



# DIABETES YOUTH SERVICES BIG SHOTS RESIDENT CAMP



## 2012 CAMPER INFORMATION

Dear Campers and Parents,

Welcome to DYS Big Shots Resident Camp. The positive atmosphere at DYS Camps helps build confidence while teaching diabetes management skills in a recreational setting. DYS Campers meet peers with similar challenges and build friendships that last a lifetime.

The majority of DYS Camp Staff are either type 1 themselves or have a family member who is type 1. DYS has taken the time and effort to select only the most experienced people as camp staff. Many of the DYS Camp Staff were campers once themselves and chose to come back and volunteer their time as Counselors.

Please know that if there is a problem or issue with your camper, you will be contacted by the DYS Camp Staff. No news is truly good news.

Please be sure to share any allergy information, behavioral issues or simple concerns with the DYS Camp Staff prior to camp!

Review the Camper Manual carefully, and call (419) 887-8739 or e-mail us at [info@dys4kids.org](mailto:info@dys4kids.org) if you have any questions. Visit the DYS website for a list of frequently asked questions and answers at: [www.dys4kids.org](http://www.dys4kids.org)

While your child is at camp, keep up with the daily activities and fun updates by following DYS on Facebook.

***Thank you!***

Ken Lowery, Jr., RN  
DYS Camp Director

Bonnie Heatwole, RN  
RN Program Director

## CHECK-IN: (June 17<sup>th</sup>)

Arrive at Camp Libbey at the times designated.

- Campers with the last name **A through H** = 1:00 to 1:30 p.m.
- Campers with the last name **I through P** = 1:30pm
- Campers with the last name **Q through Z** = 2:00 to 2:30
- Registration is open until 2:45pm for those who miss their designated time slot.

Park in **Main Parking Lot** and follow the directions of the DYS Staff.

Proceed to **The Administration Building**

- Review all paperwork with the DYS staff, double check signatures
- Answer general health questions with nurse/staff
- Review with assigned medical staff
  - Copy of the previous week's insulin/blood sugar record, includes camp day
  - Label ALL medications, and leave with DYS staff for storage in locked tackle boxes by cabin
- Label glucose meter and carrying case (Note: glucose meter will stay with your camper)
  - Test meter with control solution
  - Make sure memory stores correctly, using current time
- Review your child's nutrition information with the dietician

Proceed with your child's luggage to their cabin

- Meet the counselors
- Help your camper select a bed space
- Quickly kiss your camper goodbye. *Quickly*

Female campers usually bunk in the **Juliette Low Lodge** a large building with kitchen, showers, meeting area, and sleeping wings that can handle 32 campers. Male campers usually bunk in the **Woodland** facility, which has a central meeting area, kitchen, showers, etc. surrounded by a cluster of five smaller cabins for sleeping. Older female campers may also be lodged in **Linden House**.

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**Prompt pickup of your camper Friday, June 22<sup>nd</sup>**, is essential! Pick-up will be at the Administration Building. You will gather all your camper's possessions, review camp week insulin and diet information with medical staff and receive your goodie bag and snack for the road. Please understand there will be no staff available to watch your camper after 3pm on Friday, June 22<sup>nd</sup>.

**CHECK-OUT:**

Please arrive between 2pm and 3pm on Friday, **June 22<sup>nd</sup>**. **Arriving early only adds confusion and will not guarantee that you will leave early!**

- Pickup your camper's gear at the Main Parking Lot
- Confirm that your camper has all his belongings
- Check the lost and found box
- Enjoy the Medical Supply Company Displays!!

See medical personnel for:

- Medications
- Pump Supplies
- Blood sugar information – make sure your child has his/her glucose meter
- Discuss any changes that may have been made with medical personnel

Other Items to Pickup:

- Snack for the road
- "Goodie Bag"
- Load your camper's belongings and be sure to leave no later than 3:00 PM (DYS Staff will not be available after 3pm)
- Latest DYS information and flyers.

**DYS STAFF WILL NOT BE AVAILABLE AFTER 3:00 PM June 22<sup>nd</sup>.**

## **DYS Big Shots Camp GENERAL GUIDELINES**

### **PHONE CALLS**

**Campers are not allowed to use the camp phone or cell phones.** DYS reserves the right to hold for safekeeping any camper's cell phone or electronic device until the end of the week. Leave all electronic devices at home, this includes MP3 players, iPods, iPad, laptops, cell phones, e-book readers, smart phones, Gameboys, portable DVD players, Blackberries, PSP's, etc...

**Do not** tell your camper they can call home. This only confirms to your child that they can go home if he or she becomes homesick.

Checking Up: If needed, call the DYS office (419-887-8739) before Noon each day of camp and leave a message requesting that staff be contacted to see how your camper is doing. DYS staff will then contact you after 4:00pm at the number you indicate and let you know how your child is doing. Please know if there is an issue or concern, the DYS Camp Staff will contact you.

### **MAIL**

All campers look forward to lots of cheerful letters from home. Daily mail delivery is an important part of each day at Resident Camp. It is usually best to emphasize good news and talk about their experiences rather than tell them how much they are missed and all the fun everyone else is having at home. It takes two or three days for mail to get to camp (or to get home) so mail that first letter as soon as you get home and don't expect to receive mail right away. You may leave letters at camp during check-in with the date you would like to have them delivered and save postage.

You may receive some mail from your child that is not cheerful. If so, remember that campers often write home in homesick moments and even the act of writing may trigger some homesickness. Please be assured that every effort is being made to insure your child's health and happiness. If acute homesickness occurs, DYS Camp Staff will notify you.

### **Mailing Address:**

Name of camper and date attending  
Camp Libbey, DYS Big Shots Camp  
28325 State Route #281  
Defiance, Ohio 43512-8965

*Note: Although campers are notorious for scolding their families if they don't get enough mail, they aren't always very good about sending mail home!*

### **ACTIVITIES/DAILY SCHEDULE**

Diabetes Education will be mixed with Camp Libbey recreational activities in a strict daily schedule. Each day will begin at 7:00 a.m., with lights out and all quiet by 11:00 p.m. Arts and crafts and a free swim are included in each day. Activities are easily adapted to a variety of weather conditions, i.e., if it is unusually warm additional swim time may be planned.

Education sessions about diabetes management are held for one hour each day Monday through Thursday. A tentative schedule will be available on the DYS website. ([www.dys4kids.org](http://www.dys4kids.org))

**DIABETES CARE AT CAMP**

Blood glucose testing and insulin administration normally occurs before each meal and snack. Pre-meal dosing means the camper will have to commit to what he is going to eat in advance and take their insulin by pump or injection before they eat. Studies show A1C and glycemic control can improve up to 1% point with pre-meal dosing. We ask you to support our efforts to teach best practices and continue this at home.

**Make sure your camper understands that he/she will only administer his insulin under the direct supervision of DYS medical personnel.** This applies to insulin pumps and injections; all the time. Campers on pumps will be monitored very closely to prevent self adjustments and will take a pump vacation while at camp if they continue to dose without supervision. DYS Staff will always discuss appropriate dosing with your camper and use every meal and administration time as a teachable moment. Your camper is extremely knowledgeable about what works for him/her, and DYS Staff are very knowledgeable about what works for most other people with diabetes... **working together is essential.**

We also do additional nighttime testing one hour after snack to catch any lows before bed. Any camper under 150 at bedtime receives an additional snack, of cereal or Carnation Instant Breakfast and cornstarch. Campers that are persistently low after midnight receive additional testing and food if needed.

Please realize that with over 70 campers, it is difficult to test and dose routinely more than six times per day. If blood sugars are running high or low, policy requires we do additional testing, but to do so routinely will be difficult for our staff to accommodate without a lot of "down time" for other campers.

We strongly suggest that your camper be well regulated on their intensive regimen at least two weeks prior to camp. The week before camp is not an appropriate time to initiate intensive management, particularly the insulin pump.

**CLOTHING****Please Bring:**

- One piece of luggage (duffle bag is best) that is clearly marked with the camper's full name.
- Clothing should also be marked with camper's name.
- Any and all personal items should be marked with the camper's name.

**Dress Code:**

Please adhere to the same guidelines for dress as your child's school allows.

**Inappropriate** camp attire may include, but is not limited to:

- Excessively loose or low pants/shorts
- Spaghetti Strap, Halter, or other revealing tops
- Pajamas for daytime use
- Offensive language/gestures on clothing
- Sandals or flip-flops (allowed **only** for showering)
- Thong underwear/swimsuits

**DYS & Camp Libbey staff reserve the right to have your child change any clothing deemed inappropriate. This also includes the "dance" on Thursday night.**

### **HORSEBACK RIDING**

Every effort will be made to see that time is arranged for horseback riding. Occasionally weather may eliminate riding time. ALL riders must wear a riding helmet (provided), long pants and shoes or preferably boots with a 1/2 to 1-inch heel. If appropriate footwear is a problem, there are a few spare pairs of used boots at camp.

### **CAMPER & DYS**

Camp Libbey and DYS reserve the right to require that a camper be returned home if the camper is unable to adapt to the camp environment or due to camper misconduct, **with no refund**. Please note that misconduct includes the use of foul or offensive language. In past years, we did indeed send campers home early for misconduct, so please emphasize to your camper that Camp Libbey and DYS rules **MUST** be followed and will be enforced!

### **FOOD AT CAMP**

**DO NOT** send food, beverages, candy, gum, etc. with or to campers. Such items in tents and buildings invite small animals to invade sleeping areas. Gum causes litter and small animals try to eat. Sweets are also an unnecessary temptation for campers. Sweets can possibly cause elevated blood sugars if consumed.

**CASH** Please **do not send** any cash with your camper! There is nowhere for campers to shop or spend money, so there is no reason to send any.

### **SEARCH AND SEIZURE**

DYS Camp Staff reserves the right to search and/or seize a camper's belongings if there is reasonable suspicion that the camper has materials not allowed at camp in accordance with Camp Libbey and/or DYS rules and guidelines.

### **CAMP CUISINE**

Meals will be served in the Dining Hall, cafeteria style. Campers will be choosing what they want to eat prior to mealtime. Campers will be responsible for calculating the amount of carbohydrates they will eat at each meal. The calculations will be double checked by medical personnel before insulin coverage is given. Replacement foods will still be available for campers who do not like the specific food being served at the meal. Campers will be encouraged to try new foods and eat balanced meals.

Activities and blood sugar results may necessitate adjustment in your child's meal plan, particularly extra food for any vigorous activities we have planned. If your child's blood sugar is low before bed they will also receive a supplemental snack at that time. You will be notified at checkout of any changes to be continued at home.

### **MEDICATIONS**

1. **Insulin Pump:** All those on an insulin pump will need to bring the following:
  - Insertion sets & reservoirs, one for each day of camp
  - Extra tape
  - Extra batteries
  - Fresh pump site and tubing (be sure to have a fresh site and tubing for the first day of camp)
2. **Insulin:**

**You do not need to bring any insulin to camp! *All* insulin is generously provided by Sanofi-Aventis, Novo Nordisk, Eli Lilly, and BD to be used at camp! **Pens, injection devices, pen needles will all be provided!! Do not bring!****

**3. Glucose Meter:**

**Each camper *MUST* bring his or her own glucose meter with 3 full bottles of strips.** We will provide all lancets and backup meters and strips that have been donated, but may not have your child's particular brand. Your child will also need a fanny pack or backpack to carry their testing supplies at all times. Please clearly label your child's meter, meter case and backpack with your child's full name.

**4. Other prescription medications:**

If your child takes prescription medications routinely or as needed, please send enough for the entire week in their original prescribed container. All medications will be administered by DYS Medical personnel, and stored in a locked cabinet in the kitchen area of each lodge. **Please do not send over the counter medications unless they have been prescribed by your camper's doctor and have a pharmacy label!**

**CAMP MEDICAL SERVICES**

Camp Libbey staff are trained in Red Cross First Aid and CPR.

Patricia McCullough, RN, CDE, Ken Lowery, Jr. RN and Dr. Mark Watkins are on site at all times. Additional nurses and nursing students are also on site. Special thanks to insulin pump companies who also provide pump trainers as camp staff.

At all times camp counselors can contact medical personnel via portable radios should an emergency occur. Campers needing additional medical attention or treatment after hours are taken to the nearby Defiance Clinic or Defiance Regional Medical Center. You will be notified if any additional treatment is needed.

**LOST/STOLEN ITEMS**

Neither Camp Libbey nor DYS is responsible for the loss or theft of a camper's property, you and the camper assume all risk of any such loss or theft. Please keep this in mind when packing for camp.

## Big Shots Packing Check List

Please label all items with camper's full name.

- Copy of the recent week's blood glucose readings and insulin doses.
- Diabetes supplies – see "MEDICATIONS" section above
- Flashlight
- 1 pair of Kicks (Tennis Shoes), 2 pairs if possible
- 1 pair of Boots (for muddy, rainy days)
- 1 pair of Flip Flops (for showers)
- 8 - 10 pairs of Cotton Socks
- Raincoat (Poncho preferred)
- 3 pairs of Long Pants
- Jacket
- 8 to 10 T-shirts
- 2 pair pajamas
- 2 Sweaters or Sweatshirts
- 5 pairs of Shorts
- 8 to 10 pairs of underwear
- Bathing Suit
- 1or 2 Bath Towels
- 1 Beach Towel
- Sleeping Bag (some prefer just taking a set of twin sheets with a light blanket)
- Pillow (with pillow case)
- Something special from home (picture, small stuffed animal)
- Personal items (clearly labeled):
  - Pump Supplies, other Prescription medications
  - Toiletries: Soap, Shampoo, Toothbrush, Toothpaste, Deodorant, etc.
- Insect Repellent (non-aerosol)
- Sunscreen (non-aerosol)
- Tote Bag or backpack to carry meter at all times, and to take items to the pool
- Water Bottle
- Optional:
  - Disposable Camera, Bandanna, Hat, Sunglasses, Frisbee, Playing Cards, Stationary and Stamps, journal and pen
- White items for tie-dyeing (T-shirts, pillow case or other white fabric items, socks and towels do not work)
- Props for Black Socks Coffee House (Talent Show)

### Do **NOT** bring...

Cell phones, MP3/iPod, iPad, laptops, Gameboys, e-book readers, smartphones, Portable CD/DVD Players, Hair dryers, Flat Irons, Curling irons, Hand-Held Video Games, hand held electronic devices, Knives, Lighters, Matches, Fireworks, Mouthwash, Money/Cash, Insulin, Lancets, Syringes, Food, Pop, Gum, Candy, or **Perfumes & Colognes**

**If a camper brings any of these items to camp, they will be locked away for safe keeping and returned to you at checkout.**

## **DYS Big Shots Refund Policy**

### **2012 Big Shots Refund Policy**

Cancel on or prior to May 1<sup>st</sup> = full refund

Cancel May 2<sup>nd</sup> thru May 20<sup>th</sup> =  $\frac{3}{4}$  refund

Cancel May 21<sup>st</sup> – May 31<sup>st</sup> =  $\frac{1}{2}$  refund

Cancel on or after June 1<sup>st</sup> no refund.

No Refund for campers sent home for misconduct.

## **GLOSSARY OF DYS SUMMER CAMP TERMS**

**BLACK SOCKS COFFEE HOUSE:** (Talent Show) One evening at camp we will provide an opportunity for campers & staff to share talents. The possibilities are endless and participation is optional. A CD player will be provided. Does your camper play an instrument? Poetry? Painting? Singing? Skits? Dance? Anything G Rated is allowed and enjoyed.

**BUDDY SYSTEM:** All campers go everywhere at camp in pairs. Everyone takes a buddy - while swimming, hiking, walking anywhere.

**BUG MAGNETS:** Items such as perfumes and colognes are an excellent way to attract the bugs.

**DESCRIPTION OF CARBOHYDRATE COUNTING PROCEDURES:** At every meal and snack each camper (with or without diabetes) will complete a carbohydrate calculation sheet. They will list the number of portions, add the carbohydrates, and calculate their insulin requirements. This is a very important way to teach campers how to read labels & fine-tune their carb counting skills.

**COUNSELOR:** All Counselors are 18 years and older. Most of the counseling staff has type 1 or have a family member who is type 1. All wish to pass on positive diabetes camping experiences. A majority of counselors were once DYS campers themselves.

**DANCE:** Occurs on Thursday evening and is the highlight of the week! This year's theme is "Jamaica Me Crazy" and campers are welcome to dress accordingly, however the dress code will be enforced! **No halters, spaghetti strap, or revealing outfits.**

**DRESS CODE:** Please make sure campers are dressed appropriately, as they would dress for school. Review the "Clothing" section. Please, no sandals or flip flops (*except* for use in showers) to avoid exposure to toxic plants. Revealing clothing will not be permitted.

**ENVIRONMENTAL AWARENESS:** Since Camp Libbey is a special place and is used for environmental education, preserving the natural surroundings is strongly encouraged. Campers are NOT free to collect wildlife or plants for souvenirs.

**HOMESICKNESS:** It is natural for any youth in a new environment, particularly for the first time to feel nervous and miss family and friends. Homesickness can even cause physical symptoms ~ especially that first day. Make sure your child understands they might feel this way and the only cure is to get involved. By Monday night, 98% of campers have completely adjusted, made friends, and are getting the most from their camp experience. If the child does not adjust and continues to struggle, then DYS Staff will contact the parents.

**KETONE TESTING:** Every camper must perform a ketone test if experiencing elevated blood sugars while at camp!

**LAUNDRY:** No laundry facilities are available for campers. Please pack enough clothing for your child's stay. "Emergencies" such as bed-wetting will be handled discreetly. Mark all your child's belongings with their full name.

**LOST AND FOUND:** After camp you can contact the DYS office regarding items left at camp. After Labor Day unclaimed items will be donated to charity.

**LOW:** When someone with diabetes experiences dizziness, weakness, or shakiness because their blood sugar is below normal or dropping very quickly. A low blood sugar can become a medical emergency if left untreated. The best treatment is juice or some other form of quick sugar such as glucose tablets. DYS Staff should be notified immediately if you or your friend has a low. DYS Staff will be carrying glucose tablets and /or juice and crackers at all times.

**MENSTRUATION:** A Fact of Life! The camp experience can often trigger either an early cycle or the onset of menses. Please make sure your daughter is prepared with supplies and knowledge. Emergency supplies will be available from the DYS Staff.

**PARTICIPATION:** The only way to have a really good time... is to do it!! All campers will be expected to participate in activities.

**QUIET SIGN:** The international camping symbol for quiet and attention. Raise the hand and close the lips. Other follow suit when they see someone give the sign.

**RANGER:** A Camp Ranger is employed by the Council. The Ranger's full time responsibility is to look after the camp and our campers - in terms of maintenance and security.

**SPECIAL NEEDS:** DYS Camp staff must be notified of your campers special needs in advance of camp in writing. Be sure also to call the office and discuss your child's needs in advance of camp. Campers that are unable to dress, perform personal hygiene, or function fairly independently and appropriately may need to have special staff assigned to them. Our Camper counselor ratio is about 1:5 during the day, and increases at night.