



KENTUCKY DIABETES CAMP FOR CHILDREN, INC.

## Parents' Manual

# Table of Contents

Thank you to our Camp Hendon Sponsors .....	5
Is Your Child Ready for Camp? .....	6
Are You Ready to Send Your Child to Camp? .....	6
Tips for Parents of First Time Campers .....	7
The History of Diabetes Camps .....	8
The History of Camp Hendon .....	8
Camping with Camp Hendon .....	8
What to Pack .....	10
Clothing: .....	10
Toiletries: .....	10
Bedding: .....	11
Miscellaneous: .....	11
Optional Items: .....	11
Medication: .....	11
PLEASE do not bring: .....	12
Diabetes Management at Camp .....	13
Blood Sugar Checks .....	13
Injections .....	13
Insulin Pumps at Camp .....	13
Our Staff .....	15
Counseling Staff .....	15
Medical Staff .....	15
Facility Staff .....	15
Activities .....	16
Camp Schedule .....	17
Meals & Snacks .....	18
Homesickness .....	19
Location .....	20
Loucon Training & Retreat Center – Leitchfield, KY .....	20
Aldersgate Camp & Retreat Center – Ravenna, KY .....	20

Contacting Your Child at Camp ..... 21

In Case of an Emergency ..... 22

    Important Phone Numbers: ..... 22

    What to Bring to Check-In..... 23

Camp Fees and Financial Assistance..... 24

Dear Parents,

We are so thrilled that you and your child have embarked on the adventure that is Camp Hendon! Camp is a transformational experience for children with diabetes, and one of the most positive memories of childhood. While at camp, children learn new things about diabetes as well as have fun and enjoy the outdoors in a medically-supervised environment.

If you are the parent of a newly-diagnosed child, or the parent of a child that has never been to Camp Hendon before, you may have questions about sending your child to camp. The information presented in this manual is meant to be a guide for you in order to make your child's time at camp an enjoyable experience.

Please read this manual thoroughly. If you have further questions regarding camp, please feel free to contact us.

Thank You,

Camp Hendon Executive Team  
info@camphendon.org  
502-544-1954

## Thank you to our Camp Hendon Sponsors

Thank you to all of the foundations, corporations, clubs, organizations, and individuals who make the Kentucky Diabetes Camp for Children, Inc. – Camp Hendon – possible! We could not provide such a wonderful camp without your generous support.



## Is Your Child Ready for Camp?

When it comes to deciding if your child is ready for camp, remember that it has more to do with emotional maturity than it does with diabetes management skills. Camp Hendon is equipped to handle all aspects of your child's diabetes care. The important question for you to consider is: "Is my child ready to handle the emotional aspects of being away from home and interacting with other campers?"

Signs of Camper Readiness:

- Has your child stayed away from home before? For example, at a sleepover, with relatives, or with a babysitter?
- Does your child make new friends easily?
- Is your child interested in or excited about camp?
- Will there be other children or adults at the camp that your child already knows?

One of the most important things you as a parent can do to help prepare your child for camp is to talk to your child about their experience before they go. In fact, it may be better to have several occasional, shorter talks rather than one long conversation as children often absorb more when there is less to think about at one time. The most valuable communication you can have with your child before camp is talking about both the fun and exciting things about camp (participating in new activities, learning new skills and becoming more independent in their diabetes management) and the challenges your child might face (getting along with others, making new friends, being in a strange place, being separated from friends and family).

## Are You Ready to Send Your Child to Camp?

Dealing with diabetes is a struggle for most parents. Most parents participate very actively in their child's diabetes management, which can become grueling at times. Therefore, many parents have a lot of difficulty letting their child out of their sight, let alone sending them away for a whole week and entrusting their care to people they have never met. Most parents think "no one can take care of my child the way I do."

If you think you may not be ready to send your child to camp, please ask yourself the following questions:

- Am I ready to be separated from my child?
- Can I let qualified professionals take care of my child?
- Am I emotionally ready to take that step?

Be sure to talk to other parents about their experiences in sending their child to Camp Hendon. Be prepared not only for the reprieve from day-to-day management responsibilities, but also to miss your son or daughter. Remember, they are in good hands and will be home sooner than you think!

## Tips for Parents of First Time Campers

- **Prepare for camp together.** Decisions about camp, such as what to pack should be a joint venture between parent and child. If your child feels a part of the decision-making process, his or her chances of having a positive camping experience are improved.
- **Have realistic expectations.** Camp, just like with blood sugars, has both high and low times! Not every moment will be filled with wonder and excitement. Encourage children to have a reasonable view of camp. Talk about the highs and lows they may experience.
- **Ask the camp director as many questions as you need to.** Camp Director Mechelle Coble is there to assist parents in any way they can. You can also reach out to Operations Manager Lori O'Bryant with questions in advance of camp.
- **Allow your child to spend the night at someone's house who knows how to care for their diabetes and whom you trust.** See how your child handles the situation.

## The History of Diabetes Camps

Since Leonard F.C. Wendt, M.D. opened the doors of the first camp for children with diabetes in Michigan in 1925, the concept of specialized residential and day camps for children with diabetes has become widespread throughout the United States and other parts of the world. Every year, over 20,000 children in North America attend a diabetes camping program. The Diabetes Education and Camping Association estimates there are over 400 diabetes programs around the world.

Why is the number of diabetes camps on the rise? Diagnosis of children with both Type 1 and Type 2 Diabetes are rising astronomically in this country – but a diagnosis is only the beginning. Parents need help in coping and learning more about their child’s diabetes. A child and his or her family and friends must learn to adjust to the many changes in lifestyle necessary to enable a child to live as normal a life as possible. Camping is one of the best ways to make that happen.

## The History of Camp Hendon

Camp Hendon was named for the late Dr. James Robert Hendon, the first endocrinologist to practice in the state of Kentucky. Camp Hendon has been serving children with diabetes since 1965. Although Camp Hendon doesn’t own our camp facility, we have made many outstanding partnerships with other camp facilities in order to provide the best experience to our campers. Camp Hendon currently has partnerships with Loucon Training & Retreat Center in Leitchfield, KY, Aldersgate Camp & Retreat Center in Ravenna, KY, and YMCA Camp Piomingo in Brandenburg, KY. From a small group of 32 children in 1966, to serving a record-high of 136 campers at our 2017 summer session, Camp Hendon is excited to expand and reach more families in 2018 and beyond.

## Camping with Camp Hendon

The mission of Camp Hendon is to give children with diabetes life-changing experiences, empowering them to take control of their journey with diabetes.

Camp Hendon is a group living experience which permits children with diabetes to experience a safe, medically supervised environment that promotes good mental and physical health. Camp Hendon’s philosophy for camping encourages children with diabetes to have fun and to learn new skills through new experiences. Camping provides positive experiences that are not normally available in most medical, therapeutic and education programs.

Camp Hendon utilizes cabin units for living arrangements. Campers are organized into groups by gender and age called dens. Each den has approximately 10 – 20 campers. The dens are named after wildlife native to Kentucky: Chipmunks, Squirrels, Snakes, Bears, Foxes, Coyotes, Owls, Hawks, Cougars, Falcons, Wolves, and Eagles. A team consisting of Registered Nurses, Registered Dietitians/Nutritionists, and Adult Counselors will staff each den. The team will move with the den throughout the day, implementing programs together as a family group.



## The Benefits of Diabetes Camp: “Diabetes Camp Matters!”

There are numerous, research-backed benefits associated with sending your child to Camp Hendon. Not only do campers experience the benefits of attending diabetes camp, but so do parents!

A study was performed by Dr. Jill Weissberg-Benchell at the Lurie Children’s Hospital of Chicago, entitled “Diabetes Camp Matters.” She surveyed over 1,000 parents and 750 campers across 44 camps in the United States, and here is what they found: Parents and campers all report improved self-care skills after camp. What does that mean at Camp Hendon? Camp can teach your child to be more independent in caring for their diabetes. Most likely, your child will learn a new technique at camp, such as how to test their blood sugar by him or herself, how to do insulin injections or site rotations, or how to count carbohydrates. Most children learn by example and if they see another child or their counselor doing a particular technique, they are more apt to try to do it too. In the study, it was clearly identified that returning campers and their parents reported higher self-care skills than first timers. It’s important to come back year after year!

The “Diabetes Camp Matters” study also found that parents and campers all report decrease in distress after camp. At Camp Hendon, we understand that feeling alone is very common for children with diabetes. For many children, they may be the only one or part of a small group of children, in their neighborhood, school, and family with diabetes. The study also identified that teens specifically feel an improved sense of diabetes strength and resilience after camp. Coming to a camp full of other children just like themselves is a very liberating feeling. No longer do they have to explain what being low means and feels like, no longer are they stared at when they have eat a snack or do a blood test, insulin injection, or site rotation. Going to diabetes camp gives children a common bond.

At Camp Hendon, we teach campers how to not only respect themselves, but how to respect others, the environment, and property. Hearing “please” and “thank you” at camp is not uncommon. Children also become more responsible with diabetes management by testing their blood glucose often and in general by following the camp rules and schedule.

Some of the reported “best” things about camp, as found in the “Diabetes Camp Matters” study, were being with people who share the same experience, having fun, and feeling normal. Camp is a time for children to have fun and be kids. Children with diabetes tend to be more mature than other children their own age because they have to deal with a very demanding and time consuming disease. Many campers in the study reported making their first friend with diabetes, or that this was their first time away from home, or even their first time taking responsibility for their own diabetes.

Parents can rest assured that their child is in very good hands. Our staff is very well trained in all aspects of diabetes management and how to care for multiple children with diabetes. Many parents can take a break from the daily demands of diabetes while their child is away at camp. Although you may still be up half the night thinking about your child at camp, at least you don’t have to do midnight finger sticks, ketone testing, and boluses. Many parents take the week of camp off from work and take a vacation! This is a good week to take a vacation for just Mom and Dad. Relax!

## What to Pack

Camp time is nearing and you have no idea what to pack. Follow our helpful packing guide!

Please mark all clothing and belongings with your child's name using a laundry marker or permanent marker. We recommend you send your child's clothing in a plastic tote with a lid, and mark their clothing for each day.

Tip: Have your child actively help pack the items listed below. The more he/she is involved in the decision making process for camp, the less likely that he/she will get homesick at camp. Something parents have reported to be helpful is Ziplocking each days' clothes in individual bags to help your camper stay organized

Please pack the following items, enough for 7 days (we always encourage bringing extra essentials!):

### Clothing:

- ✓ Rain gear – raincoat/poncho and boots
- ✓ Shirts
- ✓ Shorts
- ✓ Long pants for cool evenings
- ✓ Socks (extra socks are always helpful)
- ✓ Underwear (extra underwear is also helpful!)
- ✓ Close-toed shoes such as sneakers
- ✓ Shower shoes. Note: open-toed shoes are not permitted at camp except for visits to the shower or pool
- ✓ Jacket, sweater, or sweatshirt
- ✓ Pajamas
- ✓ Swimsuit
- ✓ Hat



### Toiletries:

- ✓ Shampoo & conditioner
- ✓ Soap or body wash
- ✓ Toothbrush, toothpaste, floss, mouth wash
- ✓ Brush, comb
- ✓ Washcloth or loofah
- ✓ At least two(2) bath towels



Items that you may want to pack depending on camper's age:

- ✓ Deodorant
- ✓ Razor, shaving cream

\* We recommend a "shower caddy" to make showering time more efficient by helping campers carry and keep track of essentials such as soap, shampoo, toothpaste, deodorant, comb, and brush. \*

\* Towels should not be the family's best, since they'll be used for swimming and other waterfront activities as well as for showers.

### Bedding:

- ✓ Pillow
- ✓ Blanket
- ✓ Sleeping bag

\* Select easily laundered bedding that is appropriate for the climate at camp. Campers will be sleeping in twin-size bunk beds.\*

\* Please pack extra bedding if your child has a tendency to wet the bed. There is a laundry facility on site for emergency use only. \*



### Miscellaneous:

- ✓ Sunscreen
- ✓ Bug spray
- ✓ Flashlight & extra batteries
- ✓ Trash bag for dirty laundry (bring an extra, or two!)



### Optional Items:

- ✓ Preaddressed postcards/stationary and stamps
- ✓ Stuffed animal
- ✓ Books for quiet time
- ✓ Rainy day games (cards, board games)
- ✓ Sports equipment (baseball & glove, football, basketball, etc.)



### Medication:

- ✓ All medication, other than diabetes supplies, in original containers
- ✓ Supplies that are not provided by Camp – pump infusion sets , Reservoirs and CGM supplies



\* All other diabetes supplies (insulin, insulin pens, meters, test strips, ketone strips, glucagon, syringes, needle tips, pump dressing, etc.) will be provided by Camp Hendon

**PLEASE do not bring:**

- ✗ Cell phones
- ✗ Money or valuable items
- ✗ Radios, CD players, iPods, Gameboys, etc.
- ✗ Candy, gum, food, or drinks
- ✗ Any kind of weapon, including pocket knives
- ✗ Fireworks of any kind
- ✗ Expensive clothing or jewelry



If any of the above items are found during the week of camp, they will be subject to confiscation and will be returned to parents at check out.

Camp Hendon is not held liable for any belongings left at camp. It is the parent's responsibility to get in touch with Loucon Training & Retreat Center or Aldersgate Camp & Retreat Center if any items are left at camp. Any items left at camp past August will be donated to charity.

- Loucon Training & Retreat Center: 270-242-7160
- Aldersgate Camp & Retreat Center: 606-723-5078

In general, camp gear should be comfortable, durable, and suitable for active days at camp. Kids will get messy! Do not send your child's favorite clothes. We recommend a trip to the thrift store before camp to purchase items that can become stained or damaged. Use common sense and think about the activities that will take place and the climate at camp.

# Diabetes Management at Camp

## Blood Sugar Checks

Campers check their blood sugar before each meal, before bedtime and anytime they may feel low or high. Therefore, all campers are tested at least 7-8 times per day:

- Pre-breakfast
- Pre-lunch
- Pre-dinner
- Pre-snacks (between each meal)
- Bedtime
- 2 a.m.

All blood glucose testing is supervised by a trained counselor and/or medical staff member and doses of insulin are calculated by medical staff only.

At 2 a.m., the camp staff participates in “rounds” and check all campers for night time highs and lows.

Throughout the day, if a camper feels low, high, or sick, they will be tested accordingly. This intense testing is due to the high activity level of the campers.

Parents are given a detailed copy of the blood sugar results and daily insulin dosages at the end of the week. Depending on how active your child is at home, their insulin needs may decrease during camp due to the number of intense activities the children participate in.

## Injections

All injections are supervised by medical staff, and all dosage adjustments are made by medical staff only. Site rotation is strictly enforced. Good hygiene during injections, such as use of alcohol prep pads, is also enforced. All syringes, insulin pen needles, insulin pens, and insulins are provided by camp.

## Insulin Pumps at Camp

If your child is on an insulin pump:

- **Please change the infusion set and cartridge the morning of camp check in.** If each camper has a new site and cartridge at check in, it makes things much easier on the first night of camp.
- **Please make sure the alarm settings on your child’s pump are on HIGH, not vibrate, medium, or low sound.** Camp is a very active and sometimes noisy place, so the louder the alarm the more people hear it and can determine the reason for the alarm.
- **If your child needs a set change, we do changes immediately.** We make every attempt to reconnect campers to their pumps as quickly as possible when there is a site issue. We change infusion sets for each camper based on their individual site change requirements.
- **Your child will not be off the pump for more than one hour at a time.** We tend to check blood sugars every half hour and make up for the missed basals, if need be during water activities.

- **All pumps are disconnected for water activities, despite some companies' claims that their pumps are waterproof.** We would rather not take the chance and have the pump malfunction. We test campers often when they are not on the pump and reattach if it is necessary to do a bolus.
- **Camp is a very active place!** Please pack 10 set changes and reservoirs for camp. This may seem like a lot of supplies for 1 week, but we would rather be safe than sorry! Extra pump supplies of every make and model are kept at camp for campers who run out or forget supplies. Campers will receive any unused supplies at check out.
- **A lot of pumps look the same!** We require that each camper has their name on their pump. We provide name stickers at check in that come off easily.
- **All camp staff members are trained on: pump alarms, bolusing, basal rates, temporary basal rates, etc.** Only medical staff and our pump team assist campers with set changes.
- **Insulin is provided by camp for all pump users.**

If your child is currently taking injections of insulin and is interested in pump therapy, please let camp staff know. Every effort will be made to introduce your child to pumping. Children on injections can also learn a great deal about the pump just from observing other kids and counselors who use the pump. Please let camp staff know at check-in if your child is interested in learning about the pump.

## Our Staff

### **Counseling Staff**

Adult Counselors ages 18+ make up our counseling staff. Many of whom have diabetes themselves and are previous campers of Camp Hendon. Typically, there is an 8:1 camper to counseling staff ratio.

### **Medical Staff**

A medical director oversees the entire medical staff of physicians, nurses, and dietitians. Nurses are recruited to manage the diabetes care of campers at camp. One nurse is responsible for 5-10 children. These nurses adjust insulin dose and food intake throughout the week of camp. Nurses also handle dispensing all medication. Dietitians oversee all meal planning, nutrition education, and carbohydrate counting.

### **Facility Staff**

The staff at Loucon, Aldersgate, and Piomingo assist our staff in all camp activities by directing and carrying them out. Certified lifeguards are provided by during boating and swimming activities. All staff are well training to handle large groups of children and many are trained in special needs care. Partnering camp staff participate in a group training session with our staff members in order to work effectively as a team.

## Activities

One of the most important aspects of camp is exercise and keeping campers engaged in activities. Camp is not a boring place for any child, as there is always something to do. Athletic and artistic children all stay active at camp and never get bored!

Campers participate in daily activities with their den or with children their own age. The following are some of the activities available to campers at Loucon and Aldersgate. Activities available at select facilities are marked with an \*

- Fishing\*
- Crafts
- Swimming
- Sports
- Canoeing\*
- Hiking
- Low Ropes/Team Building Course
- High Ropes Course
- Zip Line
- Waterslide\*
- Messy Games
- Ga Ga Ball
- Caving\*

Nightly activities for the entire camp have included:

- Opening campfire
- Scavenger Hunt
- Luau
- Carnival
- Dance
- Talent Show
- Closing slide show with an awards ceremony & goodbye camp fire



## Camp Schedule

Camp Hendon has a set schedule every day. Campers enjoy activities specifically for their age level and interests.

A typical day at camp:

6:45 am	Wake up and check blood sugars
7:00 – 8:00 am	Report blood sugars to nurses
8:00 – 8:45 am	Breakfast
8:45 – 9:30 am	Activity #1 (arts and crafts, water slide, etc.)
9:40 – 10:30 am	Activity #2 (canoeing, hikes, etc.)
10:30 am	Morning snack (optional)
10:30 am – 11:30 am	Activity #3 (field games, team building, etc.)
11:30 am	Check blood sugars/Report blood sugars to nurses
12:00 pm	Lunch
12:45	Quiet time in cabins/Get ready for afternoon activities
1:30 pm	Meet for afternoon activities
1:30 - 2:20 pm	Activity #4
2:30 pm	Afternoon snack (optional)
2:45 – 3:45 pm	Activity #5 (swimming, hiking, etc.)
3:45 – 4:45 pm	Activity #6 (zip line, fishing, etc.)
4:45 pm	Check blood sugars/Report blood sugar to nurses
5:45 pm	Dinner
6:15-7:15 pm	Retreat
7:30 – 9:00 pm	Evening activity (dance, campfire, etc.)
9:15 pm	Evening snack (optional)
9:30 pm	Blood sugar checks at cabins
9:30 pm	Hang out in camp site
	Bedtime
2:00 am	Night rounds to check all campers' blood glucose levels

## Meals + Snacks

A registered dietitian plans and orders all meals and snacks at camp. The dietitian carefully calculates all carbohydrate contents of the foods consumed by campers. The carbohydrate content of food eaten at meals is posted in the dining hall at camp on an easel, which can easily be seen by all campers. At camp, dietitians help fine tune campers' carbohydrate counting skills during meals and nutrition education games and activities.

Each meal is healthy and nutritious yet tasty for children's appetites. We eat meals and snacks on a set schedule. Snacks are optional for most campers, unless a camper is on the traditional Regular and NPH insulin regimen. With the heightened activity level at camp, children tend to experience low blood sugars often, therefore, snacks are provided 3 times a day. If a camper does not want a snack, they are not forced to eat one.

Fast-acting carbohydrates and proteins such as juice, fruit snacks, cheese crackers, glucose gel, or glucose tabs are given when a child is low.

## Homesickness

Homesickness is bound to happen – particularly if this is your child’s first time away from home. The degree of homesickness varies among kids. Some miss home intensely for a few minutes then forget all about it as they dive into the activities at camp. Other kids think about home the entire time they are away.

It is impossible to predict how your child will react. Here are a few ways to help:

- **Talk about it.** Before camp talk about homesickness and ways your child can overcome it. Be sure your child is prepared for camp and knows what to expect. Talking to other kids and parents is really helpful in being prepared. Share with your child ideas of coping such as making new friends, becoming involved in activities, and staying busy. Writing letters home can also help kids stay connected. If you think homesickness might be a problem, please talk to the camp director.
- **Take familiar things to camp such as pictures, a stuffed animal, blanket, etc.**
- **Write upbeat letters to your child.** Do not dwell on how sad you are without them or overwhelming messages about how much you miss them or wish they were home. Letters should be focused on the good time they are having, their new friends, and counselors.
- **Don’t linger on opening day.** Some parents make separation agony for their children by sticking around for hours on opening day. Don’t make the separation harder for your kids than it needs to be.
- **Stay upbeat and positive.** Remember that they need to know you love them, will return for them, know they will be well cared for and will have a great time.
- **Do not call camp expecting to speak with your child.** We typically do not allow parents to talk to their child because this can often make homesickness worse. Experience shows that kids who are homesick and end up talking to their parents usually end up going home early. Camp staff will call you in cases of extreme homesickness.
- **Do not make promises you cannot keep to your child.** Do not say if they make through camp for 3 days, but are still homesick, they will go home. Your child will probably be fine the first 2 days of camp and then expect to go home on the third.

## Location

### **Loucon Training & Retreat Center – Leitchfield, KY**

Camp Hendon's Summer Session 1 is held at Loucon Training & Retreat Center in Leitchfield, KY. Loucon is a ministry of the Kentucky Conference of the United Methodist Church. Since its establishment in the early 1950's, Loucon Training & Retreat Center has evolved from a rustic summer camp for school children to a modern training and retreat center which is ideal for year-round use by business and professional groups as well as a wide variety of churches, public and private schools, and volunteer associations. Within easy driving distances from several Kentucky cities, Loucon provides a quiet, relaxed world away from the noise pollution and traffic of everyday life, a place where, free of distractions, fresh ideas can emerge and new relationships can be formed.

Loucon is located in Grayson County, about 1 hour and 15 minutes south of Louisville and one hour north of Bowling Green. Nolin Lake is just a stone's throw from the grounds. Loucon has three cabin villages, composed of newly-renovated cabins with heating, air-conditioning, and a central bathroom facility. Camp Hendon's summer session at Loucon Training & Retreat Center is accredited by the American Camping Association.

### **Aldersgate Camp & Retreat Center – Ravenna, KY**

Camp Hendon's Summer Session 2 is held at Aldersgate Camp & Retreat Center. Aldersgate is a 354-acre Christian Retreat, recreation, R.V., camping, and worship center owned and operated by the United Methodist Church of Kentucky in Ravenna, KY. Historic Fitchburg Furnace and the old ghost town of Fitchburg are all within Aldersgate's boundaries. Located in the foothills of Appalachia, Aldersgate is located in Estill County near Red River Gorge, Natural Bridge State Park, Daniel Boone National Forest, and other interesting and beautiful sites.

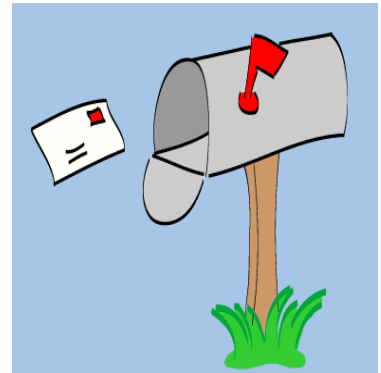
Aldersgate has a variety of lodging options including rustic cabins with bunk beds for summer camp groups, and modern, furnished cottages for weekend retreats.

## Contacting Your Child at Camp

Kids love to get mail at camp! Camp Hendon will have a mail drop-off at check-in where parents can discretely drop mail for their child. Rather than dealing with the challenge of sending your letters via the postal service and hoping they arrive in time, Camp Hendon can distribute all letters from the mailbox drop-off to campers throughout the week. We encourage parents and families to write to their camper at least once during their weeklong stay at camp. You may leave small care packages, but please do not send snacks, candy, gum or drinks.

Stay as upbeat as possible when writing letters to your child. It is fine to express that you miss him or her, but don't be overly dramatic or emotional.

Please do not call camp expecting to talk to your child. This can be very distracting to your child's camping experience. Camp staff will contact you if they have a problem with your child.



## In Case of an Emergency

### **Important Phone Numbers:**

Camp Hendon Staff Member: 502-544-1954

For non-critical emergencies which cannot be treated at camp (sprains, non-lethal spider bites, etc.), your child will be taken to the nearest medical facility accompanied by licensed medical camp staff.

Please use the following phone numbers in case of a family emergency in order to get ahold of your child at camp:

#### Session 1

Mechelle Coble, Camp Operations Co-Chair: 270-735-7863

Lori O'Bryant, Operations Manager: 502-544-1954

Megan Cooper, Executive Director: 919-357-1956

#### Session 2

Lori O'Bryant, Operations Manager: 502-544-1954

Megan Cooper, Executive Director: 919-357-1956

## **What to Bring to Check-In**

Please bring the following items with you to check-in:

- Any medications other than insulin that your child is currently taking in their original marked containers with dosage instructions.
- If your child is on an insulin pump, please bring approximately 10 reservoirs/cartridges and 10 infusion sets.
- Your child's blood sugar and insulin dosing sheet (mailed to you 2 weeks prior to camp) of previous week's blood sugars.
- Some form of identification for the person dropping the child off

## **ALL PAPERWORK AND CAMP FEES MUST BE RECEIVED BY CAMP HENDON PRIOR TO CAMP.**

Campers who are missing paperwork or have not paid all fees will not be permitted to stay at camp.

## **Check-Out**

- All information necessary for check-out will be provided to you in person on the day of check-in. This helps us avoid any miscommunication.

**\*\* PLEASE BE PREPARED TO SHOW A PHOTO ID TO DROP OFF AND PICK UP CAMPERS \*\***

## Camp Fees and Financial Assistance

### Cost of Camp

- \$25 non-refundable application deposit
- \$525 camp fee per child

This cost includes: meals, snacks, housing, camp T-shirt, and all diabetes supplies and medical care needed throughout the week. Through Camp Hendon's year-round efforts to fundraise and secure financial support from individuals, clubs, organizations, corporations and foundations, each camper's fee is heavily subsidized.

### Camperships

Camp Hendon offers need-based financial assistance, and we have never had to turn a child away for financial reasons. If you have a financial need, the first step is to access Camp Hendon's fundraising toolkit ([www.camphendon.org/fundraise](http://www.camphendon.org/fundraise)). The toolkit provides families with a variety of fundraising opportunities that can be used to fund your child's camp fee. After your independent fundraising efforts have been exhausted, you may contact Operations Manager Lori O'Bryant ([lobryant@camphendon.org](mailto:lobryant@camphendon.org)) about additional financial assistance. Families will be required to write a brief letter outlining your need, as well as proof of income (tax return, W-9, etc.)





## Camp Hendon

By: Jordan B.

Here, I don't have to hide.  
Here, I'm not alone.  
Here, I can be who I want to be,  
Not who others want me to be.  
Here, I am happy.  
Here, I am loved.  
Here is my favorite place on Earth, Camp Hendon.  
Here, I have the best memories of my life.  
Here, is everything I hold dear.  
Here, I can be myself,  
And not have to worry about what others think.  
Here, I am not different.  
Here, I am not "the diabetic."  
Here, I am Jordan.  
Here, I am accepted for me,  
Not my disease.  
Camp Hendon,  
The best place on earth!

**Kentucky Diabetes Camp for Children, Inc. dba Camp Hendon**  
**501(C)3 Nonprofit, Tax ID: 27-3619275**  
**502-544-1954**  
**[info@camphendon.org](mailto:info@camphendon.org)**