created the [Global Diabetes Handprint](#).

Global Diabetes Handprint brings together people touched by diabetes to share what diabetes means to them. By writing a word on your hand expressing your feelings about diabetes, you'll become part of a global community that puts a human face on diabetes for all the world to see.

For every hand that comes our way, we'll donate \$5 to one of three diabetes charities (Diabetes Education and Camping Association, Taking Control of Your Diabetes or Diabetes Hands Foundation). The choice is yours.

We could use a hand. Please send us yours.



Find us on Facebook



## DECA Research Committee Develops Procedure

The DECA Research Committee has developed an application for prospective researchers interested in conducting research studies at camps. The application will be available online at [www.diabetescamps.org](http://www.diabetescamps.org) for the 2011 camping season. The committee stands ready to assist in a variety of capacities especially for those projects that enhance our understanding of the benefits of diabetes camp for youth.

## DIABETES CAMP ALMANAC

### Things to do in...

#### APRIL

- Post June Family Camp letters to families (registrar)
- PR for August Family Camp(s) [if needed]
- Order/purchase supplies for June Family Camp (FC coordinator/registrar)  
**15<sup>th</sup> - summer food service program application due**
- *Financial Aid requests due*
- Pre-season letters (for ACA)  
local hospital, local fire, rescue, police  
Save copies for ACA book
- Have hoods in kitchen power washed (maintenance director)
- 30<sup>th</sup> - next year's brochure edits due to designer, so new brochure is in hand for camp

#### MAY

- *1<sup>st</sup> - balance due on camper payments*
- Order/prepare craft for Open House (registrar)
- Reserve canopies for vendor days (grand rental)
- Send Family Camp menu to families for review (registrar)
- Corporate work day

#### JUNE

- Open house (1<sup>st</sup> Saturday)
- Staff week
  - Rid-x the septic systems
  - Bear talk (Camp Director)
  - Safety talk- insurance agent  
(Camp Director/Executive Director)
  - Legal talk- Local Police Dept  
(Camp Director/Executive Director)
  - Fire extinguisher talk- Decker  
(Camp Director/Maintenance Director)
  - Blood borne pathogens (Health Center Director)
  - Review any Megan's law postings with Directors
  - *Daily Directors meeting's 10:00 am*  
(Executive Director, Health Center Director/Session Charge Nurse, Camp Director, Maintenance Director)

# Volunteering at Diabetes Camp

**Kirby Bowen**  
Camp Adam Fisher

It was in the spring of 2005 that I received a call from the director of the diabetes camp in the state where I lived and worked as a sales rep for a blood [glucose meter](#) company. He was calling to ask if I would volunteer as a counselor at the week-long camp, which served around 200 campers, the vast majority with [type 1 diabetes](#). I'd known for years that counselors were always in demand at the camp, but had never stepped forward to volunteer. I'd heard the stories of how tough and exhausting it was keeping up with your group, performing 2:00 AM [blood sugar](#) checks, and ensuring that they all stayed safe *and* had fun. Frankly, I'd always had serious doubts as to whether I was up to it. This, however, was the first time that I had been directly asked to volunteer, and something inside me made me grudgingly agree. As I drove to the [campsite](#) to begin that week in June, though, I'd be lying if I did not admit to being as nervous as any of the kids who were attending.

As the week unfolded, however, an interesting thing happened. It became more and more clear to me that this was the best decision I could have made. As I got to know the kids at camp, I not only greatly enjoyed being around them, but they were also an inspiration to me. I found myself thinking back to when I was their age, and I remembered the feelings of self-doubt that often plagued me. I do not have diabetes, however, and could only imagine the additional challenges that it would throw into the mix of growing up. Well, you certainly could not have guessed any of that by being around them at camp. They went about their diabetes-related tasks of frequent [insulin](#) injections and finger sticks quickly and without fanfare, and then they got on to the more important business of building friendships, learning from one another, and just having a great time.



(picture courtesy of Camp Adam Fisher)

Well, let's fast forward three-and-a-half years. While I no longer sell blood glucose meters, this past summer I completed my fourth year as a counselor. Was I exhausted at the end of the week? Of course. Was it worth it? No question about it. I know it's an overused cliché, so I apologize, but it's true...I get more out of the camp than the kids do. Being a positive part of the campers' experience is truly gratifying, and on a personal level, I cherish the friendships that I've developed with the kids. I also realize that they may not perceive themselves the way I do. So, in an effort to help them see what I see, I wrote the following poem, which I shared with them at the conclusion of last year's camp.

*(continued on next page)*

## **Stronger**

by Kirby Bowen

*We've had a great time at camp this week,  
You campers have my endless admiration,  
I wanted to make you all aware of that,  
And now I'd like to share some observations.*

*I do not have diabetes,  
So forgive me if I don't have a clue,  
But over the years I've gained some knowledge,  
And I've learned from being around all of you.*

*I know you get up every day and face the difficult task  
Of keeping your blood sugars in healthy ranges,  
It's a daily grind to pursue this goal,  
And it's a routine that never changes.*

*As you've learned, there are lots of ups and downs,  
But know that fault often does not lie with you.  
Blood glucose sometimes has a mind of its own,  
And will vary no matter what you do.*

*Be a realist, and not a perfectionist,  
And follow this advice please,  
When you have a good day, take credit,  
When a bad day comes, blame the disease.*

*So as you lie in bed after a difficult day,  
Please don't give in to sorrow,  
But pay attention to that courageous voice  
That whispers, "I'll try again tomorrow".*

*But all of this advice I've thrown your way  
Is probably nothing new,  
Since living well with diabetes  
Is something I've seen that you all do.*

*So in closing, all of you campers listen up,  
There's something you need to hear before you go.  
Leave here tomorrow with your head held high,  
You're stronger than you know.*

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*Kirby Bowen lives in Summerville, South Carolina, and will celebrate his 20th wedding anniversary on June 10th this year. Actually, he won't celebrate it until the following week because he'll be working as a counselor that week at Camp Adam Fisher in Summerton, the camp he mentions above. He is the proud father of a 15-year-old son and a 12-year-old daughter. He has been in diabetes-related sales for 20 years: seven selling insulin, the next six selling BG meters, and the last seven selling [insulin pumps](#).*



## What Will Your Child Take to Camp?

- Bug spray**
- Flashlight and batteries**
- Family members to be tested by TrialNet**

Families living with type 1 diabetes often wonder who else in the family could be at risk for developing type 1 diabetes. Each family member can find out by having a free blood test offered by Type 1 Diabetes TrialNet. Most DECA camps host TrialNet screenings at one or more of their camp sessions, on the first or last day of camp. Family members will get the results within six weeks.

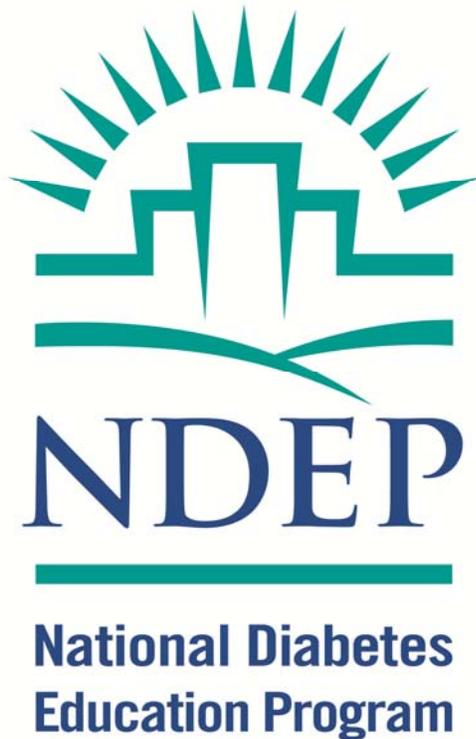
Approximately 5% of relatives screened will have autoantibodies indicating increased risk for developing type 1 diabetes. If you have a test result that shows an increased risk, TrialNet will contact you and offer you close monitoring in the Natural History Study. Screening is beneficial because it provides a gateway to prevention studies. Some family members who are at risk may be able to join clinical studies that are testing possible ways to prevent or delay type 1 diabetes. There are studies for adults and children. Eligibility will depend on age and the results of further blood tests.

Screening takes only about 15 minutes per person and is available to those who are:

- 1 to 45 years old and have a brother, sister, child, or parent with type 1 diabetes
- 1 to 20 years old and have a cousin, aunt, uncle, niece, nephew, half sibling, or grandparent with type 1 diabetes.

Led by the National Institutes of Health, Type 1 Diabetes TrialNet is an international research effort that is exploring ways to prevent and delay type 1 diabetes. TrialNet is also supported by the Juvenile Diabetes Research Foundation International and the American Diabetes Association.

Look for more information about TrialNet in your camp packet. Can't bring everyone to camp? No screenings the week you are going? Go to [www.DiabetesTrialNet.org](http://www.DiabetesTrialNet.org) or call 1-800-425-8361 to find out how family members can be screened. You can also read about results from earlier TrialNet studies and learn about studies for people newly diagnosed.



## Transitioning from Pediatric to Adult Health Care: New Online Tool Can Help with Process

Transitioning from pediatric to adult health care can be a challenge. Teens and young adults with diabetes, their families and health care professionals know that a smooth health care transition is important for health and well being. The transition period involves new responsibilities and more independence. During this period, major turning points occur such as leaving school, beginning a new career, separating from parents or going away to college, and saying good-bye to your pediatrician and finding a new adult care provider. Now is the time to start planning.

A new online [Transition from Pediatric to Adult Care tool](#) is now available to help teens and young adults with diabetes successfully transition from pediatric to adult health care. Families and health care professionals will also find these materials helpful. This tool was developed by pediatric and adult medicine diabetes experts working with the [National Diabetes Education Program](#).

The tool includes:

A [Checklist](#) or timeline to guide the diabetes transition planning process with key action steps identified

A [Patient Clinical Summary Form](#) for the new adult health care team, and

A [Resource List](#) with videos, books, message boards, social networks, checklists and guides. The resources can be viewed by [category](#) to find information on key topics or [media type](#) to quickly view interactive items.

### Help us spread the word about this tool!

Check out this tool and share it with friends, family members and others with diabetes through your social networks such as Facebook, MySpace or Twitter.

For more information about diabetes in children and adolescents, check out NDEP's youth webpages at [www.YourDiabetesInfo.org/teens](http://www.YourDiabetesInfo.org/teens).

*The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.*

### DECA Individual Membership

With a DECA Camp Membership, all of your staff members and volunteers can register for a free individual membership with DECA. Log in to the DECA website ([www.diabetescamps.org](http://www.diabetescamps.org)), go to the 'Membership' tab/'Apply for Membership.' Complete this form, marking 'Camp Staff Member.' You will have access to all aspects of the website when your camp joins. This is a free membership, a benefit of your camp joining the organization with a camp membership. Should you have questions, contact Kathy ([kathylatimer@diabetescamps.org](mailto:kathylatimer@diabetescamps.org)).