



DIABETES YOUTH SERVICES BIG SHOTS RESIDENT CAMP



2009 CAMPER INFORMATION

Dear Campers and Parents:

Enclosed, please find a list of what your camper needs to bring, along with general information and guidelines that will make our camp a positive experience for everyone.

**PLEASE READ ALL THE INFORMATION VERY CAREFULLY!!!
YES - THERE WILL BE A QUIZ!!!**

Girls will be bunking in the **Juliette Low Lodge** (see map), a large building with kitchen, showers, meeting area, and sleeping wings that can handle 32 campers. Boys will be using the **Woodland** facility, which has a central meeting area, kitchen, showers, etc. surrounded by a cluster of five smaller cabins where they will be sleeping. Older teen campers may also be lodged in **Linden House**. Go to DYS website www.dys4kids.org or www.gsmvc.org/camp/ to find out more.

Sunday, June 21st, **returning campers** arrive between 1:00-2:00 p.m. at the **Administration Building**; while **new campers** should arrive from 2:00-3:00 p.m. at the same location.

Prompt pickup of your camper at 2:00 PM Friday, June 26th, is essential! Pick-up will also be at the Administration Building. You will gather all your camper's possessions, review camp week insulin and diet information with staff and receive your goodie bag and snack for the road.

**THERE WILL BE NO STAFF AVAILABLE TO WATCH
YOUR CHILD AFTER 3:00 P.M. FRIDAY**

Please review the enclosed information carefully, and call (419) 887-8739 or e-mail us at info@dys4kids.org.

Get ready for a fun week *see you there!!!!*

DYS Staff

CHECK-IN:

Arrive at Camp Libbey at the times designated. Please try not to arrive early.

- Returning campers: 1-2 p.m.
- New Campers: 2-3 p.m.

Park in **Main Parking Lot** and follow the directions of the camp staff.

Proceed to **The Administration Building**

- ___ Answer general health questions with nurse/staff
 - ___ Head lice check 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
 - ___ Review your child's nutrition information with the dietician
 - ___ 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
 - ___ Deposit your camper's money with the designated staff member for the Trading Post (\$10-20)
 - ___ 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* is the operative word here.
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CHECK-OUT:

Do your best to arrive at 2:00 PM Friday, **June 27th**. **Arriving early only adds to the 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 MED STAFF FOR:

- ___ Medications
- ___ Pump Supplies Left over
- ___ Blood sugar records – make sure your child has his/her glucose meter
- ___ Discuss any changes that may have been made with medical staff

Other Items to Pickup:

- ___ Snack for the road
- ___ "Goodie Bag"
- ___ Camp Group Photo
- ___ Camper's trading post receipt and leftover change
- ___ Load your camper's belongings and be sure to leave no later than 3:00 PM so that the facilities will be free for incoming campers.
- ___ Latest DYS information and flyers.

STAFF WILL NOT BE AVAILABLE TO SUPERVISE YOUR CHILD AFTER 3:00 PM!!

GENERAL GUIDELINES

PHONE CALLS

CAMPERS ARE NOT PERMITTED TO USE THE CAMP PHONE OR CELLULAR PHONES!!! We reserve the right to hold for safekeeping any camper's cellular phone or pager until the end of the week. Leave all other electronic devices at home as well, this includes MP3 players, iPods, etc.!

In case of an emergency, the Camp Director will take messages and inform DYS staff (419) 784-5888 or toll free 1-800-356-1447

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.

If needed call the DYS office (419-887-8739) before 11:00 AM 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 3:00PM at the number you indicate and let you know how your child is doing. Rest assured, the DYS staff will contact you if the situation warrants it, even if you have not requested it.

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 a letter at camp during check-in with the date you would like to have it 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 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

In conjunction with DYS staff, Camp Libbey staff has developed programming for your camper's week at DYS Big Shots Resident Camp. Each day will begin at 7:00 a.m., with lights out and all quiet at 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, and an additional session "Sex, Drugs, and Rock n' Roll" is held one hour in the evening. Please refer to the consent form for content description, and indicate whether or not you would like your child to participate. While we believe it is beneficial and our responsibility to cover these difficult topics, it is also totally optional.

A preview of the daily schedule can be sent to you at your request. Last year's daily schedule is posted on our website to give you an idea of a typical day at camp, by going to the "for kids" section on our web site, 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 will only administer his insulin under the direct supervision of medical staff. 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. 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, and 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 also 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

Each camper may bring ONE piece of luggage (duffle bag is best) that is clearly marked with their name.

ALL clothing and personal items should be marked with the child’s full name!

Please adhere to the same guidelines for dress as your child’s school allows. Inappropriate camp attire may include, but is not limited to:

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|---|--|
| 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 <i>only</i> for showering) | Thong underwear/swimsuits |

DYS & Camp Libbey staff reserve the right to have your child change any clothing deemed inappropriate. This also holds true for 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 reserves the right to request that a camper be returned home if unable to adapt to the camp environment or due to misconduct with no refund. Please note this also includes foul or offensive language. In past years, we did indeed send campers home early for misconduct; so please emphasize to your camper that camp rules MUST be followed and will be enforced!

FOOD IN 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 that try to eat it may choke to death. Sweets are also an unnecessary temptation for campers. Sweets can possibly cause elevated blood sugars if consumed.

SEARCH AND SEIZURE

Camp Staff reserves the right to search and/or seize a camper’s belongings if there is reasonable suspicion that they have materials not allowed at camp.

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 staff before insulin coverage is given. Staci Freeworth, RD, LD, CDE and BGSU nutrition interns will be evaluating each campers tray as they go to their table to eat to make sure they have the appropriate foods. 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/TUBING/INSULIN for check in.

2. Insulin:

NEW FOR 09: You do not need to bring any insulin to camp! All insulin is generously provided by Sanofi-Aventis, Novo Nordisk, and Eli Lilly 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 of backpack to carry their testing supplies at all times. Please clearly label your child's meter, meter case and backpack/knapsack.

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 staff, 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 & DYS staffs are trained in Red Cross First Aid and CPR. Diabetes Youth Services is also providing training in diabetes management in children for Camp Libbey staff prior to camp.

Certified Diabetes Educators: Robin Condon, RN, CDE, the DYS Camp Director, and Patricia McCullough, RN, CDE, and Dr. Mark Watkins are on site at all times. Dr. Heather Meade, and many additional nurses 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 immediately if any additional treatment is needed.

WHAT TO BRING

- ___ Diabetes supplies – see “MEDICATIONS” section above
- ___ Flashlight
- ___ 1 pair of Tennis shoes (That don’t mind getting muddy!), 2 pairs if possible
- ___ Shoes or Boots with ½” - 1” heel
- ___ Pair of Shower Shoes (cheap flip-flop type)
- ___ 8 - 10 pairs of Cotton Socks
- ___ Raincoat (Poncho preferred)
- ___ 3 pairs of Long Pants
- ___ Jacket
- ___ 8 T-shirts
- ___ Pajamas
- ___ 2 Sweaters or Sweatshirts
- ___ 5 pairs of Shorts
- ___ 8 pairs of Underwear
- ___ Bathing Suit
- ___ 2 Towels (1 Bath, 1 Beach)
- ___ Sleeping Bag (some prefer just taking a set of twin sheets with a light blanket)
- ___ Pillow
- ___ Something special from home (picture, small stuffed animal)
- ___ Personal items (clearly labeled):
 - ___ Pump Supplies, other Prescription medications
 - ___ Soap, Shampoo, Toothbrush, Toothpaste, Deodorant, etc.
- ___ Non-aerosol Insect Repellent ___ Sunscreen
- ___ Knapsack, Tote Bag, or Hip Pack/Fanny Pack (preferred) to carry meter at all times, and to take items to the pool for showers
- ___ Water Bottle with Strap
- ___ Pen and Paper (To Keep Camp Journal)
- ___ Optional:
 - ___ Disposable Camera, Bandanna, Sunglasses,
 - ___ Frisbee, Playing Cards, Stationary and Stamps,
- ___ One white item for tie-dyeing (T-shirts, socks, pillow case or other white fabric items are ok if not too large.)
- ___ Props for Black Socks Coffee House – See Definitions
- ___ Copy of the recent week’s blood glucose readings and insulin doses (see record sheet included in your packet)

SMILE AND POSITIVE ATTITUDE**EVERYTHING LABELED WITH CAMPER’S FULL NAME!!!!****WHAT NOT TO BRING**

Cell phones, MP3 or iPod players, Portable CD/DVD Players, Boom boxes, Blow dryers,
 Hand-Held Video Games, Pagers, Knives, Lighter, Matches, Fireworks,
 Mouthwash, Extra Money, Insulin, lancets, Syringes, Food, Pop, Gum, Candy, or **Perfumes & Colognes**

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

**REMEMBER TO PACK THIS LIST ALONG WITH YOUR CAMPER’S BELONGINGS
 SO IT CAN BE USED WHEN REPACKING AT THE END OF CAMP.**

GLOSSARY OF SUMMER CAMP TERMS

BLACK SOCKS COFFEE HOUSE: One evening at camp we will provide an opportunity for campers & staff to share talents. The possibilities are endless and participation is optional. Cd player will be available. Do you play an instrument? Bring it with you! Poetry? Painting? Skits? Dance? The sky is the limit!

BUDDY SYSTEM: All campers go everywhere at camp in pairs. Everyone takes a buddy - while swimming, hiking, visiting the nurse, or going to the Trading Post.

BUG MAGNETS: Items such as perfumes and colognes are an excellent way to attract the bugs. Everyone wants you to smell good, but bring only a reasonable amount of these items. You don't want to walk around with a trail of bugs following you.

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 diabetes or are knowledgeable and seek to pass on positive diabetes camping experiences they benefited from when they were younger. They usually have one camper on each arm and at least one more hanging from a belt loop. He/she endures countless picture-taking sessions and an occasional camper prank. They are resourceful and cheerful. He/She loves children and hates to see them leave camp.

DANCE: Thursday evening with a DJ and a highlight of the week! Feel Free to dress up; but the dress code will be enforced! **No halters, spaghetti strap, or revealing outfits.**

DRESS CODE: What a camper is allowed to wear. 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.

EATING DISORDERS: Common especially in girls with diabetes and will be discussed during special education sessions.

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.

GROUP PHOTO: On Monday we will have a group photo taken and have included this in the application fee. Each camper will receive an 8 x 10 Camp Group Photo at the end of the week.

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 we will contact the parents.

HOPPER: On a rotating basis, every camper becomes a "hopper." They are usually responsible for setting tables, bringing food to each table, and returning food to the kitchen. Following the meal, other will also have jobs such as wiping and clearing the table off.

KETONE TESTING: *Every camper* must perform a urine ketone test for elevated blood sugar levels while at camp!

(Continued)

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: A Lost and Found Box will be placed outside of each Lodge we are using and should be checked before you leave for any items your camper may have misplaced. 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. Staff should be notified immediately if you or your friend has a low. Camp Libbey counselors as well as 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. Make sure your daughter is prepared with supplies and knowledge. Supplies are also available from the nurse or at the Trading Post.

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

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 a friend or family member attend with them. Our Camper counselor ratio is about 1:8 during the day, and increases at night. Please keep in mind we do not have the capacity for 1:1 time with your camper for any length of time.

WOW: What you say after you and your camper have read all of this stuff!