



# SUPER HEROES!

**NOTE: If you DO NOT plan to have the drop-off and pick-up the camper at camp, please contact the camp office (310-751-3057 or Rosie@dys.org) for the bus stop packet!**

## ***MEDICAL MANAGEMENT***

### **What insulins are provided?**

Camp provides the following types of Lilly, Novo-Nordisk, and Aventis U-100 human insulins: humalog/novolog, regular (Lilly only), NPH (Lilly only), levemir, and lantus. If your child uses insulin not listed or is not a U-100 (e.g., U-50), you must bring that to check-in.

### **What insulin pump supplies should my child bring?**

If your child uses an insulin pump and/or continuous glucose monitoring sensor, please send batteries, syringes, insertion sets, tape, and any other items they may use. Place these items in a large Ziploc bag with their name on the outside; turn this in at check-in. Pump sites are changed at least every three days, if not sooner.

### **My child is on special medications or food requirements. What should I do?**

Children with prescribed medications, special insulins, and special dietary requirements (e.g., **celiac disease**, lactose intolerant, etc.) must bring those items to check-in.

Any special medications that will be sent to camp must be in their original pharmacy container/bottle, have camper's name on it, and be clearly labeled with dose and time given. Please include explicit instructions for the Camp Doctor on all medications. Pack an adequate supply for your child's session. For safety, all medications (prescribed and over-the-counter, including vitamins) are kept in the infirmary and will need to be checked in with medical staff at check-in. **DO NOT pack in suitcase.**

### **How will medical staff manage my child's diabetes?**

Each cabin is assigned a medical team to monitor their blood sugars, dosages, medications, carbohydrates, and general health. Dosages/boluses are generally decreased 20% due to the increases in altitude and activity level. Dosages/boluses are based upon the previous day's blood sugars. At bed time, campers are preferred to have a blood sugar of at least 100. Medical teams do midnight rounds to test the blood sugars and administer treatment, if needed, to campers who tend to drop at night or have a low blood sugar before bed time.

### **If my child is ill, will camp contact me?**

In case of a serious accident or illness, parents are notified as soon as possible. As concerning as low and high blood sugars may be, they are common at camp and the Medical Director will contact parents at his/her discretion. You will be contacted if your child has a seizure and needed glucagon or intravenous (I.V.) fluids. If parents cannot be reached, we will contact the person(s) indicated on your child's camp application under "Emergency Contacts".

### **My child will only use their own blood glucose monitor, lancing device, or an insulin pen. Can they bring them?**

No. Due to state and federal laws, campers are prohibited from bringing their own lancing device and insulin pen. Single-use disposable lancets are used and ensure campers and staff are safe from getting 'pricked' unnecessarily. With the variety of blood meters available, camp uses the same meters that are calibrated on a regular basis, which ensures accurate blood sugar results.

## Participate in Diabetes Research

At the bus stop in Fontana this summer, Camp Conrad-Chinnock is partnering with Children's Hospitals Los Angeles and Orange County in offering TrialNet. TrialNet is screening relatives of people with type 1 diabetes to find out if these family members are at risk for developing diabetes. Screening involves a simple blood test for the presence of diabetes-related autoantibodies that may appear years before type 1 diabetes develops. **First-degree blood relatives** (siblings, children or parents) who are 1 to 45 years of age as well as **second-degree blood relatives** (cousins, uncles, aunts, nieces, nephews, grandparents or half-siblings) who are 1 to 20 years of age may be screened to determine their risk of developing type 1 diabetes. *Note: A relative diagnosed before the age of 40 AND started on insulin within the first year of diagnosis probably has type 1 diabetes.* Relatives of people with type 1 diabetes have about a 3-4 percent chance of testing positive for autoantibodies associated with diabetes. There is no cost for the test.

*How will you benefit from screening and further risk assessment?*

If you learn you are at risk for developing type 1 diabetes, additional tests will be offered to estimate your chances of developing type 1 diabetes. If you qualify, you may have an opportunity to be enrolled in either a **Natural History or Prevention Study**. All research volunteers will be closely monitored for early detection of type 1 diabetes. Early detection of type 1 diabetes may improve your blood sugar control and reduce your chances of developing complications. You will be part of a research program that may help other people at risk for type 1 diabetes.

## COMMUNICATION

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### What happens if I need to communicate with camp immediately?

Call the administrative office at 310-751-3057 and leave a voicemail message.

### Can I telephone my child at camp? Can my child call me from camp?

No, camp has only one phone line that is reserved for business calls. Campers are able to send letters home.

### I really want to send a care package.

Campers love to receive care packages from home. It is fun to hear from the family and receive small gifts. Please respect our camp policy by NOT sending any food, gum, or snacks. The Wrinkled Egg offers great ideas and will tailor the care package to fit your child. For information, please visit [www.thewrinkledegg.com](http://www.thewrinkledegg.com) or call 1-800-736-3998. Please share this information with any other family or friends who may want to send a care package to your camper. Our shipping address is: Camper's Name, Camp Conrad-Chinnock, 4700 Jenks Lake Road East, Angelus Oaks, CA 92305.



THE WRINKLED EGG®

## How can my child send and receive mail?

Receiving mail from friends and family is an important part of the camping experience and assists in reducing or eliminating homesickness.

While some campers receive a few letters everyday, *other campers receive no mail*. PLEASE send *at least* two (2) letters to your child while they are at camp.

It is a good idea to send the first letter before the child leaves home, so that they can get it when they get to camp.

Campers are highly encouraged to write home. Camp receives packages and mail from the U.S. Postal Service, FedEx, UPS, & other carriers. Please mail your letters several days ahead of time to ensure their arrival. **DO NOT** send any food items! When sending mail, please address it as follows:

Camper's name  
Session X (the number they are attending – 1, 2, 3, 4, or 5)  
Camp Conrad-Chinnock  
4700 Jenks Lake Road, East  
Angelus Oaks, CA 92305-9770

## Do's

- Give your child pre-addressed, stamped envelopes or postcards so that they can keep you informed of camp activities.
- Send a note or postcard in advance to the camp so there will be a personalized touch of home when your child arrives. This lets young campers know that the family has not forgotten them. In your correspondence, assure the camper that you know he or she is having a good time and express enthusiasm for the camp's activities.

## How can I send emails to my child?

Camp Conrad-Chinnock utilizes e-Camp services that enables family and friends to send unlimited emails to a camper for a flat-fee of \$10. Emails are printed once a day and distributed to campers. Campers are not able to send emails back, but a fax-back service is available through e-Camp for an additional cost.

To sign-up, go to <http://conradchinnock.ecamp.net> and use **2012conrad** as the log-in code.



*Get Ready to Raise Money for Camp... It May Be Easier Than You Think...*

*Every \$200 raised, earn a ticket to  
An Evening 'Round the Campfire Event*

**SELL RAFFLE TICKETS:** Your packet includes raffle tickets that you can sell either door to door in your neighborhood or to family and friends. Ask your local supermarket if you can sell tickets outside the market for a few hours on a Saturday. Just call the store manager, create a poster about camp, wear your camp T-shirt and raise money!! Raffle prizes include: Apple iPad3 16GB with Wi-Fi; four Disneyland Resort "park hopper tickets and \$100 Disney dollars; and a \$500 Macy's gift card.

**SELL ADS FOR OUR AD BOOK:** Ask local businesses to place an ad in our ad book. It's a great way for businesses to advertise and support camp. If you do not have an ad book from last year, contact our office ([www.CampConradChinnock.org](http://www.CampConradChinnock.org)) and we can send you a sample that you can show businesses.

**GARAGE SALE:** One person's junk can be our camp's treasure. Organize a block garage sale or ask your sport's team, girl/boy scout troop to participate in a group garage sale. All participants bring their items to a designated location, place signs in the neighborhood and sell, sell, sell. All proceeds can go to camp or if working with another group split the proceeds 50/50. Everyone wins!

**FACEBOOK, E-MAIL, and LETTER CAMPAIGN:** Write a letter or message that tells your story about growing up with diabetes and your experience at camp. Generate a list of family and friends that you can send your letter to and ask them to support camp. You can direct your contacts to go to our website to make a donation. Contact our camp office so we can help you get credit for your donations.

**CHANGE FOR CHINNOCK:** Decorate coffee cans with pictures from our website. Ask local businesses to display your can at their cash register for 1 week or 1 month. Ask your school if you can put cans in classrooms or at the front desk and collect change for 1 month. You would be surprised as to how much money you will be able to raise. To increase interest, offer the class that has the most change a pizza party at lunch at the end of the campaign.



**RECYCLING:** Let your friends and neighbors know that you are raising money for your camp. Ask that they leave their bottles outside for you on a specific date or dates. Some local recycling centers may help you with setting up a recycling drive with the money generated going to camp. This is a good project to do with a scout troop or youth organization as the more hands to help the better. You can raise money as well as help the environment!

**PENNIES FROM A FOUNTAIN:** Does your local mall have a fountain? The pennies that people toss into fountains are usually donated to local charities. Contact the mall management and ask if over a month, the money collected can be donated to camp. You can create a poster about camp to be displayed at the fountain to encourage donations.

**SNACK STAND:** What is fundraising without a bake sale?! Ask your friends, classmates, and neighbors to help by donating baked goods. You can sell the items at lunch or after school.

**WHAT'S FOR DINNER?** Many restaurants are getting on the fundraising bandwagon!! Especially chain restaurants (California Pizza Kitchen, Baja Fresh, Pinkberry, etc). Ask management to sponsor a day when a portion of the sales will be donated to camp. Most places will supply flyers to handout at school or you neighborhood.



**LIGHT THE FIRES IN THE HEARTS AND SOULS OF CHILDREN WITH DIABETES! IT IS TIME FOR AN 'EVENING 'ROUND THE CAMPFIRE!'**

Camp Conrad-Chinnock invites you to warm your hands around the campfire and warm the hearts of children with diabetes. Join us on Saturday, October 1st, 2011, for the third annual **'Evening 'Round the Campfire -Discovering the Magic of Camp Conrad-Chinnock'** at the Disneyland Resort Hotel in Anaheim.

Please join us this year as we honor **the Pipkin Family with the Dr. Robert Chinnock Family Award**. The Pipkins have provided leadership and guidance to Camp in a multitude of ways over the last three decades. As founders, owners and leaders of Belkin International, their focus has always been on providing opportunities for people and to do their part in having a positive impact on the world. Their incredible devotion to both their own family and Camp's has benefited thousands of children over the years. Help us celebrate the remarkable contributions of the entire Pipkin Family!

The Camp Conrad-Chinnock Evening 'Round' the Campfire is truly a **'Family & Friends Affair'** as attendees will be treated to an evening filled with songs, skits performed by the kids, entertainment, silent auctions, raffles and more while enjoying a wonderful sit-down dinner.

Diabetes Camping and Educational Services is dedicated to helping children of all ages and their families to better understand their lives and to manage their diabetes. DCES serves over 1,000 families of all ethnicities in the Southern California area in partnership with the region's leading hospitals and educational institutions. The U.S. Centers for Disease Control and Prevention (CDC) states that diabetes is the single-most costly chronic disease. The programs and events provided by DYS through education, support groups, family retreats, and youth camping programs are designed to see each and every child develop life-saving skills, and reach a new level of confidence and self-esteem.

This is your opportunity to **SPONSOR** a *wonderful, heart warming event* that is guaranteed to change lives. All proceeds will benefit the children and families that participate in the diabetes programs of Diabetes Camping and Educational Services a 501(c)3, not-for-profit organization. DCES is open to all children and families impacted by type-one diabetes, and offer numerous opportunities and training for volunteers, medical, and dietary professionals and students.

For more information or question on how to become a sponsor, please contact Tom Jenkins (Tom.Jenkins@dys.org) or Rosie Dubois (Rosie@dys.org) or call 310-651-3057. Please visit our website at [www.RoundTheCampfire.org](http://www.RoundTheCampfire.org) to learn more about the mission and services of Diabetes Camping and Educational Services.

In Health,

Rocky Wilson  
Executive and Camp Director



# An Evening 'Round the Campfire

## Discovering the Magic of Camp Conrad-Chinnock



Saturday, October 20, 2012

The Disneyland Resort Hotel, 1150 Magic Way Anaheim, CA 92802

### SPONSORSHIP OPPORTUNITIES

Contact Name \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (Daytime) \_\_\_\_\_ E-mail \_\_\_\_\_

**\$7,500 Presenting Sponsor** — Includes name on invitations, table for 10 VIP seating, VIP hosted bar, hosted parking, two full-page ads in the event book, 24 raffle tickets, acknowledgement in press releases and by Master of Ceremonies, a link from [www.RoundTheCampfire.org](http://www.RoundTheCampfire.org) to company's webpage, and vendor table during reception (optional).

**\$5,000 Program Director** — Includes name on invitations, table for 10 VIP seating, VIP hosted bar, two full-page ads in the event book, 24 raffle tickets, acknowledgement by Master of Ceremonies, and vendor table during reception (optional).

**\$2,500 Song Leader** — Includes table for 10, one full-page ad in event book, 12 raffle tickets, acknowledgement by Master of Ceremonies, and vendor table during reception (optional).

**\$1,000 Skit Coordinator** — Includes table for 5, half-page ad in event book, 6 raffle tickets, acknowledgement by Master of Ceremonies, and vendor table during reception (optional).

|  |  |  |  |
|--|--|--|--|
| <b>\$500</b><br><input type="checkbox"/> Full-page w 8.75" x h 11.25<br><b>OR</b><br><input type="checkbox"/> Vendor table & one dinner ticket | <input type="checkbox"/> <b>\$250</b><br>Half-page ad<br>w 8.75" x h 5.25" | <input type="checkbox"/> <b>\$125</b><br>Quarter-page ad<br>w 3.5 x h 2" | <input type="checkbox"/> <b>\$25</b><br>Camper Message<br>Up to 100 words about camp |
|--|--|--|--|

*Artwork deadline is September 10, 2012*

All contributions under \$200 will be listed on a Special Acknowledgement Page in the Program.

I would like to contribute an in-kind gift for the event and/or raffle. **Please attach sheet with description.**

Please send me an invitation.

My check made payable to the Diabetes Camping & Educational Services for \$ \_\_\_\_\_ is enclosed.

Charge my  MasterCard  Visa  Discover Amount \$ \_\_\_\_\_

Name as it appears on card \_\_\_\_\_

Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-digits from back of card \_\_\_\_\_

Signature of Cardholder \_\_\_\_\_

All advertisements and contributions are tax-deductible as allowed by law. Federal Tax ID #95-3897543

Please send this form to Diabetes Camping & Educational Services, c/o Rosie Dubois, 12045 E Waterfront Dr., Playa Vista CA 90094 or fax to 888-800-4010.

***For more information, contact Rosie DuBois at 310-751-3057 or [Rosie@dys.org](mailto:Rosie@dys.org).***

# CAMP CONRAD-CHINNOCK SILENT AUCTION

## Popular Items to Donate

All contributions are welcome - both products and services. Items should have a minimum value of \$100. All contributions are tax-deductible.

Some popular items are:

Vacation Getaways

Books

Tickets to Social, Cultural, Family  
or Athletic Events

Electronics

Themed Gift Baskets

Autographed Sports Items

Spa Treatments

Jewelry

Hotel and Time-Share Stays

Original Artwork

Gift Certificates to Restaurants or Stores

Exclusive and unite items  
are always a favorite!



Discovering the Magic of  
Camp Conrad-Chinnock  
Saturday, October 20, 2012  
Disneyland Resort Hotel

Camp Conrad-Chinnock invites you to warm your hands around the campfire and warm the hearts of children with diabetes its second annual 'Evening Round the Campfire - Discovering the Magic of Camp Conrad-Chinnock'.

Diabetes Camping & Educational Services is dedicated to helping children of all ages and their families to better understand their lives and to manage their diabetes. DCES serves over 1,000 families of all ethnicities in the Southern California area in partnership with the region's leading hospitals and educational institutions. The U.S. Centers for Disease Control and Prevention (CDC) states that diabetes is the single-most costly chronic disease. The programs and events provided by DCES through education, support groups, family retreats, and youth camping programs are designed to see each and every child develop life-saving skills, and reach a new level of confidence and self-esteem.

This is your opportunity to participate as a **SILENT AUCTION DONOR** that is guaranteed to change lives. All proceeds will benefit the children and families that participate in the diabetes programs of Diabetes Camping & Educational Services, a 501(c)3, not-for-profit organization (Federal EIN is 95-3897543).



# Diabetes Camping and Educational Services Silent Auction Donation Form



*Discovering the Magic of Camp Conrad-Chinnock*

To donate an item for the Silent Auction, please return this form to the office no later than September 10, 2012 to be acknowledged in the program.

**Please provide information as you would like it to appear in all publications:**

Name of the Item: \_\_\_\_\_

Estimated Value : \_\_\_\_\_

Donor Name (your name or company): \_\_\_\_\_

Description of the Item: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Special Instructions and/or Restrictions: \_\_\_\_\_

\_\_\_\_\_

## **Contact Information:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_

Please attach this form with your certificate or item and send to:

Diabetes Camping and Educational Services

12045 E Waterfront Drive

Playa Vista, CA 90094

For additional information, please contact Rosie DuBois at 310-751-3057 or Rosie@dys.org.

**THANK YOU FOR YOUR GENEROSITY!**



### **When sending my child a letter, what information should be included and excluded?**

A helpful letter is one that asks the camper many questions on what they are doing at camp. Asking about their new and old friends at camp, what they learned about themselves and their diabetes, and have them to describe the activities they did are great methods of communication with your child.

Although there are benefits in parents keeping youngsters informed of what's going on at home, don't go into great detail since the young adventurers might feel they're missing something back home. Directors advise parents not to mention how much they miss their children, "that the dog and cat miss them", or the family took a really great vacation without them. The camper needs to understand that they are not missing something the rest of the family is enjoying.

Most importantly, don't worry. A parent's natural reaction is to call on the first day just about bedtime to see how your camper is doing. Please refrain from doing so as camp staff is very busy the first evening and not able to handle phone messages. Remember, counselors are trained to recognize and deal with symptoms of homesickness. As one experienced camp director noted, "We have few homesick children, but we have homesick parents by the dozens.

### ***LIVING AT CAMP***

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#### **My child wants to be in a cabin with certain other campers. Will this happen?**

When placing camper's into cabins, certain criteria are used. These include:

- Gender (boys and girls are in separate cabins).
- Age.
- Staff recommendations.
- Preference, which is indicated on the camper registration form. Only two (2) names are permitted; any others listed will not be considered.
- Any past behaviors that may impact your child or other campers.

*DO NOT promise your child they will have certain other campers in their cabin. Request for certain cabin counselors can not be granted.*

#### **Can I visit my child at camp?**

During the camp sessions, parents are not permitted to make unannounced visits. With approximately 100 children at camp, if one child's parent was visiting, then all of the children's parents would visit. This detracts from the experiences and personal growth your child will have while at camp.

#### **How many campers are in each cabin?**

There is an average of 8 to 10 campers per cabin. Each cabin has a counselor and is supported by medical, dietary, and program staff.

#### **What can be purchased at the camp store?**

The camp store offers a variety of no- or low-carbohydrate (sugar-free) snacks and drinks, such as sno-cones, soda, beef jerky, sunflower and pumpkin seeds, and beef jerky; these can be purchased in limited quantities daily. Other items include hats, photo albums, toiletries (toothbrush, deodorant, shampoo, etc.), film, disposable cameras, toys, lights, etc. Those items range in cost between \$1 and \$15. Camp pictures are \$10 each. A camp shirt is included in the camp fee!

### **My child wants a certain counselor. How do I request the counselor?**

Request for counselors are not honored. Counselor assignments are at the discretion of the Camp Director. Do not promise your child they will have a certain counselor.

### **What can camp do for my child?**

Camp Conrad-Chinnock provides benefits for everyone that touches camp. Your child may have greater self-esteem, learn how to better manage their diabetes, develop role models, and become better educated about their health and the environment. A survey of campers found that they made new friends, renewed old friendships, and had fun!

### **How are meals and snacks handled?**

There are three meals and three snacks daily. Each camper has an index card to record, with the assistance of camp staff, each meal's carbohydrates, which are transferred to the medical record. The amount of food consumed is dependent upon the child's activity levels, and their insulin dose is modified accordingly. Campers are not permitted to bring their own food unless they are on a special diet (e.g., gluten-free; contact the Camp Office). Snacks are an established, consistent amount; unlike meals, a camper is not allowed to add or subtract carbohydrates.

### **What are the qualifications and background of your staff?**

Camp Conrad-Chinnock is fortunate to have many of its staff members with diabetes who attended camp as a child. A majority of staff complete the two-year Leadership/Counselor-in-Training program, which assists in developing leadership skills to use in a camp and other business and community environments. Each staff member is interviewed by the Camp Director, must complete a criminal background check, and attends a multi-day staff in-service training before camp begins.

### **What will my child experience at camp?**

Campers should look forward to...

- Crafts, Swimming, Volleyball
- Hiking, Canoeing,
- Overnights, Dances
- Learning about their health,
- How to give their injections and insert pump sites, count carbohydrates, learn about new technologies,
- Using the 35 foot Activity Adventure Tower with rock climbing, rappelling, the vertical playpen, and a high ropes program.
- Mountain Biking, Adventure Games
- Fun with other cabins, and
- Making lots of friends.

### **What is the history of camp?**

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In 1947, Conrad Joungegaard, the Director of the Centinela Valley YMCA, founded Camp Conrad. Conrad, together with Inglewood 'Y's Men Club volunteers, built Camp Conrad and began providing children with a true outdoor camping experience. In 1957, a young physician from the University of Loma Linda Hospital, Dr. Robert F. Chinnock (pronounced *CHIN-nuck*), asked Jim Risner, then current director of the YMCA Camp Conrad, about starting a summer camp for children with diabetes mellitus. Dr. Chinnock wanted to show children with diabetes it was possible to have a camping experience - a camping experience which included many of the activities thought of as only for children without diabetes. Jim Risner joined efforts with Dr. Chinnock to achieve this challenge.

Camp DASC (Diabetes Association of Southern California) opened its doors in 1957 at the Conrad site

to approximately 17 children with diabetes mellitus. With the aide of other medical technicians, Dr. Chinnock tested urine by boiling chemicals in glass tests tubes, and sterilized enough glass syringes to administer the necessary daily injections of insulin to the campers. Dr. Chinnock brought camp to the campers. In 1975, DASC restructured its organization and became the American Diabetes Association/California Affiliate (ADACA) as camp's long standing sponsoring agency. ADACA's and Centinela Valley YMCA's financial situations changed so drastically in 1996 that neither organization was able to continue operating camp and its programs.

At that time, Diabetes Camping and Educational Services (DCES), a non-profit organization founded in 1984, purchased Camp Conrad and renamed it Camp Conrad-Chinnock. DCES is committed to providing a safe, educational and healthy camping experience to children and families. Our services and facility are shared with organizations looking to promote self-esteem, spiritual awareness and moral character to individuals including those living with chronic illness, physical disability or hardship. Camp Conrad-Chinnock undertook a major renovation beginning in 2004 with the replacement of 11 of the original cabins with 13 new, winterized cabins. Each cabin has a restroom, two separate sleeping areas, a front porch, lights at each bunk, and central heat. Future improvements include a remodel of the infirmary and dining hall and construction of a new medical center.

Throughout the years, Camp Conrad-Chinnock has provided crucial inspiration to thousands of young people learning to cope with diabetes. Because of Dr. Chinnock's foresight, they have been given the education and support necessary to live full, active and independent lives.

## ***PREPARATION***

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### **I still owe camp fees or haven't paid money for the camp store. Can I bring the money to check-in?**

All fees must be paid by June 1 unless alternative arrangements have been made with the camp office.

### **What should my child bring to camp?**

Please see the 'Packing List' in this packet.

### **What time do I check-in at Camp Conrad-Chinnock?**

Please arrive *no earlier* than 1:30 p.m. as check-in begins at 1:30 p.m. Eat lunch before arriving or you're your own picnic at camp. . *Parents are responsible for and must stay with the camper until their cabin counselor arrives!*

### **What time do I pick-up my child at Camp?**

Please arrive between 8:45 a.m. and 9:15 a.m. Campers will have eaten breakfast. A parent or emergency contact is expected to be at the appropriate pick-up location (camp or the bus stop) at the time indicated on the information packet. After the initial 15 minute grace period, the late pick-up fee of \$15 per 15 minutes, or portions thereof, will be assessed. A 15-minute grace period is provided. If no one is present to pick-up the camper, staff will begin contacting the parent(s)/guardian(s) followed by emergency contacts. In the event no one can be reached, the appropriate authorities will be contacted to supervise the camper.

### **Can I check-in my child at camp and pick them up at the bus stop in Fontana?**

No, unless a child is a late arrival or there are other special circumstances; please check with the administrative office at least 10 days before camp.

### **Where is the bus stop in Fontana?**

Please see the enclosed map. You will check-in near, but NOT in, the Don Day Community Center.

**My child only eats certain foods. Can I send food?**

No. The meals and snacks emphasize healthy alternatives and variety. For vegetarians, there are alternatives available. If your child is on a gluten-free diet, please contact the camp office.

| SESSION # | DEPARTURE DATE | RETURN DATE |
|-----------|----------------|-------------|
| 1         | July 2         | July 7      |
| 2         | July 9         | July 15     |
| 3         | July 15        | July 22     |
| 4         | July 31        | August 5    |
| 5         | August 5       | August 11   |

**My child wants to bring their CD player, PSP, MP3 player, Game Boy, and cellular phone. Is that allowed?**

No. These costly items may be damaged or lost. Diabetic Youth Services, Inc. cannot assume responsibility for lost or damaged articles. If a child brings these items, they will be confiscated and held for them until their last day at camp. The opportunity to experience the great outdoors is best done without all the technology toys!

**My child has special needs. How can they be accommodated?**

If your child will need additional assistance, you must notify the administrative office as soon as possible. If your child may only eat certain foods (e.g., gluten-free, lactose intolerant, etc.), those unique foods will need to be brought to camp; this is coordinated with the Food Service Manager. Serious allergies, physical limitations, and developmental disabilities need prior notification to enable each camper to enjoy camp to their potential.

**What do I bring to check-in on the first day of camp?**

You must bring the following items:

- A *completed* pre-camp medical information form
- Luggage, sleeping bag, & pillow.
- Bring, but **DO NOT PACK**:
  - Insulin pump supplies, if needed.
  - Additional medications that will need to be administered at camp (make sure they are original containers!)
- Pay any outstanding fee or store deposit (should be done before camp!)
- Positive attitude!

**What is the process at check-in?**

Upon arrival a camp, please park in the lot and bring all of the camper’s belongings to the dining hall. There will be a line to pick-up your child’s camp record. You will be directed to meet with the medical team, and current information will be verified. Do not send luggage in a chest! PLEASE ensure your fees are paid to the administrative office before arriving at the check-in; if not, you have to wait in another line :(

**What will the first day at camp be like?**

After checking-in, campers will be grouped into cabins, where they will meet their counselor and their cabin mates. Once at camp, campers receive an afternoon snack and find their bunks. Campers will receive a camp tour and be introduced to staff. Campers will test their blood sugar and take their insulin before dinner. After dinner, there is a campfire followed by snack. Then, it’s lights out!

## ***PACKING RECOMMENDATIONS***

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- **If the camper is attending sessions 2 and 3 or 4 and 5 concurrently**, laundry will be done mid-session. PLEASE make sure that the camper's initials are on all pieces of clothing. Each cabin will have their laundry done together. DO NOT send high-priced clothing for the consecutive sessions! Pack one week worth of clothes.
- **Remember, OLD clothes are best, and many new items are not recognized at the end of camp, so many items do disappear.**
- Packing items that are alike, like socks and underwear, in separate plastic bags helps keep clothes better organized since she/he lives out of a suitcase or duffel bag.
- Make sure the camper is part of the packing process.
- Label all clothing with permanent marker!
- Comfortable shoes and heavy socks prevent blisters on hikes. Please do NOT pack thong-type sandals. Campers can easily trip while wearing this type of sandal around camp. They may wear them to and from the pool.
- Stress the importance and responsibility the camper must undertake to take care of clothes and possessions.
- Diabetes Camping and Educational Services cannot assume responsibility for lost or damaged articles. This includes glasses, contact lenses, retainers, electronics, and other items.
- LOST AND FOUND items left at camp are taken to the Diabetes Camping and Educational Services office at the end of each summer and kept until the end of September.
- LUGGAGE SELECTION: Many parents find it necessary to buy or borrow luggage from friends and family. If this is true, you need to make sure that your child knows this luggage is his/hers. This sounds a little strange but every summer we have children who do not have all of their clothes because they do not recognize the bag you put it in. If the bag has pockets that the child does not know about please let them know they are there; this is especially true children 11 years of age and younger.

### Clothes and Laundry

- Always send along an extra pillowcase or laundry bag for dirty clothing.
- Shorts, t-shirts, and jeans are staples of a camper's wardrobe.
- Comfortable, durable shoes -- break in new shoes *before* camp.
- A raincoat or poncho is a must.
- Check with camp staff for advice on changing weather and pack accordingly.
- Use a permanent marker to write your camper's name on every item.
- Campers attending sessions 2 and 3 or 4 and 5 concurrently will have their laundry done mid-session.



### Suggested Packing List

- Pillow and warm sleeping bag
- Toiletry articles (comb, brush, shampoo, soap, toothbrush and toothpaste; preferably in a shower bag or at least a zip loc bag for easy transport to and from the bathroom)
- Towel and wash cloth
- Warm pajamas (2 pairs) and bath robe (if your child will wear it)
- Flashlight (extra batteries, too)
- Disposable camera with flash
- Beach towel, swimsuit, sunscreen (minimum of 30 SPF), and lip balm / chapstick.
- Shorts (4 or 5 pairs)
- T-shirts (7 or 8, short & long sleeves)
- Jeans or long pants (2 pairs)
- Warm sweater/sweatshirt
- Comfortable shoes or sneakers (2 pairs)
- Socks and underwear (a set for every day plus one extra set)
- Hat or cap with a brim
- Sunglasses (optional)
- Laundry bag
- Raincoat / Poncho (yep, sometimes it rains...and pours!)
- Pen or pencil, stationery, & stamps
- Pre-addressed, pre-stamped postcards or envelopes (make sure to put them into a zip-lock plastic bag)
- Any clothing and decorations for the cabin that fit the “Super Heroes” theme
- Feminine sanitary supplies (if applicable)

### **Don't Pack**

- X Radios, CD/MP3 players, stereos
- X Any type of food
- X Televisions or portable video games
- X **Cellular phones**
- X Blood testing supplies/extra insulin/Special insulin injectors
- X Any type of knife
- X Fireworks of any kind
- X Permanent markers
- X Recreational equipment
- X Medications that are not provided to the medical team at check-in
- X Expensive clothing or jewelry



### **Top Packing Tips**

#### Towels and Toiletries

- Towels should not be the family's best, since they'll be used for swimming and other waterfront activities as well as for showers.
- A small duffel bag will help campers carry and keep track of essentials such as soap, shampoo, toothpaste, deodorant, comb, and brush. Campers walk to separate facilities to shower.

### **I think my child will be homesick. Or will I be homesick? What can be done to minimize this?**

University of California Psychologist Chris Thurber studied homesickness in 329 boys between the ages of 8 and 16 at resident camp. According to his results, homesickness is the norm rather than the exception. A whopping 83 percent of the campers studied reported homesickness on at least one day of camp.

Thurber and the American Camp Association (ACA) suggest the following tips for parents to help their child deal with homesickness at camp:

- Encourage your child's independence throughout the year. Practice separations, such as sleep overs at a friend's house, can simulate the camp environment.
- Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.
- Don't feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.
- Send a note or care package ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."
- Don't bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.
- Pack a personal item from home, such as a stuffed animal.
- Talk candidly with the camp staff to obtain his/her perspective on your child's adjustment.
- Trust your instincts. While most incidents of homesickness will pass in a day or two, Thurber's research shows that approximately seven percent of the cases are severe. If your child is not eating or sleeping because of anxiety or depression, it is time to go home. However, don't make your child feel like a failure if their stay at camp is cut short. Focus on the positive and encourage your child to try camp again next year. If homesickness becomes an issue with your child's well-being, camp staff will contact you to discuss the situation and develop a plan.
- !!! DO NOT tell your child they may call home from camp if they are missing their family. A homesickness process is established at camp and parents are asked to have the camper's counselor and support staff assists with this challenging issue. If a child's situation necessitates a call phone, camp staff will first call and speak with the parent before the child gets on the phone. Remember, sometimes parents are more homesick than the kids!

### **How can I prepare my child and I for the emotional and psychological aspects of camp?**

"Summer camp is more than a vacation for children," says Bruce Muchnick, Ed.D., a licensed psychologist who works extensively with day and resident camps. "As a parent, there are a few things to consider to increase the opportunity for a rewarding camp experience for your child." Some helpful suggestions provided by Dr. Muchnick and the American Camp Association include:

#### **Consider camp as a learning experience.**

This is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice "letting go." Letting go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative, and more. This time also allows parents an opportunity to take care of themselves so that they will feel refreshed when their child returns home.

### **Prepare for camp together.**

Decisions about camp — like where to go and what to pack — should be a joint venture, keeping in mind your child’s maturity. If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve.

### **Talk about concerns.**

As the first day of camp nears, some children experience uneasiness about going away. Encourage your child to talk about these feelings rather than acting on what you think his/her feelings may be.

Communicate confidence in your child’s ability to handle being away from home.

### **Have realistic expectations.**


Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp, either. The main purposes of camp are to relax and have fun.

## **CAMP RULES**

**CAMP CONRAD-CHINNOCK** exists to provide a very valuable experience to young people with diabetes. The program is based on a strong commitment to a valuable learning experience in a safe comfortable environment and, of course, to have fun.

***REVIEW THESE RULES WITH YOUR CHILD AS THEY WILL BE EXPECTED TO UNDERSTAND THEM AND THEY WILL BE ENFORCED.***

### **RULES FOR PERSONAL CONDUCT AT CAMP:**

- 1) **PROXIMITY:** *If the camper is with someone who is breaking any of the rules, that camper may also be dismissed from camp.*
- 2) Alcohol, drugs, weapons, and objects capable of defacing property: If a camper possesses or uses alcohol, illegal drugs, weapons of any type, or items that may be used in defacing property (e.g., spray paint, permanent marker, etc.) he/she will be promptly dismissed from camp and may be reported to law enforcement.
- 3) A camper will not engage in any type of sexual contact.
- 4) A camper will not leave camp without the knowledge and permission of the Camp Director.
- 5) A camper will not intentionally physically or emotionally injure another person or them self.
- 6) A camper will not destroy or deface either camp or personal property and may be liable for damages he/she causes.
- 7) **TOBACCO:** DYS is a health-oriented organization committed to improving quality of life for all. Therefore, any tobacco use **IS NOT PERMITTED AT ANY TIME IN CAMP OR ON THE CAMP BUS.** If a camper smokes or possesses any tobacco, he/she will be promptly dismissed from camp.
- 8) A camper will only enter their *own* assigned cabin.
- 9) A camper will not intimidate or bully another person.
- 10) A camper may not alter their insulin dose, bolus, basal rate(s), or any other medication without approval of the medical team.
- 11) Electronic entertainment devices, including, but not limited to cell phones, MP3 players, portable game systems, must be kept at home. Diabetes Camping and Educational Services is not responsible for the damage, destruction, or theft of devices. If any of these items are brought to camp, they will be removed from the camper and given back at the end of their session. 
- 12) A camper will not bring candy; soda with sugar; other ‘sweet’ items; food items not previously approved by the camp medical, dietary, and/or program teams; recreational equipment; or medications (prescription or over-the-counter) unless they are given to the medical team at check-in.

**THERE ARE NO EXCEPTIONS TO THE ABOVE RULES.** Any camper who does not follow these rules may: 1) be promptly dismissed from camp, 2) not be refunded camp fees, and 3) lose the privilege of returning to camp in the future as a camper, counselor-in-training, volunteer, and/or staff.



## *Directions to Camp Conrad-Chinnock*

ARRIVE BETWEEN 1:30 P.M. and 2:00 P.M.! Camp is approximately two hours from Los Angeles and 2 1/2 hours from San Diego.

1) Take Interstate 10 towards Redlands.

If you are driving **east bound** on I-10, exit University Avenue and proceed north (towards the mountains; turn left). You will pass the University of Redlands. Go until you reach Lugonia Avenue. If you are driving **west bound** on I-10, exit Cypress Avenue and turn right. Turn right on Citrus Avenue. Turn left on Judson/Ford St and proceed about one mile until Lugonia Avenue.

2) At Lugonia Avenue (Highway 38), turn right. Proceed approximately 27 miles up the mountain (DO NOT go towards Forest Falls).

3) Turn right on Jenks Lake Road, East. You will encounter Jenks Lake Road, West before the East route, but continue to the East route. Watch for mile marker 29.7.

4) Proceed up the road and turn right at the sign for Camp Conrad-Chinnock.

The address is 4700 Jenks Lake Road East Angelus Oaks, 92305. For an online map, try <http://maps.yahoo.com> as it seems to be the most accurate choice. If you reach the South Fork campground you went too far - turn around! If you get lost, call camp at 909-794-6712.



## 2012 PRE-CAMP MEDICAL INFORMATION

Please fill out this form **prior to coming to check-in**. Make sure the information from the day prior to camp and the morning of the first day of camp is complete. **Parents are responsible for and must stay until the camper is on the bus!**

|   |   |             |                   |
|---|---|-------------|-------------------|
| Camper Name:  | First _____ Last _____  |             |                   |
| Camper information:   | Gender: <input type="checkbox"/> F <input type="checkbox"/> M Age: _____ Age at diagnoses _____   |             |                   |
|   | Weight (lbs): _____ Height (inches): _____  |             |                   |
|   | Result of last Glycohemoglobin A <sub>1</sub> C _____ Date _____  |             |                   |
| Current Diabetes Doctor Name:   | _____   |             |                   |
| Phone number(s) where parent/guardian can be reached <b>tonight</b>   | ( _____ ) ( _____ )   |             |                   |
| Insulin Brand   | <input type="checkbox"/> Lilly <input type="checkbox"/> Novo <input type="checkbox"/> <input type="checkbox"/> Aventis  |             |                   |
| Insulin Type  | <input type="checkbox"/> Humalog <input type="checkbox"/> Novolog <input type="checkbox"/> Regular <input type="checkbox"/> NPH <input type="checkbox"/> Lente <input type="checkbox"/> Ultra Lente<br><input type="checkbox"/> Lantus <input type="checkbox"/> Levemir <input type="checkbox"/> Other: _____ |             |                   |
| How much <b>EXTRA</b> fast acting insulin do you take if your blood sugar is 200?   | 1 unit of insulin drops me _____ points   |             |                   |
| Carbohydrate calculation  | Camper takes 1 (one) unit of insulin per _____ grams of carbohydrate.   |             |                   |
| Indicate if each snack time is optional or required.  | <b>Morning:</b> Optional / Required<br><i>NOTE:</i> Afternoon & evening are <i>required</i> for campers using NPH.<br><b>Afternoon:</b> Optional / Required <b>Evening:</b> Optional / Required   |             |                   |
| What other medications do you take (other than insulin)? <b>Each medication must be in original labeled prescription bottle, or over-the-counter bottle, if non-prescription.</b> | <b>Medication</b>   | <b>Dose</b> | <b>When Taken</b> |
|   |   |             |                   |
|   |   |             |                   |
|   |   |             |                   |
|   |   |             |                   |
| Do you have any <i>medication</i> allergies?  | <input type="checkbox"/> No <input type="checkbox"/> Yes If yes, please list:   |             |                   |
| Do you have any <i>food</i> allergies?  | <input type="checkbox"/> No <input type="checkbox"/> Yes If yes, please list:   |             |                   |
| Do you have any other medical diagnosis other than diabetes?  | <input type="checkbox"/> No <input type="checkbox"/> Yes If yes, please describe:   |             |                   |

Complete the blood glucose record below. It represents the day before camp and the breakfast and lunch tests plus doses/boluses. **If on a pump, list ALL basals with times. Complete information on next page!**

| INSULIN         |   |         |     |     |     | BLOOD GLUCOSE |         |     |     |     |      |
|-----------------|---|---------|-----|-----|-----|---------------|---------|-----|-----|-----|------|
|                 |   | Brkfast | Lun | Din | Bed |               | Brkfast | Lun | Din | Bed | NOTE |
| Day before camp | S | /       | /   | /   | /   | Test Result   |         |     |     |     |      |
|                 | L | /       | /   | /   | /   |               |         |     |     |     |      |
| Day of camp     | S | /       | /   |     |     | Test Result   |         |     |     |     |      |
|                 | L | /       | /   |     |     |               |         |     |     |     |      |

**S=short acting insulin** (e.g., regular, humalog, novolog)

**L=long acting insulin** (e.g., NPH, Levemir, Ultra-lente, Lantus, etc.)

Revised 06/13/2011

Camper Name: \_\_\_\_\_  
First Last

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If using a glucose sensor, complete the following:

Manufacturer \_\_\_\_\_

Last sensor change: Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Approximate time: \_\_\_\_\_ AM / PM

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If using an insulin pump, complete the following:

Make \_\_\_\_\_ Model \_\_\_\_\_ Serial number \_\_\_\_\_

Last site change: Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Approximate time: \_\_\_\_\_ AM / PM

|  |     | TIME       | RATE  |
|--|-----|------------|-------|
| <b>List Basal start time and rate:</b> | #1  | 12:00 a.m. | _____ |
|  | #2  | _____      | _____ |
|  | #3  | _____      | _____ |
|  | #4  | _____      | _____ |
|  | #5  | _____      | _____ |
|  | #6  | _____      | _____ |
|  | #7  | _____      | _____ |
|  | #8  | _____      | _____ |
|  | #9  | _____      | _____ |
|  | #10 | _____      | _____ |
|  | #11 | _____      | _____ |
|  | #12 | _____      | _____ |