



Diabetes Education and Camping Association Newsletter

SEPTEMBER 2010

DECA and Camp Yellowbird, Jamaica

present

‘DECA Jammin in Reggaeland’

October 21 - 24, 2010

Breezes Resort, Rio Bueno, Trelawny, Jamaica

Keynote Speakers

Michael Boyne, 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 communication, 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. Michael Boyne*
"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 & Debbie O'Malley)
- b) *Healthcare : Dealing with Communicable Diseases at Camp*
(Ray Fowlie)
- 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)

DECA Classified Section

Post your open camp jobs on the DECA website (www.diabetescamps.org) in the new classified section and reach passionate, knowledgeable staff for your camp organization. You must be logged on as a member. Go to the **membership tab**, click on **classified** and post your listing with contact info. It's that easy.

Rallying Lions

Shelley Yeager and Kathy Latimer attended the 2010 Lions Canada/USA Leadership Forum in Milwaukee, Wisconsin, September 23 - 25, where DECA hosted a diabetes camping booth. Shelley also presented a workshop "Until There's A Cure, There's Camp – How Lions Can Be Involved in Diabetes Camping." Lions from across the US and Canada attended and many were already involved in their local diabetes camps. Some, however, were not and want to get involved. Shelley and Kathy handed out brochures, gave camp contact information and "talked camp" to Lions in order to enhance the partnership that already exists.

If you have a desire to work more closely with your local Lions Clubs, download the "Lions How to Guide" on the DECA website, under Member Downloads ("Lions" folder) and contact Shelley or Kathy. They will put you in touch with Lions International headquarters to find Lions in your area. Lions can help raise funds, volunteer and work on facility projects.

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!

Diabetes Toolkit for Camps

DECA 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. See pages 5-7 of this newsletter for more details. **Your help is needed to make this project a success!**

DECA and AADE Working on Diabetes Toolkit for Camps - We need your help to make this project a success!

DECA 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 page 6.**

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

DKit – The Diabetes Camp Education Toolkit Activity Form

A collaborative effort between DECA and AADE

(example of activity given on page 10)

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.

Example Toolkit Activity Form A1c Relay Race

Description: This is an activity that involves a relay race where teams carry objects that can respond to an A1c number.

Objective: To demonstrate the impact that elevated blood glucose can have on physical exertion.

AADE 7 Self-care Behavior addressed:
(select one Primary and one or more Secondary behaviors)

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

Age Range: 5-17 year olds

Setting: Gymnasium, pavilion or any open space where a relay race can occur.

Materials

Needed: A large number of objects to be carried (examples include: life vests, bowling pins, swimming noodles, oars, ping pong balls, socks, hats, pants). A box or hat is filled with pieces of paper, each one carrying an A1c number, ranging from 5-15.

Directions: The campers are divided into teams with equal numbers on each team. Normal distribution of gender, size, age, mobility to ensure good competition. Each camper selects an A1c number from the box. The camper must wear/carry that number of items when it is his/her turn to run in the relay race. For example, if a camper pulls the number 10, he/she must wear 10 hats, or put on 10 pairs of pants, or carry 10 swimming noodles, or put on 10 socks, when it is their turn to run. The campers cannot put on these items until the player in front of them has completed their turn. Their teammates may be allowed to help them put on these items. The camper must run the relay race course (for example, once around the field or the gym) while carrying all of the items. The first team to have all of its members complete the relay race is the winner.

Afterwards, the team can reflect on how the number of items carried affected their running. They can discuss what an A1c number represents. They can discuss the effect of high blood sugar on exercise. They can also discuss teamwork and the benefits of helping teammates to complete the exercises. Blood glucose monitoring should also be performed and a discussion of the effect of exercise on insulin action and blood glucose values can occur. Problem solving and healthy coping can be discussed, as well as exercise and monitoring.

Adaptations or

Modifications: The race can be repeated a second or third time with each camper getting a new A1c number. For older children, the objects being carried can be larger or more difficult to handle. Children can have fun with carrying large numbers of items on their hands, feet, heads, inside their shirts, etc. On a hot day, water balloons may be used.

Request for Information

Greetings fellow camp professionals! Camp Holiday Trails works with many special health needs. Our Med Team is trying to standardize our care for diabetes and educate parents in advance of Camp as to what they can expect from our Med Team. Thus we are seeking your help! Do you have standing protocols for diabetes care that you share with parents (i.e., we pre-treat before meals; we keep meters in our Clinic OR our Campers carry their own meters, etc.) **Please share any information and I will share with DECA as well.**

Contact: Tina LaRoche, Executive Director, Camp Holiday Trails,
tina@campholidaytrails.org or ph. 434.977.3781, www.campholidaytrails.org

The **Diabetes Camp Almanac** offers monthly reminders of the things that need to be done all year long to be ready for Summer Camp. We think that together we can **create** a list of generalized tasks that everyone will find helpful, even if not fitting for their own situation. We need your help in compiling the reminders. Please send your suggestions to kathylatimer@diabetescamp.org for inclusion in future DECA newsletters.

Below are some suggested reminders.

DIABETES CAMP ALMANAC

Things to do in...

SEPTEMBER

- Annual accident report: Youth Camp Safety Act, due October 1 (Camp Director)
- Mail campership thank you notes from campers

OCTOBER

- Write annual appeal letter
- Camper mailing (Registrar)
- Finalize budget recommendations
- DECA Conference (October 21 - 24, Jamaica)
- Prepare ads for nursing spectrum, camp nurse news, etc.
- Place ads for next year's Nurses/Dietitian (Bookkeeper)

NOVEMBER

- Review/update registration forms for packets/web
- Mail annual appeal letter
- Mail applications for next summer to past staff