

Diabetes Education and Camping Association Newsletter

FEBRUARY 2011

"Great Camps, Healthy Futures"

DECA 2011 Camp Staff Development Conference October 5 - 9, 2011 Spring Hill Camp, Indiana

KNO-BETES

It always helps to know more about "the Betes," camping and how they work together.

The Diabetes Education and Camping Association announces its 2011 conference to be held at Spring Hill Camp near Seymour, Indiana. Conference dates are Wednesday evening, October 5th through Sunday morning, October 9th. This conference is to serve all "age groups" - Administrators, medical staff, program and counseling staffs. You will be coming to southern Indiana at our fall color season. Many people come to this section of the state just to enjoy fall colors—so combine both to see the beauty of the season, have fellowship with those great camping people and learn some more about "the betes."

The facility of Spring Hill Camp is the home of **No Limits Diabetes** camp for teens. The facility has heated cabins but separate shower houses, several conference rooms and an exceptional zip line, climbing wall and leap of faith. The terrain is rolling, wooded hills, with one larger lake and 6 smaller ponds on 800 acres. We feel that the camp is one of the best facilities around.

Keynote Speaker: Arthur Ainsberg, author of new bestseller, "Breakthrough."
We will also be spending a full day at the Eli Lilly Headquarters, touring the Heritage Center, as well as the Production Line. Come join us!



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.



From May 6-8, 2011, the **Diabetes Education and Camping Association DLead Council**, thanks to the generous support of **Medtronic of Canada Ltd**, will be hosting **DTreat Ottawa**—a weekend aimed at bringing young adults living with diabetes together from across North America to share experiences and learn from one another.

Participants will leave DTreat with a greater appreciation for the support that we, as a network of young adults, can provide for one another, as well as with an abundance of tools and strategies to make life with diabetes less of a challenge.

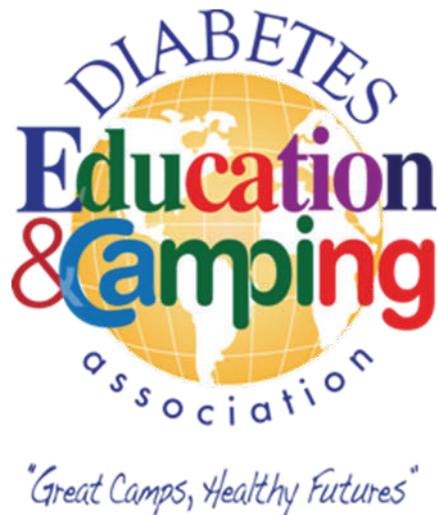
DTreat Ottawa
For Young Adults (18-25) with Type 1 diabetes
May 6-8, 2011
Carleton University, Ottawa, Ontario
Registration Fee: \$50 (includes meals/snacks,
accommodations and programming)

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

Space is limited, so register TODAY! Visit www.diabetescamps.org
More information available at www.facebook.com/diabetesretreat

by Jen Hanson, DLead Council Member



Dear DECA Camp Friends

Medtronic Foundation has given us a grant to create a staff training library on our website and we need your help.

We have attached a list of staff training topics accumulated from many of your pre-camp schedules.

Take a look. If you have written materials, PowerPoint Presentations, or videos that you use to cover these topics with your staff/volunteers please send them to us. We are creating a special area on the website for everyone's use to make staff training easier for all of us. ***Do not forget to include your camp name and the author's name on the document!***

We need these by March 20th so we can start uploading them to the website for this pre-camp training season. Please try to send these in Word, Excel or other editable format as PDF files are hard to adjust for website use.

Please send your materials to:

info@diabebtscamps.org

Our incredible project leader, Sam Struzzi, DECA intern, will gather it for the Education Committee.

Happy Camping!

Lorne and Shelley

(continued on next page)



"Great Camps, Healthy Futures"

Staff Training Essentials

The following is a list of pre-camp staff training topics that we have gleaned from several diabetes camping programs. How you cover these topics is at your discretion and should be catered to fit the needs of your program, staff and volunteers.

- Mission & Core Values &Expectations
 - Welcome, History of Camp, Goals and Objectives, Camp Philosophy, Communication, Code of Ethics, Creed, Basic Principles of Camp, Diabetes Camp Objectives, Organizational Chart, Staff Expectations, Dress Code, Fraternalization, Possible Grounds for Dismissal, Time Off, Staff Recreation, Housing, Phones/ Email, Parking, Camp Vehicles, Restricted Areas, Smoking, Alcohol and Drugs
- Policies and Procedures
 - Emergency Procedures, 911 Procedures, Emergency Phone Numbers, First Aide Procedures, Emergency Plan, Evacuation Procedure, Chemical Biohazard, Severe Weather, Fire, Electrical Storm, Missing Person Procedure, Intruders Protocol, Kidnapping Protocol, Utility Failures Protocol, Major Injuries and Accidents Protocol, Pool Search, Waterfront Emergency Protocols, Opening Day Procedures
 - Closing Day Procedures
- Healthcare Policy
 - General healthcare
 - Daily Health Observations, Health Needs of the Camper, First aid, Confidentiality, Staff Illness/ Injury, Procedures on Medically Fragile Campers,
 - Universal Precautions (OSHA or other regulatory),
 - DOCUMENTATION
 - Diabetes
 - Introduction
 - Diabetes at Camp (which we know is different than diabetes at home)
 - Blood glucose monitoring
 - Insulin administration (injections, pens, pumps)
 - Hypo/hyperglycemia treatment plans, Pumps and CGMs (sensors)
 - Food and exercise
 - Universal Precautions/OSHA regulation as they apply to the special circumstances surrounding diabetes.
 - DOCUMENTATION

- Program Basics
 - Daily Schedule
 - Activity planning, How to Lead an Activity, Camp Program, Flag Raising/Lowering, Camper Check-In/Check-out, Rest Hour, Bed Time Routines/Night Time Coverage
 - Cabin Clean-Up, Meal Times, Laundry, Maintenance Repairs, Care for Property and Equipment, Leading campfires, Sing-songs, Storytelling, Waterfront Orientation, Planning a Trip
- Dining hall procedures
 - Meal times, food service, menus, carb counting, clean up, seating, rules, traditions, use of dining hall for non-meal times, diabetes procedures in dining
- Psychological Challenges, Source Emotions, Behavior
 - Developmental Stages of campers
 - ADD, ADHD and other conditions
 - Role of the Camp Counselor
 - Disciplinary Issues
 - Fighting, Stealing, Behavior Management
 - Time Tested Strategies
 - Risk Management and Incident Reports
 - Mitigation of all risks (physical, health, emotional)
 - Safety and Maintenance of facility
 - Child Abuse & Neglect Behavior and Reporting Policy
 - Physical Abuse, Emotional Abuse, Sexual Abuse; Incident Reports and Reporting Policies will vary from state to state, make sure that the policies for your state are being followed
 - Diversity and Sensitivity Training
 - Motivation: Keeping the Energy Alive!

As a schedule for pre-camp training is devised, it is important to build in breaks and time for your staff to get to know each other. It is also important to include camp traditions in your training period, as well as other elements that are unique to each camp.

by Shelley Yeager

<p style="text-align: center;">DECA Classified Section</p> <p>Post your open camp jobs on the DECA website (www.diabetescamps.org) in the new classified section and reach passionate, knowledgeable staff for your camp organization. You must be logged on as a member. Go to the <i>membership tab</i>, click on <i>classified</i> and post your listing with contact info.</p>	<p>DECA Toll Free Number (in North America) 866-980-DECA (3322)</p>
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DECA Camp Directors Partner with TrialNet to Advance Type 1 Research

DECA camp directors are truly TrialNet research partners. For the past 15 years, you have invited [Type 1 Diabetes TrialNet](#) staff to hold screening events to assess risk of type 1 diabetes in family members.

In 2010, over 1,400 children and adults were screened at DECA camps. The top three screenings events were:

- Camp CEBNAD in Puerto Rico, 65 family members screened
- Camp Carefree in New Hampshire, 49 screened
- Camp Lo-Be-Gon in Texas, 45 screened

Della Matheson, RN, CDE, TrialNet coordinator at University of Miami Miller School of Medicine, says, “Our relationship with the Diabetes Education and Camping Association has been invaluable both to us as researchers and to the many families who have had the opportunity to access TrialNet through camp screening. We have a number of study participants who were screened at camp who have joined TrialNet prevention and new-onset studies.”

Looking Ahead

TrialNet staff is looking forward to working with you on another successful camp screening season. With your help, we can make it even easier for families to get information about TrialNet and make plans to be screened. Two important ways you can help are:

Reaching out early to the relatives of newly diagnosed first-time campers to inform them about the importance of being screened.

Including an announcement about screening in your mailings to campers and on your camp Web page (print and online materials are available from TrialNet).

TrialNet coordinators are in the process of confirming arrangements at many DECA camps. They will work with you to get the word out about TrialNet screening. If you have not been contacted by a TrialNet coordinator, or if you have any questions or thoughts about the screening process, please contact: Lisa Rafkin, TrialNet Associate Chair for Clinical Coordination at lrafkin@miami.edu. She will identify a TrialNet study coordinator to work with you on logistics and communication with families.

Texas Lions Camp

PO Box 290247
Kerrville, TX 78029-0247
(830) 896-8500
(830) 896-3666 Fax

News Release

Contact: Paul Brouse
Program Supervisor
pbrouse@lionscamp.com



One Day Type-1 Diabetes Seminar for Families at Texas Lions Camp

Texas Lions Camp, in cooperation with Texas Tech Health Sciences Center, is conducting an exclusive advanced diabetes education seminar for the entire family, including siblings and grandparents on Saturday, April 16th in Kerrville, Texas. Caring for young people with diabetes is a challenge for the whole family, and can be intimidating for grandparents or extended family caregivers. Attending this seminar will provide knowledge, understanding, and confidence for the entire family. Grandparents will spend a portion of the day in sessions specifically designed for their unique situations, and siblings will have a break out session of their own. More details are available at www.lionscamp.com.

While children with diabetes and their non-diabetic siblings enjoy the professionally supervised activities of Texas Lions Camp's state-of-the-art facility, a team of internationally recognized diabetes experts, led by Dr. Stephen Ponder, will provide a day-long seminar on how to apply advanced diabetes care skills. The goal of the seminar is to increase levels of advanced diabetes care knowledge and skills. The cost for this opportunity, including all meals, snacks and presentation materials, is \$75 per family (includes grandparents) or \$25 per individual. Register online at www.lionscamp.com.

The focus of the this seminar is to enhance the advanced diabetes care skills and working knowledge of parents of children with type 1 diabetes and adults with type 1 diabetes in a relaxed and unhurried atmosphere. Participants receive a basic review of current goals of diabetes care and review core diabetes care concepts which are vital for anyone with type 1 diabetes to master. The seminar concludes with an open forum question and answer session for any topic. A course syllabus will be provided to each family or individual attending with educational materials complementing each presentation.

Presenters

- **Dr. Stephen W. Ponder** MD, FAAP, CDE, Professor at Texas Tech University Health Sciences Center Permian Basin Campus, Medical Director for the Texas Lions Camp Diabetes Camp.
- **Barbara J. Anderson**, Ph.D, Professor of Pediatrics, Baylor College of Medicine, and Senior Psychologist, Diabetes Care Center at Texas Children's Hospital
- **Meaghan Anderson**, RD, MN, CDE, Diabetes Clinical Manager for Medtronic.
- **Nelda Caceres**, RN, CDE, Texas A&M University Coastal Bend Health Education Center
- **Barb Schreiner**, PhD, RN, CDE, Lead Instructor with the American Association of Diabetes Educators.
- **Kevin McMahon**, CEO healthimo

Please join us at Texas Lions Camp or invite someone who would benefit from attending the seminar. For more information, or to register, go to www.lionscamp.com.

What is a Camper?

Immediately following that period known as school, an incredible creature known as a camper appears on the scene.

A camper is a rare combination of natural freshness, alarming frankness, unpredictable thoughts and actions, tangled hair, boisterous belly laughs, and unbelievable sincerity and enthusiasm.

Campers are found everywhere—in cabins, lagging behind on the trail, smoking in the latrine, hanging by their feet in a tree house, discussing problems with their counselor on a bench, squeezing furry animal necks, running away from camp and, on hot humid days hanging affectionately on their counselor.

A camper is innocence with mud on his face, a ball of enthusiasm in T-shirt and jeans, a sun tanned personality with problems.

Just so you remember him every minute of the day, he sings in a high-pitched voice, makes noises like the mating call of a whip-poor-will, flaps his wings in hawk-like fashion, throws a temper tantrum occasionally, playfully pushes his best friend over the stump in front of the dining hall, gets himself stung by angry wasps, or becomes an entanglement of mixed emotions which finds relief in a fist fight or crying jag.

He likes animals of any size, shape or description, to chew two sticks of bubble gum at a time, to be awakened by the latest hit record, to be captain of the team, to get dressed up like an Indiana or pirate at any time, and to hear his name at mail call.

He dislikes rest hour, carrying his bedroll, cold showers, getting up in the morning, seeing his counselor go on leave, and letting his pet frog go at the end of the camp period.

Nobody can spend as much time eating, exploring the creek bed, reading comic books, arguing over who's kicking whom at the table, ordering supplies at the camp store, or just sitting around a campfire having a glorious time dreamily singing favorite camp songs.

Nobody can be so illogical at so many times yet so warm and grateful the next minute. Nobody can cry so conveniently and become equally as effervescent when the occasion demands.

A camper is a magical creature, possessing two arms, two legs, a head and torso, all bursting with the breath of life, all anxious to explore the camp and counselor, most of which is attempted the first day of camp.

And when the last note of Taps sounds and he's tucked securely under the covers and looking up at you wistfully, there's nothing in the world like the feeling of knowing that this camper is a real friend who wants your guidance and who has spent a truly wonderful day with you.

**From an article by Louis Kuehner, *Camping Magazine*, June, 1957
Submitted by Sam Wentworth, MD, *No Limits Diabetes (Indiana)***

Reminder!

Payment for Camp Memberships is now due! If you registered your camp and have not sent in your payment, please remit to:

DECA, PO Box 385, Huntsville, AL 35804

For assistance, email (kathylatimer@diabetescamps.org).

If your camp joined with a Camp Membership. . .

Please have all of your camp staff complete the DECA Membership 2011 application. This is a free membership, a benefit of your camp joining this year. For **Type of Membership**, mark **Camp Staff Member**. This will allow them access to the member resources and downloads that the website has to offer.

Your DECA Camp Membership includes:

- ♦ An unlimited number of free individual memberships for your staff (or volunteers) and parents 18 and over, as approved by the Executive Director/Camp Director
- ♦ Unrestricted access to all features of the DECA website (by validated password for your camp), including downloadable "best practice resources", logo, PowerPoint presentations, and video staff training programs
- ♦ Access to shared best practices on the website and downloadable camp resources, such as "Diabetes 101" and "The Diabetes Camp Survival Guide," plus manuals shared by other camp members

MARK YOUR CALENDARS!

DECA 2011 Camp Staff Development Conference
October 5 - 9, 2011
Spring Hill Camp, near Seymour, Indiana

REGISTRATIONS TO BE TAKEN SOON!!