

CAMP FLOYD ROGERS

Midwest's Oldest Resident Camping Program for
Children With Diabetes

Camp To Be Conducted At The
4H Center Near Gretna

CAMP OPENS SATURDAY at 1:30 PM
Camp Closes FOLLOWING SATURDAY at 9 AM

CAMPER & PARENT GUIDE



YOU HAVE ASSIGNED A TIME FOR YOU TO CHECK IN
ON SATURDAY IT WILL BE SEND TO VIA E-MAIL OR US-MAIL

No one will be checked in before 1:30 PM. Come to camp
after an assigned time but not before.
Everyone should be in camp by 4PM

CAMP END ON SATURDAY AT 9AM

WHAT YOU CAN DO TO MAKE THE BEST SESSION POSSIBLE FOR YOUR CHILD AT CAMP FLOYD ROGERS THIS JUNE

1. Read our "Camp Guide" and become familiar with all aspects of the camp.
2. Don't hesitate to write and or call if you have any questions. No concern is too small or none.
3. Fill out and return the requested forms. Make sure we have the general information form (4 pages). The signed Camper and Parent Agreement on Conduct should also have been returned. The Health History and Examination Form for Children and Adults Attending CFR that is to be filled out by camper's physician. This should be done as near the start of camp as is possible to have the maximum value. Have the physician sign this form and bring it to camp on opening day. PLEASE DO NOT SEND THIS IN BEFORE CAMP.
4. If you need additional copies of anything, we'll be glad to send the item(s) to you.
5. Discuss openly and frankly with your child the good times that are to be had at camp and the new friends that are to be met.
6. Adequate preparation for camp is most important to maximize the camping experience. Make sure the camper has a familiarity with his or her own clothing. See the "Camp Clothing List" and other suggested items to bring to camp for more details.
7. As a substitute for visiting the camp or calling the camp when in session, we suggest that you write or e-mail often and positively.
8. Rest assured we know what we are doing; we've had lots of experience and thoroughly enjoy working with children. **BUT, IF YOU EVER HAVE CONCERNS WHILE CAMP IS ON, LET US HEAR FROM YOU.**

PLANNING FOR CAMP – WHAT WE DO

Planning and preparing for camp is a year round process, ahead of the camp to properly orient and train staff for the June session. Every summer for nearly 60 years, children with diabetes have gone to Camp Floyd Rogers, well before a camper's Mother or Father packed their bags for camp. We have always maintained the highest standards and perform under an exhaustive set of guidelines that cover health, safety and program. We care about what and how we perform and continually evaluate all aspects of our camp and subject ourselves to the toughest tests of the camping profession.

We used an American Camping Association accreditation Camp to assures parents and campers that complies with over 300 individual standards covering health, safety and programming. Also mandatory standards that include food preparation, building safety, aquatic instruction, living areas and supervision of health.

There is a continuity of quality counseling and a program staff that helps to increase camper self awareness and promotes building new relationships, developing self confidence, learn new skills, form lifetime friendships and have fun-LOTS OF FUN! The counseling staff is retained upon their ability to work with campers in positive ways. Considerable time and effort is spent in staff recruitment and orientation and training in providing a quality staff.

**YOU CAN CALL OR WRITE US ABOUT ANY CAMP MATTER OR CONCERN AT:
Camp Floyd Rogers
PO BOX 31536
OMAHA, NE 68131
FAX OR PHONE 402-341-0866**



SPECIAL MEDICATIONS

The camp, through donation and contributions by major manufacturers and suppliers, provides all the disposable syringe, the insulin, alcohol wipes as well as the blood monitors, test stripes and special medical supplies. If a camper is on another brand of Insulin other than Lily, a pork Insulin or special mix - bring that with you to camp opening day. If in doubt bring the medical item with you, and if not needed by the camp, take it home with you. Campers on Insulin pumps should bring their Insulin, Infusion sets (we usually change every two days) and other pump supplies. All campers' medicines brought to camp should be in their original containers, and well marked. We suggest you put all items in a zip lock bag and mark with camper's name.

DR. PENNY WANTS YOU TO KNOW HOME CONTROL VERSUS CAMP CONTROL

Dr. Penny relates that over the last few camp seasons we have been analyzing bedtime blood glucoses and night time reactions in order to reduce the number of lower blood glucoses at night and the number of reactions. It will be the camp's goal that campers have a blood glucose of 150 at bedtime. Fifty percent of campers with a blood glucose of 120 or under at bedtime need to be fed again between 10 P.M. and 4 A.M. because of blood glucose under 80 or outright reactions. This is probably due to delayed post exercise hypoglycemia. Campers with blood sugars above 140 were much less likely of having problems. So, campers and parents should expect a reduction in evening insulin. This is a safety factor and exceptions will be made only as campers show that lower blood glucoses predict night time low blood sugar patterns.

MEDICAL EDUCATION AT CAMP

Dr. Penny welcomes your suggestions and ideas on what you would like medical education to cover. Are there topics you'd like to have discussed? Write your thoughts and ideas to Dr. Penny in care at the camp at PO Box 31563 Omaha, NE 68131

TELL YOUR FRIENDS THEY CAN E-MAIL YOU AT CAMP (This is a free service of the camp). DIRECTIONS ON HOW TO DO THIS ARE SIMPLE. HAVE THEM SEND TO YOU LIKE THIS camper@campfloydrogers.com

ASSISTING IN CAMPER ADJUSTMENT

Your proper preparation of your child for this June's camp assures proper adjustment to living at camp and away from home. Children do have team about living away from home • at least initially - maybe a brother or sister will remain at home whom they feel is loved more • or she/he might feel he/she is simply being seen to camp rather than going on one's own accord. In any case, your frank discussions about camp facilitates the orientation process and increases the value of the experience, its programs and activities plus the good fun that is to be had.

Remember, camp is a one week experience. Our staff is properly trained to work with all children and facilitate and ease their transition in active camp living. Trust that our directors and counseling staff know their job and can work well with your child.

IF YOUR CHILD CANNOT ATTEND CAMP

We have a capacity enrollment plus a large number on a camp waiting list. If for any reason your child cannot attend the camp please let us know immediately. By doing this any funds sent in can be remitted to you, we can make adjustments in our planning and possibly take another child in his or her place from our waiting list.

Your help in this matter is appreciated. Also, we expect all campers to attend the full camp session • all week - not arriving a day late or leaving early.

If this is a problem for you, let us know NOW!

DON'T FORGET TO BRING A COSTUME OR TWO

A MUSICAL INSTRUMENT IS NICE - BUT PLEASE BRING NO PIANOS...we have one at camp.

A GOOD WORKING FLASHLIGHT IS A MUST FOR CAMP WITH BATTERIES TO LAST FOR A WEEK



CAMP A WORLD OF FUN
WE WANT EVERYONE TO HAVE A GREAT TIME

We've designed CAMP FLOYD ROGERS to provide FUN and learning on an ongoing basis...lots of fun...the camp satisfies a need for physical activity, creative expression and participation in a well structured environment... children stretch themselves in belonging, learning and contributing beyond what is available at home and at school... personalities really bloom in camp... where else can kids with diabetes have so much fun and it be good for them?

Take a look at a sampling of what happens to campers!

- | | |
|-----------------------|-------------------|
| Hike a trail | Cook a meal |
| Solve problems | Master a craft |
| Laugh | Resolve conflicts |
| Paddle on a lake | Save a tree |
| Help others | Swing a racquet |
| Set goals | Help |
| Survive without TV | Play |
| Learn | Perform |
| Overcome homesickness | Sing songs |

WHAT THEY GAIN:

- | | |
|-----------------|-----------------|
| Independence | Self-confidence |
| Chance to lead | Respect for all |
| New perspective | Belonging |
| Sense of humor | Acceptance |
| Trust | Openness |
| Renewed spirit | Self-reliance |
| Inclusion | Healthier body |

(Continued in column to the right)



- | | |
|----------------------|----------------|
| Creativity | Patience |
| Sense of worth | Fresh air |
| Lifetime memories | Responsibility |
| Chance to contribute | |

Part of growing up for young people often involves spending time away from home. Camp, particularly CAMP FLOYD ROGERS, consistently is one of the greatest places for children to be away from home and on their own. It is a very special place. Where else can kids have so much fun and it is so good for them? CAMP FLOYD ROGERS is that place!



WALK FOR WELLNESS AND A CURE TO BE AT CAMP JUNE 24th

The annual Camp Walk for Wellness and a Cure will be held at the camp Wednesday morning, JUNE 22nd. Campers obtain pledges for the walk prior to coming to camp. Over the past decade the campers have raised more than \$75,000 for research and a cure. Campers by age groups also receive prizes for their participation with special prizes for those reaching the most donors or obtain the most funds.

A special donor sheet is mailed with this Guide for use by campers for this special event held at camp.

Everyone participates at camp, campers run, jog or walk, not more than three miles and campers make a decision at the camp where the funds are to be sent-all while being a healthy fun filled event.

The event gives campers impact on the research and work in the field of diabetology.





DID YOU KNOW THIS ABOUT CAMP FLOYD ROGERS?

We are the oldest camp for youth with diabetes in the entire Midwest about 60 years old.

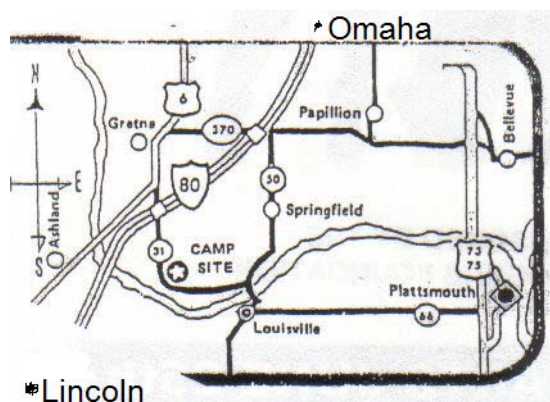
SCREENING OF FAMILIES OF PEOPLE WITH TYPE 1 DIABETES

This free screening is part of a national research program called Type 1 Diabetes TrialNet - and is currently screening relatives of people with type 1 diabetes, Researchers are conducting this study to understand more about the development of diabetes and to look at ways to prevent or delay type 1 diabetes, Through a blood test doctors can determine if an individual may be at risk for diabetes - years before symptoms appear.

This free screening program will be conducted by national personnel coming to the camp. ON SIGNIN SATURDAY from the University of Nebraska Medical Center. To be held from 1:30 to 4:30 PM those that may be screened are family members of people with type 1 diabetes - parents, children, brothers and sisters are eligible to be screened as are cousins, nephews and grandchildren.

No appointment is necessary for the screening process and a flyer is enclosed with this mailing on the screening.

Additional information is also available on this program on request.



HOW TO GET TO THE 4-H CENTER (CAMP)

From the North, East or West: Take Highway 31 South from I-80 (exit 432) to the Center. And go 5 miles to the 4-H Center

From the South: Follow Highway 50 North from Louisville across the Platte River. Turn left on Highway 31 and go 6 miles to the center.

Note: 4-H driveway is separate from the Ak-Sar-Ben Aquarium and Schramm Park entrances.

**CAMP ADDRESS- While at Camp Phone
(402)332-4496
Camp Floyd Rogers
At The EASTERN NEBRASKA 4-H CENNTER
21520 WEST HWY 31 GRETN, NE 68028**

**CAMP OFFICE: Prior and After Camp
Phone (402)341-0866
CAMP FLOYD ROGERS P O Box 31536
Omaha NE 68131**

CAMP GIVES KIDS A WORLD OF GOOD

Through Interviews of campers, staff members and evaluations from parents and campers the outcomes of the camp experience are quite strong. Here is a summary of what we learned:

Camps are most frequently about Social competence and group living

- We learn to work together
- We appreciate different kinds of people
- We get along as a team
- These are my real friends... the only ones Who really know me

Camp is about positives

- I learn to trust and myself here
- I can make decisions on my own and live with them
- I gain independence
- I have taken the initiative to care for and about myself

Campers talk about growing in positive ways

- Develop a vision and purpose
- Learn responsibility and respect
- Develop life values
- Learn and practice anger management

Camps are about development

- Learn new skills and develop new interests
- Learn skills, songs, how to make friends
- Assume responsibility
- Learn about people who are different than self

We feel that we have a clear understanding of what the camp is about and what methods are used to accomplish goals and that we are clear in our definitions of camp outcomes and we train our staff in the methods to accomplish these outcomes... and we talk about the Camp Floyd Rogers experience that way!

DO WE HAVE YOUR CORRECT HOME MAILING ADDRESS?

If the address is incorrect or the name misspelled on the mailing label to this Guide just let us know we can make corrections... so send any corrections as we will be sending you information's regularly.

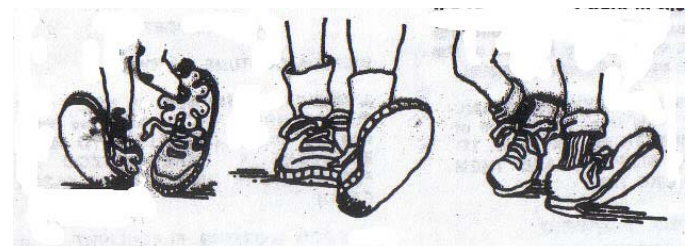
IF YOU CAN NOT ATTEND

We have a capacity enrollment and a number of children on a "Waiting List". It is important to us that if a child will not be attending camp that we know this at the earliest possible time so that we can accept another child yet this June. This also allows us to make necessary adjustment in our camp grouping and programming.

Health History & Examination Form campers must have this 4 page FORM at camp for check in, FORM With the 4th pages - 4 page signed by a physician. There will be no exceptions to this. (We have several forms that have been mailed to us, and these will be given to the parent for check in).

COSTUME MIGHT BE NICE

It might be nice to bring a costume or two for a special party or program or dress up event at camp. And maybe some better clothes for the Friday Night Closing Banquet and Awards Ceremony. **CAN YOU WRITE POETRY?** A friend has donated money to the camp to encourage the writing of poetry, and YES we will award prize money to the top poets in the younger and older boys and girls units at camp. The poems can be any subject and no longer than 20 lines. Your name should be on the back page of the poem. Bring to opening day with you. Impartial judges will determine winners. Winning poems will also place up on the camp's web site. Start writing now! Only one entry per camper





FOR CHILDREN WITH DIABETES

THINGS TO DO GETTING READY FOR CAMP

1. GET THOSE CAMP FORM FORMS IN – THESE FORMS SHOULD BE IN BY (ASAP) NOW!

- CAMPER INFORMATION FORM
- GENERAL RULES FOR CAMPER CONDUCT
- CFR INTERESTING FACTS ABOUT YOU!

2. BRING TO CAMP AT CHECK IN

- Camper Health History Form 4 PAGES
A MUST –we will not let you into camp without them signed by a physician. Yes, we will send you home for it. NO FORM- NO CAMP REMEMBER TO BRING FORM
- Blood Monitoring Information For Last Week Also Recent Diet Record Information
- Insulin Other Than By Lily - or beef and pork insulin's - place in baggie with Meds.
- Meds In Original Containers - In a baggie
- If In Doubt, Bring It With You - If Not Needed You Will Be Able To Take Home
- Pump Supplies - Infusion sets for the week(CHANGED EVERY 2 DAYS) - place in marked Baggie.
- Walk For Wellness Forms and Donations
- CAMPERS MEAL PLAN INFORMATION
- INSULIN PUMP INFORMATION
- Any Camp Fees

3. ITEMS TO BE BROUGHT TO CAMP

Consult Camp Clothing List and Camp Guide For Items To Bring To Camp Opening Day - Also What To Leave at Home

CAMP IS MORE THAN A PLACE; IT IS A POSITIVE SUPERVISED ENVIRONMENT WHERE CHILDREN:
Increase self esteem Build new relationships Develop self confidence Learn new skills Form lifetime memories And have lots of FUN

CAMP CLOSSES SATURDAY AT 9AM



WHAT TO BRING WITH YOU THIS SUMMER TO

CAMP FLOYD ROGERS

WELCOME TO THE CAMP FLOYD ROGERS FAMILY AND CAMP SESSION

THIS LIST WILL BE OF VALUE IN KEEPING TRACK OF A CAMPER'S PERSONAL BELONGINGS AND EQUIPMENT. DO NOT UNDER EQUIP. LET THE CAMPER WEAR OUT HIS OR HER OLD CLOTHING AT CAMP.

BULKY ITEMS LIKE BLANKETS AND SHEETS SHOULD BE PLACED IN A DUFFLE BAG WHILE A FOOT OR TRUNK IS BEST FOR THE REST OF THE ITEMS. THE PLASTIC STORAGE TUBS (18 GALLON OR MORE AVAILABLE IN THE MARTS) WITH COVERS ALSO MAKE INEXPESIVE VERY EFFECTIVE CAMP GEAR.

THE CAMPER'S NAME SHOULD ABSOLUTELY BE ON EVERY ITEM BROUGHT TO CAMP:

While this is an extensive list, use your best judgment. Don't let the lack of items deter sending a child to camp. Camp is a great place to wear out older clothes. We've found the best trunk or suitcase for camp is the larger colorful plastic storage tubs, usually available for several dollars at one of the super marts or super stores. They are waterproof and are light weight Scotch tape a copy of your final list to the lid of the trunk and keep another copy at home to check upon returning home. We also suggest that you use a laundro-mat for the clothes and items on return from camp.

BRING THESE OR YOU'LL BE SORRY

GOING LEAVING

- _____ 1 Pillow
- _____ 2 Blankets
- _____ 2 Single Bed Sheets
- _____ 2 Pillow Cases
- _____ 3 Wash Cloths
- _____ 3 Bath Towels
- _____ 1 Bathrobe
- _____ 1 Pair Slippers
- _____ 2 Pair Pajamas
- _____ 1 Laundry Bag
- _____ Handkerchiefs or Kleenex
- _____ 7 Pair Socks
- _____ 7 Changes of Underwear
- _____ 3 Pair Jeans
- _____ 3 Pair Shorts
- _____ 1 Warm Jacket
- _____ 1 Raincoat or Rain Jacket
- _____ 1 Pair Rain Boots
- _____ 2 Pair Tennis Shoes
- _____ 1 Swimming Suit
- _____ 1 Good Working Flashlight
- _____ Extra Batteries
- _____ 2 Hats
- _____ Shirts or Blouses
- _____ 1 Small Backpack-Swim Bag
- _____ 1 Warm Sweater
- _____ 1 Water Bottle
- _____ A nice outfit for final banquet
- _____ Necessary Toilet Articles –
- _____ Comb, Brush, Toothpaste,
- _____ Toothbrush, Nail Clip,
- _____ Bar of Soap, Etc.
- _____ Towels for showering
- _____ **A GOOD DISPOSITION**

THESE WILL BE FUN TO HAVE AT CAMP

- _____ Pre Addressed Postcards
- _____ Stationery Stamps
- _____ Musical Instrument
- _____ Baseball Glove
- _____ Costumes
- _____ Books and Games
- _____ Camera and Film
- _____ Tennis Racket
- _____ Fishing Tackle

NICE TO BRING TO CAMP TOO

- _____ Antifungal Foot Powder
- _____ Insect Repellent
- _____ Sun Screen
- _____ A black or dark colored t-shirt (this will get painted on)
- _____ An item to be screen printed (t-shirt, pillow case, towel, etc)

THINGS TO LEAVE AT HOME

Expensive clothing Expensive sports equipment
 Cameras - other than Inexpensive Ones with film
 Insulin, blood monitors or lancets •The camp will provide these.
 Leave any weapons, knives, archery sets, Cell Phones, fireworks and unauthorized drugs at home.
 Camp is a hard place on expensive Clothing and is a good place to wear out old clothes

If something means a lot to you or someone else in your family... Please Do Not bring it to Camp

Camp Floyd Rogers will not be responsible for lost, stolen or damaged items brought to Camp. Whatever comes to camp is the Camper's responsibility.

CAMP ADDRESS- While at Camp Phone (402)332-4496
 Camp Floyd Rogers
 At The EASTERN NEBRASKA 4-H CENNTER
 21520 WEST HWY 31
 GRETNA, NE 68028