

# Welcome to the Hopewell Experience!

## 2024 Diabetes Camp Information Packet

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### Contact us:

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[www.camphopewell.com](http://www.camphopewell.com)



We are so excited that you have chosen Camp Hopewell for your camper's Camp experience! **This handout will help you prepare yourself and your camper for their time here at camp.** We hope you will read all of the information carefully. If you have any questions, feel free to contact us.

One of the most beneficial parts of the camp experience is **community building**. Your camper will be in a group with camp counselors and other children their age. Each person will contribute to the community by keeping track of personal belongings, hanging wet towels and bathing suits, and helping with cabin and mealtime clean up. **Prepare your camper to expect to compromise & make group decisions with other campers.**

# WELCOME





# Setting your Camper up for Success

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## Forms (*due two weeks prior to arrival*)

1. Your [Diabetes Information Form](#) is one of the most important tools we gather. It is **imperative for the health & safety of your camper that this form is completed & up-to-date**. If you are unsure if it is completed or not, feel free to reach out to our registrar.
2. Also required for each resident camper is the [Information for Counselors Form](#). This is your opportunity to share with us your bed time routine, fears or misgivings, and just general info about your home life. **The whole goal of this form is to allow us to better support and meet the needs of your camper.**

If you are having trouble updating your forms online, we invite you to visit [this playlist](#) for detailed instructions on how to submit & update your forms.

## Fees (*due two weeks prior to arrival*)

All Camp fees will be due **June 9, 2024**. If this will be a problem, contact our registrar to set up a payment plan or to apply for financial assistance.

## Visit the Camp

Coming to visit Camp before your camper's time at Hopewell can be beneficial for both the camper and the adult. We hope you'll plan to join us for an annual Open House on **March 3, 2024!** Come and go from 2 - 5 PM for an opportunity to tour the campsite with our directors and potential camp counselors. You can ask any questions you may have, or just enjoy seeing the facilities and hearing about what your camper might do while at Hopewell! If you can not attend the Open House, we are happy to set up a tour for you with a member of our staff prior to May 28. Feel free to reach out to our registrar.

## More on Camper Health...

Camp Hopewell values the health and safety of our campers, staff, and camper families. Because of this, we ask that you monitor your camper for symptoms of illness and let us know if your camper or anyone in their household gets ill. **If you must cancel your camper's session due to illness, you will be given the option to donate or credit any money paid toward the camp session to 2025.**

For health and safety, we must have an up-to-date health history, date of your camper's last tetanus shot, and a signed release for emergency treatment of every camper. If your camper is generally healthy, a signed physical exam is not required. If your camper is of fragile health and/or under the continuing care of medical professionals for a condition requiring medications, special technology, treatment, or management (aside from Type 1 Diabetes), please reach out to us directly, so we can work together to best accommodate the needs of your camper. We might ask that you send us a health exam from a physician with health care recommendations and instructions.

## What to Pack

- Pillow
- Twin size sheets
- Blanket, Quilt, or Comforter
- 3-4 towels (for shower time & pool time)
- Washcloth or Loufa
- Shampoo/Conditioner
- Soap
- Toothbrush and Toothpaste
- Comb/Brush
- Deodorant
- Bug Spray or other Insect Repellant
- Sunscreen
- Long Pants (1 pair)
- Medications (to be given to the Camp Nurse at Check-in) *place all medications in a plastic bag with your camper's name to be given to the Health Care Manager at check-in*
- Bathing Suits (2)
- Short Sleeved Shirts (1 per day)
- Shorts (1 pair per day)
- Rain Jacket
- Pajamas
- Underwear (1 set per day)
- Socks (1 pair per day plus 1)
- Shoes (2 old pair, 1 being sneakers)
- Water shoes (No backless shoes)
- Labeled Laundry Bag
- Bible & (optional) journal
- Flashlight
- Paper and pre-addressed, stamped envelopes (for if your camper might want to write letters)
- **Pumpers:** bring 6 complete, labelled infusion set changes, plus an inserter (also labelled)

### A note about Diabetes supplies:

Do not send syringes, insulin, meters, or low snacks. Camp provides all of these things. Be sure to pack pumps supplies as well as your camper's **non-cell phone receiver**.

## What NOT to Pack

- Syringes
- Insulin
- New or valuable items
- Electronics – including, but not limited to MP3 players, video games, cell phones, smart watches with cellular connectivity, etc.
  - We DO allow digital cameras, as long as they do not have internet connectivity
- Meters
- Candy or food
- Weapons of any sort, including pocket knives
- Pets
- Alcohol
- Drugs
- Tobacco
- Vapes
- Cash – make a store deposit instead!

**Camp Hopewell cannot be responsible for loss or damage to any personal items brought to camp.**

## Pro-Tips for Packing

- Packing in a rubbermaid tub can help your camper keep everything together.
- Label everything! Often kids are tired at check out & forget what their laundry bag looks like & leave it at camp. Label it, so we can help you get it home!
- Rain Gear is often forgotten & is extremely important for a comfortable camp experience. Especially for younger campers, label Ziplocs for each day's outfits to take the guess work out of getting dressed each day!
- Involve your camper in packing, so they are familiar with what they are bringing.
- Pack clothes & items that will help your camper feel comfortable at camp. Lots of campers come with a stuffed animal, pictures, etc.
- We do not recommend sending your camper with new shoes. Instead, send good, comfortable shoes. For your camper's safety, we require ALL shoes to have backs.

**If you find that you have forgotten to pack something, please reach out to our registrar. Often if your camper has brought it to our attention, we are able to substitute with something that we already have here. We are committed to working as a team to help your camper be happy and feel cared for!**

## Lost & Found

Items found at Camp will be kept for **three days**. Each day of day camp starting with the second, we will have a table at check-out with the previous days' lost items. Take a look at it to see if any of those items belong to your camper. If you find that your camper has left something after the last day of camp, reach out to our registrar to arrange pick up or mailing. Items requested to be mailed will be done at the expense of the person making the request. Unclaimed items are donated to charity after **3 days**.

## Departure

Check out will be done from the vehicle. A-L will check out Friday at 4:00 PM and campers whose last name begin with the letters M-Z will check out at 4:30 PM. You will sign out your camper, receive a camp photo and any medication that needs to be returned to you. Your camper's luggage will be loaded in the vehicle and your camper will come to your vehicle with their counselor. If someone other than the parent who registered and brought your child to camp will pick up your child, we must have written instructions identifying the person to whom we may release your child. Proper ID is required to pick up all campers. All campers must be picked up by 5:00pm on the last day of camp. If an emergency arises that requires a camper to be picked up early, please notify the camp office at 662-234-2254.

Following pick up on the last day of camp, parents will be permitted to park their car, and walk around camp for a bit to see the campus. We ask that during this time, you do not go into any buildings, as our staff will be cleaning up and prepping for the week ahead.



# The Check-in Process

Last Names A - L Check-in from 1:30 - 2:15. M - Z Check-in from 2:15 - 3:00.

01

## Forms + Temp Check

Upon arrival, you will be greeted at the gate, and we will be sure we are not missing anything for your account. Our registrar will ask you any questions she may need to, and you will get your temperature checked. Any camper with a temperature over 100°F will not be permitted to stay at Camp.

02

## Covenant + Luggage

Next, you will park & unload your car, then come to the entry of the pavilion. Here, all campers will complete a Camper Covenant, which just says they will follow the rules of camp & have not brought anything they are not supposed to to Camp. You will then drop off your luggage to be delivered to your camper's cabin.

03

## Meet your Cabin Nurse

Head under the pavilion to talk with your camper's cabin nurse! Here, you will drop off all Diabetes related supplies & ensure that your forms are up-to-date. If your child does not have a non-cell phone receiver, this is also where we will swap them to a new device. **No personal cell phones will be allowed to stay at Camp this year.\***

04

## Drop off Other Medication

As you exit the pavilion towards the Dining Hall, you will visit our Health Care Manager and our Camp Nurse if your camper has non-Diabetes medications to be given at Camp. They will do a basic health screening, and collect all medications here. Be sure to have these in a labelled Ziploc bag to help expedite the process.

06

## Say your Goodbyes

Finally, you will head down to the Dining Hall to drop off your camper with their cabin group! Be prepared to say "hello" to your camper's counselors & then head out. This can be hard & emotional, but we hope you'll trust that our staff are well trained in welcoming campers to camp & your camper CAN do this!





# What to Expect During Camp

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## Day-to-Day Camper Life

Campers will participate in Bible Study each morning and worship each evening. They may enjoy strenuous active games, indoor and outdoor activities such as swimming, challenge course, archery, canoeing, and more! Please let us know of any restrictions that your camper may have in any activities typical for camp.

If inclement weather should arise while your camper is at Hopewell, staff will follow the safety procedures established and taught during staff training.

## Food at Camp

Our food service director and her team work hard to prepare meals for your campers each day. We are happy to accommodate dietary restrictions and allergies. We also often see that campers will try more foods while at camp than parents may expect; however, if you have an especially picky child that you are worried about, please reach out to our Registrar. We want to have the tools to help your camper succeed at camp, and our food service director is happy to try to come up with a plan to help your camper have a great camp experience!

At camp, we use carb counting (15 grams CHO = 1 carb) and the MyPlate systems for teaching the campers about balanced nutrition and how to improve blood glucose control. We also use the food pyramid to for identifying the basic food groups. Whether one has diabetes or not, it is important to eat from each food group. Mealtimes are at 8:30 am (Breakfast), 12:30pm (Lunch), and 5:30 PM (Dinner). Snacks are served at 3:30 PM and at 8:30 PM. Campers select foods and are encouraged to try new foods. Portion control is encouraged! Campers sit with their cabin group and if needed, counselors will assist campers with food choices. Carbohydrate counting worksheets are completed at the conclusion of the meal. Meal boluses are completed before the camper leaves the table.



## A Note on Blood Glucose Checks

Campers will check blood glucose upon waking up, before each meal, before pool time, and any other times in which the camper feels the need to check. Blood glucose is checked at mid of night (2 hours after campers have gone to sleep) and at 4AM . These nighttime checks are done by the nurses and counselors and often do not require the camper to wake up. A camper will be woken up if treatment is needed for his/her blood glucose.

## View our Photo Gallery

We post pictures each day after all of the afternoon activities are through on Bunk1. You will receive a code prior to your child's session, which allows you access to these photos. **You do not have to pay to view photos on Bunk1.** If you scroll to the bottom of the subscription page, there's an option to do "gallery only access", which is free!

Our top priority is caring for your camper during their time at camp and ensuring they have fun! Because of this, we often do not upload photos until late in the evening after the campers have gone to sleep & all activities have wrapped up. We recommend you check each morning for photos of the previous day rather than waiting up for photos to be posted. **We appreciate your patience and hope you enjoy the photos!**

## Camper Health during Camp

**If your camper will require daily medication while at Camp**, these will be turned into the Health Care Manager at check-in. All prescriptions must be in their original container with clear instructions for dispensing them. The resident Health Care Manager will dispense medications according to doctor's orders. All campers will see the Health Care Manager or Camp Nurse during check-in with an adult for Health Screening.

Our Diabetes Camp Director is Marguerite Baker, C-PNP AC. She is involved in a year-round view of Diabetes Camp. Each cabin is assigned a cabin nurse, who will oversee Diabetes Care. All nurses wear a fanny pack with blood glucose monitors, strips, glucose tabs, and Glucagon.

**Non-prescription drugs that may be administered in our Health Center** by the Health Care Manager or the Camp Nurse include: Acetaminophen (Tylenol); Ibuprofen (Advil); Antacids (Tums, Pepto Bismal); Imodium AD; Allergy/Sinus medication (Benadryl, Sudafed, Tylenol Cold); Cough Syrup (Tussin); Antibiotic Ointments; Hydrocortisone Cream; Cleansers (Alcohol, Hydrogen Peroxide); Eye Drops; and Ear Drops (Isopropyl Alcohol). If there are any restrictions for your camper, please list these on the health form.

If your camper develops a condition while at camp that needs the attention of a doctor, we will notify their emergency contact.

## Camper Mail

Hearing from you while at camp can be extremely meaningful for your Camper! We hope you will write some letters and pack them with your camper to be read during downtime. You also may send letters via fax to 662-733-4197, or for a fee, you may also wish to use Bunk1.com's one-way email service. You may access this service via our website by clicking on "Summer Camp" and then either "New Camper Parent" or "Returning Camper Parent". Bunknotes and faxes must be sent prior to 7 AM on the desired delivery day otherwise they will be delivered the following day. **Bunknotes or faxes sent from parents after 7 AM on the last full day of the camp session will not be delivered to the camper.**

### Tips & Things to Encourage your Camper through Mail

- Encourage your child to have fun!
- Inquire about new friends and new things being learned
- Encourage your camper to write about their experience, so they remember things they want to tell you when they get home.
- Share fun stories of camp experiences you may have had
- Ask questions about things you may have seen on Bunk1
- Tell your child how proud you are of him/her and how much you love them, while avoiding references to how much they are being missed – while these are lovely & likely very true sentiments, they can encourage or worsen missing home.
- Send a care package of fun things they can share with their cabin mates! (These can be dropped off at our business office, which is half a mile up the road from camp, towards Highway 30) **Do not send snacks. We will provide all snacks.**

## Early Pick-up and Late Drop-off

Ideally, every camper would be able to be at Hopewell for the entire duration of their camp session; however, we recognize that this is not always possible. We are happy to arrange early pick-up and late drop-off with you, but prefer that you contact us prior to the week of camp, so we can adequately plan. Please contact our registrar to confirm early pick-up or late drop-off arrangements.

Early pick-up is least disruptive to the camper and their cabin group when it takes place during or immediately after a meal. Typical mealtimes are 8:30 AM, 12:30 PM, and 5:30 PM (Night Owl+'s meal times are exactly 1 hour later).

If you have an emergency, please contact camp and we will work out an arrangement for you.



## Frequently Asked Questions

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**How is the health of my camper cared for?** The most important thing you can do to equip us to care for your camper is completing the Health Form in a timely manner. A temperature screening will be done each day of camp during check-in. All medications brought to camp are kept safely in the Health Center and dispersed by the Health Care Manager. Our Health Care Manager works under the direction of our Camp Physician who is on call. Baptist Memorial Hospital is only 15 minutes away. Basic accident and illness insurance is carried on all campers. All camp staff is certified in first aid and CPR. Parents or guardians will be called in the event of any illness or injury that warrants the attention of the doctor.

**How are staff selected and supervised?** All counselors are 18 years old or older. Most have completed one or more years of college. All prospects complete a written application, are interviewed by a director, and undergo a background check. For some positions, like lifeguards, we require proof of certification and require a skills test performed at Hopewell. For other positions, such as Challenge Course Lead, we require special training and review skills on our course. All staff is required to attend two weeks of counselor's training.

**What are the staff to camper ratios?** Our ratios for staff supervision of campers are as follows: Ages 6–9 is 1:6 (staff to camper) and ages 10–16 is 1:8. A director is at camp during all camp sessions. Staff is observed daily. The directors conduct formal performance reviews.

**Are scholarships available?** YES! Many churches support the camp experience by paying some or all of the fee for their members. Hopewell has a scholarship fund to give additional support when needed. We also partner with the Angel Tree to provide a camp experience for campers within their network. You can learn more at [camphopewell.com/financialsupport](http://camphopewell.com/financialsupport)



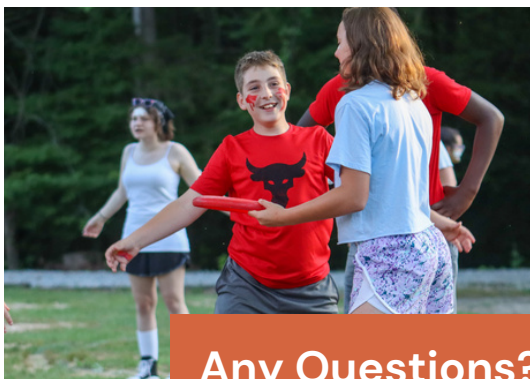
**Can my child take swimming lessons?** Swimming instruction is not a part of our camp program. Campers will be taught safety procedures for the swimming areas. They will also be orientated on swimming procedures, but will not be given formal lessons. A “Swim Check” is performed for each camper at the beginning of their first swim time to assess their abilities to insure a most safe and enjoyable experience for them.

**May siblings or friends come together?** YES! However, only children with Type 1 Diabetes may sign up for diabetes camp sessions. Even though camp programs are separated by age and special interests, there is something for all ages almost every week. Cabin mate requests can be made with campers who are in the same camp session. We try to honor requests for a cabin mate. We ask that you only request ONE cabin mate. It may be impossible to put multiple requests all together. For Diabetes Camp, we ask that you only request cabin mates who are the same age as your camper.

**May I visit?** Experience has shown that visits during a 6--day camp can detract from the child’s experience and often will trigger missing home in other campers. We ask that parents and friends do not visit during camp. If a visit is necessary, please make arrangements through the office before arriving at camp. Upon arrival, please remain in your vehicle until greeted and directed by a staff person. No visitors are allowed on camp property after 10:00pm, except in case of an emergency.

**When will I be contacted in a situation pertaining to my child?** Counselors and Camp Directors are trained extensively on handling personal and medical situations with your children. However, in extreme cases of missing home, medical illness or injury, or other situations where a Director deems it necessary to contact a parent, you will be phoned by a Director. If you would like to call and check on your child, you may call the camp office during the hours of 9AM – 1PM at 662-234-2254 (ext. 7) for an update. If there is an after-hours emergency, call the camp office and an emergency number will be given to you on the voice mail.

*Camper applications are accepted without regard to ethnicity, race, church denomination or religion, on a space available basis in the order they are received with deposit. We will discuss with parents the best way to serve a child with disabilities.*



**Any Questions?**

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