



THE BartonCenter

FOR DIABETES EDUCATION, INC.

Inspiring Children. Empowering Families.™



the barton *Spirit!* newsletter

SPRING 2010

Newsflash: “Barton Cures Isolation”

There are many fine organizations that fund and/or conduct research looking for new treatments or a cure for diabetes. We at The Barton Center strongly support these foundations and research organizations and sincerely hope that a cure will be found in the very near future. As you know, The Barton Center is not a research center, and we don't anticipate ever finding a cure for diabetes. However, we have discovered a very important and meaningful cure, the “Cure for Isolation.”

Nearly as powerful and emotionally devastating as the actual diagnosis of diabetes is to most children and their families, is the feeling that they're alone; the only child or family at school or on the team or at the club or at their church or synagogue with this life-altering and lifelong disease. Sure, there might be one or two, or even a few other children of various ages with diabetes in the local communities. And there might be a parent support group run out of a local or regional hospital or clinic and even occasional get-togethers for families or children, but too often these opportunities are rare. This is why Barton's “Cure for Isolation” is so important. All year round we provide many opportunities, in a fun, educational, and supportive setting, to cure children with diabetes and their families of their isolation and feelings of being different than their friends without diabetes. But don't take our word that we've found the cure for isolation, hear what our campers and their families have to say.

Following a family program, a parent wrote, “If I can write this through the tears in my eyes – wow – heaven on earth – Clara Barton Camp is going to be a second home for our family. I am so thankful that there is a place where my child can feel like everybody else, and lose the isolation of being the only one with diabetes. For the first time in three years, I wonder if maybe we will discover that diabetes could be a real blessing in disguise – it will make all of us stronger, more sensitive to others, and will bring us to a better life together. Thank you for being here for all the kids and parents who need you.”

Campers sometimes keep a journal while attending our summer camp programs. One camper wrote, “Camp has been amazing for me. Everywhere in my life I have felt like I don't belong – that I have to hide a part of myself in order to be a part of society. But at camp I feel like I am myself. This is who I would be if I didn't have to hide anything. I was wondering earlier what it will be like to go home and

actually have to explain – all over again – what I am doing every time I give a bolus or check my blood sugar. It made me so depressed. Even my family, who are so close to me, do not fully understand what I deal with every day; but camp does. It is my home and I will always come back.”

Another camper wrote, “Camp is such a great place. It's a second home; a second family. This is a place where you are like everyone else. It is easy to fit in here. This is one of the few places you can just forget about your diabetes.”

One camper was overheard saying to his parents when he got out of the car, “You mean everyone here has diabetes? I never knew there were so many kids with diabetes.”



It took The Barton Center just one day to find the “Cure for Isolation.” That day was back in 1932 when the Women's National Missionary Association of the Universalist Church and Dr. Elliott P. Joslin collaborated to start Clara Barton Camp and then in 1948 to found Camp Joslin. It's taken us 78 years and the experience of helping thousands of girls, boys, and families to actually realize that we have found the cure—the “Cure for Isolation.”

In this newsletter, on our Web site, and in other printed and emailed materials you receive from The Barton Center, you will see the many opportunities, throughout the year, that we provide to children, teens, and young adults with diabetes, and their siblings and families to join together for recreation, education, and support programs which inspire, empower, and cure isolation. I encourage you to support our cause in any way you can—by making a donation, volunteering your time and effort, getting pledges and participating in our annual walk/run in March (maybe putting together a team like many do for other causes), referring a child with diabetes to one of our programs, or having your child or family attend one of our camps or programs this year. I sincerely thank those of you who already support The Barton Center.

-Jonas Goldenberg, Executive Director

Camp Joslin is operated by The Barton Center for Diabetes Education, Inc.

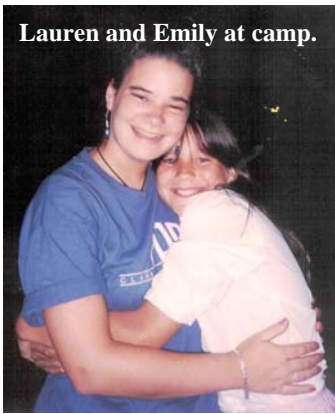


CBC SUPPORT SYSTEM

by Alumna Lauren Czaporowski Pekala

I was diagnosed with diabetes when I was nine years old in February of 1990. After a week in the hospital, feelings of terror and loneliness swelled inside as I left the security of the doctors. At the same time, I couldn't get home fast enough, but I didn't understand why this disease had to come home with me. I was leaving the hospital and I should be better. A month or two later and still trying to

adjust to a regiment of needles, a strict diet, and an exercise plan, my mom showed me a brochure for Clara Barton Camp. I'll never forget what she said, "Lauren, there are sixty girls just like you, who do what you do every day." I was scared to go and I even cried about going. I was in denial about really having this disease, and so I was very curious to meet other people with diabetes and see for myself that they, too, had to stick needles in their body. I needed that confirmation that I wasn't alone. I went to camp that summer and nine more summers after that. Thank you mom!



Lauren and Emily at camp.

I often reflect on my camp experience and the support system that has grown with me over twenty years. Camp for me was more than learning about diabetes management. It was about meeting other girls who truly understood the frustration, anger, and confusion that someone living with diabetes goes through. Camp provided an outlet for me; a place I could go to for two weeks out of the year and just feel "normal." Camp became my home away from home, a place I felt safe and secure at, a place that taught me I can do what I want with a little extra planning, a



L-R: Camp friends—Sally, Elizabeth, Lauren and Eva

place that gave me a shoulder to cry on when I was struggling, and a place to laugh with friends until there were tears rolling down. It was through my camp experiences and ongoing support that I became more knowledgeable and confident in managing and living with diabetes.

Throughout my adult years, this has continued with me. My husband became a part of my

support team ever since we met over eight years ago. He was supportive of me when I went on the pump for the first time, and just a few months ago, he gave me the final nudge I needed to get the Continuous Glucose Monitoring system. We recently got married in the fall of 2008 in Boston and our wedding day couldn't have been more perfect. I was in my most beloved city with my husband by my side, the presence of our families, and my camp friends there to share a truly momentous moment.

I am thankful and feel fortunate to have such extraordinarily wonderful people in my life, and I wouldn't change any of it for the world. I am often faced with tough decisions, and so I remind myself that I have all the tools I need to lead a long and healthy life. It is up to me to use them. Continuing to eat healthy and working out almost every day can be difficult at times, and there are rough patches here and there, but I find the strength to get over them and move on.

Sometimes it's the small things in life that help to keep your head up, like a blood sugar that is in range on your wedding day.



CATCHING THE GOLD AT NOVEMBER WACKY WEEKEND

They came to compete from eight different countries, in eighteen different events over two days to catch the "Gold" in The Barton Olympics. The action at November WACKY was non stop as campers learned that teamwork, exercise, healthy eating, and diabetes is a fun combination! The weather was rainy, but that didn't stop these competitors from going all out. During the weekend, one team especially stood out, and not because they were the best at the events, but because they gave it their all! No matter what place they were in and how many times they finished last, they cheered on their teammates and really showed the importance of teamwork. "Together Everyone Achieves More" was a theme that was stressed over the weekend. As explained to the campers, although they are the ones who have diabetes, they are not in it alone. They have an entire team of support whether it be the staff at camp, their doctors, parents, school, or friends—people are there and willing to help!

As the weekend progressed, campers cheered as their teammates raced against each other in the hurdles, steeple chase, and fifty meter dash. They roared loudly as they competed in the scooter board bobsled and skeleton events, and a hush fell over the crowd as they tried to answer diabetes questions during the diabetes ping pong tournament! Saturday night ended with the campers competing in the Nutrition Iditarod. Campers answered questions to win ingredients to make cookies and not just your typical ingredients. To add an element of fun and a challenge for the judges, campers won olives, garlic, relish, and pickles to add to their cookies and laughed hysterically as the counselors tried to eat their cookies. Yuck!

One of the questions that we asked to prompt discussions about diabetes provided an answer which highlighted one of our goals of the weekend. Campers were asked to respond to the statement, "Everyone else in the family eats whatever they want, whenever they want. Sometimes I feel left out. When this happens, I..." One camper responded, "I will choose a piece of fruit knowing that in ten years I will

look better than them!" This successful weekend was a blast for both campers and staff.



Upcoming Fall, Winter, Spring Programs

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

CAREGIVERS WEEKEND

April 9-11, 2010

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

April 16-18, 2010

Coed, Ages 17-20

College, the workforce, whatever your future holds, come experience what living with diabetes is like when you are on your own. This program is designed to engage you in discussions and activities that simulate real life situations.

FAMILY CAMP DAZE

April 24, 2010 1-4 p.m.

FREE

Coed, All Ages

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.

WINTER CAMP 2009

Mother Nature cooperated during our Winter Camp program in December by supplying fresh snow! Our group of teen participants not only played in the snow on property, but walked to a nearby field and had a snowball fight! This fun activity provided one more small way to help emphasize the importance of exercise and the preparation and follow-up that it requires!

Winter Camp focused on "supervised independence" for the group of teenagers. Teenagers, as a group, are generally a bit too old for the constant, minute-by-minute diabetes management support by parents that is required when they're younger. But they're also not quite ready to be completely independent in their diabetes management—even if for just the regular questions and support from their parents! The program discussed feelings, methods, and situations that the teenagers have dealt with and will be dealing with in their teenage years as it relates to the slow transition from managed care as children to independent self-care as adults, working with their diabetes team.

Between the games, educational sessions, scheduled and spontaneous conversations among the campers and staff, and the staff facilitators, Winter Camp 2009 was a tremendous success!



Summer Calendar 2010

ONLINE REGISTRATION IS AVAILABLE!

You can register for all programs, except the LIT Program, online. 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	July 4–July 15
Session II	July 18–July 29
Session III	August 1–August 12

Mini-Camp Sessions (*girls only*)

Mini A WACKY*	June 27–July 1	Ages 6-9
Mini Teen A WACKY*	June 27–July 1	Ages 13-16
Mini B	July 4–July 8	Ages 10-12
Mini C	July 11–July 15	Ages 10-12
Mini D	July 18–July 22	Ages 6-9
Mini E	July 25–July 29	Ages 10-12
Mini F1	August 1–August 5	Ages 6-9
Mini F2	August 1–August 5	Ages 10-12
Mini G	August 8–August 12	Ages 10-12
Mini Teen G	August 8–August 12	Ages 13-16

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

FAMILY CAMP (*Coed, all ages*)

Family Camp August 15–August 19

ADVENTURE/WILDERNESS LEADERSHIP PROGRAMS

Adventure 1—Limit 10 campers <i>Rappelling, Caving, Climbing, Snorkeling & Kayaking</i>	July 1–July 10 <i>Coed, Ages 13-17</i>
Wilderness 1—Limit 8 campers <i>Canoeing</i>	July 14–July 20 <i>Coed, Ages 15-18</i>
Wilderness 2—Limit 6 campers <i>Backpacking</i>	July 28–August 3 <i>Coed, Ages 15-18</i>
Adventure 2—Limit 12 campers <i>Sailing & City Adventure</i>	August 7–August 16 <i>Coed, Ages 13-17</i>

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

Greenwich, CT— <i>The Rainbow Club (Ages 3-10)</i>	June 28–July 2
Boston— <i>Mass College of Pharmacy</i>	July 12–July 16
Worcester— <i>Clara Barton Camp</i>	July 19–July 23
New York City— <i>Mt. Sinai/Barton Day Camp</i>	July 26–July 30
Long Island 1— <i>Roslyn, NY</i>	Aug. 9–Aug. 13
Long Island 2— <i>Roslyn, NY</i>	Aug. 16–Aug. 20

CAMP JOSLIN (operated by The Barton Center)

Resident Camp Sessions (*boys only*)

Session 1	June 27–July 2	Ages 6-16
Session 2	July 4–July 16	Ages 6-16
Session 3	July 18–July 30	Ages 6-16
Session 4	August 1–August 13	Ages 6-16
Session 4a	August 1–August 6	Ages 6-9
Session 4b	August 8–August 13	Ages 10-12

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**, **Camp Joslin**, and **Worcester Day Camp** on June 26th from 1pm to 3pm; and **Long Island Day Camp** at Buckley Country Day School in Roslyn, NY, on June 12th from 10am to 12pm.

Special Events Update

March 13, 2010 Annual St. Patrick's Road Race/Walk 1 p.m. —Registration begins at 12 p.m.

Sign up for this four-mile sanctioned event! All are welcome! Recruit family and friends to walk or run and raise money toward your camp fee or the general campership fund through pledges. This event at The Barton Center is followed by a buffet and prizes! To register online or for pledge sheets, go to www.bartoncenter.org. For more information, please call Cyndie Saad at 508-987-2056, Ext. 103 or email cyndie.saad@bartoncenter.org.

May 8, 2010 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. 103 to register.

May 22, 2010 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. 103 to register.

May 24, 2010 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 Cyndie Saad at 508-987-2056, Ext. 103 or email cyndie.saad@bartoncenter.org or go to our Web site at www.bartoncenter.org/events for a brochure.

June 11, 2010 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 Cyndie Saad at 508-987-2056, Ext. 103 or email cyndie.saad@bartoncenter.org.

June 11, 2010 Jennifer Gianocostas Golf Tournament
Hosted by Skip and Diane Gianocostas, this event is held at the Wayland Country Club. More information will be available soon. Please check our Web site for details at www.bartoncenter.org.

June 18, 2010 The 15th Annual Clara Barton Open Golf Tournament
Hosted by the Oxford and Charlton 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 call Cyndie Saad at 508-987-2056, Ext. 103 or email cyndie.saad@bartoncenter.org.

June 25, 2010 The 17th 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.

Date TBD—Larry Papagini Memorial Golf Tournament
More information will be available soon. Please check our Web site for details at www.bartoncenter.org.

July 24, 2010 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 cyndie.saad@bartoncenter.org or call Cyndie Saad at 508-987-2056, Ext. 103.

July 24, 2010 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 Cyndie Saad at 508-987-2056, Ext. 103 or email cyndie.saad@bartoncenter.org. *Prize awarded to the club with the most participants.*

August 21, 2010 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 Cyndie Saad at 508-987-2056, Ext. 103 or email cyndie.saad@bartoncenter.org.

September 19, 2010 Motorcycle Run
This event will start in West Boylston and finish at Camp Joslin in Charlton. More information will be available soon. Please check our Web site for details at www.bartoncenter.org.

October 16, 2010 Annual Auction 7 p.m. to 10 p.m.
Please join us at the Penta Dining Hall at Camp Joslin in Charlton for our annual auction hosted by the Alumni Association. The evening will feature both silent & live auctions, appetizers, desserts, and dancing. For more information or for sponsorship opportunities, please contact Cyndie Saad at 508-987-2056, x103 or email cyndie.saad@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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