Challenge Course for Camp – Because T1D is a Challenge we can Overcome

Living with type 1 diabetes can be a challenge! Some days are harder than others. Our campers wake up every day not knowing what the day ahead will bring. At our camp programs, we try to teach our campers that there is no challenge they cannot overcome. We aim to use new experiences to help kids gain confidence to realize any challenge they face, diabetes related or not, they can learn from it and become stronger from it. One of the methods we use to accomplish this is our Challenge Courses. A Challenge Course involves multiple obstacles that participants work through such as a climbing tower, swinging log, high ropes, and so much more.

Currently, the Challenge Course at Camp Joslin which consisted of low rope elements is not functional and has not been for several years as these elements have deteriorated and are no longer safe. At Clara Barton Camp, there are two Challenge Courses, the high ropes course and the low ropes course. The high ropes course is currently favored by our campers. Our goal is to add a new challenge course at Camp Joslin and add a climbing wall at Clara Barton Camp.

The Camp Joslin Challenge Course will include a climbing wall and at least eight other low and high rope activities suggested by our challenge course designer. Two of the activities will be considered low elements. The first being the Whale Watch which will require teamwork as an entire group of campers must balance a platform, like an oversized seesaw. The other low rope element is the Mohawk Walk which involves a whole cabin of kids maneuvering across low cables. Both elements will require a lot of teamwork and coordination to accomplish the goal.

There will be a variety of high rope activities. One is sure to draw a lot of excitement from the campers! It’s called the Holy Cow Swing.

Camper will be harnessed on a rope, and other campers raise the participant up into the air, then when they reach the top, they’ll experience an exhilarating swing ride, like a pendulum. The swing allows participants to have a high ropes experience without needing climbing abilities. This will definitely require some courage, but the thrill will be worth it at the end!

At Clara Barton Camp, a climbing wall will be added to the Challenge Course which will include an oversize ladder hung from an overhead cable, and a cargo net hung vertically. These elements will be in addition to the existing rope activities at Clara Barton Camp.

We are thrilled to announce, through a generous donation of the Dr. Thomas N. Pesola Foundation, we have $20,000 to begin this project. To start, we will be adding the climbing wall at Camp Joslin and plan to have it ready for the summer of 2019. We are so excited to be able to offer new activities for our campers, many of whom attend year after year. It will be wonderful to observe our campers learning how to overcome challenges in an atmosphere of trust, respect, and safety. The kids will learn to be confident, work as team, and overcome fears. Such an important part of summer camp for many children is learning to come out of their shell. The Challenge Course provides an opportunity to do that as it will be the first experience of its kind for most campers. The entire project of adding these elements to Clara Barton Camp and Camp Joslin is estimated to cost a combined total of $124,793. If you are interested in helping us meet our goal so we can complete the project, please consider donating at: firstgiving.com/event/bartoncenter/course or you may use the enclosed pledge card to donate by noting “challenge course” on it.

Walk for Barton

We are thrilled to announce the 1st Annual Walk for Barton being held on Saturday, September 28, 2019. This event is inspired by our St. Patrick’s Day Road Race/Walk which had its 18th and final run last year. In an effort to increase fundraising, draw more participants, and provide an experience for the whole family, we have developed the Walk for Barton. There is no registration fee as we want our participants to focus on fundraising. Walkers will have an opportunity to raise money to support The Barton Center or their camper’s own camp fee for 2020. The walk will be taking place at Clara Barton Camp and will be about two miles long. There will be vendors, activities, and music.

We are fortunate to be collaborating with Adam Webster—you may know his voice as host of Worcester’s radio morning shows on 98.9 NASH ICON and 100.1 The Pike. In addition to his radio jobs, he also currently works at the UMass Diabetes Center of Excellence. Adam previously managed the Step Out Walk for the American Diabetes Association (ADA) and has volunteered to chair our planning committee for the Walk for Barton!

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“I know dozens of local families who are affected by type 1 diabetes,” Webster said. “Many of the children, some of whom are now young adults, have told me how much their summers spent at Clara Barton Camp and Camp Joslin meant to them. I look forward to helping to provide some of the family fun, resources, and fundraising success that I brought to the ADA Walk.”

We hope you will join us on September 28th! Check-in begins at 10 a.m. with the walk starting at 11 a.m. At noon, we’ll have closing ceremonies, and the celebration continues until 2 p.m. Register for the event and set up your fundraising page at: firstgiving.com/event/bartoncenter/Walk19. Every individual who raises at least $100 will receive a Walk for Barton t-shirt! It’s never too early to start fundraising! We can’t wait to see you there!

Off-Season Spotlight: Fun and Education

Do you ever wake up during the school year and think about camp, miss your friends and special camp games? As the final sun of summer sets, many would think that this is the final sun of the camping season; however, when the mid-fall sun rises, camp does as well with our Fall, Winter, Spring programs. These programs offer a glimpse into the hustle and bustle of summer camp and allow campers and parents to experience camp during the lesser-seen camp seasons of the year. November WACKY Weekend, Winter Camp, and February WACKY Weekend have all been very successful since summer camp ended with a world wind of indoor and outdoor activities, a new Health Services Director, a new electronic medical record system, and a new Camps and Program Director. Our Fall, Winter, Spring programs have seen new and returning faces, all excited to see what games and knowledge lie in store.

Kendra Magyar, MSN, PNP, CDE, joined our team in October 2018. A longtime provider and camper for one year in the 1990s, Kendra participated in her first weekend program in November. Sarah Balko, RD, CDE, joined our team in January 2019 from Camp UPeninsulin located in Michigan. February WACKY Weekend was her first camp experience here at The Barton Center; and let’s just say everyone, campers and staff, enjoyed their time with her. Both Kendra and Sarah jumped right into each program interacting with campers and staff and getting a feel as to how camp runs during the off-season.

This year for November WACKY, we were gifted with soft, fluffy snow on the arrival of the program. The snow allowed the activities to be different than usual, as campers mixed snowmen building competitions and snowball making into the daily activities. The usual favorites, gaga and dodgeball were still played, as well as one of our newer games FIFANBA (a crossover of basketball and soccer).

Winter Camp provided our campers, and soon to be Counselors-In-Training, the opportunity to both engage in preplanned activities as well as run some activities on their own. Campers enjoyed our camp-wide counselor hunt as well as some play in the remaining snow hanging out at camp. A large focal point at winter camp is the education sessions that the campers get to enjoy. With the help of our Health Services Director, the campers participate in guided, educational discussions regarding life with diabetes. These can flow and range from how to deal with transitioning into living with diabetes on your own in college to looking for help on how to best manage blood sugar with high activity levels and at various hours of the day. The campers can change the topics of the discussions as well as learn from each other. This section of winter camp is often listed as a camp favorite and is always a huge talking point for campers.

February WACKY Weekend included a mix of active-based games as well as an education session. Due to icy conditions, campers had fun with a variety of indoor games. One favorite was “Name That Tune” where campers are in teams working to try and name a song and artist before the other team can. Another enjoyable activity was Cookie Bake Off, which mixed in a combination of fun and education. Campers had to work in groups to come up with a cookie recipe and work with their counselors on carefully determining the amount of carbohydrates in each cookie they made. Of course, the cookies were eaten for snack, and all the campers got to taste the masterpieces that they crafted. Through this activity as well as two other educational sessions, campers discussed the importance of checking for ketones, managing blood glucose during activities, what the beta and alpha cells of the body do, and so much more. This weekend allowed for a mix of ages to come together and learn and play as a group, creating friends and fond memories along the way.

During February WACKY Weekend, we also tried a new electronic medical record, EMR, system for tracking all the campers’ diabetes information. Health care team members entered in the campers’ basal rates, carbohydrate ratios, correction factors, and target blood sugars to start off the weekend, so that the EMR could calculate insulin doses the rest of the weekend. One favorite aspect of the EMR is a timer that starts when a blood sugar under 75 is recorded in order to do a recheck after fifteen minutes. Our expectation with the EMR is that we will be able to go paperless for charting blood sugars and insulin doses and either print or email reports at the end of each session with all the campers’ medical information. This would include blood sugar, insulin doses, and medications dispensed.

Are you really missing summer camp, or do you want to give camp a try? We still have two upcoming weekend programs before summer camp begins. Check out our Caregivers Weekend and Sprintime Family Camp to see if one is the right fit for you. We look forward to seeing everyone this summer!
CAREGIVERS WEEKEND
March 8–10, 2019  Coed, All Ages
Caring for a family member with type 1 diabetes can be challenging, especially when that family member is a young child. This weekend helps parents, grandparents, aunts, uncles, and others overcome those challenges through warm and embracing education. Come along with the child to learn the basics of type 1 diabetes care and engage in fun recreational activities together with many families working to enhance their knowledge.

SPRINGTIME FAMILY CAMP
April 26–28, 2019  Coed, All Ages
Here at Barton, camp is a family affair! Join us for a weekend of family-oriented games, learning activities, and even a little education. Everyone gets the chance to be a camper while we take care of all the planning and cooking! Now Dad can put his art project on the fridge, and Mom can shread competition during ultimate Frisbee. All of this while getting the chance to meet other parents of children with T1D. When asked what her favorite part of this program was, a mom from last year told us, “Meeting other parents, a weekend of no cooking, and seeing other technology.”

BARTON OPEN HOUSE  FREE
April 28, 2019  2–4 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! Come see Camp Joslin, Clara Barton Camp, or Barton Worcester Day Camp. Visit anytime between 2PM to 4PM to meet staff, sample camp life, and tour the property. You choose which camp you’d like to visit. Please register to attend. Snacks and fun will be provided!

ICE ID and Barton Partnership
We are so excited to announce our 2019 partnership with the ICE ID. Our biggest priority is to keep all campers safe and secure. The ICE ID supports our mission. The company provides custom, laser-engraved medical identification bracelets designed to communicate vital health and contact information to first-responders in case of an emergency. As part of this partnership, we are pleased to announce that 25% of all sales will be donated to The Barton Center. Shop at https://theiceid.com/ and use our code, BARTON, so that we can help more deserving children enjoy this summer experience!

Upcoming Fall, Winter, Spring Programs
Online registration is available at www.bartoncenter.org.

Summer Calendar 2019
ONLINE REGISTRATION IS AVAILABLE ON OUR WEBSITE!
www.bartoncenter.org

CLARA BARTON CAMP  (Girls only, Ages 6–16)
Three-Week Session
Session 1 TW  June 23–July 13
Session 2  June 30–July 13
Session 3  July 14–July 27
Session 4  July 28–August 10
One-Week Sessions
Session 1 (WACKY*)  June 23–June 29
Session 3a  July 14–July 20
Session 3b  July 21–July 27
Session 4a  July 28–August 3
Session 4b  August 4–August 10

CAMP JOSLIN  (Boys only, Ages 6–16)
Three-Week Session
Session 1 TW  June 23–July 13
Session 2  June 30–July 13
Session 3  July 14–July 27
Session 4  July 28–August 10
One-Week Sessions
Session 1 (WACKY*)  June 23–June 29
Session 3a  July 14–July 20
Session 3b  July 21–July 27
Session 4a  July 28–August 3
Session 4b  August 4–August 10

BARTON DAY CAMPS*  (Coed, Ages as indicated below)
The Rainbow Club—Greenwich, CT (Ages 3–15)  June 24–June 28
Danvers Day Camp—Danvers, MA (Ages 6–15)  July 22–July 26
Long Island—Old Westbury, NY (Ages 3–15)  July 29–August 2

VERMONT OVERNIGHT CAMP  (Coed, Ages 6–16)
South Hero, VT  July 7–July 12
This program is just a short ride from Burlington, Vermont. Located on the spacious Camp Ta-Kum-Ta camp grounds, Barton campers will experience the outdoors, enjoy swimming, arts and crafts, and crazy camp games along with diabetes education! This program is 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.

ADVENTURE PROGRAM  (Coed, Ages 13–18)
Limited to 12 campers
New England Adventure  July 13–July 27
Barton teams up with Venture Outside and take our campers “On the Road” to different locations along the coast and in the mountains of Maine to experience a mix of fun and learning in nature. Adventures include hiking, mountain biking, rock climbing, rope courses, white-water rafting, paddle boarding, canoeing and kayaking, and more! Woven throughout all these activities are lessons in natural history, ecology, geology, and culture along the way. We also teach and practice skills in leadership, teamwork, music, wilderness stewardship, and camp skills. Moderate difficulty, some outdoor experience recommended. Please contact The Barton Center for more information.

FAMILY CAMP  (Coed, all ages)
Family Camp  August 11–August 16
*WACKY Session—Campers can bring a sibling or friend who does not have diabetes with them to camp during this session.

LONG ISLAND DAY CAMP OPEN HOUSE: There will be an Open House at Holy Child Academy in Old Westbury, NY, on June 2nd from 1 p.m. to 3 p.m. Please call 508-987-2056 for more information.
Special Events Update

March 16, 2019  March Madness Camp Clean-Up Day  9 a.m. to 2 p.m.
This is a fundraiser for summer camperships at Clara Barton Camp, Camp Joslin, and Barton Day Camps! Come help spruce up Clara Barton Camp or Camp Joslin to help us get ready for the summer. This is a great opportunity to raise money for 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. Please go to our website—bartoncenter.org—for a pledge sheet or to create a fundraising page at our event on FirstGiving. Please register to attend by March 11th by emailing events@bartoncenter.org or calling 508-987-2056, Ext. 2003. Lunch is provided.

May 18, 2019  Barton Classic Wiffle Ball Tournament  Begins at 8 a.m.
All are welcome! Come enjoy a fun day at Camp Joslin with your family and cheer on your favorite team. There will be children’s activities as well as food vendors. To register a team or view sponsorship opportunities, please visit our website at bartoncenter.org and click on Events. You may also call 508-987-2056, Ext. 2003 or email events@bartoncenter.org.

June 14, 2019  24th Annual Clara Barton Open Golf Tournament  Shotgun Start 8:30 a.m.
Hosted by the Oxford Lions, this annual event is always a lot of fun complete with contests, raffles, prizes, and lunch! The event will be held at Pine Ridge Golf Club in North Oxford, MA. For more information, please call 508-987-2056, Ext. 2003 or email events@bartoncenter.org.

July 27, 2019  Lions Appreciation Dinner & Campfire
Calling all Lions—this day is for you! This special thank you begins at 4 p.m. Bring the entire family and spend a relaxing afternoon at Clara Barton Camp in North Oxford, MA. Join staff and campers for dinner, tour, and a campfire ceremony. Please RSVP by calling 508-987-2056, Ext. 2003 or emailing events@bartoncenter.org.

August 3, 2019  Clara Barton Camp Alumni Day  1:15 p.m. — 4 p.m.
Come join the fun and reconnect with camp friends at Clara Barton Camp. Family and friends are welcome. The day includes tours, lunch, and an activity. Please RSVP by July 24th by calling 508-987-2056, Ext. 2003 or emailing events@bartoncenter.org.

September 28, 2019  1st Annual Walk for Barton  Check-in 10 a.m. Walk begins 11 a.m.
Join this fun family event and help support The Barton Center. Closing ceremonies will take place at noon, and the celebration continues until 2 p.m. Please see the article on page 1 with more information about this new event. Register for the event at firstgiving.com/event/bartoncenter/Walk19 and set up your fundraising page. You may also visit our website at bartoncenter.org and click on Events for the link to FirstGiving. For more information, please call 508-987-2056, Ext. 2003 or email events@bartoncenter.org.

October 26, 2019  Annual Auction  6 p.m. — 10 p.m.
SAVE THE DATE to join us at the Penta Dining Hall at Camp Joslin in Charlton for our annual auction. The evening features silent & live auctions, appetizers, dinner and desserts. For more information, please call 508-987-2056, Ext. 2003 or email events@bartoncenter.org.

CLARA BARTON BIRTHPLACE MUSEUM

The museum is open beginning with the last weekend in May thru the last weekend in August on Friday thru Sunday from 10 a.m. to 4 p.m. In September, the museum is open Saturdays only from 10 a.m. to 4 p.m. Tours are also available by appointment. From October through May, the museum is open weekdays by appointment only. For more information about the museum, visit our website at www.clarabartonbirthplace.org or call 508-987-2056, Ext. 2013.