



YOUR GUIDE TO FAMILY CAMP

Here's an idea of what to expect from a weekend event with Berks T1D Connection!

PLEASE NOTE: All type 1 diabetics, their caregivers, families (immediate and/or extended), and friends are welcome to join us!

FOR ADULTS: There will be programming for adults on various diabetes-related topics throughout the weekend. The formal programming begins Saturday morning after a light breakfast and ends right prior to lunch on Sunday. Family Camp is an opportunity for you to meet other adult T1Ds and parents and for your child(ren) to meet other children as well as their counselors. The South Mountain YMCA Camp staff will facilitate camp programs throughout the weekend.

The adult programming includes topics as diverse as research updates, new technology, the emotional impact of diabetes on families, and others. The weekend provides the opportunity to meet and bond with other families that know and understand the challenges and successes of living with Type 1 Diabetes. There will be ample opportunities to share your tips and strategies as well as ask about the challenges your family is currently facing.

FOR CHILDREN: There is an exciting children's program for the weekend. Your children will be supervised by South Mountain YMCA staff and accompanied by volunteer staff that has experience with Type 1 Diabetes. Before the beginning of each session, there will be a formal handoff to the counselors that ensures your child is being supervised throughout the weekend, either by you or the volunteers. All staff have undergone a Pennsylvania State background check. South Mountain YMCA Outdoor Center Staff will facilitate camping programs.

The children are separated into age groups and will enjoy a wide variety of activities including arts and crafts, games, and nature hikes. Whether your child has diabetes or is a sibling of someone with diabetes, s/he will have the chance to become friends with other children that understand what it is like to be in a family impacted by diabetes.

The counselors do not assist with testing, but there are scheduled testing and snack breaks built into the day. If your child is able to test on his or her own and is low, the counselors will have juice or glucose tabs to treat lows. If your child is not able to test on their own, you will be contacted immediately to come and test if a low is suspected. We train our counselors to err on the side of caution and they will provide glucose tabs or juice "in the field" or in transit to the lodge on a case by case basis.

ACCOMMODATIONS AND MEALS: Accommodations are cabin-style housing with 14 bunk beds in each cabin. There is a clean and modern bath house (separate from the cabins) for each village of cabins. Meals will be family style in a dining hall. Carbohydrate counts will be provided where possible for meals. Celiac-friendly meals are available. To ensure adequate supplies, please be sure to indicate any special dietary needs on your registration forms as requested. A light breakfast, lunch, and dinner will be provided on Saturday and breakfast will be provided on Sunday. NOTE: not all activities may be handicapped accessible.

For more information, please email info@berkst1dconnection.org