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# Diabetes Education & Camping Association

## Calling the Shots - A Fantastic Summer!

Have you ever been the first to arrive at diabetes camp and notice how quiet it is? You can feel the breeze on your face and hear the sounds of birds high in the trees. There is a sensation of life around you, but it doesn't yet feel special. Then the volunteers start arriving. They happily welcome each other, often not having seen each other since last summer. They are excited to get started preparing the camp for the arrival of campers. On opening day they start hearing the sound of children as a few arrive early, eager to get the best beds in the cabins. Then the noise starts building as others arrive. Soon there is a rumbling that can be felt through the camp. This sound of laughter, excited conversations and the joyful reunion of friends lets us know that camp has begun. Soon afterward children gather with their cabins and the true magic of camp starts. It occurs as they watch others experience the challenges of living with diabetes, and learn that they can overcome its difficult moments. It happens when they are brave and give their first insulin shot, or attempt to eat vegetables. It becomes special when everyone around them lovingly encourages, and recognizes them for taking control of their diabetes.



Diabetes camps enrich the lives of children because incredible people care. Some folks have the opportunity to be present at camp and work directly with the children. Many are in the background helping plan the camp, recruit campers, train the staff, promote the program, raise funds, deliver equipment or even pick

I am deeply grateful to everyone who makes diabetes camp possible, and a very special part of the lives of the children whom we serve.

With heartfelt thanks,

Terry Ackley, Executive Director



## **Camp Ho Mita Koda - Its Spirit Reborn!**

"We can't tell her!", is what Ted Rusinoff heard after telling his wife that the organization that ran the camp their Type 1 daughter attended was going to be closed. To the Rusinoff family, it wasn't an option that Camp Ho Mita Koda, the oldest camp in the country dedicated to serving the needs of children with Type 1 diabetes, was going to be closed. So, with the help of about dozen more families, Ted and this team of dedicated people connected to camp as alumni, current families or past board members pushed forward to take the reins of the 72 acre camp in Newbury, Ohio.

It was April 2017 and the Diabetes Partnership of Cleveland had just announced it would be closing its doors and ending the programs it had been operating in the local community of Northeast Ohio. Many would say the crown jewel of those programs was operating Camp Ho Mita Koda. While the camp was established back in 1929 by Dr. Henry John and his wife Betty for children with

in partnership with the local hospitals, support groups and avid believers in the value of camp. For those close to the camp, hearing the news of its closing was devastating, because for so many, the grounds of Camp Ho Mita Koda are their second home and for Caroline, Rusinoff's 13-year-old Type 1 daughter, "It is the only place on the planet that I feel normal!"

[Read More](#)

## Save the Date! DECA's 2019 International Diabetes Camping Conference, February 17 & 18, 2019 Nashville, Tennessee, USA

Join us as we talk about how the latest diabetes care treatments and technologies are being successfully utilized at camp. Discuss fun and motivational approaches to teaching children how to thrive with diabetes. Converse about the opportunities and challenges that diabetes camps face. Learn about how others effectively manage the operation of their diabetes camping businesses. Enjoy sharing ideas and experiences with our community of diabetes camping professionals. Registration Opens Fall 2018



### Call For Session Proposals for DECA's 2019 Conference

Submissions Accepted Through Friday, October 19, 2018

DECA invites session proposals from those having interest in speaking during our conference. Review of previous evaluations and informal feedback from diabetes camp leaders suggest that topics related to Healthcare, Programs and Management are of high interest. Please consider these categories when submitting your abstract, although other innovative & creative alternative sessions will also be considered. For more information and to submit a proposal [Read More](#).

### Coming Soon - New DECA Website

A new DECA website will be launched within a few weeks! The site will feature a new "Find A Camp" page that will provide detailed camp information such as



diabetes camps are important, discuss preparing for camp and share about the fun that campers will have. A new "For Camp Staff" page is being created and will provide information about DECA Conferences, Webinars and Campfire Chats. We are working to update our online member resource library on the website. It will contain current, highly relevant information for use by camp staff in educating children about diabetes, training staff and operating highly effective diabetes camps. The site will also share information about our partners and supporters, bringing recognition to these very important friends.

## **DECA Leadership Series – Working on Behalf of Children With Diabetes**

Hi everyone! My name is Lisa Gier, and I am the Vice Chairman of the Board of Directors for the Diabetes Education and Camping Association. It's a joy to get to wave to you electronically today! I have been a Board member with DECA since 2011. I am extremely passionate about the great work DECA does, and it has been an honor to serve as a board member for so many years. Full time, I am the Executive Director for Idaho Diabetes Youth Programs (Camp Hodia), so my love for diabetes camp and passion to support them has both local and international abilities depending on the circumstance!



Diabetes camp has a tremendously special place in my heart. I learned to give my first insulin injection at camp, got engaged to the love of my life at camp, and have had some of my most treasured times with my camp family- of which all of you are a part.

I also truly adore getting to fundraise to make quality diabetes camp experiences possible for children with diabetes. If you'd like to do more with DECA - from cash money to time, please let me know. I'd love to scoop you up. It is meaningful!

Outside of all that is diabetes, I am a wife, and a mother, and those are my favorite things to be. I like the vibe of a local coffee shop, adore Chile Rellenos,

I can't wait to see you at a DECA conference, or hear your voice during a DECA campfire chat soon. Thanks for all you do to make the lives of children with diabetes even better, through camp. You are awesome!

## Back to School Resources

Our friends at the ADA and JDRF have excellent resources that can help make the school experience successful for children with diabetes. Check these out - and if you know someone who could use them, please share.

[Safe at School](#)

[JDRF's Back-to-School](#)

[Follow the step-by-step guide to a school plan for your child.](#)



## Off to College Booklets

The College Diabetes Network was started by a college student with a goal of young adults being able to connect with others. They now have representation on over 300 campuses across the country and resources for both students and caregivers designed to help make the transition to young adulthood less daunting.



on your own but not alone

They have compiled booklets with information and tips for students and parents to help make that transition to college a little easier.

The second edition of the "Off to College" booklets now includes information about standardized testing, the first break at home, advocating for your rights in emergency situations, and data sharing for your devices! [Click here](#) to request your copies. Please share this link with your camp families, staff and volunteers!

**Help make a difference in the life of a child with diabetes!**

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