



THE DIABETES FAMILY CONNECTION

CAMP MORRIS HANDBOOK

June 9th-15th, 2024 | King, NC



THE
DIABETES
FAMILY CONNECTION

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LOCATION INFORMATION

CAMP MORRIS

Camp Morris location: YMCA Camp Hanes

Camp Morris address: 1225 Camp Hanes Rd, King, NC 27021

Opening day arrival: Sunday, June 9th

Closing day departure: Saturday, June 15th

Questions: Please call **919.412.6716** or email admin@thedfc.org

Emergencies during Camp: 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**

CAMP MORRIS OUTCOMES

What your camper can expect from Camp Morris...



- Learn about and nurture a belief in a positive mental attitude (PMA)
- Be empowered to accomplish anything they set their mind to
- Experience teamwork to increase confidence
- Connect with others living with and impacted by T1D
- Build authentic relationships based on belonging, trust, kindness, and FUN
- Develop lifelong friendships that support and encourage them
- Experience the opportunity to lead and take on new challenges
- Build relationships with healthcare providers outside of a clinical setting
- Learn the value of preparation and forward thinking
- Discuss T1D management with people who “get it” and don’t judge
- Experience camp fun at it’s finest
- Build core memories that will last a lifetime
- Transform their relationship with T1D, themselves, and the world around them

CAMP MORRIS PROGRAMS

Dreamers Rising 3rd - 5th grade



The Dreamers program is for rising third through fifth graders. It is a fun introduction to camp. Dreamers learn all about PMA, play games, go canoeing, do archery, zipline, waterslide, swim in the lake, play water games, and spend tons of time at the pool. Being a Dreamer is all about learning to use PMA both in and out of camp, and just being a kid, despite the highs and lows of diabetes.

CAMP MORRIS PROGRAMS

Trailblazers Rising 6th -8th grade

The Trailblazer program is designed specifically for rising 6th - 8th graders. Building off of the Dreamer program, the Trailblazers continue learning and living PMA while experiencing low ropes activities, hiking, canoes, learning leadership skills, and diving into what it means to be independent and positive throughout the highs and lows of diabetes.

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CAMP MORRIS PROGRAMS

Pathfinders Rising 9th & 10th Grade



The Pathfinder program is a unique experience for rising 9th and 10th graders, with an emphasis on team building, overcoming obstacles, and embracing responsibility. Throughout the week, Pathfinders will work in teams where they will compete in fun challenges. They will make unforgettable memories with their friends, be challenged by ropes courses, hike, enjoy lake activities, spend quality time around the campfire, and enjoy an outside overnight (so be sure to pack extra layers and a sleeping bag)!

CAMP MORRIS PROGRAMS

Bravehearts Rising 11th grade



The Braveheart program is challenging, thoughtful, and action-packed! We ask our campers to stretch and grow as we work together to become leaders, effective communicators, and collaborative team players. We'll get off campus for an in-"tents" experience (so be sure to pack your sleeping bags), work side by side with the younger campers as part of a big-brother / big-sister program, and grow closer as a team through the many games and activities planned!

CAMP MORRIS PROGRAMS

Leaders In Training Rising 12th grade



Our Leaders In Training (LIT) program represents the future of Camp Morris as campers continue developing into the leaders of tomorrow. LITs will spend the week working as a team to grow their leadership skills in a fun and safe environment. Our LITs will work with campers of all ages, and will learn from some of their favorite counselors and mentors. LITs will participate in traditional camp activities while going deeper with skill assessments and introspective conversations.

PARTICIPANT EXPECTATIONS

RULES FOR CONDUCT DURING CAMP MORRIS:

Our programs have a strong impact on participants. Staff and volunteers work hard to maintain a positive and supportive atmosphere. Participants are expected to work in harmony with staff, volunteers, and other participants to ensure a great experience for the whole community

Please note that camp is not an environment that is suited for every child. Due to the high number of campers we serve, it may not be in the best interest of our campers to keep a child at camp who is not meeting behavior expectations. If we deem that camp is not a good fit for your child, you will need to pick them up. **It is therefore imperative that you let us know in advance of any behavioral challenges that may impact your child's success at camp so that we can proactively plan for their arrival and work with you.**

Often campers will come to camp and behave differently than they do at home or in school. This results from a change in environment, structure, routine, and new peer to peer relationships. We believe that camp is a great opportunity for campers to learn new skills, grow, and practice teamwork. Campers will be expected to help support group living by assisting with chores and following the camp schedule.

Please discuss camp rules and expectations with your child before coming to camp.



PARTICIPANT EXPECTATIONS CONTINUED



RULES FOR CONDUCT DURING CAMP MORRIS:

- Smoking and the use of any tobacco products is prohibited.
- The use of, or presence of, alcohol and/or drugs are not permitted.
- Campers will not engage in sexual contact of any nature nor form exclusive relationships.
- Campers must remain in their assigned cabin throughout the night and pre-breakfast unless accompanied by staff.
- Campers will not bring candy or food items not previously approved by the health professional team or Camp Director, nor receive them in packages.
- Campers are expected to help keep camp clean by keeping their beds clean, cleaning up their tables in the dining hall, and performing assigned cleaning duties.
- Clothing must be appropriate and comfortable for community living, participation in active games, and safety in an outdoor environment. Final decisions regarding the safety and appropriateness of clothing are made by the Camp Director and campers may be asked to change clothing.
- Participants will respect themselves and others, the facility and its surrounding property.
- Participants will focus on courtesy, cooperation, respect and responsibility and will not intentionally harm another person or themselves physically or emotionally. Fighting, foul language, racist language, name calling, bullying and threats are not tolerated.

Any camper who takes away from the quality of another camper's experience will need to be picked up by their parent/legal guardian to return home immediately. No refund of camp fees will be issued for campers who are asked to leave.

Please note that a parent or legal guardian must be available to pick up their child at any time during their child's stay at camp.

PACKING LIST

What to Bring to Camp Morris...



CLOTHING:

- Long pants or jeans
- Long sleeved shirts
- T-shirts
- Underwear
- Socks
- Shorts
- Swimsuit
- Warm pajamas
- Rain gear, jacket or poncho
- Closed-toed shoes
- Hat with brim
- Warm jacket or sweatshirt
- Outfit for the camp dance
- Hawaiian shirt for Luau
- **Bravehearts (rising 12th grade) are required to bring closed-toed shoes that rise above the ankle for hiking.**

EQUIPMENT:

- Sleeping bag or warm blankets
- Bottom or fitted sheet for twin bed
- Pillow & pillowcase
- Flashlight w/batteries
- Pens and notepaper
- Reusable water bottle
- Small daypack
- **Bravehearts (rising 12th grade) are required to bring a sleeping bag**

TOILETRIES:

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

OPTIONAL ITEMS:

- *Highly Recommended*
- Portable charger with charging cord
- Power strip
- Sunglasses
- Hiking boots
- Camera (not a cell phone)
- Playing cards
- Musical instruments
- Books/magazines
- Chapstick
- Electrical power strip
- Personal fan
- Envelopes, paper, stamps
- **Bravehearts (rising 12th grade) foam camping mat**

NOTE: PLEASE BE SURE TO CLEARLY LABEL ALL BELONGINGS

PACKING LIST CONTINUED

Diabetes Supplies

PLEASE BE SURE TO CLEARLY LABEL ALL DIABETES SUPPLIES

ALL CAMPERS LIVING WITH DIABETES SHOULD PACK:

- Blood glucose meter
- Test strips

CAMPERS ON INSULIN PUMPS:

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

Medication

- Must be in original packaging

CAMPERS ON INJECTIONS:

- No specific items needed unless directed by staff

CAMPERS ON INSULIN PENS:

- No specific items needed unless directed by staff

CAMPERS WEARING CGMs:

- 1-2 sensors
- Tape (if applicable)
- Charger and charging cord
- Dexcom/Libre Receiver (if applicable, unless on T: Slim or Omnipod 5)

THE DFC WILL PROVIDE ALL INSULIN, SYRINGES, PEN NEEDLES, LANCETS and LOW SUPPLIES FOR THE PROGRAM

PACKING LIST CONTINUED

Additional Information

THINGS TO CONSIDER WHEN PACKING FOR CAMP MORRIS:

DRESS CODE: Clothing must be appropriate and comfortable for community living, participation in active games, and safety in an outdoor environment. Final decisions regarding the safety and appropriateness of clothing are made by the Camp Director. Campers may be asked to change clothing.

- Do not buy or bring new clothes to camp. 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 camp.**

ITEMS THAT SHOULD NOT BE BROUGHT TO CAMP MORRIS:

- 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
- Food
- Pets or animals (Due to the nature of the program, we strongly encourage diabetes alert dogs to remain at home)

DIABETES CARE

At Camp Morris

Campers will be under the care of our highly-qualified and trained staff. These staff include: counselors and program staff (more than 80% are living with diabetes themselves), dietitians, certified diabetes educators, nurses, pharmacists, physician assistants, endocrinologists, and general practice physicians. Each cabin will consist of 8-14 campers, 2-4 counselors, and 1-2 licensed healthcare professionals. At every meal, in addition to various times throughout the day, each camper will meet one on one with their cabin medical staff member to adjust insulin doses. The cabin medical staff members report to the lead medical staff on duty, who then report to our Medical Director.

Note: Your child's blood sugar levels may run lower or higher during their stay at camp than you may see at home. While they and their blood sugars are carefully monitored, variables such as new activities, new routine, length of stay, excitement, and so on, will affect your child's blood sugar levels. Please know that our staff works diligently to fine tune your child's diabetes control during their stay, but it is not always possible to have the same level of control that they may have at home. Camp provides a safe learning environment to educate your child on how to manage their diabetes when their schedule is different from their normal routine. To address any diabetes concerns prior to camp, please send us an email or give us a call.



DIABETES TECHNOLOGY GUIDELINES

At Camp Morris



We want campers to be able to manage their diabetes with the same tools they use at home. We encourage the continuation of devices such as CGMs and insulin pumps, if they are a part of your child's care plan.

Because camp life is so different than typical routines at home or at school, some variability will exist and we urge you to read our guidelines and recommendations regarding your child's diabetes technology at camp.

DIABETES TECHNOLOGY GUIDELINES

CGM's

- Numbers from Dexcom (G6/G7 System) and Freestyle Libre monitors may be used to dose insulin.
- All campers will do fingersticks when needed.

If any of the following are true, it is recommended that the number be confirmed with a fingerstick before dosing:

- Child's symptoms do not match the reading.
- CGM has not been calibrated as per manufacturer's guidelines.
- The "share" feature will not be available at camp. We want camp to be a respite for parents as well.
- Sensors will be replaced as needed; please send at least one to two extra to camp.
- High blood glucose alarms may be disengaged or changed during camp. Low glucose alarms will remain engaged, but may need to be adjusted given different activities at camp.
- If integrated into a supportive insulin pump, the "suspend before low" (Medtronic); "Control-IQ" (TSlim); "adaptive basal" (Omnipod 5) feature should be enabled while at camp due to activity levels and routines being different than at home.

The DFC will not be responsible for lost, misplaced, or damaged devices.

DIABETES TECHNOLOGY GUIDELINES

Insulin Pumps

Pumps:

- A "camp basal" setting in addition to temporary basals may be used at camp due to changes in activity level and routines.
- Most commonly, campers are put on a "camp basal" or reduced temporary basal for the first 1-2 nights of camp as they adjust to the new schedule and excitement of camp.
- Be sure to review your child's pump settings when they return home, as some settings may be altered at camp.
- The "smart" feature (example: Bolus Wizard) will be used at camp. Please be sure your child's settings and ratios are as up to date as possible prior to attending.

Medtronic 670G/770G/780G & OmniPod 5 Users ONLY:

- Child must have been using automode for more than 1 week prior to camp in order to use automode at camp. Camp is not the place to start automode for the first time due to variability in schedules and routines.
- Prior to camp, parents should review Manual mode settings with their healthcare provider to be sure they are as up to date as possible at camp. This will minimize differences in dosing if/when your camper is in Manual mode. (Note: We encourage no more than a 10% difference between Auto and Manual mode basals, prior to the start of camp)

"Do It Yourself" Pumps (Loop, OpenAPS, AndroidAPS) Users ONLY:

- At this time, we can only support FDA approved devices at Camp Morris. DIY Loops are NOT allowed at camp. Please work with your healthcare professional to transition to a FDA approved system prior to camp.



FOOD ALLERGIES AND SPECIAL DIETS

WE CAN ACCOMMODATE THE FOLLOWING FOOD ALLERGIES AND SPECIAL DIETS AT CAMP MORRIS

Celiac Disease: We will have gluten free options available at every meal for individuals living with celiac disease. While we do our absolute best to prevent cross contamination, 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.

All dietary needs should be communicated on the forms completed during Camp Morris application and enrollment process.



COMMUNICATION AT CAMP MORRIS

Send letters/packages via USPS to:

Camper's Name – Camp Morris

(Add Cabin # or Program name if known)

YMCA Camp Hanes

1225 Camp Hanes Rd

King, NC 27021

Campers LOVE to receive snail mail at camp!
(Note: Please DO NOT mail food items to your camper)

Note to Parents: Missing home or being anxious about being away is natural for children and parents. Camp, with its supportive staff and volunteers, is the best place to allow your child to work through these feelings. We discourage parent visits at camp and do not allow phone calls between home and campers. Campers adjust quickly to camp and experience less homesickness by the third day of camp. We find those who are expecting a call or a visit hang on to worries about home much longer.

If your child's homesickness is a concern or you are worried while your child is at camp, please feel free to call us any time. We would be happy, when possible, to put your child's counselor on the phone to chat with you about how your child is doing. We also never hesitate to call home if a concern arises about your child while they are at camp.

CAMP MORRIS POLICIES

Cell Phones - **NEW 2024**



As technology advances, we recognize more and more campers are using cell phones for their insulin pump and CGM devices. **Campers may bring their phones to camp, but the expectation is that they will only be used for diabetes management. We ask that all cell phones be placed in airplane mode and highly encourage you to remove the SIM card prior to arriving at camp. Diabetes devices all connect to cell phones through Bluetooth technology, so removal of the SIM card or utilizing airplane mode will not affect the ability to manage devices through the cell phone.**

Campers will be able to carry their cell phone when outside of the cabin, but phones will be placed in the cup at the end of their bed when in the cabin. **Cell phones will not be allowed in any bathroom areas. While cabins have plenty of outlets, we highly encourage you to pack wireless charges/battery packs to facilitate the charging of all diabetes devices.**

We also ask that you do not try to contact your child via calls or texts while they are at camp. When children come to camp they (and you as parents) are making a leap of faith by temporarily transferring their primary care to our medical counselors and staff counselors. This is one of the growth-producing, yet challenging aspects of camp. We believe that the emerging independence that children gain as they learn to trust caring adults is one of the greatest benefits of camp. It is one important way your child develops greater resilience. Contacting you by phone reinforces that the child is incapable of being away from a parent, and that the parent has not truly come to peace with the notion of them being away from home and in camp's care.

Please know that you are always welcome to call camp to see how your child is doing. We agree to tell you if your child is experiencing a challenge in their adjustment to camp. You can help by talking with your child before they leave for camp and telling them that there is always someone they can reach out to, whether it is a trusted activity leader, counselor, or health care provider.

We know that phones aren't just for calls and texts. Please prepare your child now with a different type of camera (a disposable camera labeled with their name works great!) and other forms of entertainment during quiet times. Campers will not be allowed to access games, apps, or social media on their phone while at camp.

This policy is intended to help protect camp and the camp experience. If a camper abuses this privilege the cell phone will be kept with the counselor/medical staff.

Our cell phone policy will be strictly enforced by our staff, and we need your help preparing your campers for what to expect!

CAMP MORRIS POLICIES

Prescription Medications

An increasing number of children are on medication for ADD/ADHD (Concerta, Ritalin, Dexedrine, Adderall, Strattera), depression or other psychological conditions. These medications allow a child to take advantage of all that a school environment has to offer. Camp is no different, but many prescribing physicians are not familiar with camp and may take a child off medication without knowing the full implications. While many children do well off of ADD/ADHD medications and similar drugs for their summer vacations, camp is a very stimulating environment. The continuous social interaction can be stressful for children with certain conditions, and they can be at a disadvantage trying to make friends and participating in activities, discussions, and performances without their medication. **Leaving a child on or putting a child back on their medications for camp is recommended by the American Camp Association.** It is our experience that campers still need their school doses to make friends and enjoy all of the activities and interactions at camp.

If your child is on medication and you are planning to or have made a change in that medication any time up to six weeks before camp, please discuss it with us. Likewise, if your child has an IEP for any condition other than diabetes, please let us know so we can decide together whether having a plan at camp would be of benefit.

If you have any concerns regarding your child, please be sure to note them on the health forms and provide as much detail as possible. Any information regarding your child will assist staff in working to provide the best camp experience possible. We want to partner with you in setting your child up for success at camp.

CAMP MORRIS POLICIES

Communicable Diseases

We are asking your family to play a critical role in helping us prevent communicable diseases such as seasonal influenza, gastroenteritis, COVID-19 and pertussis at Camp Morris. Here is how we need your help:

Given that infections are spread person-to-person, and tend to happen in congregate residential facilities, please instill healthy hand washing and coughing habits at home. Please help us by teaching your children to “Cover the Cough” by coughing into their elbow (not their hands), and washing their hands before and after sneezing, coughing, and eating. Please try and limit their exposure to persons who are sick in the couple of weeks prior to camp.

Please make sure that your contact information is up-to-date on our forms, and that your alternate emergency contact information is also up-to-date and will be reachable during the time your child is at camp.

Most Important: Please keep your child at home if they are vomiting, have diarrhea, are experiencing bouts of coughing or you suspect they have any communicable illness. We ask that you keep your child at home until 24 hours AFTER they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius measured by mouth) and/or signs of fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever reducing medicine.

CAMP MORRIS POLICIES

Head Lice

The Diabetes Family Connection requires that all participants be free of nits and lice prior to attending a program.

Therefore, parents/guardians must perform a head check of each camp participant 48 hours before the first day of the program. Home screening decreases the risk of a head lice outbreak at Camp Morris.

-If nits and /or lice are found prior to the first day of the program a cancellation must occur, a partial refund will be given.

-If nits and/or lice are found or suspected at camp, a head check will be performed by a Healthcare Professional. This check will be done discreetly and away from other campers. If nits/lice are found during this check, parents/guardians will be notified. The Healthcare Professional will decide whether the child is to be taken home or to continue being treated at camp. If a participant is found to have lice/nits, the other participants in the cabin/deck will also be given a head check by a Healthcare Professional.

There is no refund of the camp fee if a child is sent home from Camp Morris due to the presence of lice and/or nits.

DIRECTIONS TO CAMP HANES

CAMP HANES is located at the base of Sauratown Mountain in King, North Carolina. Camp is 25 miles northwest of Winston-Salem, NC.

YMCA Camp Hanes

1225 Camp Hanes Rd, King, NC 27021

- 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

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



IMPORTANT REMINDERS

- ALL camp forms must be submitted to The DFC by **APRIL 30th**
- Final camp payments are due **BEFORE June 1st**
- Failure to meet the stated deadlines may prevent your child from attending Camp Morris

REFUND INFORMATION

The Diabetes Family Connection will refund \$700 of the camper fee (\$200 non-refundable deposit) for cancellations received in writing 30 days PRIOR to the start of the program. Thereafter, no portion of the camper fee is refundable, unless it is for a documented medical reason.

Still Have Questions?

We'd love to hear from you!

Reach out to us at

admin@thedfc.org