



Diabetes Education and Camping Association Newsletter

JULY 2010

DECA and Camp Yellowbird, Jamaica

present

“DECA Jammin in ReggaeLand”

October 21 - 24, 2010

Breezes Resort, Rio Bueno, Trelawny, Jamaica

Registration and payment
deadline is August 10th!

Register online at
www.diabetescamps.org.

Keynote Speakers

Leslie Gabay, MD, Pediatric Endocrinologist - Medical Director, Camp Yellow Bird
“Psychological Impact of Diagnosis on the Relationship between Child and Parent”

Professor, The Hon. Errol Morrison, Endocrinologist, Founding Member, Diabetes Association
of Jamaica/Caribbean, Principal, University of Technology, Jamaica
“Diabetes – Diabetes, the Caribbean Experience”

Andy Holder, Triathlete, Motivational Speaker, Founder of the Iron Andy Foundation
“The Iron Andy Challenge – Fitness, Community Service and Health”

Diabetes 101 Track

What is diabetes, management routines
Hypoglycemia and hyperglycemia
Insulin and delivery systems
Psychosocial issues and diabetes

School Toolkit

Perfect for School Nurses & Others Who
Care for Children

How To Organize a Diabetes Camp

Day Camp 101

Working with Young Staff Members

Innovations in Medical Technologies

Sexuality and Teens

“FUND”amentals of FUND Development

Getting Service Organizations Involved in Your Camp

Cost is \$400 for DECA Life Members, \$425 for DECA Regular members, \$500 for non-members/
US funds. Contact Kathy at kathylatimer@diabetescamps.org should you have questions.

DECA Mission Statement: The Diabetes Education and Camping Association promotes commu-
nication, provides education, shares resources and serves as a worldwide voice to advance diabetes
education and camping programs that meet the diverse needs of individuals and families.

Diabetes Education and Camping Association Conference Daily Schedule



Thursday, October 21, 2010

- 1:00 - 6:00 pm *Check in*
- 6:00 pm *Dinner*
- 7:30 pm *Welcome Session "The History & Evolution of Camp Yellow Bird"*
(Violet Griffith & Conference Committee)
- 9:00 pm *Resort entertainment & networking*

Friday, October 22, 2010

- 6:30 am *Early Morning Walk or Run*
- 8:00 am *Breakfast*
- 9:00 am *Keynote Speaker – Dr. Leslie Gabay*
"Psychological Impact of Diagnosis on the Relationship
between Child and Parent"
- 10:15 am **Breakout Session 1**
- a) *Management: How to organize a diabetes camp (where to start)*
(Shelley Yeager)
- b) *Healthcare: Stale Bread: Rethinking Glucose Management During Camp*
(Dr. Stan De Loach)
- c) *Program: Partnership Building - How to make the most of your untapped*
resources!
(Trevor McLellan & Jacquie Tanaka-Sibley)
- d) *Diabetes 101: What is Diabetes?; Management Routines*
(TBA)
- 11:30 am **Breakout Session 2**
- a) *Management: How to get community service clubs involved with your camp*
(Bert Brown & Marilee Kadar)
- b) *Healthcare : Dealing with Communicable Diseases at Camp*
(Ray Fowlie & TBA)
- c) *Program: Working with Young Staff*
(Janet Kramschuster)
- d) *Diabetes 101: Hypoglycemia & Hyperglycemia (Blood Glucose Testing)*
(Suzanne Laws)
- 12:30 pm *Lunch*
- 1:30 pm *Keynote Speaker - "Iron Andy Holder"*

(continued on next page)



Hey Campers – Are you between the ages of 6 -15? Can you swim? Bike? Run? How about doing all three? The Iron Andy Foundation has an exciting offer for you. Sign up for the Iron Andy Challenge, and you will receive a FREE race entry into an upcoming IronKids triathlon.

The Iron Andy Foundation and IronKids are committed to having a positive impact on children's lives through sports.”

Below is a list of the upcoming IronKids races. If you are interested, contact Iron Andy directly at: ironandy@comcast.net.



- » [July 25, 2010 - IronKids Carmel](#)
- » [August 7, 2010 - IronKids Boulder](#)
- » [August 22, 2010 - IronKids Oklahoma City](#)
- » [August 29, 2010 - IronKids Seattle](#)
- » [September 12, 2010 - IronKids Alpharetta](#)
- » [October 3, 2010 - IronKids St. Petersburg](#)
- » [October 3, 2010 - IronKids National Championship - St. Petersburg, Florida](#)

DTreat Boston and Berkeley Defy the Odds

Who says young adults do not attend programs and do not get involved?

DECA's DTreat – for young adults ages 18 – 25, which expanded to two programs on each coast, wowed the young adult attendees who are already planning reunions, connecting with one another on the DTreat FACEBOOK page, and hoping that DECA offers another DTreat program in the future. The young adults attended sessions lead by experts in the field of diabetes that covered an array of subjects pertinent to this age group, including relationships and sexuality issues; pregnancy; alcohol and drug use; insurance and health care provider issues; diabetes management (in the real world); new technologies and research and more. The Boston attendees bonded on a Harbor Cruise and scavenger hunt around the historic Boston Common area, while Berkeley attendees visited Fisherman's Wharf and scavenger hunted throughout the fascinating Berkeley campus. The most important ingredient to these DTreat programs is getting this age group together, to share experiences with one another so that they can connect in the future when they have questions or issues.

DECA's hope is that you, our member camps, will partner with us to offer a DTreat in your area in the future, thereby reaching more young adults and growing this great program nationwide. If you are interested, please contact shelleyyeager@diabetescamps.org.

by Shelley Yeager

DECA Director of Outreach and Development

Summer Camp Nurses
Get Involved, Get Recharged, Get Contact Hours at the CAMP Conference 2011!

Nurses put their hearts, their souls, and all their skills into the care of campers during the busy camping season. But right now is the time for them to do something for themselves and the continued development of their careers.

Ask your nurse to mark their calendars for the Tri-State CAMP Conference, March 15-18, 2011. We're expanding our offering of nurse contact hours with a series of fabulous sessions that will be led by health care experts, as well as a stimulating Nurse Roundtable and a special evening dinner event.

Not only will they go home after the conference with some exciting new ideas, strengths, incentives and motivations, but they will also earn valuable continuing education credits that are necessary for them in order to maintain their licensing.

These health sessions have been approved by the New Jersey State Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's COA.

If you're a nurse, please reply to this message with your contact information so we can solicit your input and keep you informed. If you're a camp director or associate, there has never been a better time to invite your valued camp nurse to the Conference. Everyone benefits.

Conference registration opens on-line in September at www.tristatecampconference.com.

Mary Ellen Folsom
Executive Director ACA-NJ
executive@acacampsnj.org
T- 908-238-9900

Filming Starts on Diabetes Training Videos

Did you ever wish your entire staff was trained before they ever arrived at camp! DECA's exciting project has begun to create a series of 12 diabetes training videos aimed at helping you get your staff get a running start on orientation before they arrive at camp. Video producer, Brit Liggett, and DECA's Shelley Yeager have been traveling to DECA camps shooting footage of camps doing what they do best – carefully managing diabetes in the great outdoors while they have an absolute blast at an array of incredible activities. Just last week, Shelley and Brit slept under the stars on top of a mountain at Big Bear in California during Camp Chinnock's teen week overnight. Dr. Kevin Kaiserman was the "star" of the intended video shoot there titled "A Day in the Life of the Camp Doc," which is intended to introduce prospective camp physicians to what they will face in their duties during a camp session.

Shelley has selected key staff members to be interviewed to cover a variety of subjects, including topics such as blood glucose monitoring; treatment of highs and lows; teachable moments and talking to campers about diabetes; pumps and CGMS; a day in the life of camp; emergency procedures; insulin administration; the effects of food, exercise and insulin, and more. The campers have been great – wondering whether "they are going to be on youtube!"

Brit has hours and hours of footage that will also allow her to create a general promotional video on diabetes camp for the DECA website. The 12 instructional videos will be available online to DECA member camps so that staff can watch them at any time, free of charge. We expect that they will be available late in the fall of 2010. The project has been generously funded by the American Legion Child Welfare Foundation, with supplemental support by Abbott Diabetes Care. This is one more great project brought to you, our member camps, by DECA.

by Shelley Yeager

EXPAND THE DECA FAMILY

Are You A DECA Member Camp? Your Camp Staff Can Be Members For Free! Ask them to sign up at www.diabetescamps.org. They will have access to information on DTreat – our great program for young adults, camp training materials, conference information and they'll be connected to other camp staff! There's a blog and job posting board too! Let's chat.

DECA and AADE Working on Diabetes Toolkit for Camps - You Can Help !

DECCA and the AADE Camps Specialty Group are collaborating on the development of a "*Diabetes Camp Education Toolkit*." This online tool will make it easier for diabetes camps to effectively present accurate and age-appropriate diabetes education to their campers. Using the AADE 7 principles of diabetes education as the underpinning of the camp curriculum, the challenge is to adopt these principles down to camp-appropriate programs that run approximately 30-45 minutes each day at camp. A large number of small educational modules are envisioned, from which camps may select multiple age-appropriate activities. Activities will cover 5-10 essential areas of diabetes education including:

- blood glucose control
- nutrition
- exercise
- medications
- technology
- psychosocial issues
- problem-solving

Games, skits and activities will deliver content in unique, fun ways. The *Toolkit* will be web-based and available to camps worldwide. **Can you help?**

Send information on educational games or tools you use successfully in your camp! What works for you and your campers?

Contact: shelleyyeager@diabetescamps.org

Please complete and return the form located on the next page.

DKit – The Diabetes Camp Education Toolkit Activity Form
A collaborative effort between DECA and AADE

Title of Activity:

Description:

(For example, this is an activity that involves)

Objective:

AADE 7 Self-care Behavior addressed:

(select one or more Primary and one or more Secondary behaviors)

Primary

Secondary

1. **Healthy eating**
2. **Being Active**
3. **Monitoring**
4. **Taking Medication**
5. **Problem Solving**
6. **Reducing Risks**
7. **Healthy Coping**

Age Range:

(X-Y year olds)

Setting:

Materials Needed:

Directions:

Modifications:

Created by:

Individual/camp

Submitted by:

Contact info:

Email, phone

Please complete form and return to shelleyyeager@diabetescamps.org or mail to DECA, PO Box 385, Huntsville, AL 35804.



Abstract: Prospective Study of Low Dose Glucagon (GCG) for Non-Emergent Treatment of Hypoglycemia at Type 1 Diabetes Camp

Authors: Joan Cervisi, Keirsten Montgomery, Francoise Sutton, Debbie Warner, Peggy Scoggin, Heather Speer and Susan Clark
Children's Hospital Orange County, Orange, CA

Hypoglycemia is the most frequent acute complication of type 1 diabetes at camp. The purpose of this prospective study was to determine the response to treatment of non-emergent hypoglycemia with low dose subcutaneous GCG. In this study low dose GCG was not used to treat severe hypoglycemia (i.e. hypoglycemic event absolutely requiring assistance from another person). This study was conducted at Camp Conrad-Chinnock in the San Bernardino, California mountains during summer 2009.

A prospective study of treatment of hypoglycemia was conducted in 65 of 116 campers, 13 to 17 years old, 26 males and 39 females with type 1 diabetes mellitus. The mean A1C was 8.2 %. Of the 65 campers 81.5% used an insulin pump. Campers with BG of less than 60 mg/dl were offered either a 100 – 200 mcg subcutaneous dose of GCG along with fast acting carbohydrates such as juice or glucose tablets. If they refused the GCG treatment then only fast acting carbohydrate was used to raise their BG. Data from 125 hypoglycemic events were analyzed of which 47 were treated with GCG.

It is standard procedure at camp to lower the camper's basal and bedtime insulin doses by 10-15%. In this study 83% of campers lowered their insulin levels. In spite of that, 72.3% of the 65 campers had 1 or more hypoglycemic events during the 10 day camp period. Mean BG for the hypoglycemic events was $55.7\text{mg/dl} \pm 9.2\text{mg/dl}$ SD. After treatment mean BG was 87.9 ± 27.3 . The mean BG at the beginning of the treatment for those treated with GCG was 50.2 ± 8.5 compared to 59.1 ± 7.9 for those not treated with GCG. BG was 94.1 ± 28.0 following GCG treatment and 84.0 ± 26.3 following oral treatment. BG was 96.6 ± 27 within the first 16 minutes after GCG treatment compared to 79.7 ± 23.3 without GCG. The change in BG was 45.1 ± 29.4 with GCG treatment and 21.8 ± 24.0 without GCG treatment.

In summary low dose GCG was safe and effective with no side effects of treatment. BG rose more briskly with GCG and to a higher level than standard oral treatment. Low dose GCG treatment allowed for a more prompt return to normal activities and therefore is a useful treatment for non-emergent hypoglycemia at diabetes camp.

Poster Presentation American Diabetes Association 70th Scientific Sessions June 2010. Publication Number 782-P Session Code: PO05 02 Complications –Hypoglycemia Contact Heather Speer MPH, CDE CHOC Children's 455 South Main Street, Orange, CA 92868 714-532-8613 or hspeer@choc.org.

Some Thoughts

The Diabetes Dad takes on Hollywood, pharmaceutical companies, and Bret Michaels

By [Tom Karlya](#)



There is much on my mind tonight, so this month I thought I would rattle off a few random thoughts in no particular order. Your job, if you know the right person, is to forward the section that pertains to them. Thanks!

TO JOHN LASSETER: You know the brains behind Pixar and all of those great films. I saw *The Pixar Story* recently and I have the challenge of challenges for you, sir, and the entire studio: create a film about a kid who has been [diagnosed with diabetes](#), but instead of making it a glum, sad, monster of a film about a child who just gets sick, make it an incredibly uplifting film about kids overcoming obstacles to achieve their dreams after diagnosis. You are a dreamer and it will take that kind of 'dream making' to make this film work; undertake this challenge and donate the proceeds of the entire film (after costs are recouped) to the DRI, JDRF, and anywhere else you see fit. Your son is incredible, John, so are [both of mine](#), and millions more. Show the world just how incredible they all are. Call me; I have ideas.

PHARMA COMPANIES: Until recently I was getting so upset at the [cost of test strips](#) for my children. I thought the mark-up was incredibly high and wondered how much profit they were actually making. I mean my kids HAVE to use test strips, right? Then, looking through websites, doing some research, I found that Exxon had a profit of 45.2 billion; Nestle Waters was 2.2 billion, and all Roche diabetes division profits were about 1 billion (various sources). My point: when it comes right down to it; I think that before I complain about the cost of my kids' test strips, I should begin to argue over the mark-up on the gas it takes to drive me to the store to buy them because it seems like that cost may be a heavier hit to my pocket. Do people who need chemotherapy complain about the mark up of their costs also? The same with heart conditions, asthma, mental illness, etc. Perhaps I would be better off picking a different fight. Food for thought.

ADA SCIENTIFIC SESSIONS: Can someone explain to me why bloggers are not allowed press credentials to the [ADA Scientific Sessions](#)? It makes no sense to me. Lighten it up, ADA--the idea is for as many people as possible to read what is happening in the diabetes world. Why not allow the opportunity in real time? It's 2010. Join the party. If a blogger does something improper, treat him or her the same as you would a newspaper writer who breaks protocol. Make sense?

ARTIFICIAL PANCREAS: Spent a lot of time talking to many docs recently. Listen, kids, it's just not adding up that this going to happen as fast as everyone thinks or worse yet, than the time frame that is being told to us. Here is the question to ask everyone and anyone you come across that are 'part of this project' in any way: "What is the time frame before the [artificial pancreas](#) has FDA approval for use in kids under the age of 18 for everyday use?" The answer to this is the ONLY acceptable one; accept nothing less. If anyone is worth their salt in honesty, the answer will be that they just don't know, because guess what? They don't. Period. Ask and let me know what you are told.

CHILDREN WITH DIABETES FRIENDS FOR LIFE CONFERENCE 2010: WOW! Beg, borrow, or steal, but make sure you never miss another one. You will love it and so will your kids. You have not been touched to the depths of your soul until you see 800 kids [check their blood sugar](#) before breakfast. Inspiring, educational, and [kids with diabetes](#) see they are not so different after all; the truth is, they're not.

COUPLES WHO HAVE A CHILD WITH DIABETES: When is the last time you went on a date? If you think I'm talking about you, I am. Get a babysitter and go on ONE date before I write again. I want emails; let me know that you did!

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DECA: The Diabetes Education and Camping Association. If you don't know them, go find out. Send your kid to [camp](#); you might find one for this August (a kid in camp makes it easier to have a date with your spouse, too—think about it)!

TIME FOR A NEW WHITE PAPER: I say we take the greatest minds, place them in a room and see what the future holds for scientific advancement toward a cure. It's about a plan, it's about collaboration. It has not been done in a long, long time. It's time to look at what is working and what's not and chart some sort of a course....no? Any of you folks who have the resources want to sponsor this? Give me a call.

HOLLYWOOD: If I see one more stupid thing on TV [representing people with diabetes](#) I'm going to scream. I certainly do not know all the answers but if anyone in TV Land is doing anything about diabetes...give me a call; I'll find the right people. JEEEEEEZ LOUISE!

BRET MICHAELS: Okay, dude, *The Celebrity Apprentice* is over, now what are you going to do to REALLY make a difference?

YOU: What are **you** doing to make a difference? You can wait for someone else, or you can decide that today is the day you get started. Nothing too small is too small to help. Stuck? Email me and I will give you some ideas. Don't do nothing!

I think here in my chair, in my office, at 2:00 am. My son's broken [pump](#) lies next to me; waiting for help to come. It will come, and soon. This is a time to think, a time to wonder, and a time to reflect. Diabetes has not gone away. I want it to go away; I want people to help make it go away. I get it. Diabetes is many things; a business, a disease, a pain in the ass, and a problem, but the one thing it can never be is in control. You control it or it controls you. The second one is not an option. What is it for you and what are you doing about it? I'm a Diabetes Dad.

Tom Karlya has been active in diabetes causes since his daughter, Kaitlyn, was diagnosed in 1992 at the age of two. His son Rob was also diagnosed in March of 2009 at the age of thirteen. Tom has lectured across the country and chaired many panels about being a Diabetes Dad, his pen name used virtually everywhere. Over the years he has been featured or quoted in numerous newspapers such as Newsday, USA Today, and The Los Angeles Times, to name a few. Tom has also been published in periodicals such as Newsday, Time, and Parents Guide Weekly.

As a diabetes advocate, Tom has been introduced to the New York State Capitol, testified in Washington, D.C., appeared at diabetes-related events at the United Nations, and has served as a panelist or keynote speaker at numerous diabetes events.

He has written and/or produced public service announcements for diabetes causes featuring celebrities such as Ray Romano, Sugar Ray Leonard, Doris Roberts, Nicole Johnson (Miss America 1999-co-host dLifeTV), Sandra Oh, Patti LaBelle, Peter Boyle, Brett Michaels, and Jim Turner. Tom was awarded the prestigious Jeff Hitchcock Distinguish Service Award from The Children with Diabetes in 2008, Man of the Year by The LI Advertising Club, and Diabetes Advocate of the Year by the American Association of Diabetes Educators. As Producer of dLifeTV he was nominated for an Emmy Award, awarded 13 Telly (former Cable Ace) Awards, 4 nominations and a win for The Best in Medical Media; The FREDDIE Award. He also received numerous commendations, including congratulations from the president of the United States for his work in the Katrina efforts where he was instrumental in organizing relief efforts to over 10,000 people with diabetes. He was the recipient of The George Estabrook Award from his Alma Mater of Hofstra University for his work in diabetes and television.

As an actor, for 12 years, he starred in the New York City Production of Tony 'N Tina's Wedding, working with the original NY Company and also at The Kennedy Center for the Performing Arts, Washington, D.C., in Summer of the 17th Doll, and his film, lbs., was seen at the prestigious Sundance Film Festival. Tom has also appeared in Unsolved Mysteries, Spin City, The Cosby Show, NYPD Blue, Law and Order, America's Most Wanted, Entertainment Tonight, Access Hollywood, and other shows as well as numerous commercials.

Tom is presently the Vice President of the Diabetes Research Institute Foundation in Florida. He resides on Long Island.

DIABETES CAMP ALMANAC

Things to do in...

JUNE

- Open house (1st Saturday)
- Staff week
 - Rid-x the septic systems
 - Bear talk (Camp Director)
 - Safety talk- insurance agent (Camp Director/Executive Director)
 - Legal talk- Local Police Dept (Camp Director/Executive Director)
 - Fire extinguisher talk- Decker (Camp Director/Maintenance Director)
 - Blood borne pathogens (Health Center Director)
 - Review Megan's law postings with Directors
 - *Daily Directors meeting's 10:00 am*
(Executive Director, Health Center Director/Session Charge Nurse, Camp Director, Maintenance Director)

JULY

- Daily Director's meetings 10:00 am (Executive Director, Health Center Director/Session Charge Nurse, Camp Director, Maintenance Director)
- Board of Health inspection (historically, mid-July to mid-August)

AUGUST

- Daily Director's meetings 10:00 am (Executive Director, Health Center Director/Session Charge Nurse, Camp Director, Maintenance Director)
- Complete annual accident report: Youth Camp Safety Act
- Prepare invoice/thank you's for Scope (due in September)

DECA 2010 Jamaica Conference Registration

Cost: \$400 for DECA Life Members
\$425 for DECA Regular members
\$500 for non-members

Registration fees are payable in US funds and based on double occupancy.

Registration and payment deadline is August 10th!
Register online at www.diabetescamps.org. Make your plans to attend!

DECA Toll Free Number
(in North America)
866-980-DECA (3322)