



THE
BartonCenter
FOR DIABETES EDUCATION, INC.
Inspiring Children. Empowering Families.™



the barton *Spirit!* newsletter

FALL 2016

My Barton Journey

By Jill Holmes, Clara Barton Camp Charge Nurse

On June 14th this year, I posted on my facebook page, *“Tomorrow, for the final time, I will be moving up to scenic North Oxford, Massachusetts, to spend my summer at Clara Barton Camp. Seeing as this is my 13th year, I fully expect to turn into a mermaid or at least an embodiment of the nursing legend herself. I will keep you all updated on the status of such transformations.*

On a serious note, I cannot speak enough as to how much this place has shaped me into who I am as a person, woman, and future nurse. I'm beyond lucky that this place just so happened to line up directly with my field of interest . . . surrounded by truly the most wonderful people I have met in this short life. I'm blessed to be able to call these people my best friends.”

My Clara Barton Camp (CBC) journey began in 2000 when, at the age of six, I was dropped off in the Lily Pad cabin with seven other pancreas-challenged tykes just like me. My most prominent memory of that first stay was when all of us were running around and jumping on the beds in the cabin and then, suddenly, everyone getting low followed by the counselors basically throwing glucose tabs at all of us at the same time. I just thought – wow, they're just like me!

During my years as a camper, mom and dad could always count on getting at least one, and sometimes two, letters informing them of how homesick I was and that I just wanted to come home. Don't even talk



Jill (2nd from left) at camp in 2006

about the year of the nasty swimmer's ear infection; but when every spring came around, I was excited beyond belief to make out my “camp list” and then head out to the store to stock up on bug spray and sunscreen for what I knew would be a great time.

After so many years attending camp, it was a no brainer that I would apply to be a CIT (Counselor-in-Training). That summer was truly magical. Why do I say that? Because eleven 15- and 16-year-old girls were bunked and crammed into a cabin for one month learning the tricks of the counseling trade, and if you can believe it, NEVER having as much as a cross word between any of us. I repeat – eleven 15- and 16-year-old girls living together in one room for a month, and we all got along beyond the expectations of anyone who has spent any time with us individually. Now that I think about it, I don't know if it was magical or a miracle. I do know that we all had much bigger battles to fight, and we weren't about to waste time in drama queen arguments and petty disputes. We just felt SO lucky to have this camp and these friends, girls who got **IT**, the big **IT**, the T1D **IT** and responded to challenges accordingly.

The following year I became a junior counselor, the next year counselor, head counselor, unit director, and after completing two years of nursing school, nurse. This year, my last full time position at camp, having graduated from St. Anselm College with my BSN, I am privileged to be the charge nurse at my favorite place on earth.

There were bumps along the way, and it was those friends that knew me best from camp who alerted my parents to my emotional struggle four years ago and got me the help I needed when the disease and everything it entailed for fifteen years of my life overwhelmed me at the age of seventeen. I did get that help and came out of it stronger than any of us thought possible. My mom, to this day, will say that CBC and the friends I made here literally saved my life.

For the past two years, my mom has spent her summers working as the administrative assistant in the program office. She's the reassuring voice on the other end of the phone when a parent calls to ask about, among other things, how a camper is doing. Upon request, mom will slip into the cabin to quietly pull aside a counselor to get a heads up on the camper and then return the call.

I will be moving out of state after this season, and as such, I am relishing these last weeks spent with my mom. The last days of hearing every day in person “Good morning sunshine,” “I love you,” and “Did you bolus?”

As I bid farewell to summers at CBC, I would like to share with you a response to the facebook post noted at the top of this article that I received from a former counselor. Jodie responded, “I am so proud of you Jill. I remember your first two years at camp I was privileged to be your cabin counselor both years in Tarpey. I remember you as a quiet, but incredibly sweet and compassionate little girl. And now you have blossomed into an amazing young woman. When we ran into each other years later, you told me I had been one of your favorite counselors and that meant the world to me. Now young children of today will be influenced and inspired by you too! I love you always!!”

As long as there is diabetes (and let's all hope and pray for a cure ASAP!), let there always be Barton programs such as Clara Barton Camp for little tykes like the six year old I once was, the scared teenager I became, and the confident professional ready to take on the world that I am today. It has made me a better person and a better nurse. For that, I will always be eternally grateful.



Jill this summer with counselor Ducky

Camp Magic at Clara Barton Camp

By Kenneth Follette, Clara Barton Camp Director

Summer 2016 was my first summer as the Director at Clara Barton Camp, and without any prior connection, I really didn't know what to expect. You may be thinking to yourself, wait, how can the guy running the camp not know what to expect? Sure I had the schedules made, staff hired, t-shirts printed — but there is a magic here at camp that everyone here knows about, it's hard to explain. You just have to live it. Somewhere between the first opening campfire and the last Sunday hike up Blueberry Hill, we found a way to come together, teach each other, and grow together. We all grew, from the littlest Tarpey camper all the way up to me. We learned how to make the best of a rainy day or take the same old songs and put a new spin on them, or we learned how just being in a cabin with eleven others who all share the same thing that makes them different can be the thing that brings you together. While I don't have diabetes, I saw very quickly how much it can take out of a person, and this summer I saw what Clara Barton Camp can give back.



I wasn't the only new thing at camp this year. Clara Barton Camp kept the contractors busy this winter putting new roofs on the four north end cabins, putting new siding on Lion's Den, and, of course, the two big projects on camp: our new pavilion and dining hall expansion! From the first day of camp, the extra space in the dining hall was noticed. We can now comfortably seat all of our campers together in the main area, and then have room for the salad bar, drink station, and the huge table of CITs (Counselors-in-Training)! Additionally, new lighting was added along with new flooring and a décor refresh finished off the project. The expansive new pavilion has allowed for a place to play outside giving us shelter from both rain and the noonday sun. The extra blacktop space gave us the ability to play basketball and tennis at the same time.

And without a net in the middle, we are able to play large, all-camp tag games even if it is raining, wet, or after dinner, thanks to the wonderful outside lighting.

In addition to our new buildings, we also had an old thing made new again! The lakeside cabin, once used for storage, has been completely refurbished by local Oxford Boy Scout Max Zostant as part of his Eagle Scout Project. The cabin now houses the recently returned nature program. Our Nature Hut is the central point for nature hikes, fishing, bird, and plant identification and is decorated with lots of wonderful natural artifacts collected by campers and staff alike. I highly recommend next time you're at camp stopping in and taking a look!

Campers enjoyed the summer playing the all-time favorite gaga, softball, volleyball, Frisbee, and handball. We added in some new sports like rugby and hoop scoot. We went swimming in the pond and had a blast jumping off the dock and getting fit with water aerobics in the pool.



Foot Auction

The high ropes course is always popular as are the dances with the boys at Camp Joslin. Nightly all-camp games such as cities, hunger games, gold rush, capture the flag, and talent show were a lot of fun. Foot auction is an ever popular evening game where counselors decorate their feet, and cabins select the foot (and counselor) they like the best. The cabin then gets to spend the rest of the evening doing whatever activity they choose with the counselor. Both camps came together many times this summer. We had color wars, a joint camp Olympics, and a water day! Our three-week campers also spent the first Saturday at camp together bowling at the local bowling alley with popcorn and inflatable prizes to boot!

This has been a summer of change, not in that we are taking anything away, but we have taken our old and given it new life. By refurbishing old cabins, updating lyrics to old songs, and putting a new spin on an old camp game, we are making new and keeping the old—one is silver and the other is gold.



Summer Fun at Camp Joslin

By James Smith, Waterfront Director and Co-CIT Director

Summer 2016 was both an explosion of energy as well as a revival of past camp traditions and antics. Many staff members said that 2016 “was the best summer at Camp Joslin since they were campers.” This summer brought in a young and fresh staff with unbeatable energy and undying creativity, all directed towards bettering the camper experience. It was the little things that revisited Camp Joslin’s golden days, such as the presentation of The Honor Cabin Challenge from the newly introduced character “Trash, The Honor Cabin Wizard,” who crashed the opening night campfire to introduce a cabin-by-cabin challenge of who could be the cleanest cabin of the session. This added a comedic as well as an engaging element to a contest that has been running at camp since its inception.

Along with the usual but exciting activities of rocks, camp-wide capture the flag, and gaga, campers were also able to venture off camp to Four Winds Farm for horseback riding as well as Cross-Fit 1977 for an invigorating workout as well as an educational session on how to use one’s body as a fitness tool. Campers experienced and learned far more than just diabetes management. The blending of camp activities, fellow diabetic bonding, and diabetes management made the learning process far more effective and enjoyable for not only the campers but the staff as well. One aspect of Camp Joslin that often goes unnoticed is while the campers do learn a lot from other campers and the staff, the campers also teach the staff a lot as well, whether they realize it or not. Not only are campers coming to Camp Joslin and learning a lot about their diabetes, they are also discovering the knowledge that they may not have realized they had before. As someone who has been coming to Camp Joslin for twelve years and counting, that is one of the most amazing things to see, and it happens every summer.

Though Camp saw its own renaissance this summer, there were new elements added to the program such as the Cross-Fit program. Another new element included a weekly visit from Ford’s Hometown Services, a local traveling bug club that visits camp with a display of different bugs as well as suburban wildlife such as hedgehogs, snakes, and turtles. Pickles the hedgehog was a camp favorite this year. Campers learned about the different animals that were brought to camp and were even allowed to hold some of the animals. This was a new experience for camp which was incredibly enjoyable for everyone.

One of the most enjoyable spots on camp is the waterfront and our wide-open pond. The campers enjoyed the refreshing water in our designated swim areas as well as our floating dock in the middle of our pond. For those non-swimmers, we had our fishing program as well as our boating program. Our staff is always equipped with knowledgeable fishermen every year who help educate even the most novice fisher into becoming a bass master. Our newest addition to our boating program is our paddleboards that have become our most popular watercrafts next to our kayaks and canoes. These paddleboards can be easily operated by anyone and can transport someone across the pond very quickly. They are so popular that our sister camp Clara Barton Camp often traveled over to use them.

Our two camps often do activities together such as the traditional Tuesday night dance and the camp-famous color wars. The two camps divide into four teams, red, blue, black, and green and have a day of friendly competition. This is one of our most intense events at camp. This year the green team was victorious with the black team coming in at a very close second place. The day was hard fought and exciting for all.

One element of camp that never dies is the Camp Joslin spirit. This is the bond that is developed between a very diverse group of campers and counselors while all sharing the same disease. This is the pride that is shown in the strength that everyone in the Camp Joslin family possesses. Every closing night campfire often ends with a camper standing up to share his reflection on his camp experience. Almost always do we hear this line: “Camp is more than a camp, it’s a family,” and that dynamic is shown every session. We all support each other and help each other grow not only as diabetics but as humans. The last line of our camp anthem goes, “We have one yell, and we yell it all together, and it goes like this, Camp Joslin Forever!”



Day Camp Olympics

By Brian Pecchia, Day Camp Director

Summer 2016 is over, and it feels like it just started. Let me start first by saying that for my first summer at The Barton Center Day Camps, I was truly moved by how many of our campers were incredible all summer long. Our theme this year coincided with the international event that takes place every four years, the Summer Olympics. However, instead of being held in Rio this summer, we wanted to host our own games in Greenwich, Long Island, Worcester, and Danvers. As badly as we wanted to get to more host cities, unfortunately there are only a limited amount of days in the summer, and our campers have to go to school for the rest of the year. We had an unbelievable turnout at most of our locations including our new location in Danvers, Massachusetts.

There was never a dull moment at camp regarding our daily schedules. Our campers participated in different events at each location. In Greenwich we got to play dodge ball, gaga, baby I love you, capture the flag, and rocks, and we also enjoyed water activities such as a slip 'n slide and had a shaving cream fight. We also made flags, terrariums, and bracelets throughout the week in arts and crafts and had a fun sleepover with movies the last night before camp ended.

When we ventured to Long Island, we had a large group of campers who enjoyed many games such as rocks, camp-wide capture the flag, a slip 'n slide, shaving cream fight, dodge ball, gaga, songs, cavaliers, lightning ball, hunger games, pool time, and that's just naming a few.

At our Worcester location, we participated in events such as dodge ball, kickball, gaga, capture the flag, high ropes adventures, swimming, and more. We created fuse bead art and built our own race cars for a drive-in movie themed night at our sleepover. We also took a field trip over to Camp Joslin one day to participate in waterfront activities, gaga, futsal, a nature hike, and army rangers.



Danvers brought new opportunities for a space to play in and new faces to see for our final week at Day Camp. In Danvers we enjoyed playing out on the blacktop basketball court with some 3-on-3 basketball. We also played our fair share of gaga, capture the flag, kickball, dodge ball, loose caboose, baby I love you, army rangers, and had swim time in the pool. For arts and crafts, our group really enjoyed making paper airplanes and coming up with fantastic fuse bead creations.

Throughout the summer months our campers and counselors reflected on teachable moments, whether it was during an activity where we had to sit out due to low blood sugar, or whether we had special guests coming in to teach us more about the nutritional side of everything behind the scenes of what we eat and why our body reacts the way it does. Our counselors and campers both were encouraged to talk and ask questions when we are testing before snacks and meals to really take advantage of those teachable moments and healthy interactions.

Since 776 BC, the Olympic Games have shown the world who some of the strongest, fastest, most strategic, and most incredible human beings alive are. During the summer Olympic Games for the Barton Center Day Camp program, I was shown just that. Our campers, our families, our summer staff are all incredible individuals who deserve the world, or at least a gold medal. I hope to see a lot of familiar faces next year and hopefully some new ones as well.



Family Camp 2016



Clara Barton Birthplace Museum

By Emily Thomas, Summer Tour Guide

On July 18, 2016, the town of Oxford lost its oldest citizen and the last person to have actually met Clara Barton. May B. Olney White, the great-great-niece of Clara Barton, celebrated her 108th birthday just a few weeks before she died. Mrs. White was a strong supporter of Clara Barton Camp and the Clara Barton Birthplace Museum.



May's 100th birthday at camp

Clara Barton Camp held a 100th birthday celebration for Mrs. White in July 2008 where campers presented Mrs. White with birthday cards, sang, and everyone ate cupcakes. Mrs. White spoke with campers about her early childhood visit with her Aunt Clara who left quite an impression on her. She also shared memories about the early days of Clara Barton Camp when cabins were a luxury and most campers slept in tents.

Mrs. White was born in Oxford in 1908. She graduated from Oxford High School in 1926 and later graduated from the Salter School in Worcester. She worked for a couple of different insurance agencies and was also a secretary and substitute teacher for the Oxford Public Schools. Mrs. White had a lifelong passion for history and was a member of the Daughters of the American Revolution, the Order of the Eastern Star - Clara Barton Chapter, and the Mayflower Society in Boston. She was also a member of the Oxford Historical Society and the Huguenot Memorial Society.

Mrs. White's great-grandfather was David Barton, Clara Barton's older brother. David owned and operated several textile mills in Oxford and also served as an Assistant Quartermaster during the Civil War. His daughter, Mary Barton, was May's grandmother. After the Civil War, Clara Barton traveled throughout Europe and her niece Mary joined her in London in 1872. Mamie, as the family called her, was an artist who also worked for the Treasury Department in Washington, D.C. Mary married John Stafford in 1879 and the couple settled into a house on Oxford's Main Street. May lived in this same house for most of her life. Mary Stafford had two children, Stephen Stafford and Anna Gertrude Stafford, who was May's mother.

When Mrs. White turned 100 years old in 2008, she gave an interview to the Worcester Telegram & Gazette. In the interview, she remembered visiting her Aunt Clara when she was only three years old: "... my mother took me and my sister Helen to Aunt Clara's house on Charlton Street to help take care of her for the day. She was a very small woman in a great big bed in a very big house. She let us go up to the widow's walk and play. She was so glad we came." (Worcester Telegram & Gazette, July 9, 2008) Clara Barton last visited Oxford in the summer of 1911, during which she became ill. Clara Barton died of pneumonia in Glen Echo, Maryland, on April 12, 1912.

In that same interview, May gave her secret to a long life: "I feel good. I eat right. I live on milk, eggs, potatoes, vegetables and fruit and chocolate pudding, which I love and have had all my life."

Mrs. White was very proud of her famous Aunt Clara. Even after turning 100 years old, she often gave telephone and in-person interviews to schoolchildren doing projects on Clara Barton. May also took great pride in caring for Aunt Clara's gravesite in North Cemetery in Oxford. Mrs. White was laid to rest next to her husband, Raymond White, and only a short distance away from her Aunt Clara.

Vermont Overnight Camp

By Brian Pecchia, Day Camp Director

Beautiful Lake Champlain served as our backdrop again for our second Vermont Overnight Camp program. After all of our campers arrived on Sunday, we got right into dinner and our opening ceremonies with a bright campfire. The ceremony involved getting to know the camp, getting to know the people around us, and understanding why we were all there.

Our days were filled with fun activities such as the camp favorite—gaga, handball, blob tag, rocks which is a multiple flag version of capture the flag, basketball, dodge ball, hunger games, a shaving cream fight and more. Campers had fun playing army rangers which is a camp original that is basically a spin off of hide-and-go-seek. Our campers and counselors break off into two groups with one walkie-talkie per group and have to find the hiding group using clues leading to their whereabouts through the radio. Our campers also really enjoyed swimming in the pool each day.

We had the resident camp traditional Tuesday Dance Night. So post dinner, our campers got to break it down in the recreation hall to some music spun by our Assistant Director/Camp DJ. On Wednesday we hosted our Vermont Overnight Camp color wars. The campers broke off into two distinguished teams. The older boys and younger girls donned the blue colors while the older girls and younger boys sported the rival red colors. We kicked off the activities of the day with team gaga followed by Nukem which is a catch and throw version of volleyball, name that tune, and finally capture the flag. As the games concluded, the red team emerged as winner, winning the gold medal.

On Thursday night, our night program included a closing ceremony, slideshow of the week, and a final campfire. The venue of the closing ceremonies set the tone, as we held it in the chapel overlooking the sunset fading behind Lake Champlain. In the chapel, we spoke a few words reflecting on the week. We had an open discussion about what camp means to us, and we presented our campers with awards signifying what made them special to the staff. Quietly, everyone left the chapel to walk down to the barn and watch the closing slideshow. When the slideshow ended, we all sat down by the fire pit enjoying the summer night one last time in South Hero. As we enjoyed our s'mores and looked around the circle of faces, it was difficult to say goodbye, but also very easy to soak it all in and know that we will be able to enjoy this all again next year.



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

NOVEMBER WACKY WEEKEND

November 18-20, 2016

Coed, Ages 6-16

This is the first opportunity for your child to see camp friends since the summer ended! This is also a chance for new campers to try out camp. November WACKY is a great program where we test a lot of new games and programs. "Ghosts" was a big hit this past November, while we continued to play camp classics like gaga and capture the flag! Have a sibling or a friend without diabetes join your camper for this incredible experience!

WINTER CAMP

December 27-30, 2016

Coed, Ages 13-17

Winter Camp is a great opportunity for our teenage campers to have fun, bond, and learn more about themselves and their 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 10-12, 2017

Coed, Ages 6-16

Send a friend or a sibling without diabetes along with your camper to this winter wonderland weekend! Just like November WACKY, your camper will play new games and activities as well as enjoy the camp classics. This New England weekend typically provides a great opportunity to go sledding, build snowmen, and make snow angels with friends!

CAREGIVERS WEEKEND

March 10-12, 2017

Coed, All Ages

This weekend is tailored for people who want to learn how to properly take care of a loved one with type 1 diabetes. It's meant to teach people all the skills they need for diabetes management: checking blood sugars, using pumps/continuous glucose monitoring, counting carbs, dosing insulin, and everything in between. Parents, aunts, uncles, grandparents, family friends, babysitters, anyone and everyone are welcome to come with their loved one who has type 1 diabetes and learn more about t1d and how to care for someone with it.

SPRINGTIME FAMILY CAMP

April 21-23, 2017

Coed, All Ages

This is a weekend for the entire family! We will be playing games, pitting children versus adults and families versus counselors in some amazing fun-filled games! We will also have diabetes education for the whole family. Adults get the chance to be a camper again and enjoy all of the activities they hear so much about!

BARTON OPEN HOUSE

April 23, 2017

2 p.m. to 4 p.m.

Coed, All Ages

Are you thinking about sending your child to summer camp, but you want to get a sense of what camp is like before you decide? This is your opportunity to come see what Barton summer camp programs are all about.

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
Dexcom	Sanofi
Insulet Corporation/Omnipod	T1D Exchange/Glu
Lilly USA	Tandem Diabetes Care
Medtronic	

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 29, 2016 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 Clara Barton Camp and Camp Joslin alumni. The evening will feature both silent and live auctions, appetizers, dinner, and desserts. 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

November 5, 2016 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>.

Red Cross Blood Drive

January 8, 2017 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 18, 2017 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.



Spring Work Day at Clara Barton Camp and Camp Joslin

May 6, 2017 9 a.m. to 3 p.m. Coed, All Ages

Mark your calendar and save the date to help get camp ready for summer 2017! This is a great way to earn your own camp fee or raise money for someone else by collecting pledges for your hours worked! You choose which camp you would like to work at for the day. Lunch is provided.

Clara Barton Camp Alumni Day

August 5, 2017 11:30 a.m. to 2:30 p.m.

SAVE THE DATE! Join the fun and catch up with camp friends at Clara Barton Camp. Family and friends are welcome. The day includes tours, lunch and an activity with the campers. To register or for questions, please call 508-987-2056, Ext. 2003 or email events@bartoncenter.org. In 2018, there will be an Alumni Day at Camp Joslin.



the barton **Spirit!** newsletter of

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