



**Diabetes**  
Education & Camping  
Association

## Calling The Shots May 2019

### Diabetes Camp Is Almost Here!

Dear Friends,

As I sit at my desk today I can hear the happy laughter of children and see the smiling faces of loving camp staff as they prepare to soon attend their 2019 summer programs.



The volunteers and staff have been working diligently for months to prepare for the big day when camp comes to life. They will work tirelessly nurturing, inspiring, and helping children learn how to better live with their diabetes. All the while they will soak in the noise, activity and joy that surrounds them.

This is the time that we work for. The teachable moments that take place continually every day. The countless friendships that are made. The changes in lives as children embrace their diabetes and learn that they can, and will, flourish while living with this challenge.

You have the opportunity to be a part of the life enriching experiences that take place at diabetes camp. I invite you to invest in the healthy futures of children with diabetes by participating in DECA's *Change for Kids* explained below.

Thank you for your compassion for children with diabetes and support of the work of DECA and diabetes camps on their behalf.

Terry Ackley, Executive Director

### Change for Kids!

Have you ever checked out at the grocery store, or any store, and the clerk asked you to round your change up to benefit a charity of the store's choice? Little by little these tiny donations add up to be a lot of change!



DECA has found a way for you to invest your small change to help inspire, motivate and educate children living with diabetes! With [Change for Kids](#) your secure credit and debit card transactions round up to the next dollar. Set-up is very easy and takes less than two minutes. Then you spend like normal. Let's say tonight you go and fill your car up with gas. It costs \$15.99. You swipe your card like normal, your receipt from the gas station will show \$15.99, but you can smile behind the scenes because you know that you just donated one penny to DECA! Also, we realize that many people have a budget. So let's say you want to join us today, but know you can't afford to do more

than \$20/month. You can set up a monthly max. So that way you can make a difference but make sure it fits in your budget. On the last day of the month, your card will donate the rounded up change in one donation, to DECA.

Your Change for Kids will make a wonderful difference in the health and happiness of children living with diabetes!

Donate [Change for Kids](#) now!

## Mother-Daughter Bonding at Diabetes Camp

*By Morgan McCullough*

You can say diabetes camp has always been a key part of my life. I am now running the very same camp my mother helped launch almost 30 years ago (in 1992) while she was pregnant with me! Hi, my name is Morgan McCullough, I am the Camp and Program Director for the non-profit Diabetes Youth Services in Toledo, Ohio that serves the diabetes community in both Ohio and southern Michigan. I'm blessed to be a part of such an amazing organization that provides educational and supportive services for young people with type 1 diabetes, their families, schools, and communities.



[READ MORE HERE](#)

## Introducing DECA Board Member John Latimer!

*By John Latimer*

When I began as a camper at Camp Seale Harris in 1990 about a month after my diagnosis, I had no clue that nearly three decades later I would be working in the diabetes camp industry full-time! Going to diabetes camp for the first time, I'd just been diagnosed at age 11 and had what you might think is a typical experience there: learned how to take my injections in new places and rotate my sites, discovered insulin pumps that were becoming more popular at the time, and generally had fun being around other kids my age with diabetes (since it seemed that everyone else with diabetes where I lived was younger than me). And amazing, that all progressed over the years as I continued as a camper, saw other members of my family join me in being part of diabetes camps, moved up the ranks of diabetes camp leadership, and eventually as I joined the DECA Board of Directors not only once but for another term starting in January 2019!



[READ MORE HERE](#)

## Paradigm Shift: Getting Comfortable with Advanced Diabetes Devices at Camp

This webinar will equip diabetes camp staff with

essential information about advanced diabetes devices including sensor integrated insulin pumps, predictive/low glucose suspension devices, and artificial pancreas systems. Participants will learn essential features of advanced systems as well as "rules of thumb" to consider when using and troubleshooting devices in a camp setting.



Laurel Messer (RN, MPH, CDE, PhD candidate) is a Certified Diabetes Educator and Senior Instructor at the Barbara Davis Center for Childhood Diabetes and the University of Colorado School of Medicine. Laurel has 14 years of experience with youth with Type 1 Diabetes and advanced diabetes devices including insulin pumps, continuous glucose monitors, and artificial pancreas systems. Laurel is currently an investigator and manager of the Pediatric Artificial Pancreas team at the BDC.

[REGISTER NOW](#)

*Our thanks to Tandem Diabetes hosting this webinar.*

## Staff Training and Education Resources - DECA Resource Library

DECA Members are invited to view staff training videos, conference and webinar presentations and camper education activities on the DECA website. To do so [Log In](#) and go to the Resource Library under "For Camp Staff".



If you need to create a User Account go to [Register](#). You will receive a confirmation message after which you will log in using the email address associated with your DECA membership. Once you have set-up your account you will also be able to manage your personal profile by clicking the "Howdy" link in the top-right of the website after you have logged-in.

Please contact [info@diabetescamps.org](mailto:info@diabetescamps.org) if help is needed.

## Diabetes at Camps Training Modules

The American Diabetes Association has created two excellent diabetes resources for medical staff and other support staff that are now available online for camp personal. Supported by the Leona M. and Harry B. Helmsley Charitable Trust, a six-hour continuing education course on diabetes at camp is now available. This course was designed and written by a committee composed of a pediatric endocrinologist, as well as 3 certified diabetes educators with expertise in nursing, diabetes technology, exercise and nutrition as they relate to type 1 diabetes at camp. All of the authors have spent multiple years at a variety of camps for children with and without diabetes. The modules are divided into 12 sessions and each module is independent for easy review on a particular topic of interest. In addition, with the increasing complexity of technology for persons with diabetes attending camp, tip sheets are available for downloading, to provide quick access to the most common information needed to assist in the utilization of devices at camp and to encourage the review of the data as



needed. Both of these resources are available on the [American Diabetes Association Summer Camp](#) website. The six-hour CEU course is presently available for credits from the [Camp Nurse Association Online Education Center](#) and will soon be available for all health care professionals from the ADA (MD, PharmD, RD, RN, PA, NP).

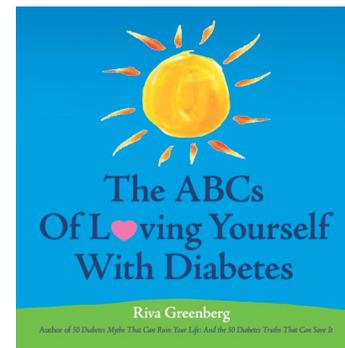
## New Omnipod DASH™ System Fully Launched in USA!

On April 29, Insulet announced its Omnipod DASH™ system is now commercially available and fully launched in the U.S. after a limited market release during the past several months. Remember, this is the Bluetooth-enabled Pods cleared by FDA in June 2018. The Pods have the same form factor as before but are able to communicate with a new touchscreen Personal Diabetes Manager (PDM). It has two mobile apps that currently are for iPhones only – the Omnipod Display app to see data on the mobile phone, and the Omnipod View app where parents and caregivers can remotely monitor. **These apps will be available in the summer.** One of the new DASH additions is a “Find My PDM” feature, which through the Display app can be used to track any lost or misplaced PDMs. Notably, the new PDM also uses lithium ion batteries that require recharging rather than the ubiquitous AAA batteries used in the **current Omnipod® System.** This new PDM also sports a food database for logging carbs and includes as many as 80,000 items from CalorieKing® and you can manually enter BG and other data as well as personalizing meal entries for quick access. Many of our diabetes camps have Podders attending so you may see these new Omnipod features first-hand during this camp season! [More Omnipod DASH information is online here.](#)



## A New Replicable Camp Model for Building Self-Efficacy, Emotional Resilience and Changing the Conversation in Families

A young psychologist with type 1 diabetes, Daniela Rojas, designed and led a new-model diabetes camp in Costa Rica. This three-day camp delivered diabetes education, adventure activities, team building, peer support - and facilitated positive conversations that unlock emotional resilience. Seventy kids ages 9-22, along with camp leaders, used the strengths-building book, *The ABCs of Loving Yourself With Diabetes*, after each activity. In like aged groups, participants read an inspirational essay from the book that served as a vehicle for communication. It opened a *safe* space for children to share their feelings and fears, from being bullied for checking blood sugar to “Will anyone ever love me?” Within three days, campers gained a newfound confidence and realized, for the first time, that they could have a positive life *with* diabetes. The book continues to inspire conversations and healing among family members. Daniela Rojas and Riva Greenberg, author of the book, welcome guiding other camps interested in using this model. Currently, plans are underway to replicate the camp in Panama this August. The book is available in both English and Spanish, *El ABC para Aprender a quererte teniendo diabetes*, on Amazon and a group discount can be arranged. If interested, please contact Riva: [riva@diabetesbydesign.com](mailto:riva@diabetesbydesign.com).



## Save the Date! DECA's 2020 International Diabetes Camping Conference

The Conference will be held February 9-10 in San Diego, CA at the Town & Country Resort and Convention Center. Program, Registration and Lodging information is forthcoming.



## Mental Health Month and Diabetes

With May being Mental Health Awareness Month, we're also pleased to see the big diabetes organizations like JDRF and American Diabetes Association (ADA) offering resources that can be helpful to our D-camping community and the entire Diabetes Community at large. The JDRF has two new resources on mental health and diabetes, [Type 1 Diabetes Distress: Identifying and Managing It](#) and [Type 1 Diabetes Resilience: Recognizing and Developing It](#), while the ADA also provides the [Mental Health](#) online resource page along with the [Mental Health Provider Directory Listing](#) of mental health professionals specializing in this area. These can be handy tools for any camp or medical staff with campers experiencing these issues.

## Big news from the JDRF!

The type 1 organization has a new chief executive officer! Longtime diabetes advocate Dr. Aaron Kowalski became the JDRF's new CEO on April 9. Notably, he's the first-ever CEO the organization has had who lives with T1D himself (he was diagnosed as a 3-year-old child in 1984). Dr. Kowalski has been with the JDRF since 2004 – moving up the ranks from research on complications and hypoglycemia, supervisory research, eventually becoming chief mission officer in 2014, and now the top role. Congrats to Dr. Kowalski and the JDRF! More information on [Dr. Kowalski and his vision for JDRF](#) can be found here.



## Measles and Immunizations

The first days of diabetes camp are almost here, but a common question many are already addressing as we enter this next season: How do we navigate immunizations, especially as to measles and the recently-reported spread throughout the country? We've heard that most diabetes camps have policies requiring immunizations be listed as part of the medical history forms, and that anyone not immunized for measles would be ineligible to attend camp. However, there are [exemptions for religious or other reasons](#) and the rules differ by state. The American Camp Association, which accredits camps, has a [tip-sheet](#) and other resources related to the measles and immunization that can be helpful for diabetes camp leadership and medical staff to consider. The [Association of Camp Nurses also offers additional resources](#) on this topic.

## Insulin Prices

Those in our diabetes camp community have certainly seen the media drumbeat on insulin prices and navigate access and affordability issues themselves each day. In the first months of the year, we've seen Congressional hearings on this topic and some of the big insulin manufacturers –



Eli Lilly, Novo Nordisk, and Sanofi – have rolled out programs and resources as ways to help people with diabetes find assistance in affording and accessing insulin, including two of DECA'S mission partners, Lilly and Sanofi. In March, [Lilly Diabetes announced](#) it was launching a half-priced version of fast-acting acting brand named insulin Lispro, which is an "authorized generic" and the same as Humalog except with different labeling. While not all insurance companies and formularies are deciding to cover this versus the higher-priced Humalog, it's a good option to have for those who struggle to afford their insulin. Also, [Sanofi announced](#) in April expanded program where people can get a month's supply of their insulin pens or vials for only \$99. These and other programs are important for the diabetes community and our member camps to know about.

## Administrative Specialist Position Announcement

We at DECA are honored to be working on behalf of eighty-two member organizations that will operate approximately 400 diabetes camps this year and serve 22,000+ children with diabetes!



The DECA Board of Directors recognizes the opportunity to grow our capacity in order to provide even more support to diabetes camping programs as we work together on behalf of children with diabetes. We are recruiting an Administrative Specialist to work part-time performing higher level office support duties and provide specialized administrative and operations support to our members and leadership. [LEARN MORE](#)

Submit Resume to [info@diabetescamps.org](mailto:info@diabetescamps.org).

Join DECA Now

Donate Now

Visit our Website

The Diabetes Education and Camping Association is registered to conduct business in the State of Florida. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free 1-800-435-7352 within the State. Registration does not imply endorsement, approval, or recommendation by the State.