



A LETTER TO NEWLY DIAGNOSED PARENTS FROM OUR EXECUTIVE DIRECTOR

Dear Parents,

There are so many things that I want to tell you. There are so many things that I need you to understand. You may not be ready to hear or read them right now, or ever, but know how courageous you are for taking the first step in learning more about Camp Ho Mita Koda and being open to the idea of someone other than yourself providing care for your child.

Perhaps you are wondering how you will ever manage, how life will ever feel “normal” again, how you’ll survive, and more importantly, how you will ensure your child survives. Perhaps you look at your son or daughter and think it is so strange that he/she is diabetic. Perhaps it feels wrong, like you are somehow living someone else’s life. It is important to know that your child will be fine...better yet, awesome! Our kids are resilient. They are stronger than you think. They show more courage in a single day than we could muster up in a week. Our children are our everyday heroes.

Welcome, My Friend. We have been in your shoes. The shock of a diagnosis: the abrupt change in your life. We can’t actually say it gets easier, but we can tell you, you do learn to live with this new part of your life and that makes it easier. Diabetes is here, and it is not going away..... this is where Camp Ho Mita Koda comes in.

Camp Ho Mita Koda is a lifelong community of people that you never wanted to belong to, but will be the best friends you will ever have. Attending camp after a diagnosis is the furthest thing from your mind, but the one of the most important pieces of development that you can provide for your child. Soon enough, your camper will tell you it’s their favorite week of the year.

CHMK is a place where there’s nothing unusual about having type 1 diabetes. There is no need to explain blood sugar testing, finger pricks, insulin injections, ketones, “lows,” boluses, or carb counting. Everyone here understands!

Know that your child may be ready for camp before YOU are ready for them to go to camp. But please understand that a camp experience is as much for the parent as it is for the camper. Parents need respite as well to rest, relax, and reset. CHMK is your partner in creating incredible human beings, let us do the heavy lifting for a week.

CHMK is a magical place where campers have the opportunity to try new things, meet a diverse and interesting group of campers and staff, improve their own ability to manage their health, and develop a sense of independence and maturity under the watchful eyes of a dedicated and

talented group of staff. As the first and oldest T1D program in the world, CHMK is truly like no other camp on earth.

Sign up for camp, find a group on FB, there are a few groups for parents of T1. People are up at all hours so you can ask questions, no question is stupid. Don't worry too much about highs right now. Lows are the ones to keep an eye on.

There is a lot of darkness in the beginning, but know that there is a light. We are holding you in the light and sending you so much love. We are sorry that you are going through this, but please know, that this diagnosis will be just one of the many things that makes your child unique and wonderful. Camp Ho Mita Koda is here for you.....always.

A handwritten signature in blue ink, appearing to read 'Ian Roberts', with a horizontal line underneath the name.

Ian Roberts, Executive Director

Camp Ho Mita Koda Foundation

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Helping children living with Type 1 Diabetes grow in mind, body, and spirit.