

Hello Parents!

I am sure you are getting as excited as we are for the upcoming season at Camp Ho Mita Koda! Whether you and your camper(s) are brand new or you are a many-year veteran of camp, there are sure to be questions. Hopefully, this email will address most of those!

Many parents are interested in the goals of diabetes care at camp. Because the camp experience involves different meal plans and exercise levels than while at home, it is usually more difficult to judge insulin requirements. Most campers will need their insulin doses reduced to prevent hypoglycemia. Sometimes a camper's blood sugar will be higher than at home. Although there are many approaches to the management of type 1 diabetes, the philosophy at Camp HMK is to strive for safe blood glucose levels while minimizing the risks of serious hypoglycemic reactions. Rest assured that blood glucose values, patterns and trends are reviewed at minimum daily by a healthcare provider. In addition to the clinic staff onsite (which includes physicians, nurses, dieticians and other healthcare workers), there is an attending endocrinology provider available 24/7 as well.

As an organization we are constantly growing and improving. Each year our diabetes experts review and revise our policies and procedures to stay current and continue to provide the best possible care for our campers. This year is no different! With ever-evolving technology, new activities and changes in diabetes management, our approach will grow right along with these changes.

Speaking of technology, we have made big changes in the last couple of years in order to be able to support all the latest tech. That being said, here are a few expectations of how we will utilize these great tools while still keeping campers as "unplugged" as possible. We realize a lot of campers use their phones as their Dexcom receivers. It's a great option! If they are using a cell phone as a receiver, we will have the phone's password changed at check in to a uniform password. This is important for access when checking BGs at night or while they are busy in an activity. Campers will not carry the phones with them, they will be kept in a designated container by one of their counselors. This way, the phone will be with them at all times, but they won't feel the temptation to text/play games/etc. We also want them to have the freedom of not carrying so much with them at all times. The regular Dexcom receivers will be kept in the same manner. We will link their Dexcom account so that the provider can see their trends as well (please jot down your Clarity login so we can link up!). The "Share" will be turned off. Remember, this is respite time for you as well!

Last year was our first year using an (almost) all electronic medical record. One piece of that change that affected parents was how you received your child's medical info after they left camp. We have improved our processes even more, and are happy to say that in 2021 we will again be electronically sending their record to you during the checkout process. Along with this, we will send you reminders of when and how to transition your camper's doses back to home insulin doses.

Next; supplies! Every year it seems our families become more adept at predicting how many of each supply their child will need. This year we will have a check in inventory of their supplies and any non-diabetes medications they bring to camp. We will go through their supplies and medicines at check in and sign off together for the items they have brought. At check out, we

will have an updated list with what was used and how many are left so that nothing gets left behind!

We also need your help with paperwork! Please make sure every item is addressed in your camper's information. If you are concerned that there will be changes, that's ok. Input the most up to date information. It can be updated later or at check in if need be! If you need assistance filling out any of these forms, please contact camp directly.

Finally, the safety of each and every one of our campers is our number one priority. Our medical staff has had many discussions over the last year about how to ensure we are doing everything we can to protect the kids during this trying time. In addition to our communicable disease plan, our mitigation and operations plan, and the non-pharmaceutical interventions we implemented last year (found here: <https://www.camphomitakoda.org/covid19/>), we have decided to perform a rapid antigen test for all *unvaccinated* campers (our staff are 100% vaccinated!) on arrival, prior to check in. This will increase the check in process time, since you will need to wait in your vehicle for the 15 minutes it takes to process the tests. We encourage anyone 12 and older to get vaccinated if possible.

Thank you for allowing us to be a part of your family's journey!

In Appreciation,

Trena Barnard, Healthcare Manager

Camp Ho Mita Koda Foundation