

# HODIAbetes SCOOP



## Letter from the Board

Hello to all of our camp family out there! Summer camp has come and gone and we are so pleased with the great accomplishments of each of our campers and staff this summer! We ran the traditional three separate summer camp programs – this works better for our staff and provides a better experience for the campers! In addition to the three usual programs we also ran Wilderness Hodia this summer for 8 ambitious teenagers!

We will also be launching two new programs this summer! Both programs center on the concept of growing our volunteer and fundraising pools. The first is idypV. This stands for Idaho Diabetes Youth Programs Volunteer. Our program has always relied on volunteers – all of our camp staff are unpaid! However we are looking to grow a new type of volunteer. These are volunteers that help us grow our program throughout Idaho and who help us meet with potential donors or facilitate fundraisers. Currently active idypVs are involved with the Diabetes Ride in the Treasure Valley and with the Weight Loss Challenge in Twin Falls. This may be a great fit for alumni of Camp Hodia that can't donate a full week in the summer! The second program is Parent Power! Hodia Parent Power is a way for parents to work with their kids to help Idaho Diabetes Youth Programs raise the subsidy in camperships it provides to more than half of the Camp Hodia participants. For every attendee of Camp Hodia and the campership it provides to more than half of the Camp Hodia participants. Stayed tuned for more information on these programs or contact our Executive Director at [lisa1@hodia.org](mailto:lisa1@hodia.org).

Keep taking good care out there and we can't wait to see you at some of our events this fall!

In the Spirit of Camp Hodia,

*The Idaho Diabetes Youth Programs  
Board of Directors*

## Mark Your Calendar with These Events!



It is a goal of the IDYP Directors to continue offering free statewide events for our families. These gatherings are fun and affordable for the whole family, while offering time for networking, diabetes support and education. Stay tuned to our website for event dates, to RSVP and

more information! Also, if you have an idea for an event in your area, please contact our camp office (208)336-6929.

### Treasure Valley Events include

- Back to School Bash for families of children with diabetes
- Hodia's annual alumni event "Hodia Happy Birthday Party"
- Halloween Event for families of children and grown-ups with type 1 diabetes
- Holiday Event for families of children and grown-ups with type 1 diabetes

### Twin Falls Events include

- Summer Pool Party for families of children with diabetes
- Back to School BBQ for families of children with diabetes
- Halloween Event for families of children and grown-ups with type 1 diabetes
- Movie Night for families of children with diabetes

### Idaho Falls Events include

- Holiday Event for families of children and grown-ups with type 1 diabetes

### Eastern Oregon Events include

- Hodia Hayride for Camp Hodia staff members and their families

## My Special Memory - By Karen Byrne

Photo of Camp Hodia campers from 1979, 31 years later!

Darrin, Sherilyn, Karen, and Alan.



As for camp memories, it is more the whole camp experience. Diabetes is a cruel disease that can and will cause devastating complications if you are not diligent. We all know how hard it is to deal with diabetes, but we all gather as a camp family each year. It has meant the world to me over the years to know that we have all shared good and bad times, together. There is one memory form last summer that is very special to me. There were a bunch of us down at the boat dock on the last day at Teen camp. It was cold and windy and we were getting ready to go back to camp, when Darrin, Sherilyn, Alan and I were standing together and we realized that we were the only adults who had started as kids together back in 1979. It is hard to realize that the 4 of us had been together for 30 years. I know that Gretchen took a picture of the 4 of us together. Camp is a memory that stays with me all year.

## The 2010 Smoker



Idaho Diabetes Youth Programs would like to thank the new and used car dealers of the state of Idaho, Fairly Reliable Bob's, and Brasher's Idaho Auto Auction for their participation in the 2010 Smoker that benefitted many wonderful charities, including Idaho Diabetes Youth Programs. This wonderfully successful fundraiser raised \$7,000 for our program! We would like to thank all of the boxers who drew such an energetic crowd, everyone who participated in the Last Man Standing Competition, Brasher's Salt Lake Auto Auction and all of our volunteers who were critical to making this program a success.

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## Hodia Ski Camp 2011

Hodia Ski Camp was held at Sun Valley this past January. We had over 90 participants and spent two beautiful days at Sun Valley skiing and snowboarding. We also taught many first-timer skiers and snowboarders with great success. In addition to all of the fun, we all learned more about the best care of diabetes during aerobic sports. Staying fit and caring best for diabetes even during stress is an important skill to learn to help ensure excellent control of diabetes throughout life.

Hodia Ski Camp will be held in January 2011 - dates TBA. I hope you'll make plans to join us! — Matt

## Albertsons Community Partner Cards



Idaho Diabetes Youth Programs is sad to announce that the Albertsons Community Partner Cards program has been discontinued. Albertsons has initiated some new fundraising opportunities to replace this program which we are currently evaluating and you may see info on in the future. Thanks to everyone – Albertsons and the families and friends of campers – who helped make this program such a success for us in the past!

## Nurse's Corner – Lynn Giesler, RN, CDE

### IS MY CHILD READY FOR CAMP HODIA?

This is a question we receive fairly often as a camp staff and there is no right or wrong answer. Every child is unique and comes to camp with different skills and needs. Here are some thoughts to help you decide if your child is ready to leave you for a week of fun at Camp Hodia:



1. Is your child comfortable separating from you? For some children it is frightening to have someone other than their parents care for their diabetes. It is important for your child to know that you trust our staff and to tell your child that we know how to take care of him/her.
2. Has your child spent the night away from home and you before? Consider whether this time has been spent with other relatives with whom they are very familiar, like grandma and grandpa or has it been with a friend from school? Is your child able to eat food that is different from home and sleep in a different bed?
3. How long has your child had diabetes? We welcome children who are newly diagnosed! Length of time since diagnosis – short or long - is not a reason NOT to send your child to camp. We have had children come to Camp Hodia within a week or two of diagnosis. We are fully prepared to help your child with the diabetes management and skills needed to have a safe and healthy time at camp.
4. Has your child been to another camp in the past and done well? This may or may not be before the diabetes diagnosis.
5. How does your child get along at school with adults and other children? Consider your child's ability to follow directions, get along in a group situation, and to cope with changing situations.
6. Is your child used to being active and doing outdoor activities? We spend a lot of time outside and playing hard! If your child is not used to being busy, please send them to camp, but get them moving now!

Going to camp is a BIG event for kids and we want your child to have the best experience possible! Our campers who are prepared have a great time and have a life-long connection to diabetes support through Camp Hodia. If you have questions or concerns please contact our Camp Director, Don Scott, RN, CDE or Assistant Camp Director, Lynn Giesler, RN, CDE to determine camp readiness.



## 2010 Magic Valley Wright Loss Challenge Wrap Up!

2010 was the second year for Idaho Diabetes Youth Programs' fundraiser, the Magic Valley Weight Loss Challenge. This event has had a life changing impact on our program. In 2010 this event raised \$21,230 for Idaho Diabetes Youth Programs. The Magic Valley Weight Loss Challenge was headline sponsored by Kurt's Pharmacy, Novo Nordisk, Southern Idaho Broadcasting, the Magic Valley YMCA and Marod Medical Spa.

This year 424 determined residents of the Magic Valley have come out to get fit and give funds to Idaho Diabetes Youth Programs, all for a chance to have their life back. The other incentive driving these health seekers was a large cash prize of \$10,000. The outcome continues to be a tremendous success! Throughout the Challenge, over 200 people were actively weighing in monthly, and 102 inspirational people held on until the end. *Over 2500 pounds were lost throughout the competition, hundreds of people's lives were elongated, and a three fit people walked away with cash prizes for losing the largest percentage of body weight.*

Thank you to all of our kind and generous volunteers who worked so hard on this event for Idaho Diabetes Youth Programs!



## 2010 Hodia Sumer Camp Wrap Up

Another summer season of Hodia Camps has come and gone, and this season was another for the record books! Our four, week long camps served one hundred seventy-seven campers, fifty-six of whom were brand new to our programs! The Hodia staff also welcomed many future Hodia leaders this summer with a larger than ever counselor-in-training program, and we doubled the size of our volunteer lifeguard staff. In addition to the numbers of participants, Hodia medical staff also worked to improve other numbers this season: blood sugar values. Medical staff encouraged all campers to count carbohydrates and dose their insulin before meals this year. This is a pretty new step in diabetes treatment, and is supposed to help make blood sugars more manageable. Camp Hodia would not be possible without our dedicated and passionate volunteer staff. Thank each of you for your heartfelt time and talent donation each year.



Of course there is no better way to hear the impact of the Hodia camps than from the children who participate in them. Here is a quote from the mother of one of our 2010 Hodia campers: "I just wanted you to know how grateful I am for the experience Hodia provided for my son. Colton returned to me with a renewed spirit that I haven't seen in him in far too long. He is normally very secretive and self-conscious about his injections especially when we are out in public. The first night he was back from camp we were out to dinner with family and friends, he gave himself his own shot right there at the table in front of all of us. I had to hide my tears behind a dinner napkin. Although his week away at camp was quite possibly the longest week of MY life, it was the most instrumental week of his. I am forever grateful. Colton is already talking about next year and his hopes of one day becoming a counselor."

2010 was an inspiring summer, filled with fun education. Thank each of you for making this summer so memorable! Take care of yourselves, you are worth it! We look forward to seeing you soon.

## With A Little Help From Our Friends

In 2010 Idaho Diabetes Youth Programs has partnered with several other nonprofit organizations and businesses to provide new and unique opportunities for Idaho's children with diabetes and their families. These partnerships allow our program to expand the ways in which we serve our families at little or no cost, provide new opportunities, and work with other local, national and international groups to fulfill each other's needs.

At this time IDYP would like to send a special thanks to some of our friends: Opera Idaho, Idaho Department of Fish and Game, Juvenile Diabetes Research Foundation, Idaho Botanical Gardens, Johnson and Johnson, St. Luke's Magic Valley Medical Center, Rocky Mountain Diabetes and Osteoporosis Center, and Omni Pod. Thank each of you for partnering with us to create new opportunities for our Hodia families. We would also like to encourage and invite our families to continue checking out the Events Page on the IDYP website [www.hodia.org](http://www.hodia.org) to find new opportunities for your family as they become available!

## The Diabetes Ride.

15 years ago Southwest Idaho Trail and Distance Riders and Idaho Arabian Breeders working with the American Diabetes Association started what is now today The Diabetes Ride. This year's event was held on Sunday May 16th, 2010 and attracts participants from all over the state and beyond. The 15th Annual Diabetes Ride had 200 participants and raised over \$18,000 with the proceeds from the event benefiting Idaho Diabetes Youth Programs Camp Hodia which educates and fosters self esteem in Idaho's youth with type I diabetes, teaching them self reliance and how to live well with their disease. The 16th Annual Diabetes Ride will be held on Sunday May 15, 2011.  
[www.thediabetesride.org](http://www.thediabetesride.org)



## Let's Go Backpacking

Idaho Diabetes Youth Programs' Hodia Wilderness Camp (HWC) has been a great edition (rebirth) to our family of camping experiences. During this week, campers learn to manage diabetes in a wilderness setting and learn to adjust insulin and carbohydrate intake during strenuous and sometimes all day exercise. They also build camaraderie, enjoy some of the most beautiful landscapes Idaho has to offer, and discover that diabetes does not have to limit the type of activities that one chooses to participate in.

During our last program, campers had a truly memorable time and some stated it was their best Hodia experience. I recall on our last major outing to Angel Lake in the Pioneer mountains that this was both the most difficult and enjoyable experience that some of our campers had ever experienced. The experience bolstered confidence, pride and a sense of accomplishment that everyone needs to be successful in life and in managing a chronic illness.

## A GREAT Interview with the GOODfellows - Part Two of Two.

Neill Goodfellow started Hodia's rappelling program about 12 years ago when his son Matt was a teenager. Our own Darrin Jones joined him right away. Now the three of them run a terrific activity on an outcropping in White Cloud Mountains with the Sawtooths spread out at their feet. In the last edition you met Neill, now please welcome his son Matt!

*How old were you, Matt, when you first came to Camp Hodia?*

I was nine years old. I remember I was nervous, and so excited. At school kids were afraid to be around me or touch me for fear of getting sick. It was good to be at Camp. It made a huge difference to be where people treated me normal. Everyone was doing the same things: shots and tests. It was great to be normal!

*Do you have favorite memories from Camp Hodia as a kid?*

Stargazing, rafting, rappelling, just having good times.

*How is your diabetes?*

I've never been in the hospital. I go hunting by myself for a week or two at a time. I can take care of myself, no problem.

*We are all so proud of you. How do you credit your success?*

It's a combination of my parents' confidence, and what I learn at Camp. I continue to learn from the little campers and other staff members each year. Subconsciously Hodia helps you be more independent and go do things even though you have diabetes.

Regarding the rappelling program, Matt shared that "Having my dad [at Hodia] has been very special. It is fun to see the kids overcome their fears. If they can jump off a cliff, they can manage diabetes."



## 2010 Friends of Hodia

Renewed Support after 11/2009

### Take Control (\$10,000- Way Beyond)

Fran Kissler

### Pumped Up (\$1,000- \$9,999)

Alan and Spring Bean  
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Micron Technology Foundation  
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Snake River Corvette Club  
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### Finger Poke (\$100- \$249)

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Shoe Carnival  
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## Memorial/Honorarium Listing

### *In Honor of Chaycelee Jenkins*

Iron Andy Foundation  
James and Kathleen Passie  
Jared and Michelle Mattson  
Jennifer Hill  
Joton Pentland  
Kathleen Slice  
Kelly and W Edginton  
Michelle Caetano

### *In Honor of Christine Becken*

Peterson's Partners In Giving Program

### *In Honor of Jeffrey Scharf*

Peterson's Partners In Giving Program

### *In Honor of Karen Byrne*

Peterson's Stampede Partners In Giving Program

### *In Honor of Krista Plummer*

Peterson's Partners In Giving Program

### *In Honor of Lucas Darden*

Dale Steeby

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Sandra Leonard

Tyler and Cheri Chavers

### *In Honor of Madison Anderton*

Iron Andy Foundation

### *In Honor of Nancy Thoen*

Peterson's Partners In Giving Program

### *In Honor of Vicki Cutshall*

Amy Wood

Jessie Smith

### *In Memory of Bob Seehusen*

Dr. and Dr. Thomas B. Eschen

Gene and Ellen Cleaver

Idaho Medical Group Man

Management Association

Jill and William Silverman

Joan Wall

John and Denise Seehusen

Mardi Stacey and Bob Kaiser

Richard and Veronica Mello

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### *In Memory of Carol*

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Margaret Presnell

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Royce and Rena Abernathy

Steve and Karen Byrne

The Olguin Household

## Thanks to all of our 2010 Idaho Diabetes Youth Programs Sponsors!



**Saint Alphonsus**



## Thanks to all of our 2010 Hodia Camp Sponsors!



Special thanks also to the companies who donate products and supplies to us!



www.hodia.org

Graciously accepting donations  
— Anytime of the year!



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