

Camp Hopewell

Parent Handbook

Diabetes Wee Bit



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.

HISTORY OF CAMP HOPEWELL

Camp Hopewell is located on about 280 acres of forested land donated or purchased by the Presbytery of St. Andrews. The residential camp began over 60 years ago and has a long rich history of summer residential camping. After spending several summers at the East Tennessee Camp for Diabetic Children, and noting that the MidSouth area lacked a specialty needs camp, Dr. George Burghen founded the diabetes sessions at Camp Hopewell in 1976. Through Dr. Burghen's commitment to camping and a core group of volunteers, the diabetes sessions have continued to offer an exceptional experience for children ages 6-9 (Diabetes Wee Bit), adolescents ages 10-15 (Diabetes Type 1 Camp) and 16 year olds (Leadership Camp)

PURPOSE

To offer children with diabetes a typical residential camp setting in which to grow and learn with people who have similar situations and challenges.

MEDICAL STAFF



Medical Director-Kashif Latif, MD

He is responsible for direct medical care of campers as well as reviewing and approving procedures, policies and manual for diabetes camp. The medical director has a year round view of diabetes camp.

Camp Physician

A camp physician is on-site most of the week. He/she is responsible for overseeing the healthcare of campers during diabetes sessions.

Camp Nurses

Each cabin is assigned a camp nurse to oversee the medical care of the campers. Their roles include:

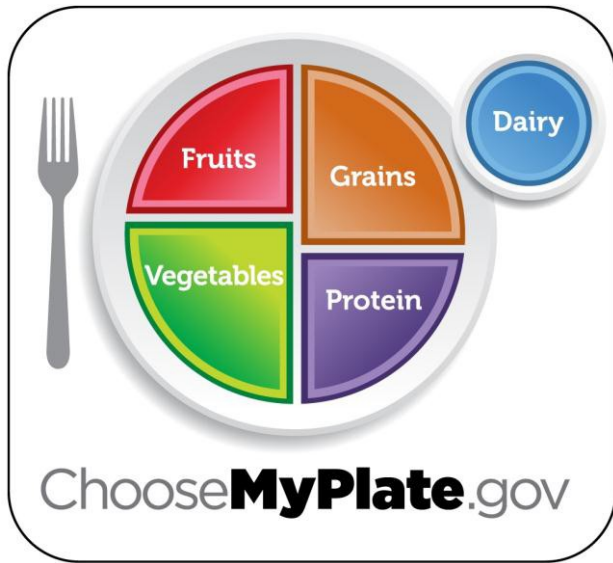
- Assist/facilitate blood glucose testing and ensure additional medication is taken appropriately
- Take a lead role in ensuring proper dose of insulin (in collaboration with the camp physician)
- Assess blood glucose levels for need for intervention per daily schedule
- Use teachable moments to correct poor habits or facilitate new learning experiences

All nurses carry an emergency fanny pack that includes blood glucose monitors and strips, glucose tabs, and Glucagon.

Counselors with Diabetes (CWDs)

All counselors (aged 18 and up) go through extensive Diabetes Training. While some of our counselors actually have T1D, every counselor is trained on how to recognize and treat hypoglycemia appropriately.

NUTRITIONAL MANAGEMENT



At camp, we use **carb counting** (15 grams CHO = 1 carb) and the MyPlate systems for teaching the campers about good 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 groups to insure your body has all the nutrients it needs.

Mealtimes are at 8:30 am (Breakfast), 12:30pm (Lunch), and 5:30 PM (Dinner). Meals are served **Family style**, where each table is set with serving dishes of each item from the menu. Before each meal, the menu with serving sizes and carb units are reviewed. 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. **Snacks** are served at 3:30pm in the Pavilion and at 8:30 PM in the Dining Hall.

Educational Offerings:

- Formal education sessions with Dietitians
- Fun games and activities
- Teachable moments, such as mealtimes and quiet time with cabin

DAILY SCHEDULE

7:00 am (or so) Depends on cabin group, age of campers, and complexity of preparation time
Blood glucose, Urine ketones, Insulin dose

8:30a Breakfast

9:30a Activity 1

10:15a Snack (on the go)

10:45a Activity 2

12:30 Lunch

1:15p Rest time

2:30p Activity 3

3:30p Snack

4:00p Activity 4

5:00p Blood glucose

5:30p Supper

6:45p All camp activity

8:30p Snack

9:00p Blood glucose check

10:00p Lights out

12:30a Or later! Cabin blood glucose checks

A note on blood glucose checks:

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

The time of night checks vary by age and by individual circumstances.

CAMPER CHECK-IN PROCEDURE

Camper with their parents will check-in beginning at 1 pm on Friday, the first day of camp. Plan for 1 ½ hours. **Gates will remain closed until one hour prior to registration. If you arrive before this time you will need to make other arrangements as you will not be allowed on site, we will be busy getting ready for our camp session to begin.** Once the gates open, please park on the playing field. Please note that registration will not begin until 1:00 pm at the Pavilion.

NOTE: Parents are responsible for campers until turned over to cabin counselors.

When you arrive you will join the line in the pavilion. As you move through the line the following will happen:

Step 1: Registrar

You will first stop to speak with the registrar to clear up any balance you may have. At this time your child will also receive his or her name tag with cabin assignment and a t-shirt.

Step 2: Camp Store

This will be the time for you to leave your camper money for the camp store.

Step 3: Mail

Drop off any mail you would like to have delivered to your camper during the week. (Please make sure all pieces of mail have your camper's name on them).

Step 4: Health Screen + Meet the Nurses

This will be the time when you meet your child's nurse(s) and drop off any medication or supplies. Your child will also complete a health screen at this time.

Step 5: Say Good Bye

Once everyone has completed the registration process, your child will go with the rest of his/her cabin down to the lodge. Families will stay behind for a brief Q&A session with Dr. Becky.

CAMPER CHECK-OUT PROCEDURE

1:00pm

Plan on 1/2 hour-

To check out your camper

- Find your camper's cabin nurse
- Review the week's activities and discuss any blood sugar concerns
- Pick up any medications
- Pick up any pump supplies
- Get a copy of the camp photo
- Sign the release form

The Camp Hopewell Camp Store will be open after checkout for families to purchase souvenirs.

Camp Medical Director and physicians will be available in Green Pavilion.

You are free to leave with your child after check-out is complete. Don't forget to inspect the lost/found table for any camper belongings.

If anyone 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 1 on the last day of camp.

Unless a situation arises that requires a camper to be picked up early, early pick-up is not encouraged as cabin group cohesiveness is very important. Notify the camp office at 662-234-2254. Any parent arriving for an early pick-up must report to the Burghen Center. Do NOT go directly to cabins to pick-up child.

THE HOMECOMING

God often makes the Hopewell experience a powerful growth event for campers. While the fun and crazy things are talked about most, there are deeper insights that may not be realized until some time after camp is over. Life-long friendships and memories will continue to enrich your child. Welcome your child warmly and actively listen to all the camp stories. Ask questions to encourage sharing. Build on new skills learned at camp, such as swimming, hiking, archery, etc. We expect that older campers will have a heightened awareness of their Christian faith and may want to become more involved in the church. Guide and encourage your child as he/she discovers new ways to live and give expression to their growing faith. Your child may want to help with duties around the home similar to the way they did at camp. Encourage and celebrate any increased participation in family life. You may also find that diabetes skills will be different as well. Support age appropriate decision making as your child uses new skills.

Campers will also make new friendships with campers and staff members during their time at camp. Please discuss with them how they may continue those relationships, either by phone, mail or social media sites such as Facebook. Hopewell maintains a Facebook page and Instagram account, so feel free to connect with us or allow your child to stay connected through this site.

The Directors desire to hear from parents about their child's camp experience. You will be receiving an evaluation form shortly after the camp season. We want to keep doing what is good and to improve the program everywhere we can. If you become aware of a negative experience at camp, please let us know as soon as possible.

MISSING HOME

- **Missing home** is a natural emotion that can occur when someone is separated from family or familiar environment. Children learn to manage these feelings as part of their maturing. Our staff is trained to recognize and help campers get over missing home if it occurs. You can help your child by taking steps to prevent missing home. If your child has not spent the night away from home, arrange for a sleepover with a friend or relative. This can make adjusting to being away at camp easier. Reassure your child of your love and your desire for him/her to have fun and learn a lot while at camp. **Do not promise to come get your child when they are missing home.** This will weaken the child's ability to work through uncomfortable situations. Talk to your child about how to deal with missing home. Give them suggestions on how to handle these feelings, such as writing letters or looking at pictures of family. Assure your camper that things will be taken care of at home while they are away. If there is a serious case of missing home, a Director will get in touch with parents.



If you wish to send a care package, we suggest sending items that can be shared with the whole cabin group, i.e. puzzles, pencils, silly erasers, autograph books, a cute poster for the cabin wall. **Please do not send food or gum.**

PREPARING FOR GOING TO CAMP HOPEWELL

Your child will be living in a cabin with Camp Counselors and other children the same age. Each person will contribute to group living by making beds, cleaning, keeping track of personal belongings, hanging out wet towels and bathing suits, helping with setting and clearing tables at mealtime.

To be ready for camp, your child should be able to shower and shampoo independently, get dressed, tie shoes, make a bed and help keep their bed area neat. Prepare your camper to expect to compromise and make group decision with other campers. Campers also write home during camp. Please prepare 1-3 envelopes or postcards **already addressed and stamped**, and familiarize your child with these items.

PACKING TIPS



- **Label all items with your camper's full name.**
- It is recommended that you send items in a soft-sided bag rather than a hard suitcase, for the convenience of your camper.
- Do not send new or good clothes, because they will come back sweaty and dirty.

Suggested Items:

1 pillow
Twin sheets
Blanket, quilt, or comforter
Sleeping bag (optional)
Laundry bag
1-2 bath towels
1 washcloths
Soap/Bodywash

Shampoo/Conditioner
Toothbrush/Paste
Comb/Brush
Deodorant
Insect repellent
Sunscreen
Writing kit
Flashlight

Camera (optional)
Water bottle
1-2 beach towels
Swim suit (appropriate for co-
ed swimming)
No string bikinis, please!

Suggested Clothing:

3 shorts/tops

3 pr. Socks

4 pr. Underwear

1 pr. Long pants

1 sweatshirt

1 lightweight jacket

1-2 pr. Tennis shoes

1 set sleepwear

Rain jacket

Optional:

Goggles for pool

Pool shoes (no flip flops)

Do not send: syringes, insulin, meters, candy, food, or money. Do not send new or valuable items, such as personal sports equipment that you do not want to risk getting lost or damaged. Please know that Hopewell cannot be responsible for loss or damage to any personal items brought to camp. Also, do not bring electronics (radios, CD or MP3 players games, **cell phones**, etc.). Pocketknives or other weapons, pets, alcohol, drugs, or tobacco are not permitted at camp and possession of these items may be cause to send your camper home.

Pumpers: Bring 3 complete infusion set changes, plus an inserter device (each set and device should be INDIVIDUALLY LABELLED).

Additional medicines: Please put all medications in their originally labeled bottles in a plastic bag also labeled with your camper's name. Give medication bag to Health Manager Station at check-in. **No medications are allowed in the cabin.**



FREQUENTLY ASKED QUESTIONS

How is the health of my child cared for?

A health history is required for every camper and a health screening is completed upon arrival to camp. All medications brought to camp are kept safely away from camper areas. Insulin is provided to each camper and changes in dosages, basal rates, or boluses are under the supervision of the cabin nurse. Other medications, such as 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); and eye drops may be given by the cabin nurse or by the Health Care Manager. In the event of an accident or illness, Baptist Memorial Hospital is 15 minutes away. All adult camp staff are 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 a doctor. For the diabetes sessions, a nurse with experience in diabetes is assigned to each cabin group. Blood sugar is measured a minimum of 5 times each day and recorded on the campers blood glucose record. Nurses along with the CWDs will monitor each camper during the night as well. Glucose tabs, milk, and snacks are available in the cabin for treating hypoglycemia.

How are staff selected and supervised?

The summer counselors are 18 years old or older. Most have completed one or more years of college. All have a firm Christian faith. All applicants are interviewed by a director and undergo a background check. For some positions, such as 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 are required to attend two weeks on counselor's training. A director is at camp during all camp sessions. Staff is observed daily. The directors conduct formal performance reviews. Site Director, Darren Ashmore and his wife, Director, Allyson Ashmore live at the campsite and share responsibilities for care of campers and staff along with medical staff and a Summer Program Director. Counselors with Diabetes are also 18 years or older and have shown to be responsible for caring for themselves. Often CWDs are camp graduates themselves. If the CWD works the diabetes session only, orientation to the camp is 24 hours and centers on camp safety procedures.

Are scholarships available?

Yes. Hopewell has a scholarship fund to give additional support when needed. Request a scholarship application.

May friends come together?

Yes. We try to honor requests for a cabin mate. We ask that you only request ONE cabin mate who is the same age.

May I visit?

Experience has shown that visits during a 6-day camp detracts from the child's experience and often triggers missing home in other campers. We ask parents and friends to not visit during camp. If a visit is necessary, please make arrangements through the directors before arriving at camp. Upon arrival, all visitors must check in with the camp business office (1/2 mile up the road from camp) to sign a register and receive a visitor's pass. Anyone on the campsite without a pass will be immediately escorted to the office. NO visitors are allowed on camp property after 9:00 pm, 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 8am-4pm at 662-234-2254 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.

What is the staff to camper ratio?

Our minimum staff to camper ratio is as follows:

Ages 6-9 years 1:6

Ages 10-16 years 1:8

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. A "swim check" is performed for each camper at the beginning of their first swim session to assess their abilities to insure a safe and enjoyable experience.

The following information is needed to complete your camper registration:

Counselor Information Form

Diabetes Health Form

Both of these forms can be filled out during the online registration process or can be found in the Document Center on your Ultra Camp account. **Forms must be submitted through Ultra Camp no later than June 28, 2019.** Please note that there is no Dr. signature required this year. If you have questions regarding the forms, please contact our registrar. We understand that sometimes your Diabetes Management plan will change. Please make sure to bring any changes with you to check-in to hand in to your nurse.