



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



the barton *Spirit!* newsletter

SPRING 2013

## Camp Magic Still Strong for Alumna

By Alumna Kylee (Driscoll) Walsh

I was seven when I found out I had diabetes. There is no history of diabetes in my family, so it came as a shock to me, my parents and older brothers and sister. Even for a family familiar with diabetes, facing the diagnosis of a seven-year-old is tough. Since we were so unprepared and unfamiliar with diabetes, my parents looked for support wherever they could. Two years after my diagnosis, we joined a support group at the Manchester Memorial Hospital. I was nine at the time and remember feeling that the support group was a fun place my whole family could go and receive some sort of support. They ran a group with kids and siblings in one room and parents in another. My brothers and sister and I got to go have fun and learn about fun healthy snacks, and my parents got the support from other parents going through the same thing they were.

One day the support group had a visitor from Clara Barton Camp. The idea of going to CBC was so exciting because the movie "The Parent Trap" was one of my favorites, and I always wanted that same experience of going to an overnight camp and meeting lifelong friends. We did not have the money to send me to camp, but almost two years later I received a scholarship from a local women's group, and I was on my way to fulfill my dream of being like Hayley Mills in "The Parent Trap" and off to camp I went.

I spent two summers at Clara Barton Camp when I was eleven and twelve. As fun as camp was, I still struggled with homesickness. I didn't find my secret, long-lost twin sister, either! My family and I decided that we would give up my scholarship and make room for another child to benefit from going to camp. I always missed camp and knew that one day I would go back.



**Creating Camp Magic!**

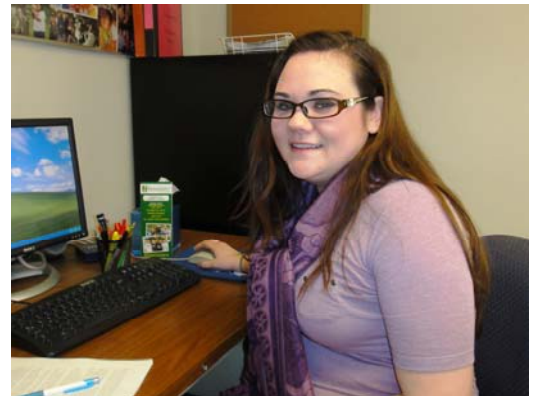
When I was seventeen, I applied to be a counselor-in-training. I always loved camp, missed it, and benefited so much from it that I wanted to give back to the place that showed me I wasn't alone. As

a counselor-in-training at Clara Barton Camp, I spent four weeks learning all there is to know about what it takes to be an amazing counselor and helping to create the camp magic that brings campers back summer after summer. At the end of the session, I found myself in the camp director's office begging to find a job for me to stay the rest of the summer. Luckily for me there was an opening in the camp kitchen, and I was more than thrilled to take it. I knew that camp was

where I belonged and where I wanted to be. A place where I could be myself and not worry about what others thought of my diabetes because we all had it, too.

That summer back at camp when I was seventeen and no longer weighed down by homesickness reminded me of all the things I loved about camp: lifelong friendships, not being the only one with diabetes, and the positive camp spirit that each of us possesses. Being able to give back and create the environment at camp that gives all campers that magic feeling when they walk onto the lower recreation field was truly a meaningful experience and brought to life a new me. I returned back to camp for the next two summers as a counselor and the camp's Unit Director. In 2008, I was hired as the Program Coordinator for Barton, a year-round position, where I was responsible for running the Fall, Winter, Spring programs. My dream to be a year-round staff member for camp had finally come true. However, in 2009, I made a big decision to leave camp and return to school. This was one of the hardest things I ever had to do, but I knew that I would be able to give more to camp if I took this step. I was not done with camp and knew that one day I would be back to this place I had called home for so many summers and years.

I have now been back at The Barton Center for almost a year as the Special Events Coordinator, and I could not be happier with where I am today. Even as a 26-year-old, I still get that feeling that I had when I was eleven and walked onto camp



for the first time. The experiences I had at camp when I was eleven and gave myself my first shot have molded me into who I am today. My husband, also a camp lifer, and I even met at camp and got married at Camp Joslin, a place that means so much to us both. I work here because I hope in some way I can help that little girl or boy who is homesick or scared or just having a bad day find the love and support that I found here so many years ago. In my current role at Barton, I also help make camp a reality for children with financial need as we raise funds for camperships through our special events. For those of us who have experienced camp, we know that this is a magical place. It is magical because of the many caring and thoughtful staff, volunteers, and alumni dedicated to making all Barton programs empowering, open, and supportive for every camper. If you have spent one summer at camp or twenty summers at camp, you know that it truly is the most wonderful place in the world!

## Spotlight on February WACKY Weekend

Uncertainty, nervousness, excitement . . . all of this was evident on the campers' faces as they entered the Chabot Center for February WACKY. There were some familiar faces as well as some new!

What is WACKY? A weekend for campers aged 6-16, who are able to invite either a friend or sibling who does not have diabetes to join them for some wonderful activities that also include diabetes education. The acronym WACKY stands for Weekend at Camp for Youth.



This year we had 31 campers, including three sets of twins! The staff planned many fun activities, including time to



play in freshly fallen snow. Campers also enjoyed many popular camp activities such as gaga (a form of dodgeball that has to be seen to be believed), Rude and Crude (many campers like this one—it's exactly as its name states),

Jazzercise, and a dance on Saturday night that included campers busting out their dance moves. Campers and staff alike had a blast during this fun-filled weekend!

As with most of our closing days, there were tears shed, addresses and e-mails shared, and happy reunions with moms, dads, and grandparents.



## Health Care Team Perspective at Camp

By Nancy A. Allen, PhD, ANP-BC

*Nancy spent the summer of 2012 working at Clara Barton Camp. She is a professor of Nursing at Boston College and a Board Certified Adult Nurse Practitioner.*

The health care team for The Barton Center's summer camp programs is charged with a mission to provide children and young adults with a fun, exciting, rewarding camping experience in a safe environment. At camp check-in on opening day, the health care team is quick to acknowledge campers' goals to try new challenges such as placing their own pump site or learning more about carbohydrate counting and how this relates to their insulin boluses. However, our trained eyes and ears are also always watching for signs of diabetes burnout, danger signs of unpredictable episodes of hypoglycemia, and those dreaded periods of hyperglycemia that may have led to frequent episodes of diabetic ketoacidosis and hospitalization in the past! We take our notes and prepare to talk to the whole team following check-in about our concerns and how we can work together as a team to address potential problems.



The health care team works together throughout each session during campers' activities, meals, and when they are just hanging out. One of the big goals of Barton programs is that campers with diabetes get to meet

and share their experiences with one another while they learn to be more personally responsible for their health. From the health care team's perspective, this means working with the campers on diabetes education and making good choices. It is easier to address concerns about changing pump sites from the two abdominal sites that are always used when another camper can show them that using the arms can be cool and it works well! The standard talk about the need for rotating sites so that the insulin gets absorbed becomes "cool" because another child is doing it and "it works!" We work with the campers on counting carbohydrates and making protein choices if they are still hungry after their lunch. Last summer, the campers could explain how

balancing carbohydrates and proteins worked better with their insulin bolus to provide better glucose control. Celebrating good glucose numbers and how a camper feels when in a good glucose range is always fun!

Camp activities are often so much fun that sometimes low blood sugars can sneak up on campers despite everyone's best intentions. The dance with Camp Joslin and Clara Barton Camp is a great example of a tremendously fun activity. Knowing that the campers will be very active, they are fed a special meal designed to give them a little more glucose, and the campers reduce their mealtime insulin. However, this is not always enough preparation. The health care team sets up hypoglycemia stations during the dance. Campers are always disappointed if they need to stop dancing and treat a low, but they often have company at the hypoglycemia table. And once again, they are just another normal kid at camp because several campers may be having a low just like them! After the dance, that night the health care team checks everyone at 12:00 a.m. and 3:00 a.m. for hypoglycemia and treats them on the spot! The night after the dance they will be given a snack, and many of the campers will still have lower glucose levels and will not need to take any insulin before going to bed. This is another learning tool to show campers how intense exercise affects glucose levels.

The opposite issue of hyperglycemia can be a potential problem as well. Upon admission to camp, most campers will have a reduction in their basal insulin to offset the increased activities at camp that set them up for a low blood sugar reaction. This generally works well, but there are so many things that can influence blood sugars such as dietary changes, stress, hormonal changes, and even being less active than when at home. In the health care center, the physicians and nurse practitioners work to examine all campers' charts to optimize their blood glucose levels without making their glucose control so tight that the camper then experiences hypoglycemia and is unable to participate in camp activities. Prior to coming to a Barton program, a camper had experienced several episodes of diabetic ketoacidosis from high blood sugars. After watching the child's blood sugars at the program, it was obvious that the camper had been placed on a type of insulin that was not lasting 24 hours, and clearly the type of insulin needed to be changed. At camp, we have the benefit of frequent glucose monitoring experience and a staff that specializes in diabetes management.

Barton programs provide a rich environment for children and young adults to have their physical, emotional, and educational needs met in a safe, fun environment. We love providing this opportunity for them!

## Upcoming Fall, Winter, Spring Programs

Online registration is available at [www.bartoncenter.org/bcsite/node/101](http://www.bartoncenter.org/bcsite/node/101).

### SPRINGTIME FAMILY CAMP

March 22-24, 2013

Coed, All Ages

A jam-packed weekend filled with fun activities and diabetes education for the whole family! Since diabetes affects the whole family, it only makes sense to have a camping program for the whole family. Moms, dads, brothers, cousins, grandparents, friends, and anyone else you consider your family can come play and learn at Springtime Family Camp.

### LIFE AFTER HIGH SCHOOL

April 5-7, 2013

Coed, Ages 17-20

Come experience what living with diabetes is like when you are on your own! This program is designed to engage you in discussions and activities that mock real life situations and prepare you for independent living. Have fun while learning techniques from those who have gone on their own before you.

### BARTON OPEN HOUSE

April 7, 2013 1—4 p.m.

FREE

Coed, All Ages

Thinking about attending summer camp? This is your opportunity to come to camp to see what Barton summer camp programs are like at Clara Barton Camp, Camp Joslin, and Barton Day Camps! Spend the afternoon enjoying a sample of camp life and tour both Clara Barton Camp and Camp Joslin. Snacks and laughs are on the menu!

### CAREGIVERS WEEKEND

April 19-21, 2013

Coed, All Ages

Do you have family members who are 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?” 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, knowledge, and confidence about diabetes and taking care of the ones they love!

### Alumni—Stay Connected!

Barton programs are often a fond memory for our alumni. Not only did alumni have fun at camp, but at camp they also discovered that they were not alone as they learned together how to live happy, healthy lives with diabetes. Unlike years past, today it is so much easier for alumni to stay in touch with each other via the wide array of social media networks available. Many Barton alumni keep in touch via our Barton Alumni Facebook group. Additionally, alumni attend our Annual Alumni Day in the summer, our Annual Auction in October, our Annual Road Race/Walk in March and our Wiffle Ball Tournament in May. We also have an informal alumni gathering coming up soon—on April 18<sup>th</sup>, we’ll gather at Pinz in Milford, MA, for an evening of fun and camaraderie. Please see the back page of the newsletter for a complete description of each event.

We are also pleased to announce that two alumni medical consultants will be joining us in 2013. Lisa Bolduc Bissell RN/CDE and Margie Lawlor MPH/CDE have come back to offer their skills and expertise in diabetes education, summer planning and coordination, and integration of medical and program staff.

There has been a wonderful influx of new alumni on some of our committees, increased attendance at annual events and assistance with fundraisers. The offerings of time, service, and fundraising assistance are greatly appreciated.

Join the fun and choose an event to participate in while reconnecting with old friends! And alumni can request to join our facebook group at <http://www.facebook.com/#!/groups/11764302998/>. Please note that there is an approval process which helps us prevent spammers from accessing the account.

## Summer Calendar 2013

### ONLINE REGISTRATION IS AVAILABLE!

You can register for all programs, except the CIT Program, online. Simply go to [www.bartoncenter.org](http://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 23–July 12

#### Two-Week Sessions

Session 2 June 30–July 12

Session 3 July 14–July 26

Session 4 July 28–August 9

#### One-Week Sessions

Session 1 (WACKY\*) June 23–June 28

Session 4a July 28–August 2

Session 4b August 4–August 9

### CAMP JOSLIN (Boys only, Ages 6-16)

#### Three-Week Session

Session 1 TW June 23–July 12

#### Two-Week Sessions

Session 2 June 30–July 12

Session 3 July 14–July 26

Session 4 July 28–August 9

#### One-Week Sessions

Session 1 (WACKY\*) June 23–June 28

Session 4a July 28–August 2

Session 4b August 4–August 9

*\*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

#### Northeast Adventure June 30–July 12

*This trip is loaded with activities and destinations in New York, New Hampshire, Vermont, Massachusetts, and Rhode Island. Activities will include rock climbing, camping, hiking, whitewater rafting, summiting Mt. Mansfield (Vermont’s highest peak), wind surfing, deep sea fishing, and a visit to the Ben & Jerry’s factory in Vermont.*

#### High Peaks Adventure July 14–July 26

*Hike all of the highest peaks in the Northeast: New York, New Jersey, Vermont, New Hampshire, Massachusetts and Maine! Great views and great excitement await you. Campers will simultaneously learn about managing diabetes and balancing food and blood sugars during continuous, strenuous activity.*

### FAMILY CAMP (Coed, all ages)

Family Camp August 11–August 15

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

Greenwich, CT—*The Rainbow Club (Ages 3-15)* June 24–June 28

Boston—*Mass College of Pharmacy* July 8–July 12

Worcester—*Clara Barton Camp* July 15–July 19

Western New England—*Northampton, MA* July 22–July 26

Mt. Sinai/Barton Day Camp—*New York, NY* July 29–August 2

Long Island 1—*Old Westbury, NY* Aug. 5–Aug. 9

Long Island 2—*Old Westbury, NY* Aug. 12–Aug. 16

**CAMP OPEN HOUSES:** The Open House program on April 7<sup>th</sup> 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 15<sup>th</sup> from 1 p.m. to 3 p.m.

# Special Events Update

## March 16, 2013 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! For printable PDF registration forms including pledge sheets, go to our website at [www.bartoncenter.org/bcsite/events](http://www.bartoncenter.org/bcsite/events). Simplify your fundraising by creating your own individual fundraising page on FirstGiving. For details to create your fundraising page, see our website. For more information, please call 508-987-2056, Ext. 2003 or email [events@bartoncenter.org](mailto:events@bartoncenter.org).

## April 18, 2013 Informal Alumni Gathering at PINZ, Milford, MA

Due to popular demand, we have scheduled another informal gathering for Clara Barton Camp, Camp Joslin and Barton Day Camp alumni. The event begins at 6 p.m. and lasts until you've reconnected with old friends and found the *Camp Magic* again! Enjoy bowling, laser tag, pool tables, food, and drinks. You spend what you eat and drink and any entertainment costs. For more information about Pinz, go to <http://www.pinzbowl.com/>. Reconnect with old friends and share camp memories!

## May 4, 2013 Spring Work Day at Clara Barton Camp and Camp Joslin 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](http://www.bartoncenter.org) and click on Registration Forms for the link. 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](mailto:events@bartoncenter.org).

## May 18, 2013 SLAMDIABETES™ 2013 Wiffle Ball Tournament All-day event—8 a.m. start



All are welcome. Come enjoy a fun day at Camp Joslin with your family as we raise money for our campership fund. Cheer on your favorite team. For team or sponsorship information, please contact Kylee Walsh at 508-987-2056, Ext. 2003 or email [kylee.walsh@bartoncenter.org](mailto:kylee.walsh@bartoncenter.org) or visit our website at [www.bartoncenter.org/bcsite/events](http://www.bartoncenter.org/bcsite/events).

## June 14, 2013 11th 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](http://www.bartoncenter.org/bcsite/events).

## June 14, 2013 18th 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](http://www.bartoncenter.org) and click on Events or call 508-987-2056, Ext. 2003.

## July 1, 2013 The 20th 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 Elmcrest Country Club in East Longmeadow, MA. For information and forms, please visit [www.kennyclassic.org](http://www.kennyclassic.org).

## July 20, 2013 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](mailto:events@bartoncenter.org). *Prize awarded to the club with the most participants.*

## August 3, 2013 2nd 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 Clara Barton Camp will feature camp tours, lunch, and great activities. One highlight will be the traditional torch swim. Please RSVP by July 24<sup>th</sup> so we may plan food accordingly by calling 508-987-2056, Ext. 2003 or email [events@bartoncenter.org](mailto:events@bartoncenter.org).

## August 10, 2013 14th Annual Larry Papagni 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](http://www.bartoncenter.org/bcsite/events).

## September 29, 2013 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. Registration and sponsor forms will be available on our website in the near future.

## October 26, 2013 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 information or for sponsorship opportunities, please call 508-987-2056, Ext. 2003 or email [events@bartoncenter.org](mailto:events@bartoncenter.org).

## CLARA BARTON BIRTHPLACE MUSEUM



The museum is open from June to September. From June 1—August 31, the museum is open 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.

For more information about the museum, visit our website at [www.clarabartonbirthplace.org](http://www.clarabartonbirthplace.org) or call 508-987-2056, Ext. 2013.



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