



THE BartonCenter

FOR DIABETES EDUCATION, INC.

Inspiring Children. Empowering Families.™



the barton *Spirit!* newsletter

FALL 2015

Staff Training is Exciting But Intense

By Brittany Baillie

When I first attended Clara Barton Camp as a twelve-year-old, I had no idea the large impact and importance it would play in my life for the next eight years to come. It wasn't until I became a staff member that I learned the true intensity and preparation that comes along with being a camp counselor. I have taken away some of the most valuable experiences and lessons that have helped me grow as a person. Camp is full of magic and making lasting impressions on children living with type 1 diabetes. I can confidently say that the responsibilities and challenges that I have faced as a staff member at The Barton Center have prepared me for my future more than any of my other jobs and internships.

The summer begins with key staff training. Leadership teams from all Barton programs come together for a week of training and preparation for the following week. The next week all staff joins and spends the week for pre-camp training. Pre-camp is a week filled with informational sessions, guest speakers, games and bonding. Whether or not a staff member has attended for ten years or one, this week is a vital part to becoming a successful employee. The expectations, rules and ways of camp are taught through various sessions that are led by the leadership team. The topics cover anything a staff member could possibly learn about camp, and the five days of this training are exciting but intense.

The mission of The Barton Center is "to improve the lives of children with insulin-dependent diabetes through education, recreation and support programs which inspire and empower." This mission speaks true to what happens on a day-to-day basis at each camp. Children come to camp from all over the world to experience the inspiration that comes from being around other kids with diabetes. Each counselor plays an enormous role in the empowerment of these children and it's not an easy job.

During the course of the week, the sessions vary from being serious to fun. On the serious side, there are sessions focused on conduct, respect, harassment, diversity and emergency procedures. These are all aspects of camp that help make it a safe place for the children. Every year the Charlton and Oxford Police Departments visit to share their insight on safety. We were also lucky enough to have a few other speakers come to share their own expertise. Stacy Reicher, a social worker, did a presentation on bullying and other issues that should be brought to a social worker's attention. Deb Holtorf, Health Services Manager for both camps, spoke about child abuse. Joanne Leary, who has a Master's in Education, did a presentation and project with the staff on behavioral management techniques. Brad Roberts, an attorney and Barton board member, spoke about risk management and the responsibility of working with kids. The speakers we have for pre-camp are such an important aspect in educating our counselors.

The other sessions that occur during this week focus on the magic of camp and are led by the leadership teams of both resident camps. Counselors learn how to lead an activity, teachable moments, goal setting, great compliments and more. Teachable moments are one of the key components to making kids comfortable about their diabetes at

camp. Many times as a counselor they will face kids questioning their blood sugars or becoming frustrated with diabetes. These are the times when a counselor can inspire their campers to learn from moments like a low blood sugar after swimming or what happens when they forget to carbohydrate count for something extra they ate. Camp is a wonderful place to grow as a child, and that's also why we teach goal setting. Goals can vary from putting a pump site in a new spot to becoming more active during camp. These lessons help create the atmosphere camp needs to meet the mission.



The Barton Center is American Camp Association (ACA) accredited and with that comes all the requirements that need to be followed. ACA ensures that camps are following the proper policies, procedures and practices to create a successful experience for the children. There are certain guidelines that need to be met to establish a quality environment. The ACA website states, "The impact of working as a member of a summer camp staff is seldom recognized for the valuable contributions that often arise from the experience working at camp gives you, the opportunity to enrich lives and change the world." The Barton Center takes pride in being ACA accredited which is why we start the summer off with such a strong training.

Oftentimes, people may assume that working at a summer camp only requires having fun with kids. Dave Harned, the Chair of the Barton board, spoke at pre-camp about why camp belongs on your resume. As someone who worked in the field of business for many years, he always hired camp counselors. When he saw "camp counselor" on a resume, he immediately associated that with a responsible, hard-working individual who had experience working as a team. Mark Fuller, treasurer on the board, came to speak about charitable giving. According to Mark, "Camp counselors are giving to people's most prized possessions—their children. That is no small task and something to be proud of."

Camp has taught me resilience. It has pushed me to be my best even on a bad day. I have gone through camp as a camper, Counselor-in-Training (CIT), counselor, CIT Director and now seasonal Assistant Director. Words can't even begin to describe what this amazing place has given me and continues to teach me every day. The Barton Center staff is a group of very special people who change the lives of kids with diabetes every day.



Brittany (right) at a camp dance

Safe Haven at Clara Barton Camp

By Ashley Napear, Clara Barton Camp Assistant Director

Imagine this: finding your safe haven, a place where you belong and where everyone is dealing with the same things that you are. This is Clara Barton Camp. After going to a different diabetes family camp for two years when I was five and six, my mom heard about Barton and decided to bring me from northern Virginia to Massachusetts to experience diabetes camp for the first time on my own. In 1995, at seven years old, I came to Clara Barton Camp for one week all on my own. From the moment I stepped onto camp, I knew that this place was going to be my second home. For the next twenty years, as a camper, counselor, challenge course director and now year-round Assistant Director, I went from little shy Ashley to my now outgoing, confident and hard-working self.

Clara Barton Camp has always been my safe haven, a place where I am not afraid to be myself, and somewhere I am now fortunate to call home. The knowledge I learned and continue to learn about my diabetes amazes me each and every year. Camp was the first place I felt confident enough to give my own shots on a regular basis. It was because of camp that I wanted to and worked hard to go on a pump for the first time. Camp was the place that I got so much from that once I was seventeen and old enough to be a counselor, I knew it was time to give back. For ten years I was a camper, and I knew I wanted to become a staff member to give the campers and now the staff as much passion and love for camp as I have. I want to give campers memories that they can carry with them for the rest of their lives. And each summer if I'm able to change at least one camper's life for the better, I know I've had a successful summer.

Since the beginning of my time at camp, I've experienced multiple changes. I was actually here the first year that the Tarpey cabin was built, and now after twenty years it looks new again. This past spring Tarpey was completely re-sided; this included the addition of a big porch where the campers can hang out now. Inside there are eight new bunk beds, four on each side of Tarpey to give the girls more room to sit and play together. One camper was disappointed that she was not in Tarpey this year because of all the changes. Additionally, each of the multi-floor cabins now have three bunk beds when you first walk in, allowing the capacity in each of these cabins to increase from nine to twelve campers.

This summer the three-week session capacity was increased from twenty to twenty-seven campers which was a major success. The girls went over to Camp Joslin for the Fourth of July weekend to participate in all the activities including the slip and slide, paddle boarding, tie-dyeing, and decorating their own Fourth of July cake.

A few new programs that have begun at Clara Barton Camp are hands-on science experiments, Don't Forget the Lyrics and the revamping of our nature program. Our science program includes activities such as an egg drop and structure building with straws. During the camp-wide activity, Don't Forget the Lyrics, cabins go head to head trying to guess what the next lyrics are when the music stops. Our nature program, which has been non-existent for a few years, has come back and allowed the campers to appreciate the outdoors surrounding them here at camp. Our challenge course, although not new or revamped this year, is a program that almost every girl wants to participate in. This year our Challenge Course Director, Abby, came all the way over from Scotland and did a fantastic job with both the low ropes course and the high ropes course.

During Session 3, one of the most memorable experiences happened—our Night Watch tradition where we sleep out under the stars and write in a special journal. I can still remember my first



Night Watch when I was nine years old, sitting around the campfire with my cabin writing in the journal about our experiences at camp. Just four years ago, I wrote, "After seventeen years, I can still remember the first time I stepped onto CBC and the welcoming feeling I immediately received." This is how I still see camp and how I want all the campers to see camp. I strive along with all our staff members to make camp a magical and life-altering experience where everyone feels welcomed! I think we may be succeeding as one young camper this summer wrote, "This place is magical. It's where I became comfortable with my diabetes. I have made so many friends here. It's so nice to know that you're not alone with your diabetes and there are others going through the same thing you are. I come back to CBC

every year. When the time comes to leave I shed a tear. Camp is my second home. And the people here are my family and take an important place in my heart!"



Busy, Fun-Filled Summer at Camp Joslin

By James Smith, Assistant Waterfront Director

There is never a dull moment at Camp Joslin, and the summer of 2015 was as exciting as we had hoped it would be. From early morning breakfast blood-sugar checks to bedtime snack and showers, campers and staff flew around camp playing a variety of different sports and games as well as engaging in many different programs and activities. These programs ranged from the classic camp sports such as hockey, capture the flag, and soccer, to more unique activities such as war canoes, rocks, zombie tag, counselor hunt, and gaga. Additionally, Camp Joslin's first session included not only campers with type 1 diabetes, but also friends and siblings from home who do not have diabetes. The twin brother of one of our campers, who attended this first week with his sibling, said "I learned so much and had fun too!" Camp Joslin provides not only a fun camp experience but also an exciting learning environment.

This summer we were fortunate enough to receive a very generous donation of seventeen paddleboards to our waterfront, which campers and staff loved! These paddleboards can bring you from one end of our pond to the other at previously unprecedented speeds. Along with the paddleboards, we have other watercraft such as canoes and kayaks that campers love to take out. If campers are not boating during our scheduled time for water activities, we have marked swimming areas for all different swimming levels.



When campers were not at the waterfront, they were running around camp doing anything from archery to ninja theory, an activity where campers and counselors dress up as the respected and artful agents of ancient Asia, and valiantly search camp for a precious treasure that has been stolen. No staff member escaped the Ninjas without being apprehended and questioned. Another popular game at camp is the always-competitive game of gaga. An every-man-for-himself game, campers and staff enter our

gaga arena and must work swiftly and energetically to defeat the other players. We conducted a camp-wide gaga tournament between the cabins. The victorious cabin won a 12-pack of diet soda, bragging rights and cheers from the other cabins. It was an exhilarating competition.

Besides the donation of paddleboards, Camp Joslin also received a donation of new lacrosse sticks and lacrosse goals. As the fastest growing sport in the United States, lacrosse has also become more popular here at camp. Thanks to the donation of lacrosse gear, camp has recently started a Camp Joslin Lacrosse League – campers who signed up for the CJLL were placed into teams and coached by counselors who have experience with the sport.

Yes, just as any summer, Camp Joslin was filled with weeks of non-stop activity and excitement. We closed out every session with a closing campfire, which almost always becomes very emotional and sentimental. Campers and staff reflected on the past session and shared the happy memories they've made. It is during these campfires where innate wisdom is shown by campers of all ages, as they are given the floor to share their thoughts on their session at camp. These thoughts are often accompanied by bittersweet tears; feelings of sadness to be leaving camp, but also happiness to have had such a wonderful experience. A recurring element when campers share these thoughts is the idea of the people at Camp Joslin all being one big family. Most people at Camp Joslin suffer from the same disease but welcome each other as one. Dr. Elliot P. Joslin said, "The diabetic Child I believe to be a superior being," and it only takes a few days at Camp Joslin to see how right he was!

Summer 2015 was certainly a summer to remember at Camp Joslin. Every year The Barton Center staff's goal is to make sure campers come in and have the best weeks of their summer. We also carry this goal into our fall, winter and spring programs. Any time at Camp Joslin is a memorable one! We hope to see you soon!



Adventure Camp 2015



Day Camp Superheroes

By Anthony Gatti, Day Camp Director

Our 2015 summer day camp program was amazing! Our campers and our staff had a wonderful time working with each other throughout the summer. Each location has special traditions and exciting activities that help to create memories for a lifetime.

Our overall theme this summer was superheroes. It was a fun choice with the Avengers movie just hitting theatres; however, there really was a lot more behind our decision. At camp, not only do we believe that your campers are superheroes, we know that they are. Somehow they manage to balance boluses, injections, high and low blood sugars, wearing a pump 24/7, carrying glucose supplies AND all of the other everyday stresses of being a child. They wonder if the other kids in class like them or think their jokes are funny, or if they will be picked in gym class, AND they worry that swimming will drop their blood sugar too low, that their A1c is too high or that they forgot their insulin pen in their friend's fridge. Yet through all of this, they are smart, happy, healthy and joyous kids that we are so lucky to have with us at Barton Day Camp programs.

If we think about what it means to be a superhero, I think we all think of some of the same things. Bravery, strength, quick wit, intelligence and courage come to mind for me. Now you may be thinking—those are qualities that many people possess—but none more than the child with diabetes. How “super” are our 4-, 7-, 10-, 15-, 20-year-old campers and staff? They take diabetes one day at a time in stride and live active, educational and happy lives—that is bravery. They take multiple shots a day or make multiple site changes a week—that is strength. They check, calculate and correct and respond to their blood sugar changes in seconds to ensure that they can stay healthy—that is acting with quick wit. They look at foods in their life and know how many carbohydrates they have—that is intelligence. They take care of themselves each day juggling social life, family dynamics, school demands all while incorporating diabetes—if that isn't courage, I don't know what is!

So, where does the “super” come in? The campers do this every day, 365 days a year, barely breaking a sweat. I know that they have help: there are family, technology, doctors, nurses and Barton Day Camp, but what superhero doesn't have a little help sometimes? Everyone has a sidekick!

Now that we have covered the “super” part, we can talk about the “hero.” Who are the campers saving, who are they heroes for? That's actually the easiest part to answer. They are saving each other. They are saving themselves. They are saving the staff, and they are saving me. Your campers are amazing, wonderful, incredible heroes to everyone around them. Not that you need any more proof, but here are some stories from this summer!

In Greenwich, we had many campers give their first ever injections to themselves literally cheering their friends and high-fiving afterwards. In Boston, we had brand new campers teaching each other about what they liked and didn't like about their pumps, 7-year-olds chatting and giving advice to newly diagnosed kids about pumping and continuous glucose monitors. In New York City as we traveled around the city, our campers were sharing tips and tricks about navigating the city safely with diabetes. In Long Island, one person declared with joy, “You're weird and cool and JUST LIKE ME!” which became a pseudo slogan as we did slip and slides and had shaving cream fights. In Worcester, we had campers spending their first night ever away from home with diabetes. Older campers were calming their nervous friends saying, “Well at camp, you're safer than being at home . . . there are nurses right there!” while gesturing at our health care team.



Camp is a “super” place. Parents and campers always tell me that it is magical. Indeed I do believe that it is! The field trips in Boston and New York City are always fun! The educational sessions at our Greenwich camp are remarkable! The games and themes in Long Island are always zany and awesome! We never fail to have fun in the pool, on the zip line or boating on the ponds in Worcester! I will let you in on a secret—the thing that makes camp magical, special and in fact SUPER . . . is your campers. I am always

looking forward to our next program! I hope to see you in February at our Long Island Winter Day Camp Week and next summer at our Day Camp programs near you! Thank you for lending us your superhero campers for the Barton Day Camp Super Summer '15!



Family Camp

The following is a poem written and presented by the parents of the Whispering Pines cabin during the 2015 Family Camp Talent Show.

Family Camp? We said
Did we just hear you right?
Stay in rustic cabins
For five days and four nights?

Just give it some thought
Our esteemed endo said
I think you will make
A good choice in the end

Well ok we agreed
We'll put some thought in it
Joking to each other
That will last for a minute

But we changed our tune
After a discussion or three
It will be good to get to know
Families with T1D.

So we packed up the car
And headed out on the Pike
Trying to convince ourselves
Of all the things we would like.

There'll be Ga-Ga
We said – who doesn't like that?
And other games
With balls, and rackets, and bats
Then we arrived
And it was all true - Ga-Ga is a hit

We are crammed into our cabin
One more person won't fit.

But the kids are so active
And the counselors crazy
Running us around camp
When we'd rather be lazy.

And we've learned so much
From the staff and our peers
Picked up some tips
We wouldn't have learned for years

So when friends say to us
Upon our return
Was it all that it seemed, all you hoped for and dreamed?

We'll say – the sleeping was scarce
And the pond a bit low
And no one told us
That there'd be a talent show!

But the boys in our cabin
The famous Whispering Pines
Immediately bonded
The parents breathed sighs

Thank you Barton Center
Counselors, new friends and staff
For showing us that we
Can both bolus and laugh.



Vermont Overnight Campers Bond

By Anthony Gatti, Day Camp Director

This summer for the first time ever, with support from SLAMT1D, we ran an overnight camp in South Hero, Vermont. The program was a huge success! Children with type 1 diabetes arrived for the weeklong camp from all across Vermont, New York and even Maine, Massachusetts and New Hampshire. The camp was especially meaningful for many of the children who live in towns or school districts where they are the only child with diabetes for up to 100 miles. The coed camp was an absolute blast for the kids with spacious fields, basketball and tennis courts and a salt water swimming pool. We could not have possibly fit more fun into each day. We mixed and matched day camp and residential camp traditions to create a brand new type of camp with its own traditions and unique culture of love, education, acceptance and FUN! We played all kinds of camp games and used our on-site Certified Diabetes Educator to teach us all sorts of new information and diabetes tricks.

“Army rangers” was a huge hit for the kids across the massive campus. Two teams play, and while one team counts 240 seconds, the other team finds a communal hiding place. Then using walkie-talkies, the team hiding can give up to three clues, each only prompted by the team searching. The twist in the game is that each clue is a hint about their hiding location, but only two have to be true hints! Campers also LOVED our dance night! Our campers and staff became fast friends in their week together. It is always special when a group of kids can meet and bond with a group of mentors that have had the same life experiences.



On our closing night, we had the campers watch the sunset over Lake Champlain, and I shared with them why camp was special to me and how important each of them is to our Barton Family, the one we are actively creating with each other. I then asked that they share their thoughts on why camp was special to them for the week. As the campers let the special words they shared sink in and cried and hugged their thanks and goodbyes, one of the younger campers raised his hand and said, “Camp is like a cure to me.” It is exactly this type of feeling brought about by a living support structure that made our first camp program in Vermont so successful! We hope to see YOU with us next year.



For more information, please visit www.bartoncenter.org.

NOVEMBER WACKY WEEKEND

November 20-22, 2015

Coed, Ages 6-16

This is an exciting weekend where you have the opportunity to be part of our "Activities Laboratory." This is THE weekend where we test out new and exciting games and activities that will be used in future programs. We will, of course, have camp favorites such as gaga and capture the flag. You may bring a friend or sibling without diabetes to this program.

WINTER CAMP

December 27-30, 2015

Coed, Ages 13-17

Teen participants are encouraged to explore their thoughts and feelings of managing type 1 diabetes. Campers will play a more significant role in their day-to-day diabetes management. Teen-themed topics are discussed over this four-day program.

FEBRUARY WACKY WEEKEND

February 12-14, 2016

Coed, Ages 6-16

Spend a fun-filled weekend at camp, and bring a friend or sibling without diabetes if you like. We typically have snow in February, so be prepared to sled on the famous CBC Luge and make snow forts.

LONG ISLAND WINTER DAY CAMP WEEK

February 15-19, 2016 Old Westbury, NY Coed, Ages 6-16

Whether you're a veteran Barton camper or new to Barton programs, you're sure to have a blast! Campers may come alone or bring a sibling or friend and enjoy camp in the winter. Each day will run from 9 a.m. to 3:30 p.m. and will be jam-packed with zany activities, diabetes education, fun and more.

CAREGIVERS WEEKEND

March 11-13, 2016

Coed, All Ages

This weekend is tailored for parents looking for a diabetes refresher and for friends and family members who want to learn how to care for your child with type 1 diabetes. This has been a life-changing program for many aunts, uncles and grandparents.

SPRINGTIME FAMILY CAMP

April 15-17, 2016

Coed, All Ages

This is a weekend for the entire family. We will be playing all sorts of games, both new and old, as well as having education for the whole family. Moms and dads get the chance to be a camper and enjoy all of the activities they hear so much about. A mom from last year told us, "We cannot wait to come back! Thank you for creating this comfortable, supportive loving space for my daughter and all other T1D kids' families to just be."

BARTON OPEN HOUSE

April 17, 2016

2 p.m. to 4 p.m.

Coed, All Ages

Thinking about attending summer camp? This is your opportunity to come to camp to see what Barton summer camp programs are like at Clara Barton Camp, Camp Joslin & Barton Day Camps! Spend two hours enjoying a sample of camp life!

Diabetes Fairs

Many thanks to our exhibitors who attended closing day at our camp sessions this summer. Camper families appreciated speaking with representatives from:

American Diabetes Association	Novo Nordisk
The Bionic Pancreas Development Team	Sanofi
Dexcom	T1D Exchange/Glu
Insulet Corporation	Sanofi
Medtronic	Tandem Diabetes Care

Upcoming Events—For more information or to RSVP for events, please call 508-987-2056 or visit our website at www.bartoncenter.org.

Annual Auction

October 24, 2015 6 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, dinner, desserts and dancing. For more information or for sponsorship opportunities, please call 508-987-2056, Ext. 2003 or email events@bartoncenter.org.

The Apple Run/Walk for Diabetes

October 31, 2015 9:30 a.m. walkers 10 a.m. runners

This five-mile road race/walk begins and ends at the Brookfield Apple Orchard, 12 Lincoln Road, North Brookfield, MA. The event is hosted by the Lions Club of the Brookfields and The North Brookfield Youth Center. All proceeds will benefit Clara Barton Camp and the Diabetes Research Team at UMass. To register, or for more information, please email Marty Toomey at mtoomey_nbyc@charter.net, call Marty at 774-200-0938 or visit www.brookfieldslionsclub.org. To register online, please go to <http://running4free.com/RaceDetails.aspx?raceid=111>.

Clara Barton Camp Alumni Day

November 7, 2015 11 a.m. to 2 p.m.

New program designed with education, reconnection and support in mind! Family and friends are welcome. This fun day at Clara Barton Camp will feature a guest speaker, lunch and mingling and a campfire. There will be a children's activity during the guest speaker portion of the event. The cost is \$10 for adults; children are free. Please RSVP by filling out the registration form on our website and returning with payment to The Barton Center. To register and pay with a credit card or for questions, please call 508-987-2056, Ext. 2003. In 2016, there will be an Alumni Day at Camp Joslin.

Red Cross Blood Drive

January 3, 2016 10 a.m. to 3 p.m.

An American Red Cross blood drive will take place in the Chabot Health & Education Center. The Clara Barton Birthplace Museum will also be open for those interested in touring the museum for free.

Annual St. Patrick's Road Race/Walk

March 19, 2016 12:30 p.m. start for walkers & 1 p.m. start for runners

This four-mile sanctioned event can help raise money toward your camp fee or the general campership fund. Recruit family and friends to walk or run with you to help raise money through pledges toward your summer camp fee or for the general campership fund. This event is followed by a buffet and prizes! All forms will be available online in December.

Campership Raffle Winner

Congratulations to camper Leo Hoffman who won our Campership Raffle. Leo's parents were excited to win a two-week session for Leo for next summer. The winning ticket was drawn at the end of Family Camp.



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