

## Learning Sessions

- What is Diabetes?
- Carbs and Kids
- Cooking Class
- Coping Strategies
- Importance of Exercise
- Handling the Highs and Lows
- Food and Label Reading
- Diabetes Control & Monitoring
- Research and the Future of Diabetes

## Special Sponsors

Defiance Area Diabetic Club  
Grand Council of Royal & Select Masons of Ohio  
St. Luke's Hospital

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## About Diabetes Youth Services

Diabetes Youth Services (DYS) is an independent, nonprofit organization that provides educational and supportive services for young people with diabetes, their families, schools, and communities throughout Northwest Ohio and Southeast Michigan. Relying exclusively on local donations, we do not receive financial support from other diabetes organizations.

DYS services are sustained through the generous support of individuals and corporate and community charitable contributions. All programs are staffed by experienced pediatric diabetes educators and provided at low or no cost. *We continue to need committed volunteers to help us fundraise for our programs and services.*

### ***DYS Programs include:***

*Big Shots Resident Camp (ages 10-15)*

*Little Shots Day Camp (ages 6-9)*

*School Support for Students with Diabetes Newbies*

*Laughing, Learning, & Sharing Family Series*

*Peer Counseling Network (S.O.S. Program)*

*Experienced Staff Available Monday – Friday*

To make a contribution to DYS, or to find out more about our programs, please visit our website at <http://www.dys4kids.org>.

***Teaching local children how to manage their diabetes every day until there is a cure.  
Supporting families, preventing complications, and improving lives.***



Diabetes Youth Services  
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419-887-8739  
[info@dys4kids.org](mailto:info@dys4kids.org)

# Diabetes Youth Services



*Presents*

# Little Shots Day Camp

Taking the Sting out of diabetes!

The 35<sup>th</sup> Annual  
Diabetes Educational  
Summer Day Camp  
**July 27-31, 2009**

Nederhouser Community Hall  
Olander Park  
Sylvania, Ohio

## What is Little Shots?

Little Shots Day Camp is designed especially for younger children who have diabetes. Intermingled with the educational sessions are fun-filled themed recreational activities, games, and arts and crafts. All activities are designed to promote confidence and teach techniques for managing their diabetes.



Children value the opportunity to spend an entire week with 35 other children and positive teen role models who also have diabetes. For a short time, your child won't feel like the "only one" who has diabetes! Kids leave camp with a "can do" attitude and new friends they will treasure for life!

Nearly 90% of parents report that their child needs fewer reminders to perform self-care tasks after spending a week at camp.

Campers, parents, and extended family come together to celebrate each camper's achievements at the family picnic and awards ceremony on Thursday evening, July 30<sup>th</sup>.



If you would like to volunteer to help with the arts and crafts or food service during camp, you are always welcome! Please call the DYS office to find out more about volunteering at Little Shots Day Camp this year.

**Who?** For kids with diabetes, ages 6-9

**When?** July 27-31, 2009

Daily Schedule varies

- Mon, Tues, Wed 8 AM to 4 PM
- Thurs 8AM-8PM Awards Picnic
- Friday 8AM- 2PM Early Departure

## Family Awards Picnic

Thursday, July 30<sup>th</sup>, 5:30PM-7:30PM

## Where?

Nederhouser Community Hall, Olander Park, 6930 Sylvania Avenue, Sylvania, OH 43560



## Skills Training

Blood Glucose Monitoring	Injections
Treating High & Low	Pump Insertion
Sharing Diabetes with Others	Insulin Dosing

## Recreational Activities

Arts & Crafts ~ Games  
Swimming ~ Social Interaction  
Family Picnic & Awards Ceremony

## Registration

**Pre-Register:** Online at [www.dys4kids.org](http://www.dys4kids.org). Credit card and electronic checking also available online, or complete a pre-registration form and mail with payment to our office. Several other forms needed can be downloaded from the webpage or we will mail them to you after we receive your child's pre-registration.

**Camper Fees:** \$175 per camper if registered on or before June 15, 2009 and \$200 if registered after June 15. Please call the DYS office for information about paying the camp fee in installments if needed.

Your child's camp fee represents only a small portion of the actual cost, which exceeds \$700 per camper. DYS fundraising events along with funding from community partners and individuals allow us to keep camp fees as affordable as possible.

**Camp Physical:** Schedule with your child's pediatrician right away!

**Physical, Diabetes Management, and Consent Forms** Due July 1, 2009. **START EARLY!**

**Financial Assistance** is available to **ANYONE** in need. Camp Scholarships will be awarded on a sliding scale based on income. Ask for a Financial Assistance Application & brochure with financial assistance tips when you pre-register your child. **Applications must be turned in complete and with supporting tax documents by June 1, 2009.**

**Final Deadline: July 1, 2009**

*All forms and fees are due*

*Space is limited, your child will be put on the waiting list or unable to attend if you have not turned everything in on time.*

All forms are available by calling (419)887-8739, [info@dys4kids.org](mailto:info@dys4kids.org) or on the DYS webpage [www.dys4kids.org](http://www.dys4kids.org)