For as long as I can remember, I always wanted to be a doctor. As I progressed through medical school, I enjoyed working with children and teenagers and quickly zeroed in on a career in pediatrics.

During my pediatrics residency at Boston Children’s Hospital, I was inspired by patients with type 1 diabetes (T1D) and their families. On a rotation caring for newly diagnosed T1D families, I could not believe how much was required — so many new skills, calculations, and supplies, not to mention emotional adjustment!

Around that time, I attended a lecture by one of my current mentors, Dr. Joseph Wolfsdorf. He was teaching about diabetic ketoacidosis — which, in patients with established T1D, usually develops in the setting of missed basal insulin (for example, a skipped Lantus injection or a pump site malfunction). In addition to being captivated by the science, I was impressed by his empathy for the educational, logistical, and psychosocial challenges facing T1D patients and families. He urged us, as tired residents, to take time to remember the care burden of T1D and to cultivate compassion for our patients – especially when feeling frustrated by their lack of adherence to treatment plans.

Eager to learn more, I signed up for a week working at Camp Joslin in 2011, this time with kids in tow (and I haven’t missed a camp, the experience is shared by all. When it’s time to count carbs, change a site, or treat a low, or when the “bolus bell” rings, no explanation is required – and that is a liberating, empowering and beautiful thing. As a parent, I am beyond grateful that Luke is a part of the camp community, and I have been thrilled to give back as a Barton Center co-medical director since 2015.

In addition to my experiences as a doctor and parent, camp has inspired my research in improving health care and outcomes for teens and young adults with T1D. One intervention that I am working on involves a peer group curriculum to educate and motivate teens with T1D through their diabetes transition and the idea to use a peer model was in part sparked by camp.

In conversations with young adults, I have often heard how they never made it to camp, or were too old to attend camp, or how they wish they could go back. What if we could harness the power of camp and offer it to young adults who are transitioning and struggling to manage T1D on their own? I have been helping to design a weekend retreat for young adults at The Barton Center. The goal of this program is to provide peer support, fun activities, and diabetes education for young adults. We piloted some ideas for this with camp staff in June and are very excited to develop this idea further over the coming year. Stay tuned for details, and please send us your ideas!
Clara Barton Camp CIT Program: Crafting Future Counselors

Each summer approximately thirty-two young women make the transition from camper to staff. The gateway is the four-week counselors-in-training program that is run each summer for sixteen-year-old young women. There are two groups of CITs each summer who come for either the first four weeks or the last four weeks of camp. CITs must be sixteen years old at the start of the summer and must fill out an application, write an essay, and submit three references from members of their community. After this, they must complete an interview with the camp director. The goal of the CIT Program is to teach the skills and abilities needed to be a successful counselor and leader. The leadership skills that they learn, they are not only able to apply at camp, but can bring back home with them to use as leaders in their schools and communities. The CIT program this year at Clara Barton Camp was led by two CIT Directors, Tess Fox and Jackie Zingman. Tess Fox, a junior at Fairfield University and Jackie Zingman, a senior at Hamilton College, have been coming to camp for ten years first as campers, then CITs, then counselors. Both Tess and Jackie recall their CIT year as a life-altering experience and yearned to provide the same experience for others.

The first two weeks of the CIT program consist of multiple sessions where the CITs learn about different aspects of being a counselor. Some sessions this summer taught them how to deal with homesickness, how to lead an activity, decision-making, characteristics of different age groups, and effective communication. They are then able to use the skills and tips they learned from these sessions in the last two weeks of the program through leading activities and helping out in cabins. A big part of the CIT program is their cabin live-ins. They are given the opportunity to live in cabins for a couple days at a time to experience what being a counselor is really like, help out where needed, and get to know the campers well.

The CITs truly exceeded Tess and Jackie’s expectations this summer. Both groups of CITs exemplified Clara Barton Camp’s outstanding ideals of a typical counselor. An important aspect to being a counselor that we teach here at Clara Barton Camp is creativity and enthusiasm. The session A CITs created a new evening activity called Barton Bash, which consists of music and dancing on lower rec, gaga, lawn games, and spending time by the campfire. This activity allows campers of all interests to do something they enjoy at night while interacting with all of camp. The session B CITs brought creativity to meals by planning themes for all of camp to participate in, such as pajama dinner and no hands lunch, where everyone has to eat without silverware. The CITs were also given the opportunity to lead some of our favorite camp games. The CITs are in charge of leading our signature camp game called Cities. During this game, there are cities hidden around camp and cabins are given a list of the order in which they need to find these cities. The CITs come up with a theme, make the lists, and hide as the cities around camp. The session B CITs also play a large role in the last week of camp which is family camp. They lead activities such as capture the flag, four-way soccer, dodgeball, and wiffle ball.

Tess and Jackie said, “We really enjoyed guiding the CITs in becoming leaders and watching them grow each day. The future of camp is lucky to have such strong leaders in coming years and we can only imagine how many campers’ lives they will impact.”
Summer Fun at Camp Joslin
By James Smith, Camp Joslin Assistant Director

Summer 2017 at Camp Joslin was a ride of rejuvenation and renaissance. Many of our staff who had started their camp careers as young campers had finally risen into their long-awaited rank of Senior Counselor, and they finally were able to fulfill their childhood wishes of one day being able to do what their counselors did for them.

The energy was palpable from the first turn through the gates of 150 Richardson Corner Road, to the woods that hold our sacred “Brave Test” campfire ground. Campers bonded with each other over many camp activities such as camp-wide capture the flag, basketball and gaga, as well as fishing by our waterfront, paddle boarding or kayaking on Putnam Pond, or braving the infamous “Hike-to-Heck.” Cabins bonded together over nightly cabin-side campfires, cabin trips to off-site locations such as Purgatory Chasm, or through great achievements such as winning the “Honor Cabin” award for the session’s cleanest cabin. Counselors filled campers’ days with energy and education while often calling back to their own time as campers and taking direct influence from their former counselors. When asked why he keeps coming back to camp, Senior Counselor David Wright said, “The friends I’ve made and the lives I’ve helped are why I continue to come back to camp every summer. I love seeing campers turn into counselors and how generation after generation continues to practice the virtue of helping others.” It was truly a remarkable summer for the camp program. Counselors revived old camp traditions, songs, and stories as well as created new activities and programs for the campers to enjoy.

On July 23rd and 24th we had some special visitors. MLB player, Sam Fuld and SLAMT1D, CEO and T1D dad, Jeff Kolok “crashed” Camp Joslin and Clara Barton Camp. Sam is no stranger to T1D; he was diagnosed at 10 years old. Sam learned of the camps through his involvement with SLAMT1D, with whom he has partnered to host SLAMT1D’s Sam Fuld Classic WIFFLE Ball Tournament in Tampa, FL. He and Jeff visited to see the camps, meet campers and staff, and also to discuss partnering with The Barton Center to host a Sam Fuld’s T1D Sports Camp in New England. Participants with T1D (type 1 diabetes) would attend a multi-sport overnight camp and have the opportunity to share this experience with a friend who does not have T1D. Sam and his team of expert coaches would run the sports camp while The Barton Center would add camp games, activities, and provide medical oversight. SLAMT1D would provide marketing, development, and financial support. While at Camp Joslin, Sam judged the “belly flop contest” after which campers chanted his name and encouraged him to try his own. He didn’t disappoint! His “Fuld Flop” drew a huge ovation from everyone! For the kids, seeing a professional athlete who experiences the same struggles they do was incredibly inspiring. Sam shares the same vision that we have at camp of not letting type 1 diabetes stand in the way of accomplishing goals, and for the kids to experience his presence within that notion was fantastic.

As the summer concluded, campers and staff looked back on memorable camp events such as the notorious Color Wars and joint dances with Clara Barton Camp. They remembered the various activities and games played throughout the day, as well as the activities at night such as the campfires by the cabins or the sounds of late-night dodgeball or gaga being played and organized by cabins outside of the regular schedule. By the end of the session, campers who were strangers to each other on day one were locking arms around each other as they sat through the bittersweet closing night campfire, where campers and staff of all ages individually reflect on their experience in front of the entire camp body. What is truly amazing to hear is the universal wisdom that resonates with such young children after their one to two weeks at Camp Joslin. For our staff, to hear campers recognize the positives within themselves as they struggle every day with an unfortunate condition is heartwarming. Those campers’ reflections are a sense of confirmation of our ability to fulfill our mission: “to improve the lives of children with insulin-dependent diabetes through education, recreation, and support programs which inspire and empower.”

With yet another successful and energetic summer behind us, our staff members are already planning for summer 2018. By staying connected with each other during the off-season and reconvening for our fall, winter, and spring programs, all can expect the Camp Joslin staff to bring forward the same enticing warmth and energy into summer 2018.
Day Camp Adventures
By Sarah Goldberg, Day Camp Assistant Director

Summer 2017 was definitely one of the most amazing and rewarding summers of my life. I have been attending the Long Island Day Camp since I was seven years old. This was my thirteenth summer at Long Island but my first summer being a part of the traveling staff. Overall, our campers and staff had an amazing time working and having fun with each other throughout the summer along with learning how to conquer their diabetes with the help of their new camp family. The “camp magic” was alive and present at each and every location that we visited. It’s hard to describe to anyone who has never been to our camp, but every camper, CIT, and staff member experienced it this summer.

We started off our incredible summer in Greenwich, Connecticut, for a week. This location hosts some of our youngest campers; it is so inspiring to see them check their blood sugars, give injections, and all around just take care of their diabetes at such a young age. A couple of our favorite games to play were gaga and yankee ball swap. Our campers also spent a great deal of time on the playground bonding with their friends while on the tire swing or going down the slide. Wednesday was our very exciting “water day.” We had a slip and slide, played a few rounds of drip, drop, drop, and had a shaving cream fight which was indisputably the best camp activity of the week. On Thursday, we ended the week with a sleepover night. We watched movies, played freeze dance, and hung out with our friends all night long. It was such a fun way to wrap up an unbelievable week.

The second week of our summer was at our Worcester, Massachusetts, program. We played our classic camp games like doctor dodgeball, rocks, and mafia, but the game that our campers loved the most was definitely gaga; we played at least once a day. We also had the amazing opportunity to do some high ropes course activities and swim in the pond every day with the help of some counselors from Clara Barton Camp. Our arts and crafts project for Worcester week was to make rocket ships out of toilet paper rolls, and the campers really brought out their creative side and made some incredible creations. On Tuesday, we took a field trip over to Camp Joslin to do some group activities with the boys and to get a change of scenery. We concluded our week with a sleepover where we watched movies like Moana, Toy Story, and ET.

We then moved on to our third summer program in Danvers, Massachusetts. This location has a lot of unique opportunities for us. Our campers and staff spent a great deal of time playing basketball, kickball, and everything in between on the blacktop basketball court. Some of the favorite games that were played during the week were sardines, army rangers, and rocks. The heat during the week was at an all-time high, so we swam for about an hour and a half every single day. Pool time was a great time to talk to everyone and have lots of fun. The beautiful facility made our week just that much more enjoyable.

Our final location of this summer was Long Island. We spent two wonderful weeks at the Holy Child Academy in Old Westbury, New York. We had a lot of returning campers, CITs, and staff as well as a bunch of new faces. We played many of the classic camp games such as doctor dodgeball, rocks, tails, capture the flag, gaga, and poop deck. We also introduced a few new games including birdie on a perch, and splat. We went swimming every day and played a lot of drip, drop, drop and other water games to cool off on the hot days. Each week we used the slip and slide and also had shaving cream fights. At our family picnics during these two weeks, we awarded many campers and staff with the title of Bartonian. We had eight people become Bartonians (have attended camp for 5 years), two people become Double Bartonians (10 years), and we even had one Triple Bartonian (15 years). Our two weeks at Long Island were amazing as always.

As we ended camp for the summer, the only words that came to my mind were gratitude and love because that is what I, and so many others, feel towards this incredible organization. Day Camp has impacted so many lives in more ways than anyone could possibly express. This is a place where friends become family and camp becomes home. Diabetes is so manageable when you have a group of people supporting and going through it with you. This camp brings so much happiness, comfort, and love into the lives of so many children. So as we say goodbye to the summer of 2017 and wait for next year to roll around, all we can do is say thank you to the incredible campers that give us a reason to carry on. I truly believe in a strange or odd way that diabetes is a blessing because it brought all these incredible people to each other and made us all a family. I think that a quote from a song that I heard recently sums up the camp magic perfectly: “If I can’t find a cure, I’ll fix you with my love.”
Clara Barton Birthplace Museum
By Emily Thomas, Summer Tour Guide

The spring and summer months were busy at the Clara Barton Birthplace Museum. Visitors came to tour Clara’s childhood home from all over the United States, including Maryland, North Carolina, Pennsylvania, Texas, Oklahoma, and California. We even had visitors from the United Arab Emirates and China.

On May 15, a group of sixth grade students from the First Unitarian Universalist Society of Burlington, Vermont, visited the museum. Their congregation has traditionally traveled to the Boston area each year for an experiential learning trip focused on Unitarian Universalist history. This year the group decided to add the Birthplace to their itinerary. Martha Dallas, the Director of Religious Education for the church, explained why the group decided to visit Clara’s home:

This year, we added a trip to the Clara Barton Birthplace for several reasons. Most importantly to us, Barton was a Universalist and attended the Universalist church in Oxford. Secondly, we wanted to lift up the contributions of a woman to add to a typically male-dominated sense of history. And lastly, with a trip that includes tours of churches, we wanted to illuminate the story of a person’s life (Clara’s), to show them that what’s important about your faith is how it influences your choices and actions in your life. Clara’s care for others, and ways that she honored and affirmed their worth and dignity (a principle which we uphold), were apparent in so much we learned about her.

The group was very engaged by our tour, especially by Emily’s excitement as our tour guide. Her effervescent admiration for Clara Barton was contagious! The kids especially drew close with curiosity to see the little “merit slips” that Miss Barton gave her students. I think they were impressed to understand Clara’s unconventional approach to classroom management!

On the way home, when asked whether next year’s group should come back to the Clara Barton Birthplace, they resoundingly declared, “Yes!”

On June 1, the museum welcomed all the 3rd graders from the town of Oxford. The students learned about Clara in school and were very interested in seeing where Clara spent her childhood. The indoor well was the highlight of the tour for many of the children.

On July 21, a small group of students and staff from the Susan Wayne Center Day School in Thompson, Connecticut, visited the museum. The students were amazed to see Clara’s personal belongings. The students have been learning about the Civil War and Clara Barton. After touring the museum, one of the staff members wrote about their visit to the museum.

It was amazing to see all of the original artifacts in the house. We didn’t realize how many countries Clara had visited and how many different people she made friends with from around the world. Thank you for bringing our history lesson to life! It was a very unique experience and we greatly appreciate the opportunity.

Family Camp 2017

Vermont Overnight Camp

Our one-week program in Vermont was outstanding! Campers enjoyed activity-filled days making good use of the ample fields, basketball and tennis courts, activities barn, and swimming pool, all while enjoying the beauty of Lake Champlain in the foreground. Our days were filled with swimming, gaga, handball, basketball, dodgeball, and games such as blob tag, army rangers, sardines, and a version of the hunger games.

Highlights of the week included a firelit opening ceremony, our beloved Tuesday night dance when campers teach the counselors the latest “moves,” traditional color wars on Wednesday where teams dressed in assigned colors compete in a series of events, and a water day on Thursday. Water day included a very lively shaving cream “fight” followed by multiple trips down the slip and slide. The final highlight of the week was our Thursday night closing ceremony in the chapel overlooking Lake Champlain followed by a campfire gathering. Campers, staff, and volunteers reviewed their favorite memories from their week together, expressed thoughts about the camp experience, and shared personal reflections about the meaning of camp throughout the evening. It was a wonderful week with our campers who made many new friends and reconnected with old friends. We hope you can join us next summer.

This program is financially supported by this founding sponsor: SLAMT1D, Inc. The Barton Center for Diabetes Education, Inc. is solely responsible for the actions of the Vermont Overnight Camp.
CAREGIVERS WEEKEND
September 22-24, 2017  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? Then Caregivers Weekend is the right fit for your family. Send your child to camp with the caregiver or bring your family where we will teach participants all the skills they need for diabetes management: checking blood sugars, using pumps/continuous glucose monitoring, counting carbs, dosing insulin, and everything in between in a relaxed and fun way. Everyone will leave camp with a better understanding and knowledge about diabetes.

NOVEMBER WACKY WEEKEND
November 17-19, 2017  Coed, Ages 6-16
Missing summer camp friends or want to see what Clara Barton Camp and Camp Joslin are all about? Come spend the weekend with a camp buddy, a friend from home, a sibling, or just come by yourself, but don’t miss out on this awesome weekend planned especially for you. Filled with some of our classic and zany camp activities, diabetes education, new games, and memories that will last a lifetime. Friends or siblings without diabetes may attend. NO PARENTS ALLOWED!

WINTER CAMP
December 27-30, 2017  Coed, Ages 13-17
Calling all teens with diabetes! This winter vacation week program is just for you. At Winter Camp, participants are provided an opportunity to explore how they are dealing with their diabetes and create and use a support group of people who face the same daily challenges. Under the supervision of our health care staff, teens will be responsible for their own dosing and charting of numbers. Teen-themed topics are discussed during this program. Fun, friendship, and laughs are guaranteed!

FEBRUARY WACKY WEEKEND
February 16-18, 2018  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!

SPRINGTIME FAMILY CAMP
April 20-22, 2018  Coed, All Ages
This jam-packed weekend filled with activities and diabetes education is for the entire family! We realize diabetes affects the whole family and have created a weekend program for moms, dads, brothers, cousins, grandparents, friends, and anyone else you consider family. Adults get the chance to be a camper again and enjoy all of the activities they hear so much about! Adults love the chance to meet other adults taking care of children with type 1 and get to share their experiences with one another as well as give their tips and tricks for managing diabetes.

BARTON OPEN HOUSE
April 22, 2018  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: get to see where your child will be sleeping, eating, and playing while at camp!

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

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 28, 2017  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, tickets, or for sponsorship opportunities, please call 508-987-2056, Ext. 2003 or email events@bartoncenter.org.

The Apple Run/Walk for Diabetes
November 4, 2017  10:30 a.m. walkers  11 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. Cash prizes will be awarded to overall 1st and 2nd place male and female finishers, and there will be other prizes for top finishers in each age category. All proceeds will benefit Clara Barton Camp and the Diabetes Research Team at UMass. To register or for more information, please email buzzelljim@yahoo.com, call Marty Toomey at 774-200-0938, or visit www.brookfieldlionsclub.org/page_15.html. To register online, please go to http://running4free.com/RaceDetails.aspx?raceid=111.

Red Cross Blood Drive
January 7, 2018  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 17, 2018
PLEASE NOTE NEW TIME
9:30 a.m. start for walkers & 10 a.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.

Camp Joslin Alumni Day
Summer 2018—Date to be determined
We will post the date on our website as soon as it is available. Join the fun and catch up with camp friends at Camp Joslin. Family and friends are welcome. The day will include tours, lunch, and an activity with the campers. There will be an alumni day at Clara Barton Camp in 2019.

The Barton Spirit! newsletter of
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