2020 CAMP GUIDE

CAMP
JEAN NELSON
D CAMPS

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A Letter to Campers and Families

Dear Families,

Welcome to Diabetes Canada's Jean Nelson Family Camp! Diabetes Canada is committed to providing the best possible camp experience for your family. This package has been designed to help you become more familiar with our program and allow you to prepare for your camp experience. Please take a few minutes to review the information contained in this package.

This spring will mark Alberta's seventh annual family camp for families living with type 1 diabetes. We're very excited to be partnered with Camp Kindle, who will be providing a fully catered experience with organized programs, which allows parents to spend time with their families and relax! Camp Kindle's facilities are located near Water Valley, Alberta; approximately an hour and a half northwest of Calgary. It is a private facility, which ensures a safe atmosphere for all family members to relax and enjoy their time.

Diabetes Canada is committed to continuing this tradition of encouraging campers in developing their confidence both with their own diabetes management and in their relationships with those around them. As such, we welcome your communication with us, or any questions or thoughts you may have. We are really looking forward to spending time with your family this spring!

Sincerely,

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Camp Director, Western Canada
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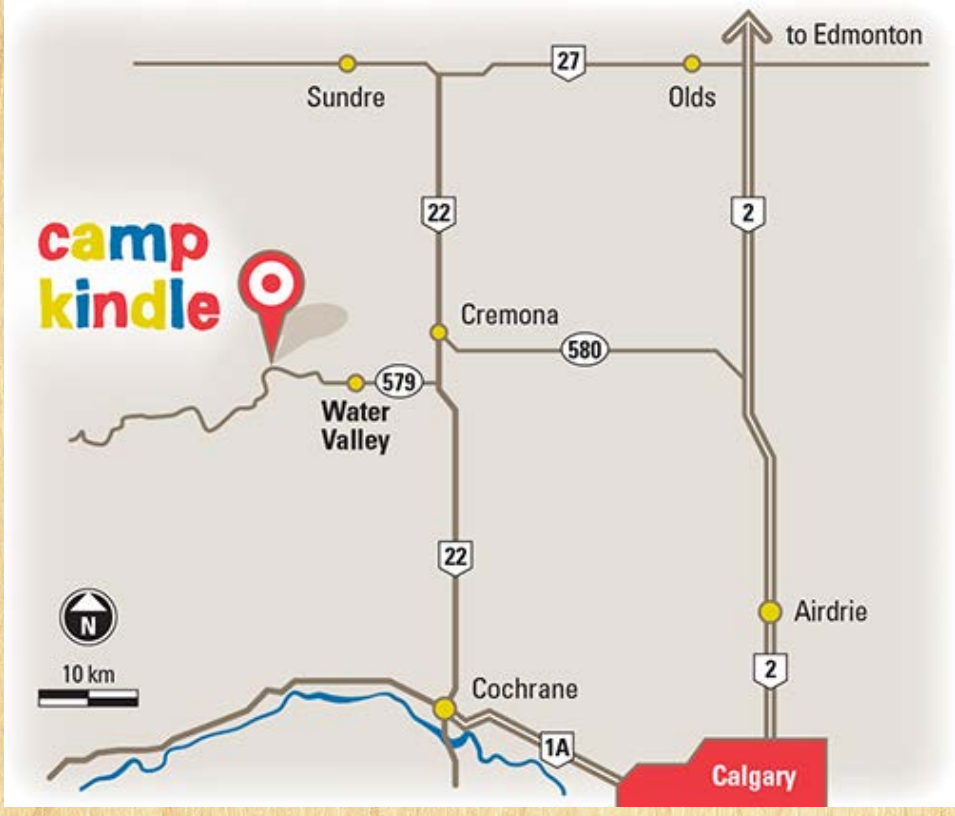
JEAN NELSON FAMILY CAMP INFORMATION

Arrival	Friday, May 15 between 7-7:30pm **dinner will not be served on Friday night, but there will be a light evening snack.*
Departure	Monday, May 18 @ 11am

DIRECTIONS & TRANSPORTATION

Family Camp is located at Camp Kindle, approximately 45 minutes north of Cochrane. Once on highway 22, continue until you reach 579 and turn west (left from Cochrane, right from Cremona or Sundre). Continue on this road for approximately 10 minutes. Camp Kindle is located on the right hand side of the road.

Please plan to **arrive no earlier than 7:00pm on Friday**, and to **be out of your cabins no later than 11:00am on Monday.** Please click here for directions from Google Maps.



ABOUT FAMILY CAMP

Jean Nelson Family Camps focus on providing connection, support and community to families living with type 1 diabetes. At Family Camp we provide these opportunities for anyone in your child's care-giving community. That could be grand-parents, extended family or close friends. If there are people involved in the care of your child with type 1 diabetes they are welcome to attend.

Family Camp brings people together in a way that just doesn't happen in any other setting. Family Camp is a fantastic introduction or connection to the D-Camp experience. You and your family will get the opportunity to take part in camp programming in a community of people who understand the day to day challenges of living with type 1 diabetes.

Family Camp is a Great Fit for You If:

- You have a recently diagnosed child and are looking to connect with people who understand.
- You have years of experience and could be a valuable support to others.
- Someone in family lives with type 1 diabetes and you want to have a fun D-Camp experience!

HEALTH CARE AT CAMP

Your family's continuing good health is important to us. Nurses and a dietitian will be available throughout Family Camp for consultation; however **parents are responsible for the diabetes management** in their family throughout the camp. For most children, camp provides much more physical activity than usual and therefore changes in blood glucose levels should be expected. In case of emergencies, Camp Kindle staff are certified in Standard First Aid and CPR C. Remember that one of the best ways for your family to stay healthy is for each person to wash his/her hands before every meal and not to share food or drinks.

Please ensure that you have also packed adequate supplies of any other non-diabetes medications with you for your Family Camp session.

WHAT TO EXPECT AT FAMILY CAMP

Over the course of your Family Camp experience, adults and children will have the opportunity to participate in a wide variety of activities and experiences. In everything we do at Camp Jean Nelson Family Camp, we emphasize creativity, imagination, and relationship development in a safe, fun-filled atmosphere designed to encourage growth, learning, and the development of self-confidence.

Throughout the weekend, much of the camp program will be divided into three steams. One stream will be for children and youth. The second stream will be for adults, parents, and caregivers and the last stream is for families as a whole!

CHILDREN'S ACTIVITIES

Program staff will plan and facilitate age appropriate games and activities for the children at camp. Some of these activities include; high ropes, various sports, archery, arts and crafts and many more creative camp programs.

These program staff will be made up of Camp Kindle and D-Camps staff. Some of our staff team live with type 1 diabetes. Family Camp creates endless opportunities for your child to learn and relate to a young adult role-model living with the illness. These staff will also be available to assist campers with testing and treating lows.

ADULT ACTIVITIES

Adults, parents and caregivers will have the opportunity to meet and connect with each other in various sessions throughout the weekend. These sessions are often led by adults living with type 1 diabetes, the medical team and leaders from the type 1 community. They include discussion groups, sharing experiences and team building activities. Often these sessions are seen as the highlight of the weekend. It is an opportunity to discuss life with type 1 in a caring, supportive and understanding group of peers.

FAMILY ACTIVITIES

There will be a number of all- camp programs planned throughout the weekend that the whole family is able to participate in together. As a family, you will be able to participate in a wide variety of camp activities. These fun events are a great opportunity for the whole family to spend time together and feel like they are on a holiday. It might be the whole family on the high ropes course or a mother-daughter show down at archery but no matter what it will be a great time!

MEALS AND ACCOMMODATIONS

Accommodations will be in dorm style lodges. There are two sets of bunk beds in each room with shared washroom facilities. Families will have their own bedroom spaces, but will share washroom and shower facilities. The dorms are heated, however, bedding is not provided – be sure to bring enough for a May weekend! Camp Kindle prepares three nutritious meals, which have been reviewed by our dietitian, as well as snacks each day. All meals are served family style, and families are encouraged to sit with each other. Kindle staff also wash the dishes and clean the washrooms and other common areas. Staff and volunteers from Diabetes Canada will be available throughout your stay to assist you as well.

SUPERVISION

Parents are responsible for the supervision of their children while at Camp. However, supervision will be provided during scheduled program activities. Parents are also responsible for their children's medical and dietary care, including their child's diabetes management, the dispensing of medication(s) and monitoring of personal supplies. Medical staff/personnel are on site to facilitate programming and to act as source of support for any consultation.

PACKING LIST

MEDICAL

- ☐ Insulin, Pens/Syringes or Pump Supplies
- ☐ Meters and Strips
- ☐ Other medications
  - o (must be in original container)

CAMP STUFF

- ☐ Sleeping Bag (or sheets/blankets)
- ☐ Pillow
- ☐ Flashlight & extra batteries
- ☐ Insect repellent
- ☐ Toiletry Kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
- ☐ 1-2 lightweight towels (easy drying for showers)
- ☐ Books to read
- ☐ Camera (digital cameras are okay)
- ☐ Daypack

CLOTHING

- ☐ 3 Pairs of socks
- ☐ 3 Pairs of underwear
- ☐ 1 Pairs of pants/sweatpants
- ☐ 1 T-shirts
- ☐ 2 Sweatshirts/long-sleeve shirts
- ☐ Waterproof rain jacket
- ☐ Rubber boots
- ☐ 2 Pairs of shoes
- ☐ Pajamas

WHAT NOT TO BRING TO FAMILY CAMP

Please do not bring any of the listed items with you for the weekend:

- × Knives – including pocket knives
- × Alcohol or illegal drugs
- × Non-prescription drugs or drugs not prescribed to the participants

OTHER NOTES ON PACKING

Bedding

Beds with mattresses are provided, however sheets, pillows, blankets, and sleeping bags are not. Please be sure that you have enough bedding for your family, appropriate for a spring weekend with cool nights.

Food

Plenty of food is provided for families over the course of the weekend. We encourage families to avoid packing lots of extra food for the weekend, as it should not been needed. However, if you feel it is necessary to pack some extra food, we ask that it is packed in a sealed Rubbermaid container and is locked in your vehicle. Please dispose of food wrappers and packaging in main dining area only.

Pets

No pets are permitted at camp. Please contact the Camp Director if you have any questions.

Camp Kindle and Diabetes Canada are not responsible for lost or stolen items. Please do not bring valuables to camp.

CAMP CLOTHING SALES

ONSITE STORE

You will have the opportunity to purchase camp clothing and merchandise onsite throughout the duration of Family Camp. Cash or Credit Card are the accepted methods of payment

ELECTRONICS POLICY

Participants are welcome to bring electronic devices to Family Camp. We do ask that if you choose to use your cell phone, please step away from the group so as not to disturb the other participants. As well, there are many apps, websites and programs that participants can use to help manage their diabetes, and we encourage participants to share their favourite apps with others.

We cannot guarantee that there will be cell service on-site, nor can we guarantee that each family cabin will have access to a charging plug (although there will be plugs available in the main buildings).

We expect that all participants will use electronics responsibly, behave in a way that is respectful to others, and ask other's permission before sharing any information, photos or videos online.

CANCELLATION/REFUND POLICY

Camp fees (less deposit) are fully refundable. Notification of cancellation **is required in writing or via email** and must be received by the **Camp Registrar** no later than four weeks prior to the camp start date to qualify for a refund. Cancellation requests made later will be considered on a case by case basis. Please note that cancellations must be made directly through the Camp Registrar and cannot be made through area branch offices or other Association staff. Families who do not cancel will still be required to pay the balance of their camp fees.

If you decide to cancel your camp registration or send in paper version of forms please contact:

Diabetes Canada
camps@diabetes.ca or **1.800.226.8464**

CONTACT INFORMATION

If you have specific questions about the **Jean Nelson Family Camp program** or **will be arriving late to Camp,** please contact:

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