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Diabetes Education & Camping Association

Calling the Shots - May 2018

Diabetes Camp Summer 2018 is here!

Children have begun gathering at their favorite places, and are again enjoying spending time with their best of friends.

As the father of a camper I never knew how much work went into preparing diabetes camp. I have learned that the staffs of diabetes camps work for months to prepare wonderful programs that are fun, encouraging, instructive and safe. I had no idea about the thought and planning that was required for the extraordinary care that my child received from the camp medical team. I did not give thought to the many conversations that the program staff had as they selected the most enjoyable activities, songs and skits. I didn't realize the year round effort that the administrative staff put forth as they raised money, recruited and screened the best of volunteers, worked tirelessly to find campers and prepared for their arrival.

I offer my heartfelt thanks to all who give selflessly of their time, energy and talents to help our children learn how to live well with diabetes.

Happy Camping!



Executive Director

Our New Look

DECA's Board of Directors has a commitment to strengthening diabetes camps and to growing our services and support for them. The Board has been working diligently to better position our organization in order to more effectively accomplish this. They recognized that it was timely to update our visual image including our logo and website.

We are excited to announce the release of our new logo! It is available to DECA Member Camps to indicate that their programs benefit from their dedication to excellence. We have scheduled the release of a new website in the early summer.



2018 Diabetes Camping Conference

The 2018 Conference was fantastic! The speakers were prominent health care professionals, researchers and leaders in camping. The attendees represented a multitude of diabetes camps from all across the country.

- It was exciting to learn about the latest technologies in diabetes management and to listen to conversations about how they would be successfully integrated into diabetes camps.

- It was insightful to have best practices in healthcare, programming and administration shared.
- It was inspiring to listen to Round Table discussions as friends shared their policies and practices.
- It was enjoyable to listen to the buzz in the room between every session as diabetes camp leaders shared ideas, successes and challenges with each other.

Thanks to everyone present for making this a wonderful gathering!

DECA's 2018 International Diabetes Camping Conference

Save The Date - **February 17th & 18th**, Gaylord Opryland Resort & Convention Center, Nashville, TN.

The DECA Community - Healthy Eating at Diabetes Camp

A few days ago DECA launched an online discussion forum that enables our members to come together, ask or answer questions, voice concerns, and get peer-to-peer support. Our first community group is “Healthy Eating at Diabetes Camp”. It is for those who have an interest in dietary services/nutrition at diabetes camp.

Our first question was provided by Gayle who asks: “Kosher Diet at camp - I have a camper coming this summer that follows a strict kosher diet. ...I know the basics of a kosher diet but does anyone have any helpful hints including food storage?” She would love to hear your ideas.



In addition to discussions, the forum allows for document sharing via file upload and storage. As an example, our first file uploads was the publication: “Nutrition Manual for Diabetes Camps”.

If interested in joining this forum, email terry.ackley@diabetescamps.org.

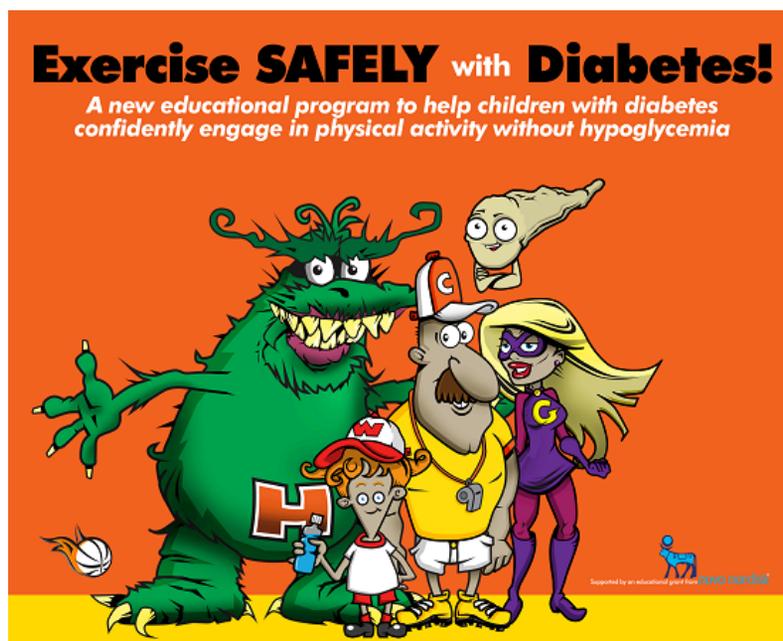
Helpful Resources For Your Camp from DECA

DECA’s members have helped develop excellent camper education and staff training materials that are easily available in the [Member Resources](#) area of the DECA website. Resources include:

[Conference Presentations](#)

[Nutrition Manual for Diabetes Camp](#)[Staff Training Videos](#)

As a reminder DECA Members access these helpful resources by first [Logging In](#) on the DECA website. Please contact terry.ackley@diabetescamps.org if you need assistance with your DECA User ID and/or Password.

“Exercising with Diabetes can be a Slam Dunk”

Slam Dunk for Diabetes basketball day camps for children is in its 13th year. As part of their ongoing efforts to provide fun and meaningful education in a kid friendly way, the Slam Dunk medical and education team worked with a film and video game developer to create an entertaining interactive education video and accompanying activity sheets that focus on the basics of exercising safely with diabetes. Current national and international principles for preventing hypoglycemia before, during, and after exercise are the focus of the video.

Free [Exercise Safely With Diabetes](#) program materials are available including

- A 15 minute MP4 version of the video primarily targeted at children under 10 or those with type 2 diabetes as this program does not cover insulin adjustment.
- A 30-minute MP4 version that includes insulin adjustment concepts and suitable for 10 years and above.

For more information contact Christine@pepeducation.net.

New Research – Studying the Impact of Diabetes Camps on Pharmacy Students

Several diabetes camps are collaborating to measure the potential impact of attendance at diabetes camp on the skills of pharmacy students. Heather Whitley, PharmD at Auburn University, Dennis Pillion, PhD at the University of Alabama at Birmingham, and Christopher Jacobson, PharmD at Loma Linda University, are organizing the project. They would like to invite other camps, who offer places on their health care team to student pharmacists, to participate in the anonymous survey, which is given pre-camp and post-camp. The survey is electronic and should take just a short time to fill out.



This represents a new activity for DECA camps and illustrates why there is strength in numbers. Many camps working together can provide adequate numbers of participants, whereas no individual camp would have enough student pharmacists to make the study rigorous.

Plans are in the works to perform similar studies with dietetic, nursing and medical students.

Any camps who would like to participate in the pharmacy student survey should contact Heather at: whithp@auburn.edu.

To participate in the surveys of other health care students, contact Dennis at: dpillion@uab.edu.

DECA Leadership Series – Working on Behalf of Children With Diabetes

The first Board member to be highlighted in this series is our Chairman of the Board, Dr. Dennis J. Pillion, PhD. Dennis is serving his 8th year on the Board, and is in his second year of service as Board Chair. Dennis is a Connecticut native who earned a Ph.D. in Cell and Molecular Biology at the Medical College of Georgia. He did scientific research for over 35 years related to the field of diabetes. After a fellowship at Brown University, he moved to Birmingham, Alabama to begin his academic career in the Department of Pharmacology & Toxicology at the School of Medicine at the University of Alabama at Birmingham. He partially retired in 2011 and continues to serve as a Part-time Professor. Dennis teaches medical, dental and optometry students at UAB.

making a life-changing invitation to him to attend Camp Seale Harris in Alabama as a guest lecturer to the medical staff. After his initial visit to camp in 1993, he was hooked and he has continued his association with Camp Seale Harris ever since then. That association with camp led him to two additional volunteer/service activities that remain close to his heart: Lions International and DECA. Dennis has served as President of the University Southside Lions Club on two occasions and he has gone on service trips to Mexico and Costa Rica, as well as to rural Alabama communities, to assist with eyeglass distribution, diabetes screening and diabetes education.



DECA and /Lions International

Lions Clubs International has adopted diabetes as a service priority in its strategic plan. They have compassion for children living with diabetes, desiring to work toward improvement in their quality of life. Lions International and DECA have entered into a Memorandum of Understanding to work toward enabling youth to attend educational camping experiences that safely and effectively incorporate proper diabetes management, further allowing them to enjoy independent, self-sufficient lives. We are honored to work with them!



Lions Day at the UN

DECA was invited to the United Nations as a participant in the 40th anniversary of "Lions Day at the United Nations". DECA's Executive Director spoke to an assembly of UN diplomats, Lions Club Members, and other guests about diabetes camps and their impact on children and youth. In addition, he participated in a panel discussion in which he addressed the effect of diabetes on the children of the world.



"Bright Spots & Landmines: The Diabetes Guide I Wish Someone Had Handed Me"

Adam Brown shares lessons learned and tips that can be applied by people living with diabetes. The book focuses on food, mindset, exercise, and sleep, with hundreds of immediately useful tips

[Amazon](#) (priced at cost, to ensure maximal access).

Thank you DECA Industry Partner Advisory Council!

Children with diabetes are fortunate to have friends in the diabetes industry who work behind the scenes to donate products, education resources and fun gifts for our children. DECA is thankful for the generous corporate support provided by the following industry friends who serve as DECA's 2018 Industry Partner Advisory Council.





DIABETES EDUCATION & CAMPING ASSOCIATION



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