



THE BartonCenter

FOR DIABETES EDUCATION, INC.

Inspiring Children. Empowering Families.™



the barton *Spirit!* newsletter

SPRING 2009

Why We Do What We Do!

Practically all one hears about these days is how poor the economy is doing. In the nonprofit sector, organizations are closing their doors, merging, laying off staff, selling assets, and just trying to survive. The Barton Center is facing the same difficulties and trying to survive, and thrive if we can. All of us, staff, trustees, and volunteers are working very hard to ensure our ongoing success. With this singular focus on financial concerns, it's easy to forget what we're here for, why we work so hard, and what keeps our spirits up when storm clouds threaten. That's why I want to take this opportunity to share with you some excerpts from a college application essay recently written by camper alumna Rachael.

...in the middle of seventh grade I was diagnosed with diabetes and I had to readjust my life to a whole new lifestyle. At first I thought about how unfair things were and wondered why it was me that was chosen to have this disease...I knew my life was going to be very different, despite what people were telling me...My friends and family were always there to support and encourage me. However, they did not have firsthand experience as to what it was like to live with diabetes. I needed people who I could talk to and would know exactly what I was going through. I needed people who had 'been there, done that.' Three months later I found myself packing my suitcase and arriving at [Clara Barton Camp]...as soon as I stepped foot onto CBC, I was hooked...my reason had to do with the feeling of being part of a family that has drawn me back year after year...

At camp you can escape from the real world for a few weeks and enter into that wonderful camp bubble that focuses only on fun and laughter. There is an unspoken understanding between each camper and counselor that says even though life is tough we are going to be just fine. Camp is made up of a network of love and kindness, encouragement and support. Whether it is reaching new heights by literally making it to the top of the high ropes course or simply putting your insulin pump site in your arm for the first time, camp calls you to challenge yourself and be the best that you can be. Camp is not just all fun and games, but a learn-as-you-go experience. I remember arriving at camp my first year and realizing how much I could learn just by observing people. I tried giving myself shots in new places

that I would have probably been much too scared to try by myself and loved how people showed off their new insulin pump covers, never mind new clothes or music. Camp allowed me to be proud of who I am, diabetes included... Camp has given me the courage to turn obstacles into challenges I can easily conquer, and has given me the support of many friends that make these challenges seem a little less intimidating.

Though people will come and go and the world will continue to change, camp is something that will always be there for me...one thing is for sure, that once you step foot on CBC it is forever a part of you. There is a unique bond that connects all of those who have ever experienced camp and a type of magic that calls us back to this piece of heaven year after year. As my role at camp changes from camper to counselor, I look forward to passing on the joy that camp has brought me and seeing the smiles on my campers' faces. I hope to teach my campers that diabetes is not a fence that can stop them but a hurdle that can be overcome. At camp the world is seen through a different perspective. We know that no matter what, we will always have a friend by our side, and we will be ready for whatever life tosses to us next...Diabetes is a part of me, and I honestly do not wish to change a thing. I will admit that it is not always the easiest life but, in a way, living with diabetes has been a blessing in disguise. It has made me a stronger, more resilient person. I am thankful for what I have and realize that without diabetes I would never have found camp and the endless possibilities it has enabled me to envision...

This is what we're here for, why we work so hard, and what keeps our spirits up when storm clouds threaten; providing a haven of support and understanding for this camper, soon to be counselor, and the thousands of girls and boys we have served for 77 years...which brings us back to the present and the fiscal challenges we face. When you decide which cause(s) you will support with your limited financial resources, please consider giving to children with diabetes. They need your help to experience the "endless possibilities" found at camp. To make a donation to The Barton Center, please go to our Web site at www.bartoncenter.org or return the enclosed pledge card.

-Jonas Goldenberg, Executive Director



Teens Enjoy Winter Camp

Winter Camp 2008 was a huge success with twenty-six campers ages twelve to seventeen enjoying both great wintertime activities as well as receiving age-specific diabetes education and support!



The intent of the program was to empower adolescents living with diabetes through education sessions like “Communication with Parents,” “Competing at your Best,” and “Doctor Visits.” Experts explained to campers the importance of making healthy and safe choices in life while living with diabetes! The Winter Camp atmosphere allowed our staff to really get to know each and every camper in the program, which led to some outstanding discussions about what is going on in these teens’ lives. The parents were not left out either—they had a discussion at the end of the program with one of our summer camp doctors who provided both information and advice relative to dealing with normal teenage emotions and thoughts combined with diabetes.



That’s not to say that there wasn’t any fun during the program! Campers enjoyed games like an old favorite Ga-Ga and the Cookie Bake-Off which requires campers to answer nutrition questions correctly to win ingredients for their cookies. New at this program was Campopoly, a game based on the Wii Monopoly game, except campers used real cabins as they ran around camp collecting coins and property!

Barton’s Got Talent

One of the things we love to do at camp is show off the talents of our wonderful campers. Whether it is a silly poem, crazy skit, or a poetic dance, our campers are filled with imagination. One of our favorite memories from November WACKY this fall was the ever-so-popular talent show.

One of the interesting acts that came out of the talent show was from one of the younger cabins, where one side of the cabin was boys and the other side was girls. In this cabin, just like all the others, they had to work together to create an act. The girls were very interested in showing off their gymnastic talents, while the boys were ready to scare the crowd with their karate moves. Much discussion ensued as to which act was going to be portrayed in the show. Up to the last minute, the campers were going back and forth. Finally moments before

the show, it was decided that their act would be a display consisting of both components. The girls came out first playfully telling the audience that their act was going to be the best. They showed off their gymnastic moves with tumbles, splits, and cartwheels. Next the boys came out, “Oh yea, watch this.” The music changed and now karate moves were all the rage with sound effects galore. To complete the show, both the girls and the boys came out to give each other a hand—announcing that they were indeed impressed with each other. The rest of the talent show went on; campers dressed up as counselors, showed off their singing ability, told us a few jokes, performed a beauty pageant, and showcased Indian dancing skills.

At the end, all of the campers received awards for their creativity, but the happiest of all was the youngest cabin whose hard work paid off to earn them the “Barton’s Got Talent” award.



Birthplace Open House and American Red Cross Blood Drive

The Clara Barton Birthplace Museum held its annual Open House on January 4, 2009. This year’s Open House was combined with an American Red Cross Blood Drive. The event included an American Red Cross Emergency Response display as well as a children’s activity where reproduction first aid kits were created. The event was a wonderful celebration of the life of Clara Barton who founded the American Red Cross and advocated to bring first aid to everyday people.

Senator Moore honored the Birthplace with a Proclamation from the Commonwealth of Massachusetts, signed by Governor Deval Patrick and Secretary of the Commonwealth William Francis Galvin. The document recognizes the week of December 25th to December 31st, 2008 as Clara Barton Week in honor of Clara’s life accomplishments.

Senator Moore also celebrated Clara’s birthday by cutting a birthday cake with two members of the American Red Cross of Central Massachusetts’ Disaster Action Team.



Clara was born on Christmas Day in 1821.

Barton staff and museum volunteers welcomed about seventy-five people to Clara’s childhood home where they learned about the founding of the American Red Cross in the museum’s new Red Cross Room and where they viewed a one-hundred-year-old first aid kit on exhibit. Many people visited

the museum for the first time, including several blood donors. The Red Cross exceeded their expectations for the day collecting sixty-seven pints of blood. Dan Huston, Red Cross Team Supervisor, reflects, “This drive was successful in numbers, successful in positive comments, and successful in making a good impression on many first-time people to The Barton Center. What a great day.”



Upcoming Fall, Winter, Spring Programs

Registration forms and online registration are available at
www.bartoncenter.org.

FAMILY CAMP DAZE

April 11, 2009 1-4 p.m.

Thinking about attending camp this summer, or just looking to reconnect? Experience camp for a day! Spend the afternoon with us taking a tour of both camps, doing crafts, and playing some fun camp games. Get a taste of what summer camp would be like.

CAREGIVERS WEEKEND

April 24-26, 2009

FREE

Coed, All Ages

Parents, is there a grandparent, aunt, uncle, neighbor, or babysitter who is willing to look after your child with diabetes "if only they understood what diabetes is all about?" Or now that you have had time to breathe after your child's recent diagnosis, are you still filled with lots of questions? Send your child with the caregiver or bring your family for "Diabetes 101 and Diabetes 201."

LIFE AFTER HIGH SCHOOL

May 15-17, 2009

Coed, Ages 17-20

Location: Mass College of Pharmacy & Health Sciences, Boston College, the workforce, whatever your future holds, come experience what living with diabetes is like when you are on your own. The discussions and activities will mock real life situations.

JOIN THE FUN AT OUR SUMMER PROGRAMS



Summer program planning and registration are in full swing! All of our programs—Clara Barton Camp, Camp Joslin—operated by The Barton Center, Barton Day Camps, and the Adventure/Wilderness Leadership Programs are open for registration!

We are excited about the upcoming season, and we look forward to having your camper at The Barton Center this summer! If you have any questions about any of the programs, please call John Latimer or any of the Camp Directors at 508-987-2056!



Barton Joins Facebook

Join us online! Become a fan of The Barton Center for Diabetes Education, Inc. on Facebook and join our Causes page. We can be found at www.facebook.com/pages/North-Oxford-MA/The-Barton-Center-for-Diabetes-Education-Inc/41443026285.

Shaw's Supermarket Fundraiser

Shaw's Neighborhood Rewards:

Register your Shaw's card online so that a percentage of the proceeds of your eligible Rewards Card purchases made on Tuesdays, Wednesdays, and Thursdays will be donated to The Barton Center. Visit www.shaws.com/neighborhoodrewards and enter the code for The Barton Center: 49001019997.

Can Road Rage be Good for Barton?

Trustee Dave Harned recently published *Why We Feel Road Rage ... And Why It's Your Fault!* It is a book of satire that exposes the bad drivers who frustrate the rest of us. If you purchase the book through Dave's Web site (www.roadragebook.com) and enter "Barton" as your promotional code during checkout, Dave will donate 10% of those proceeds to The Barton Center. You can also call his distributor directly at 800-345-6665 or email Dave at dave@roadragebook.com, but please be sure to indicate it's a Barton purchase.

Summer Calendar 2009

NEW

ONLINE REGISTRATION IS NOW AVAILABLE!

For the first time ever, you can register for all programs, except the LIT Program, online this year! Simply go to www.bartoncenter.org and click on "Registration Forms" to see the link!

CLARA BARTON CAMP

Resident Camp Sessions (*girls only, Ages 6-16*)

Session I WACKY*	June 21–July 2
Session II	July 5–July 16
Session III	July 19–July 30
Session IV	August 2–August 13

**Campers can bring a sibling or friend who does not have diabetes with them to camp during these sessions.*

Mini-Camp Sessions (*girls only*)

Mini A WACKY*	June 21–June 25	Ages 6-9
Mini Teen A WACKY*	June 21–June 25	Ages 13-16
Mini B WACKY*	June 28–July 2	Ages 10-12
Mini Teen B WACKY*	June 28–July 2	Ages 13-16
Mini C	July 5–July 9	Ages 10-12
Mini D	July 12–July 16	Ages 10-12
Mini E	July 19–July 23	Ages 6-9
Mini F	July 26–July 30	Ages 10-12
Mini G1	August 2–August 6	Ages 6-9
Mini G2	August 2–August 6	Ages 10-12
Mini H	August 9–August 13	Ages 10-12

FAMILY CAMP (*Coed, all ages*)

Family Camp August 16–August 20

ADVENTURE/WILDERNESS LEADERSHIP PROGRAMS

Wilderness 1—Limit 8 campers	June 22–June 28
<i>Canoeing</i>	Coed, Ages 15-18
Adventure 1—Limit 10 campers	July 2–July 11
<i>Rappelling, Climbing, Snorkeling & Kayaking</i>	Coed, Ages 13-17
Wilderness 2—Limit 6 campers	July 22–July 28
<i>Backpacking</i>	Coed, Ages 15-18
Adventure 2—Limit 12 campers	August 1–August 10
<i>Sailing & City Adventure</i>	Coed, Ages 13-17

BARTON DAY CAMPS (*Coed, Ages 6-12 unless noted otherwise*)

Greenwich, CT— <i>The Rainbow Club</i> (Ages 3-15)	June 29–July 3
Long Island 1— <i>Roslyn, NY</i>	July 6–July 10
Long Island 2— <i>Roslyn, NY</i>	July 13–July 17
Worcester— <i>Clara Barton Camp</i>	July 20–July 24
Boston— <i>Mass College of Pharmacy</i>	July 27–July 31
Springfield— <i>Western New England College</i>	Aug. 3–Aug. 7
New York City— <i>Mt. Sinai/Barton Day Camp</i>	Aug. 10–Aug. 14

CAMP JOSLIN (operated by The Barton Center)

Resident Camp Sessions (*boys only*)

Session 1	June 21–June 26	Ages 6-16
Session 2	June 28–July 10	Ages 6-16
Session 3	July 12–July 24	Ages 6-16
Session 4	July 26–August 7	Ages 6-16
Session 4a	July 26–July 31	Ages 6-9
Session 4b	August 2–August 7	Ages 10-12
Session 5	August 9–August 14	Ages 6-16

CAMP OPEN HOUSES: To get a camp tour, meet the camp director, and ask questions about camp, you can attend the following open houses—**Clara Barton Camp** and **Worcester Day Camp** at CBC on June 13th from 10am to 12pm; **Camp Joslin** on June 20th from 1 to 3pm; and **Long Island Day Camp** at Buckley Country Day School in Roslyn, NY, on June 6th from 10am to 12pm.

Special Events Update

March 14, 2009 Annual St. Patrick's Road Race/Walk 1 p.m. —Registration begins at 12 p.m.

Recruit family and friends to walk or run in this four-mile sanctioned race and raise money toward your camp fee or the general campership fund through pledges. Funds you raise can be applied to your camp fee at Clara Barton Camp, Camp Joslin, or Barton Day Camps. This event at The Barton Center is followed by a buffet and prizes! One registration fee will be waived for every \$75 in pledges you earn. To register online or for pledge sheets and flyer, please go to www.bartoncenter.org/events. For more information, call Liz Papp at 508-987-2056, Ext. 105 or email events@bartoncenter.org.

March 31, 2009 Chateau Restaurant of Waltham 5 p.m. to 8 p.m.

Everyone is invited to this fundraiser. Dine at the Chateau Restaurant of Waltham and connect with other alumni, staff, and friends. Invite your friends and enjoy a wonderful meal—20% of your total bill will be donated to The Barton Center when you show your flyer. Flyers are available by emailing events@bartoncenter.org or by calling Liz Papp at 508-987-2056, Ext. 105. We hope to see you there!

May 9, 2009 Clara Barton Camp Spring Work Day 9 a.m. to 3 p.m.

Come lend a helping hand to prepare camp facilities for the summer. Campers can raise campership money for their camp fee by collecting pledges for their hours worked. Lunch is provided. Please call 508-987-2056, Ext. 105 to register.

May 16 & 17, 2009 Camp Joslin Work-A-Thon 9 a.m. to 3 p.m.

Campers can earn all or a portion of their camp fee by helping prepare Camp Joslin for the summer. Campers collect pledges from sponsors. Lunch will be provided. Please call 508-987-2056, Ext. 105 to register.

June 1, 2009 Celebrity Diabetes Golf Outing—Fairfield, CT

The Barton Center continues the tradition at the beautiful Country Club of Fairfield, CT. For more information or registration and sponsor forms, please call Liz Papp at 508-987-2056, Ext. 105 or email events@bartoncenter.org or go to www.bartoncenter.org/events for a brochure.

June 5, 2009 Ironworkers Golf Tournament

This tournament will be held at the Heritage Club in Charlton, MA. The day of golf includes a steak dinner, cash prizes, and team prizes. For more information, please call Liz Papp at 508-987-2056, Ext. 105 or email events@bartoncenter.org.

June 12, 2009 Jennifer Gianocostas Golf Tournament

More information will be available soon. Please check our Web site for details at www.bartoncenter.org.

June 19, 2009 The 14th Annual Clara Barton Open Golf Tournament

Hosted by the Oxford Lions, this annual event at the Heritage Club in Charlton, MA, is always a lot of fun complete with prizes and great food! For more information, please contact Liz Papp at 508-987-2056, Ext. 105 or email events@bartoncenter.org.

June 26, 2009 The 16th Annual Robert J. Kenny Memorial Golf Tournament

This annual tournament is organized by Chris and Tim Kenny, their family and friends. Join them for 18 holes of golf, post-classic dinner party, and prizes at the Hampden Country Club in Hampden, MA. For information, registration, or sponsor forms, please visit www.kennyclassic.org.

July 11, 2009 Larry Papagini Memorial Golf Tournament

More information will be available soon. Please check our Web site for details at www.bartoncenter.org.

July 18, 2009 Camp Joslin Alumni Day 10:30 a.m. to 4 p.m.

This fun day at Camp Joslin will feature camp tours, lunch with campers, and great activities. Join us for the annual alumni softball game. Registration begins at 10:30 a.m. Please RSVP by July 3rd. For more information, email events@bartoncenter.org or call Liz Papp at 508-987-2056, Ext. 105.

July 25, 2009 Lions Appreciation Dinner & Campfire

Calling all Lions—this day is for you! Bring the entire family and spend a relaxing afternoon at Clara Barton Camp. Join staff and campers for dinner and campfire. This special thank you begins at 4 p.m. Please RSVP by calling Liz Papp at 508-987-2056, Ext. 105 or email events@bartoncenter.org. *Prize awarded to the club with the most participants.*

August 22, 2009 Clara Barton Camp Alumni Day 11 a.m. to 3 p.m.

Come join the fun and catch up with camp friends. Family and friends are welcome. This is a free event. Lunch will be provided and the swimming pool will be open. Please RSVP by August 7th so we may plan food accordingly to Liz Papp at 508-987-2056, Ext. 105 or email events@bartoncenter.org.



CLARA BARTON BIRTHPLACE MUSEUM

The museum is open from June to September. From June 1st—August 31st, the museum is open on Wednesday to Sunday from 11 a.m. to 5 p.m. In September, the museum

is open Saturdays only from 11 a.m. to 5 p.m. Tours are also available by appointment. Special programs are available for school groups.



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