



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



the barton *Spirit!* newsletter



SPRING 2012

November WACKY *Extreme Diabetes* Weekend

Each November, campers look forward to a fun-filled weekend where they get to have a blast with other kids living with diabetes and also get to share the experience with their friends who don't have diabetes. We had a great turnout for our "extreme diabetes weekend" with a grand total of 51 boys and girls. The focus this year was—*never let diabetes hold you back*. One of the key lessons children learn at camp is how to live with diabetes in the "real world." For instance, if campers want to play a sport, they should, and if their blood sugar goes low, they must learn how to deal with it; but they shouldn't avoid playing a sport because they are afraid they might go low.



In order to show campers firsthand how not to sit anything out in life but yet still maintain good diabetes control, we encouraged the campers to be active all weekend while continuously having them check their blood sugar levels. This enabled campers to see what

exercise did to their blood sugar, either raising or lowering it and trying to figure out trends and patterns. Our health care team would then explain what campers needed to do, by either adjusting with a temp basal or drinking a little Gatorade. After each activity, campers were able to walk away with a little more knowledge about their diabetes. Our health care team held an experiment for the campers in which some of the kids drank Gatorade and some didn't and then they all checked their blood sugar and then played capture the flag. After the game finished, everyone rechecked their blood sugar to see how running around had affected their diabetes. They were also able to see the difference in blood sugar levels between those who drank the Gatorade and those who did not. This activity not only showed the kids how exercise affects their own blood sugar, but they were also able to see that it can affect people differently.



The campers participated in many fun activities ranging from Gaga to extreme mustache building, which was one of the favorites for the weekend. During this activity, campers broke up into cabin groups and ran from station to station assembling the perfect mustache. The stations included activities such as mustache trimming, mustache be-dazzling, and the all-important

mustache coloring. Once each camper and staff member had their perfect mustache in place, each cabin was given the task of coming up with a mustache cabin cheer—this was by far the highlight of the weekend.



Another memorable game played over the weekend was "bobsledding" in the dining hall, where the kids learned that you don't always need snow to bobsled. Campers again broke into their cabin groups and had to race to the other side of the dining hall on scooters while completing some other crazy task. At one point, the entire team needed to get to the other side and back while sitting on the scooter using only their arms. Along with the unusual but fun camp games, we also enjoyed an amazing campfire with stories and songs, a diabetes trivia session, and a dance that was enjoyed by all!

This weekend, along with every other program run by The Barton Center, provided another important tool for campers to learn how to live a fulfilling life while coping with diabetes. They learned the importance of exercise and balance along with many other lifelong skills. We encouraged campers to focus on the simple concept of being a "Healthy Star," relative not just to their diabetes but their entire lives.



As the weekend drew to a close, several of the friends who attended with campers made the same comment, "I never knew how hard diabetes was to manage."

Many of our campers could not attend camp without the generosity of our supporters. Please consider making a contribution to our campership fund which helps make camp a reality for all children.



For more information about our Healthy Stars initiative, please visit www.bartoncenter.org and click on Programs Overview.

New Name for Camp Joslin in September

Due to an agreement with the Joslin Diabetes Center made when The Barton Center purchased Camp Joslin in 2010, we are no longer able to retain the name of Camp Joslin. The Barton Center is required to change the name of Camp Joslin by September 1, 2012.

Initially, the agreement allowed The Barton Center to use the Camp Joslin name until September 2011. During recent negotiations, the Joslin Diabetes Center has allowed us to continue using the name through the coming summer; however, it is now time to begin the process of a name change.

“Camp Joslin was founded by Elliott P. Joslin, who lived nearby” according to Executive Director Kevin Wilcoxon. “We would have liked to continue honoring him but have little choice but to change the name. Dr. Joslin is part of our history and will always be part of the Camp Joslin tradition.”

“While most people who know the camp understand that the value is in the actual *experience* of camp, the changing of the name from one rich in tradition and history to a new one will have an emotional impact on many members of the camp community, both past and present,” according to Wilcoxon. The Camp Joslin community, alumni, professionals, and current administration are

working together to develop a new camp name that reflects our steadfast mission in diabetes management, honors our colorful past, and prepares us for a new era of the camp experience.

We will have a new name in place by September 1, 2012. We encourage you to submit any suggestions for a new name to: events@bartoncenter.org.

While the name will change, camp spirit and the simple yet powerful message of *People Helping People* will always remain. And as always, The Barton Center remains committed to its mission statement: To improve the lives of children with insulin-dependent diabetes through education, recreation, and support programs which inspire and empower.



SLAMDIABETES™ 2012

THE BARTON CENTER FOR DIABETES EDUCATION, INC.

WIFFLE® BALL TOURNAMENT

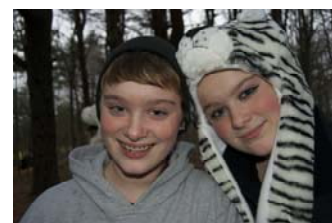
You don't want to miss this! Bring the family and come cheer on your favorite team on Saturday, May 19th, as twelve teams compete for the Tournament Championship at Camp Joslin in a fun-filled day highlighted by opening ceremonies, home run derby, a campers vs. counselors game, and silent auction. Awards will include the Championship Trophy, Team Spirit, Player MVP, Play-of-the-Day, Best Uniform and more. The winner of this tournament will advance to play at the SLAMDiabetes™ World Championship Weekend at Little Fenway in Jericho, VT.

Barton Trustee Mark Fuller will be captain of the Barton Bolusers team. There is still time to put together your own team to challenge Mark and join the fun as we raise campership money for children to attend Barton programs this summer!

If you want to get in on the fun, please consider starting a team, volunteering, supporting a team with your donation, sponsoring the tournament or a special award, or advertising in the Game Day Program—**SLAM D! Magazine**. For more information, please contact Lynn Butler at 508-987-2056, x2004 or email lynn.butler@bartoncenter.org.

Volunteers Help Make Winter Camp a Success

We rely on our volunteers at all of our fall, winter, spring programs. These dedicated individuals, many former campers who have come up through the ranks and become paid counselors at summer camp, return time and time again to various fall, winter, spring programs to help us spread the camp magic. Their enthusiasm for all things camp related is contagious. Whether it is an alumnus volunteer spending hours of his own time to orchestrate an elaborate, all-day “Who Done It?” activity, an alumna who comes back as a guest speaker, or alumni who are there to encourage campers, all of our volunteers are vital for our programs to operate successfully. Winter Camp was no exception.



Although Mother Nature didn't provide any snow for us to play with at Winter Camp in

December, our teen campers had a blast regardless. We were able to play many classic camp games as well as a few new games. Bob the Weasel had us all in hysterics and singing and chanting at the top of our lungs. Tubicide

is a combination of soccer and rugby except it is played with two very large inner tubes. Both of these new games proved to be such hits that we expect they will become staples at both resident camps for years to come. We enjoyed a fantastic “Who Done It?” activity that had many staff members dressed in elaborate costumes and two teams of campers running around camp gathering clues trying to find the Yeti who stole all the insulin. The Yeti was found and all insulin was recovered!

Cathy Mullooly, an exercise physiologist and diabetes educator led an interactive discussion regarding the different types of exercise we may encounter in a day and how to manage our blood sugar based on them. Cathy talked about planned versus unplanned exercise. While planned exercise is something we are aware of and plan for like soccer practice, unplanned exercise is an event we do not realize is exercise but affects our blood sugar, such as shopping or mowing the lawn.

Clara Barton Camp alumna Anna Floreen from the American Diabetes Association Youth Leader Program visited us and led a general discussion on diabetes and our feelings about dealing with it on a daily basis. This turned out to be a great discussion which

had most people sharing very personal and meaningful thoughts and feelings about their challenges living with diabetes.



Thursday night may have been the highlight of Winter Camp with our annual New Year's Eve Dance. We all cut some serious rug out on the dance floor, and we finished the night with a classic New Year's Eve countdown and celebrated with sparkling cider.

Winter Camp was a huge success thanks to our many volunteers. Campers had a lot of fun, reconnected with old friends, made new friends, and learned more about living with insulin-dependent diabetes. To learn more about volunteer opportunities at The Barton Center, please email info@bartoncenter.org. You can make a difference!

Upcoming Fall, Winter, Spring Programs

Online registration is available at www.bartoncenter.org.
Click on Registration Forms for the link.

MARCH MADNESS AND FUN

March 23-25, 2012

Coed, All Ages

Dads, uncles, and grandfathers don't miss this opportunity to get out and have some fun together—the kids are growing up so fast! This is your chance to get away from the hustle and bustle of daily responsibilities and come to camp with your child. Hiking, sports, arts and crafts, and camp games are moments you can't miss out on. Siblings without diabetes can attend too. Psst, mom gets a break this weekend.

CAREGIVERS WEEKEND

April 20-22, 2012

Coed, All Ages

Do you have a family member who is willing to look after your child with diabetes "if only they understood what diabetes is all about?" Are you as a parent looking for a "diabetes tune-up?" Then Caregivers Weekend, one of our most popular programs, is the right fit for your family. Send your child to camp with grandma, grandpa, or auntie and uncle, or bring your family for a weekend of learning while having a blast! Everyone will leave camp with a better understanding and confidence about diabetes and taking care of the ones they love!

FAMILY CAMP DAZE

May 12, 2012 1—4 p.m.

FREE

Coed, All Ages

Come see what Barton summer camp programs are like! Spend the afternoon enjoying a sample of camp life. Choose to spend time at Clara Barton Camp, Camp Joslin, or the Barton Day Camps program. Snacks and laughs are on the menu!

First Annual Clara Barton Camp & Camp Joslin Alumni Day

For the first time in the history of the two camps, we will be holding a joint alumni day this summer that will allow alumni from both Clara Barton Camp and Camp Joslin to reunite together on the same day! Going forward, each year we will rotate the host camp between Clara Barton Camp and Camp Joslin.

The camps have both had illustrious careers with a common mission—improving the lives of children with insulin-dependent diabetes; and now, with The Barton Center providing the backbone to the organization, we would like you to share the day and your own experiences while observing young people currently having a blast at camp.

On Saturday, August 4th, Clara Barton Camp alumni and Camp Joslin alumni are invited to the grounds of Camp Joslin to reminisce over meaningful camp experiences at both camps and observe some of the preserved traditions that are still being practiced. Family and friends of alumni are welcome to join us.

The day will include a special lunch, a brief update on the organization, opportunities for alumni to give back, and ample time for catching up with old friends! Alumni will have the opportunity to hear about and see advances in diabetes technology and management. There will also be an exclusive *Indian Council* experience for both camps' alumni and their guests only. Time will be provided for Clara Barton Camp alumni to travel over to CBC for tours which will include the brand new Arts & Crafts/Day Camp building.



Remember the dances?

Please look for our upcoming Facebook announcements about alumni day. For more details or to make your reservation, please email us at events@bartoncenter.org or call 508-987-2056, Ext. 2003.

Summer Calendar 2012

ONLINE REGISTRATION IS AVAILABLE!

You can register for all programs, except the CIT Program, online. Simply go to www.bartoncenter.org and click on "Registration Forms" to see the link!

CLARA BARTON CAMP (Girls only, Ages 6-16)

Three-Week Session

Session 1 TW June 24–July 13

Two-Week Sessions

Session 2 July 1–July 13

Session 3 July 15–July 27

Session 4 July 29–August 10

One-Week Sessions

Session 1 (WACKY*) June 24–June 29

Session 4a July 29–August 3

Session 4b August 5–August 10

Session 5 August 12–August 17

CAMP JOSLIN (Boys only, Ages 6-16)

Three-Week Session

Session 1 TW June 24–July 13

Two-Week Sessions

Session 2 July 1–July 13

Session 3 July 15–July 27

Session 4 July 29–August 10

One-Week Sessions

Session 1 (WACKY*) June 24–June 29

Session 4a July 29–August 3

Session 4b August 5–August 10

Session 5 August 12–August 17

**WACKY Session—Campers can bring a sibling or friend who does not have diabetes with them to camp during this session.*

ADVENTURE PROGRAMS (Coed, Ages 13-18)

Limited to 10 campers for each trip

Southeast Adventure July 15–July 27

Camping, kayaking, surfing, hiking, rock climbing, and whitewater rafting. Virginia, North Carolina, Tennessee, Kentucky, W. Virginia

Northeast Adventure July 29–August 10

Camping, rock climbing, hiking, rafting, wind surfing, deep sea fishing. New York, New Hampshire, Vermont, Massachusetts, Rhode Island

Maine Adventure August 12–August 24

Camping, rock climbing, river boarding, sea kayaking, whitewater rafting, whale watching in Maine wilderness and along the coast.

FAMILY CAMP (Coed, all ages)

Family Camp August 19–August 23

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

Greenwich, CT—*The Rainbow Club (Ages 3-15)* June 25–June 29

Boston—*Mass College of Pharmacy* July 9–July 13

Worcester—*Clara Barton Camp* July 16–July 20

Western New England—*Northampton, MA* July 23–July 27

Mt. Sinai/Barton Day Camp—*New York, NY* July 30–August 3

Long Island 1—*Old Westbury, NY* Aug. 6–Aug. 10

Long Island 2—*Old Westbury, NY* Aug. 13–Aug. 17

CAMP OPEN HOUSES: The Family Camp Daze program on May 12th is your opportunity to come to camp, meet camp directors, and ask questions about **Clara Barton Camp**, **Camp Joslin**, and **Barton Day Camps**. There will be an Open House for **Long Island Day Camp** at Holy Child Academy in Old Westbury, NY, on June 2nd from 10 a.m. to 12 p.m.

Special Events Update

March 17, 2012 Annual St. Patrick's Road Race/Walk Walkers begin at 12:30 p.m. Runners begin at 1 p.m.

Sign up for this four-mile sanctioned event! All are welcome! Recruit family and friends to walk or run and raise money toward your camp fee or the general campership fund through pledges. This event at The Barton Center is followed by a buffet and prizes! To register online, go to www.bartoncenter.org and click on Registration Forms, One-Day Programs. For printable PDF forms including pledge sheets, click on Events. For more information, please call 508-987-2056, Ext. 2003 or email events@bartoncenter.org.

May 5, 2012 Clara Barton Camp Spring Work Day 9 a.m.—3 p.m.

Come lend a helping hand to prepare camp facilities for the summer. Campers can raise campership money for their camp fee by collecting pledges for their hours worked. Lunch is provided. To register online, go to www.bartoncenter.org and click on Registration Forms, One-Day Programs. For printable PDF forms including pledge sheets, click on Events. For more information, please call 508-987-2056, Ext. 2003 or email events@bartoncenter.org.

May 19, 2012 Camp Joslin Spring Work Day 9 a.m.—3 p.m.

Campers can earn all or a portion of their camp fee by helping prepare Camp Joslin for the summer. Campers collect pledges from sponsors. Lunch is provided. To register online, go to www.bartoncenter.org and click on Registration Forms, One-Day Programs. For printable PDF forms including pledge sheets, click on Events. For more information, please call 508-987-2056, Ext. 2003 or email events@bartoncenter.org.

May 19, 2012 SLAMDIABETES™ 2012 Wiffle Ball Tournament All-day event—8 a.m. start

Enjoy a fun day at Camp Joslin with your family as we raise money for our campership fund. Please see page 2 for related article. For team or sponsorship information, please contact Lynn Butler at 508-987-2056, Ext. 2004 or email lynn.butler@bartoncenter.org or visit our website at www.bartoncenter.org/bcsite/events.

June 8, 2012 Iron Workers Golf for Diabetes Tournament-1 p.m.

This tournament will be held at the Heritage Club in Charlton, MA. The day of golf includes a steak dinner, cash prizes, and team prizes. For more information, please call 508-987-2056, Ext. 2003 or email events@bartoncenter.org or see www.bartoncenter.org/bcsite/events.

June 8, 2012 10th Annual Jennifer Gianocostas Golf Tournament

Hosted by Skip and Diane Gianocostas, this event is held at the Wayland Country Club in Wayland, MA. More information will be available soon. Please check our website for details at www.bartoncenter.org/bcsite/events.

June 15, 2012 17th Annual Clara Barton Open Golf Tournament 8 a.m.

Hosted by the Oxford Lions, this annual event at the Heritage Club in Charlton, MA, is always a lot of fun complete with prizes and lunch! For a registration form, please go to www.bartoncenter.org and click on Events or call 508-987-2056, x 2003.

July 2, 2012 The 19th Annual Robert J. Kenny Memorial Golf Tournament

This annual tournament is organized by Chris and Tim Kenny, their family, and friends. Join them for 18 holes of golf, post-classic dinner party, and prizes at Hampden Country Club in Hampden, MA. For information and forms, please visit www.kennyclassic.org.

July 21, 2012 Lions Appreciation Dinner & Campfire

Calling all Lions—this day is for you! Bring the entire family and spend a relaxing afternoon at Clara Barton Camp. Join staff and campers for dinner and campfire. This special thank you begins at 4 p.m. Please RSVP by calling 508-987-2056, Ext. 2003 or email events@bartoncenter.org. *Prize awarded to the club with the most participants.*

August 4, 2012 First Annual Clara Barton Camp & Camp Joslin Alumni Day 11 a.m.—4 p.m.

Come join the fun and catch up with camp friends. Family and friends are welcome. This fun day at Camp Joslin will feature camp tours, lunch, and great activities. Please see page 3 for related article. Please RSVP by July 23rd so we may plan food accordingly by calling 508-987-2056, x 2003 or emailing events@bartoncenter.org.

August 11, 2012 13th Annual Larry Papagini Benefit Golf Tournament 7:30 a.m.

This tournament will take place at the Heritage Club in Charlton, MA. More information will be available soon. Please check our website for details at www.bartoncenter.org/bcsite/events.

September 16, 2012 Barton Ride for Diabetes Begins at 10 a.m.

Ride your motorcycle from the Central Massachusetts Safety Council in W. Boylston to Camp Joslin and enjoy food, entertainment, and a raffle at the end of your ride. Don't have a bike? Then join the Walter Walls Memorial Car Meet. The event is hosted by Joe Hamm and the Leicester Lions Club. Please visit our website for registration or sponsor forms at www.bartoncenter.org/bcsite/events or call 508-987-2056, Ext. 2003 or Joe Hamm at 508-892-5332.

October 27, 2012 Annual Auction 7 p.m.—10 p.m.

Please join us at the Penta Dining Hall at Camp Joslin in Charlton for our annual auction hosted by the Alumni Association. The evening will feature both silent & live auctions, appetizers, desserts, and dancing. For more information or for sponsorship opportunities, please call 508-987-2056, Ext. 2003 or email

CLARA BARTON BIRTHPLACE MUSEUM



The museum is open from June to September. Please call 508-987-2056, Ext. 2013 or visit our website at www.clarabartonbirthplace.org for tour information. Tours are also available by appointment. Special programs are available for school groups.



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