



**THE DIABETES FAMILY CONNECTION**

# FAMILY RETREAT

*October 13-15 2023/ King, NC*



**THE  
DIABETES**  
FAMILY CONNECTION

# IN THIS HANDBOOK

## You will find...

A Quick Reference Guide  
Retreat Outcomes  
Participant Expectations  
Packing Lists  
Diabetes Care at the Retreat  
Food Allergies and Special Diets  
Directions  
Questions

THE DIABETES FAMILY CONNECTION | 2023





# QUICK REFERENCE GUIDE

## FALL FAMILY RETREAT

**Retreat location:** YMCA Camp Hanes

**Retreat address:** 1225 Camp Hanes Rd, King, NC 27021

**Opening day arrival:** Friday, October 13th @ 7:00 pm

**Closing day departure:** Sunday, October 15th @ 11:00AM

**Questions:** Please email [admin@thedfc.org](mailto:admin@thedfc.org)

**After-hours emergencies during retreat:** Cell service at Camp Hanes can be limited in certain areas. If you are unable to reach the number above, please call the Camp Hanes main office at **(336) 983-3131**

# RETREAT OUTCOMES

What your family can expect from our Fall Family Retreat...

To have A LOT of fun!

To meet role models who have grown up with diabetes.

To have the opportunity to learn about cutting edge diabetes technologies.

To feel encouraged and empowered to tackle daily life with diabetes.

To make lifelong friendships that foster support for your family.

To have your management questions answered by empathetic healthcare professionals.

To fully understand the psychosocial impact of living with a chronic condition.

To grow as a family.



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# PARTICIPANT EXPECTATIONS

## RULES FOR CONDUCT DURING THE WEEKEND:

Our retreats have a strong impact on participants largely due to the positive and accepting community among our staff, volunteers and fellow participants. Staff and volunteers work hard to maintain this supportive atmosphere. Participants are expected to work in harmony with staff, volunteers and other participants to ensure a positive experience for all.

- ☐ Smoking and use of any tobacco products is not permitted. Smokers will be asked to smoke off of camp property.
- ☐ The possession and/or use of alcohol and/or illegal drugs are not permitted.
- ☐ All medications and prescription drugs will be kept in the infirmary. Participants will have access to all medications at all times; however, ALL medications must be kept in the infirmary as a safety measure.
- ☐ All participants are asked to wear footwear at all times.
- ☐ Campers must be supervised by their counselors, parents, or other staff and volunteer members at all times. Anyone under the age of 18 may never be alone on camp.
- ☐ Please leave household pets at home. Camp is not a safe environment for domestic animals including dogs, cats, lizards, and so on. If you will be bringing a service animal please contact us in advance so that we may properly prepare as a team.

**Behavior that is inappropriate or unsafe is not tolerated. Behaviors that are inappropriate will result in termination from the program.**



# PACKING LIST (PAGE 1)

## What to Bring to the Retreat...

### CLOTHING:

- Long pants or jeans
- Long sleeved shirts
- T-shirts
- Underwear
- Socks
- Shorts
- Warm pajamas
- Rain gear/jacket or poncho
- Shower sandals
- Closed-toed shoes
- Hat with brim
- Warm hat for evenings
- Warm jacket or sweatshirt

### EQUIPMENT:

- Sleeping bag or warm blankets
- Bottom or fitted sheet for twin bed
- Pillow
- Flashlight w/ batteries
- Pens and notepaper for education sessions
- Reusable water bottle
- Small day pack

### TOILETRIES:

- Bath towel
- Toothbrush
- Toothpaste
- Soap
- Shampoo/conditioner
- Shower shoes/sandals
- Sunscreen (SPF 15 or better)
- Feminine hygiene products

### OPTIONAL ITEMS:

- Sunglasses
- Hiking boots
- Camera
- Playing cards
- Frisbee
- Musical instruments
- Books/magazines
- Chapstick

**NOTE: PLEASE BE SURE TO CLEARLY LABEL ALL BELONGINGS**

# PACKING LIST (PAGE 2)

## Diabetes Supplies

### **ALL CAMPERS LIVING WITH TYPE 1 SHOULD PACK:**

- Blood glucose meter (if applicable)
- Test strips
- Lancing device
- Insulin

**NOTE: PLEASE BE SURE TO CLEARLY LABEL ALL DIABETES SUPPLIES**

### **CAMPERS ON INSULIN PUMPS:**

- Infusion sets and reservoirs  
(one per day)
- Pump batteries
- Set inserter
- Tape/adhesive (if needed)
- Charger (if applicable)

### **CAMPERS ON INSULIN PENS:**

- Insulin pens
- Pen needles

### **CAMPERS ON INJECTIONS:**

- Syringes

### **CAMPERS WEARING CGMs:**

- 1-2 sensors
- Tape (if applicable)  
Charger (if applicable)
- Dexcom Receiver  
(if applicable)

# PACKING LIST (PAGE 3)

## Additional Information

### THINGS TO CONSIDER WHEN PACKING FOR THE RETREAT:

- Do not buy or bring new clothes to the retreat. Comfortable clothes are all that is needed.
- If your child wets the bed, please pack a second sleeping bag or set of bedding. Staff will discreetly wash out any wet bags each morning. Having a second bag ensures that your camper will have a dry bed come bedtime.
- Please note that due to high mailing expenses, families may be charged for lost or forgotten items that must be sent home via mail. All unclaimed items will be donated to charity one week after the session.
- **The Diabetes Family Connection bears no responsibility for damage to or loss of any items that are brought to the retreat.**

### ITEMS THAT **SHOULD NOT** BE BROUGHT TO THE RETREAT:

- Expensive jewelry
- Personal sports equipment including skateboards, archery equipment, or baseball equipment
- Alcohol, drugs, tobacco, fire arms, knives (including pocket knives) or weapons (including bow/arrows)
- Electronics including video games, iPads, laptops
- Outside food
- Pets or animals



# DIABETES CARE

## At the Fall Family Retreat

Our Fall Family Retreat has a team of volunteer medical professionals: endocrinologists, nurses, and certified diabetes educators. Parents and campers have the opportunity to check in with a healthcare provider before snacks and meals. This is a great time for campers to watch other kids checking blood sugars, bolusing, and injecting insulin, which often encourages them to try out a new skill.

Each morning, parents spend time in diabetes education sessions while children rotate through camp activities with other children their age and counselors trained in T1D management.

Note: Your child's blood sugar levels may run lower or higher during their stay at the retreat than you may see at home. While they and their blood sugars are carefully monitored, variables such as new activities, new routine, excitement, and so on, will affect your child's blood sugar levels. It is not always possible to have the same level of control that they may have at home.





# FOOD ALLERGIES AND SPECIAL DIETS

WE CAN ACCOMMODATE THE FOLLOWING FOOD ALLERGIES AND SPECIAL DIETS AT THE FALL FAMILY RETREAT.

**Celiac Disease:** We will have gluten free options available at every meal for individuals living with celiac disease. While we do our best, we are not able to guarantee a 100% gluten-free environment.

**Vegetarian:** We will have vegetarian options at every meal.

**Nut Allergies:** We are not a nut free camp but work hard to avoid exposure.

# DIRECTIONS TO THE RETREAT

**YMCA Camp Hanes  
1225 Camp Hanes Rd  
King, NC 27021**

**Accurate directions are available via Google Maps by inputing the name "YMCA Camp Hanes"**

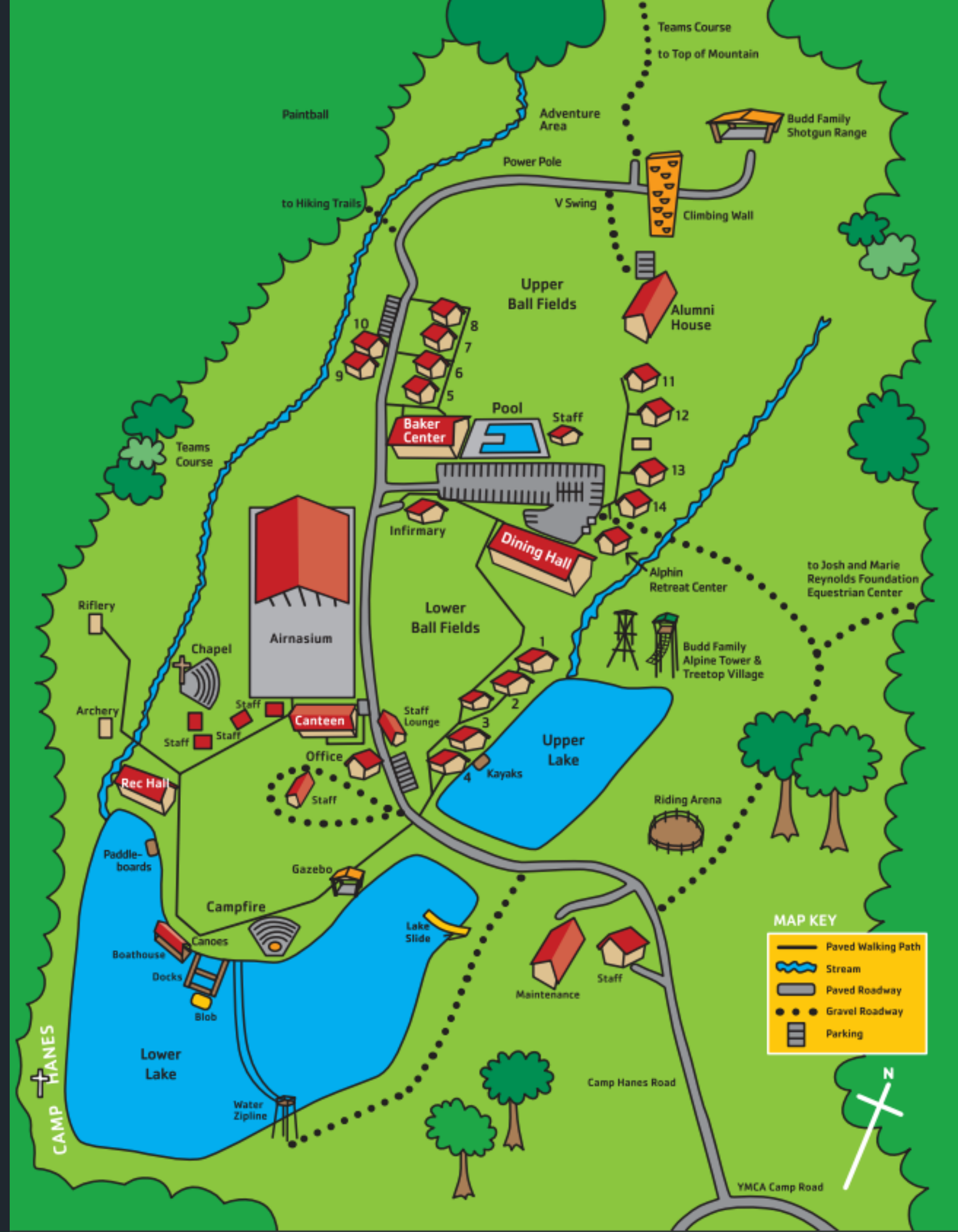
**CAMP HANES IS LOCATED AT THE BASE OF SAURATOWN MOUNTAIN, NEAR KING, NORTH CAROLINA, 25 MILES NORTHWEST OF WINSTON-SALEM, NORTH CAROLINA.**

- Take US-52N from Winston Salem to the King/Tobaccoville Exit #123**
- Turn Right toward King, travel 2 miles**
- Turn Left on Brown Road, After 2.2 miles, Brown will dead end**
- Turn Right onto Chestnut Grove Road, and Travel .5 mile**
- Turn Left onto YMCA Camp Road, Travel 3.7 miles Arrive at Camp Hanes Road, follow into camp**

# FACILITY MAP

YMCA Camp Hanes  
1225 Camp Hanes Rd  
King, NC 27021

Note: Physical maps will be provided to families upon check-in





**STILL HAVE QUESTIONS?**

**We'd love to hear from you! Shoot us an email at  
[admin@thedfc.org](mailto:admin@thedfc.org)**