

THE  
**DIABETES  
FAMILY  
CONNECTION**

## THE DIABETES FAMILY CONNECTION

# ***CAMP MORRIS 2026 CAMPER HANDBOOK***

**June 21-27, 2026 | King, NC**

### **In this handbook you will find ...**

- Location Information
- Participant Outcomes
- Camp Morris Programs Overview
- Participant Expectations
- Packing Lists
- Diabetes Care at Camp Morris
- Technology Guidelines
- Food Allergies and Special Diets
- Communication at Camp Morris
- Camp Morris Policies
- Directions
- Important Reminders/Refund Info



## LOCATION

### CAMP MORRIS

**Camp Morris location:** YMCA Camp Hanes

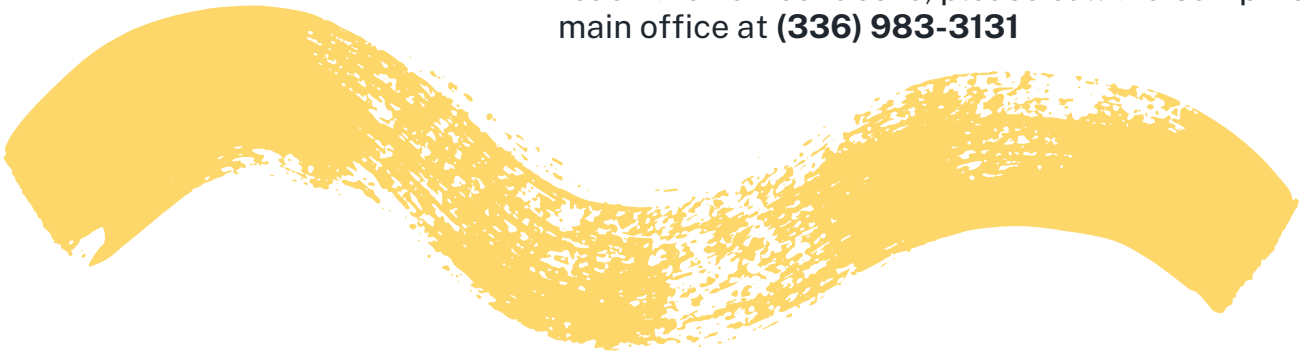
**Camp Morris address:** 1225 Camp Hanes Rd, King, NC  
27021

**Opening day arrival:** Sunday, June 21

**Closing day departure:** Saturday, June 27 at 8:30 am

**Questions:** Please call **919.412.6716** or email  
[admin@thedfc.org](mailto:admin@thedfc.org)

**Emergencies during Camp:** Cell service at Camp Hanes can be limited in certain areas. If you are unable to reach the number above, please call the Camp Hanes main office at **(336) 983-3131**



## CAMP MORRIS OUTCOMES

- Learn about and nurture a belief in a positive mental attitude (PMA)
- Be empowered to accomplish anything they set their mind to
- Experience teamwork to increase confidence
- Connect with others living with and impacted by T1D
- Build authentic relationships based on belonging, trust, kindness, and FUN
- Develop lifelong friendships that support and encourage
- Experience the opportunity to lead and take on new challenges
- Build relationships with healthcare providers outside of a clinical setting
- Learn the value of preparation and forward thinking
- Discuss T1D management with people who “get it” and don’t judge
- Experience camp fun at its finest
- Build core memories that will last a lifetime
- Transform their relationship with T1D, themselves, and the world around them

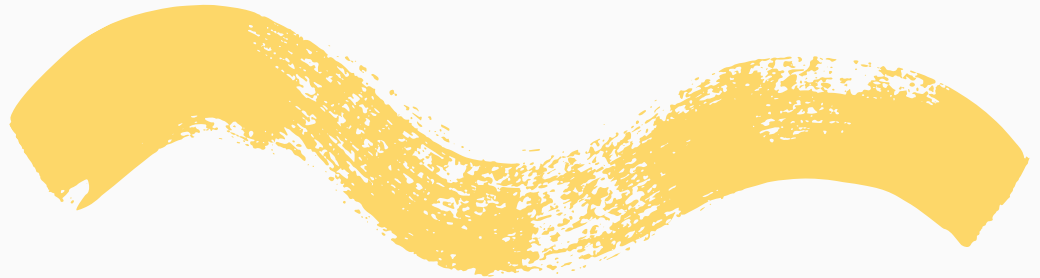


# CAMP MORRIS PROGRAMS



## Dreamers Rising 3rd - 5th grade

The Dreamers program is for rising third through fifth graders. It is a fun introduction to camp. Dreamers learn all about PMA, play games, go canoeing, do archery, zipline, waterslide, swim in the lake, play water games, and spend tons of time at the pool. Being a Dreamer is all about learning to use PMA both in and out of camp, and just being a kid, despite the highs and lows of diabetes.



## Trailblazers Rising 6th -8th grade

The Trailblazer program is designed specifically for rising 6th - 8th graders. Building off of the Dreamer program, the Trailblazers continue learning and living PMA while experiencing low ropes activities, hiking, canoes, learning leadership skills, and diving into what it means to be independent and positive throughout the highs and lows of diabetes.



# CAMP MORRIS PROGRAMS

## Pathfinders Rising 9th & 10th Grade



The Pathfinder program is a unique experience for rising 9th and 10th graders, with an emphasis on team building, overcoming obstacles, and embracing responsibility. Throughout the week, Pathfinders will work in teams where they will compete in fun challenges. They will make unforgettable memories with their friends, be challenged by ropes courses, hike, enjoy lake activities, spend quality time around the campfire, and enjoy an outside overnight (so be sure to pack extra layers and a sleeping bag)!

## Bravehearts Rising 11th grade

The Braveheart program is challenging, thoughtful, and action-packed! We ask our campers to stretch and grow as we work together to become leaders, effective communicators, and collaborative team players. We'll get off campus for an in-“tents” experience (so be sure to pack your sleeping bags), work side by side with the younger campers as part of a big-brother / big-sister program, and grow closer as a team through the many games and activities planned!



# CAMP MORRIS PROGRAMS

## Leaders In Training Rising 12th grade



Our Leaders In Training (LIT) program represents the future of Camp Morris as campers continue developing into the leaders of tomorrow. LITs will spend the week working as a team to grow their leadership skills in a fun and safe environment. Our LITs will work with campers of all ages, and will learn from some of their favorite counselors and mentors. LITs will participate in traditional camp activities while going deeper with skill assessments and introspective conversations.



# YMCA CAMP HANES MAP

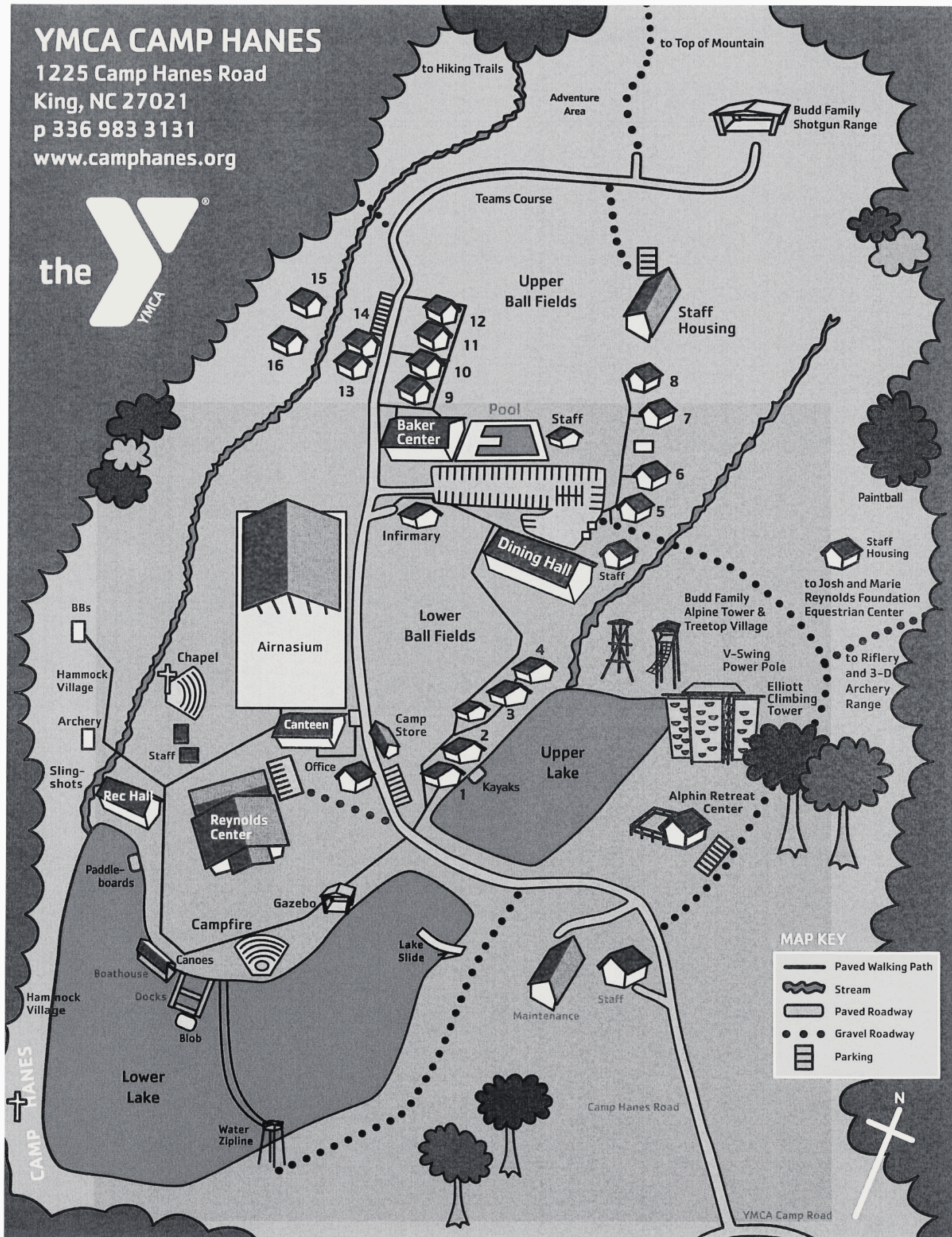
## YMCA CAMP HANES

1225 Camp Hanes Road

King, NC 27021

p 336 983 3131

www.camphanes.org



**MAP KEY**

	Paved Walking Path
	Stream
	Paved Roadway
	Gravel Roadway
	Parking



# PARTICIPANT EXPECTATIONS

## RULES FOR CONDUCT DURING CAMP MORRIS:

Our programs have a strong impact on campers. Staff and volunteers work hard to maintain a positive and supportive atmosphere. Campers are expected to work in harmony with staff, volunteers, and other participants to ensure a great experience for the whole community.

Please note that camp is not an environment that is suited for every child. Due to the high number of campers we serve, it may not be in the best interest of our campers to keep a child at camp who is not meeting behavior expectations. If we deem that camp is not a good fit for your child, you will need to pick them up. **It is therefore imperative that you let us know in advance of any behavioral challenges that may impact your child's success at camp so that we can proactively plan for their arrival and work with you.**

Often campers will come to camp and behave differently than they do at home or in school. This results from a change in environment, structure, routine, and new peer to peer relationships. We believe that camp is a great opportunity for campers to learn new skills, grow, and practice teamwork. Campers will be expected to help support group living by assisting with chores and following the camp schedule.

### **Please discuss camp rules and expectations with your child before coming to camp.**

- Smoking and the use of any tobacco products is prohibited.
- The use of, or presence of, alcohol and/or drugs are not permitted.
- Campers will not engage in sexual contact of any nature nor form exclusive relationships.
- Campers will remain in their assigned cabins at night and before breakfast unless accompanied by staff.
- Campers will not bring candy or food items not previously approved by the health professional team or Camp Director, nor will they receive them in packages.
- Campers are expected to help keep camp clean by keeping their beds clean, cleaning up their tables in the dining hall, and performing assigned cleaning duties.
- Clothing must be appropriate and comfortable for community living, participation in active games, and safety in an outdoor environment. Final decisions regarding the safety and appropriateness of clothing are made by the Camp Director and campers may be asked to change clothing.
- Participants will respect themselves and others, the facility and its surrounding property.
- Participants will focus on courtesy, cooperation, respect and responsibility and will not intentionally harm another person or themselves physically or emotionally.
- Fighting, foul language, racist language, name calling, bullying and threats are not tolerated.

**Any camper who takes away from the quality of another camper's experience will need to be picked up by their parent/legal guardian to return home immediately. No refund of camp fees will be issued for campers who are asked to leave. Please note that a parent or legal guardian must be available to pick up their child at any time during their child's stay at camp.**



# PACKING LIST

## CLOTHING:

- Long pants or jeans
- Long sleeved shirts T-shirts
- Underwear
- Socks
- Shorts
- Swimsuit
- Warm pajamas
- Rain gear, jacket or poncho
- Closed-toed shoes
- Hat with brim
- Warm jacket or sweatshirt
- Outfit for the camp dance
- Hawaiian shirt for Luau
- **BRAVEHEARTS (rising 11th grade) are required to bring closed-toed shoes that rise above the ankle for hiking.**

## EQUIPMENT:

- Sleeping bag or warm blankets
- Bottom or fitted sheet for twin bed (not Bravehearts)
- Pillow & pillowcase
- Flashlight w/batteries
- Pens and notepaper
- Reusable water bottle
- Small daypack
- **BRAVEHEARTS (rising 11th grade) Sleep in tents and are required to bring a sleeping bag**

## TOILETRIES:

- Bath towel & pool towel
- Toothbrush
- Toothpaste
- Soap
- Shampoo/conditioner
- Shower shoes/sandals
- Sunscreen (SPF 15 or better)
- Feminine hygiene products

## OPTIONAL ITEMS:

### *Highly Recommended*

- Portable charger with charging cord
- Electrical power strip
- Sunglasses
- Hiking boots
- Camera (not a cell phone)
- Playing cards
- Musical instruments
- Books/magazines
- Chapstick
- Personal fan
- Envelopes, paper, stamps
- **BRAVEHEARTS (rising 11<sup>th</sup> grade) camping pad**

**PLEASE BE SURE TO CLEARLY LABEL ALL BELONGINGS WITH FIRST AND LAST NAME**

# PACKING LIST - DIABETES SUPPLIES

**PLEASE BE SURE TO CLEARLY LABEL ALL DIABETES SUPPLIES WITH FIRST AND LAST NAME**

## **ALL CAMPERS LIVING WITH DIABETES SHOULD PACK:**

- Blood glucose meter
- Test strips

## **CAMPERS ON INSULIN PUMPS:**

- Insulin Pump Infusion sets and reservoirs (one per day) or Pods
- Pump batteries (if applicable)
- Set inserter (if applicable)
- Tape/adhesive (if needed)
- Charger and charging block (if applicable)

## **CAMPERS ON INJECTIONS:**

- No specific items needed unless directed by staff

## **CAMPERS ON INSULIN PENS:**

- No specific items needed unless directed by staff

## **CAMPERS WEARING CGMs:**

- 1-2 sensors
- Tape (if applicable)
- Charger and charging cord
- Dexcom/ Libre Receiver (if applicable, unless on T:slim or Omnipod 5)

**THE DFC WILL PROVIDE ALL INSULIN, SYRINGES, PEN NEEDLES, LANCETS and LOW SUPPLIES FOR THE PROGRAM**

# PACKING LIST - MEDICATIONS

## **Medication**

- Please be prepared to check in all medication both prescribed and over the counter at with medical staff at drop off. **All medication MUST be in original packaging. (NO PILL BOXES)**

# PACKING LIST - CONSIDERATIONS

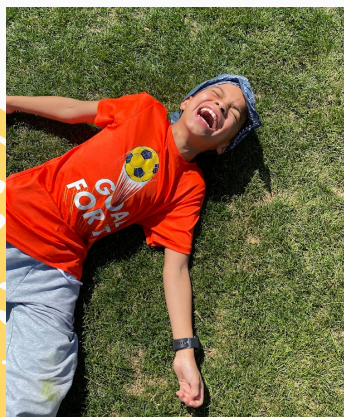
## THINGS TO CONSIDER WHEN PACKING FOR CAMP MORRIS:

**DRESS CODE:** Clothing must be appropriate and comfortable for community living, participation in active games, and safety in an outdoor environment. Final decisions regarding the safety and appropriateness of clothing are made by the Camp Director. Campers may be asked to change clothing.

- Do not buy or bring new clothes to camp. Comfortable clothes are all that is needed.
- If your child wets the bed, please pack a second sleeping bag or set of bedding. Staff will discreetly wash out any wet bags each morning. Having a second bag ensures that your camper will have a dry bed come bedtime.
- Please note that due to high mailing expenses, families will be charged for lost or forgotten items that must be sent home via mail. All unclaimed items will be donated to charity one week after the session.
- **The Diabetes Family Connection bears no responsibility for damage to or loss of any items that are brought to camp.**

## ITEMS THAT SHOULD NOT BE BROUGHT TO CAMP MORRIS:

- Expensive jewelry
- Personal sports equipment including skateboards, archery equipment, or baseball equipment
- Alcohol, drugs, tobacco, fire arms, knives (including pocket knives) or weapons (including bow/arrows)
- Electronics including video games, iPads, laptops
- Food
- Pets or animals (Due to the nature of the program, diabetes alert dogs to remain at home)



# DIABETES CARE

Campers will be under the care of our highly-qualified and trained staff. These staff include: counselors and program staff (more than 80% are living with diabetes themselves), dietitians, certified diabetes educators, nurses, pharmacists, physician assistants, endocrinologists, and general practice physicians. Each cabin will consist of 8-14 campers, 2-4 counselors, and 1-2 licensed healthcare professionals. At every meal, in addition to various times throughout the day, each camper will meet one on one with their cabin medical staff member to adjust insulin doses. The cabin medical staff members report to the lead medical staff on duty, who then report to our Medical Director.

Note: Your child's blood sugar levels may run lower or higher during their stay at camp than you may see at home. While they and their blood sugars are carefully monitored, variables such as new activities, new routine, length of stay, excitement, and so on, will affect your child's blood sugar levels. Please know that our staff works diligently to fine tune your child's diabetes control during their stay, but it is not always possible to have the same level of control that they may have at home. Camp provides a safe learning environment to educate your child on how to manage their diabetes when their schedule is different from their normal routine. To address any diabetes concerns prior to camp, please send us an email or give us a call.



# DIABETES TECHNOLOGY GUIDELINES

We want campers to be able to manage their diabetes with the same tools they use at home. We encourage the continuation of devices such as CGMs and insulin pumps, if they are a part of your child's care plan. Because camp life is so different than typical routines at home or at school, some variability will exist and we urge you to read our guidelines and recommendations regarding your child's diabetes technology at camp.

## Continuous Glucose Monitors

**Numbers from Dexcom (G6/G7 System) and Freestyle Libre monitors may be used to dose insulin.**

All campers will do fingersticks when needed.

If any of the following are true, it is recommended that the number be confirmed with a fingerstick before dosing:

- Child's symptoms do not match the reading.
- CGM has not been calibrated as per manufacturer's guidelines.
- The "share" feature will not be available at camp. We want camp to be a respite for parents as well.
- Sensors will be replaced as needed; please send at least one to two extra to camp.
- High blood glucose alarms may be disengaged or changed during camp.
- Low glucose alarms will remain engaged, but may need to be adjusted given different activities at camp.

If integrated into a supportive insulin pump, the "suspend before low" (Medtronic); "Control-IQ" (Tandem); "adaptive basal" (Omnipod 5) feature should be enabled while at camp due to activity levels and routines being different than at home.

## Insulin Pumps

### Pumps:

- A "camp basal" setting in addition to temporary basals may be used at camp due to changes in activity level and routines.
- Most commonly, campers are put on a "camp basal" or reduced temporary basal for the first 1-2 nights of camp as they adjust to the new schedule and excitement of camp.
- Be sure to review your child's pump settings when they return home, as some settings may be altered at camp.
- The "smart" feature (example: Bolus Wizard) will be used at camp. Please be sure your child's settings and ratios are as up to date as possible prior to attending.

### Medtronic 670G/770G/780G & OmniPod 5 Users ONLY:

- Child must have been using automode for more than 1 week prior to camp in order to use automode at camp. Camp is not the place to start automode for the first time due to variability in schedules and routines.
- Prior to camp, parents should review Manual mode settings with their healthcare provider to be sure they are as up to date as possible at camp. This will minimize differences in dosing if/when your camper is in Manual mode. (Note: We encourage no more than a 10% difference between Auto and Manual mode basals, prior to the start of camp)

### "Do It Yourself" Pumps (Loop, OpenAPS, AndroidAPS) Users ONLY:

At this time, we can only support FDA approved devices at Camp Morris. DIY Loops are NOT allowed at camp. Please work with your healthcare professional to transition to a FDA approved system prior to camp.

**The DFC will not be responsible for lost, misplaced, or damaged devices.**

# FOOD ALLERGIES AND SPECIAL DIETS

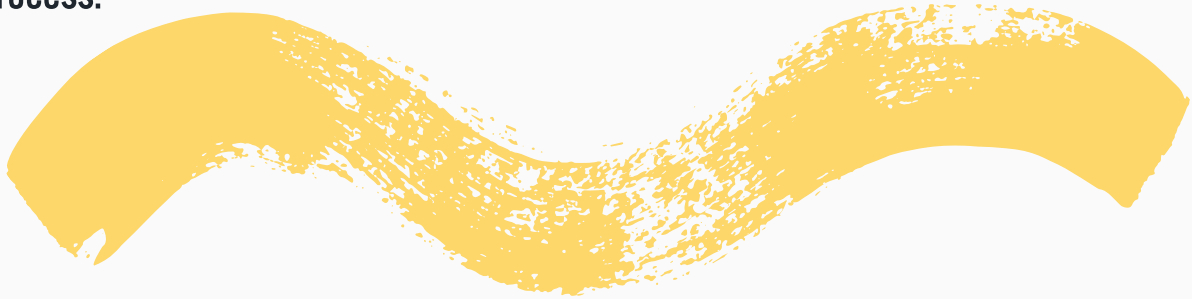
## WE CAN ACCOMMODATE THE FOLLOWING FOOD ALLERGIES AND SPECIAL DIETS AT CAMP MORRIS

**Celiac Disease:** We will have gluten free options available at every meal for individuals living with celiac disease. While we do our absolute best to prevent cross contamination, we are not able to guarantee a 100% gluten-free environment.

**Vegetarian:** We will have vegetarian options at every meal.

**Nut Allergies:** We are not a nut free camp but work hard to avoid exposure.

All dietary needs should be communicated on the forms completed during Camp Morris application and enrollment process.



# COMMUNICATION DURING CAMP MORRIS

## Send mail via USPS to:

Camper's Name – Camp Morris (Add Cabin # or Program name if known)  
YMCA Camp Hanes 1225 Camp Hanes Rd King, NC 27021

Note: Please DO NOT mail food items to your camper

**Note to Parents:** Missing home or being anxious about being away is natural for children and parents. Camp, with its supportive staff and volunteers, is the best place to allow your child to work through these feelings. We discourage parent visits at camp and do not allow phone calls between home and campers. Campers adjust quickly to camp and experience less homesickness by the third day of camp. We find those who are expecting a call or a visit hang on to worries about home much longer.

# CAMP MORRIS POLICIES

## Cell Phones

As technology advances, we recognize more and more campers are using cell phones for their insulin pump and CGM devices. **Campers may bring their phones to camp, but the expectation is that they will only be used for diabetes management. We ask that all cell phones be placed in airplane mode and highly encourage you to remove the SIM card prior to arriving at camp. Diabetes devices all connect to cell phones through Bluetooth technology, so removal of the SIM card or utilizing airplane mode will not affect the ability to manage devices through the cell phone.**

Campers will be able to carry their cell phone when outside of the cabin, but phones will be placed in the cup at the end of their bed when in the cabin. **Cell phones will not be allowed in any bathroom areas. While cabins have plenty of outlets, we highly encourage you to pack wireless chargers/battery packs to facilitate the charging of all diabetes devices. We also ask that you do not try to contact your child via calls or texts while they are at camp.**

When children come to camp they (and you as parents) are making a leap of faith by temporarily transferring their primary care to our medical counselors and staff counselors. This is one of the growth-producing, yet challenging aspects of camp. We believe that the emerging independence that children gain as they learn to trust caring adults is one of the greatest benefits of camp. It is one important way your child develops greater resilience. Contacting you by phone reinforces that the child is incapable of being away from a parent, and that the parent has not truly come to peace with the notion of them being away from home and in camp's care. Please know that you are always welcome to call camp to see how your child is doing. We agree to tell you if your child is experiencing a challenge in their adjustment to camp. You can help by talking with your child before they leave for camp and telling them that there is always someone they can reach out to, whether it is a trusted activity leader, counselor, or health care provider.

**We know that phones aren't just for calls and texts. Please prepare your child now with a different type of camera (a disposable camera labeled with their name works great!) and other forms of entertainment during quiet times. Campers will not be allowed to access games, apps, or social media on their phone while at camp.**

This policy is intended to help protect camp and the camp experience. If a camper abuses this privilege the cell phone will be kept with the counselor/medical staff.

**Our cell phone policy will be strictly enforced by our staff, and we need your help preparing your campers for what to expect!**

# CAMP MORRIS POLICIES

## Prescription Medication

An increasing number of children are on medication for ADD/ADHD (Concerta, Ritalin, Dexedrine, Adderall, Strattera), depression or other psychological conditions. These medications allow a child to take advantage of all that a school environment has to offer. Camp is no different, but many prescribing physicians are not familiar with camp and may take a child off medication without knowing the full implications. While many children do well off of ADD/ADHD medications and similar drugs for their summer vacations, camp is a very stimulating environment. The continuous social interaction can be stressful for children with certain conditions, and they can be at a disadvantage trying to make friends and participating in activities, discussions, and performances without their medication. **Leaving a child on or putting a child back on their medications for camp is recommended by the American Camp Association.** It is our experience that campers still need their school doses to make friends and enjoy all of the activities and interactions at camp.

If your child is on medication and you are planning to or have made a change in that medication any time up to six weeks before camp, please discuss it with us. Likewise, if your child has an IEP for any condition other than diabetes, please let us know so we can decide together whether having a plan at camp would be of benefit.

If you have any concerns regarding your child, please be sure to note them on the health forms and provide as much detail as possible. Any information regarding your child will assist staff in working to provide the best camp experience possible. We want to partner with you in setting your child up for success at camp.

## Communicable Diseases

**We are asking your family to play a critical role in helping us prevent communicable diseases such as seasonal influenza, gastroenteritis, COVID-19 and pertussis at Camp Morris. Here is how we need your help:**

Given that infections are spread person-to-person, and tend to happen in congregate residential facilities, please instill healthy hand washing and coughing habits at home. Please help us by teaching your children to “Cover the Cough” by coughing into their elbow (not their hands), and washing their hands before and after sneezing, coughing, and eating. Please try and limit their exposure to persons who are sick in the couple of weeks prior to camp.

**Please make sure that your contact information is up-to-date on our forms, and that your alternate emergency contact information is also up-to-date and will be reachable during the time your child is at camp.**

**Most Important: Please keep your child at home if they are vomiting, have diarrhea, are experiencing bouts of coughing or you suspect they have any communicable illness. We ask that you keep your child at home until 24 hours AFTER they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius measured by mouth) and/or signs of fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever reducing medicine.**

# CAMP MORRIS POLICIES

## Head Lice

**The Diabetes Family Connection requires that all participants be free of nits and lice prior to attending a program.**

Therefore, parents/guardians must perform a head check of each camp participant 48 hours before the first day of the program. Home screening decreases the risk of a head lice outbreak at Camp Morris.

- If nits and /or lice are found prior to the first day of the program a cancellation must occur, a partial refund will be given.
- If nits and/or lice are found or suspected at camp, a head check will be performed by a Healthcare Professional. This check will be done discreetly and away from other campers.
- If nits/lice are found during this check, parents/guardians will be notified. The Healthcare Professional will decide whether the child is to be taken home or to continue being treated at camp. If a participant is found to have lice/nits, the other participants in the cabin/deck will also be given a head check by a Healthcare Professional.



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# ***DIRECTIONS TO CAMP HANES***

CAMP HANES is located at the base of Sauratown Mountain in King, North Carolina. Camp is 25 miles northwest of Winston-Salem, NC.

**YMCA Camp Hanes**  
**1225 Camp Hanes Rd**  
**King, NC 27021**

- Take US-52N from Winston Salem to the King/Tobaccoville
- Exit #123 Turn Right toward King, travel 2 miles
- Turn Left on Brown Road, After 2.2 miles, Brown will dead end
- Turn Right onto Chestnut Grove Road, and Travel .5 mile
- Turn Left onto YMCA Camp Road, Travel 3.7 miles
- Arrive at Camp Hanes Road, follow into camp

**Accurate directions are available via Google Maps by inputting the name "YMCA Camp Hanes"**



## ***IMPORTANT REMINDERS***

ALL camp forms must be submitted to The DFC by **APRIL 15th**. Final camp payments are due **BEFORE June 1st**. Failure to meet the stated deadlines may prevent your child from attending Camp Morris.

## ***REFUND INFORMATION***

The Diabetes Family Connection will refund \$800 of the camper fee (\$200 non-refundable deposit) for cancellations received in writing 30 days PRIOR to the start of the program. Thereafter, no portion of the camper fee is refundable, unless it is for a documented medical reason.

## ***STILL HAVE QUESTIONS?***

Contact us at [admin@thedfc.org](mailto:admin@thedfc.org)



**Camp Morris Drop Off Forms - Please print, complete, and bring to camper check in.**

# SHOTS OR NON-PUMP RECENT DIABETES INFORMATION

Camper's Name \_\_\_\_\_ (for camp use only Cabin # \_\_\_\_\_)

**Please label all diabetes supplies, especially meter, lancing device, and CGM receiver.**

1. **Recent physical activity level**—How many hours per day does your child spend in:

\_\_\_ Low activity such as sleeping, watching TV, or playing video games

\_\_\_ Moderate activity such as walking, playing outside with friends, or shopping

\_\_\_ High activity such as basketball, swimming, bicycling, or running

2. **Yes or No:** Has your child been hospitalized with Diabetic Ketoacidosis (DKA) in the last 6 months?

If so, when, and what were the circumstances? \_\_\_\_\_

3. Type of **long acting insulin:** \_\_\_\_\_ **Pens or syringes:** \_\_\_\_\_

Type of **short acting insulin:** \_\_\_\_\_

Type of **premixed insulin:** \_\_\_\_\_

4. Usual **Insulin dosing:**

Long Acting: Time: \_\_\_\_\_ Dose: \_\_\_\_\_

Short Acting:

Time	Carb Ration	Correction Scale - Sliding Scale	Target BG
Breakfast			
Lunch			
Dinner			
Snack			
Bedtime			

Premixed: Time: \_\_\_\_\_ Dose: \_\_\_\_\_

Where does the camper inject insulin? \_\_\_\_\_

5. Last 24 hours of **BG and doses of insulin: (Be sure time and date are correct in meter)**

Date	Time	BG/CGM	Carbs	Dose of Insulin

6. Anything else you want to share for your camper to have the best week at camp?



# PUMP USER RECENT DIABETES INFORMATION

Camper's Name \_\_\_\_\_ (for camp use only Cabin # \_\_\_\_\_)

**Please label all diabetes supplies, especially meter, lancing device, and CGM receiver**

**1. Recent physical activity level**

How many hours per day does your child spend in:

\_\_\_\_ Low activity such as sleeping, watching TV, or playing video games

\_\_\_\_ Moderate activity such as walking, playing outside with friends, or shopping

\_\_\_\_ High activity such as basketball, swimming, bicycling, or running

**2. Yes or No:** Has your child been hospitalized with Diabetic Ketoacidosis (DKA) in the last 6 months?

If so, when, and what were the circumstances? \_\_\_\_\_

**3. Type of pump:** \_\_\_\_\_ **Type of insulin:** \_\_\_\_\_

**Type of infusion set:** \_\_\_\_\_ **Last infusion set change:** \_\_\_\_\_

If using a sensor, **type of sensor:** \_\_\_\_\_ **When was sensor last inserted?** \_\_\_\_\_

Time	Basal	Time	Carb Ratio	Time	Correction	Target BG

**5. Last 24 hours of BG and doses of insulin: (Be sure time and date are correct in pump)**

Date	Time	BG/CGM	Carbs	Bolus

**6. Yes or No:** Does the pump have any damage such as a recent hard drop, visible cracks, torn buttons, blurry numbers on the screen, or a broken battery/cartridge cap?

**7.** Anything else you want to share for your camper to have the best week at camp?

# CAMP MORRIS STAFF

## LEADERSHIP TEAM



**Camp Director**  
**Emily Barger**  
**T1D since 2006**

Loves biking and making pottery but camp is by far the best



**Medical Director**  
**Jeremy Steinman, MD**  
**T1D since 1992**

Loves his family, playing with his two kiddos, and camp



**Fuel Team Director**  
**Layla Duszynski**  
**T1D since 2019**

Loves reading, cooking, and she can say her ABCs backwards



**Clinical Director**  
**Erika Peterfy, PharmD**  
**T1D supporter since 2013**

Loves her sweet puppy, pickles, and is a hula hoop champion

# PROGRAM COORDINATORS



**Dreamers**

**Katie Hall**

**T1D since 2007**

Loves reading, writing, and hanging out at camp



**Trailblazers**

**Abby Brown**

**T1D since 2014**

Loves spending time on the lake, is a huge Clemson fan



**Pathfinders**

**Mark Albert**

**T1D since 2009**

Loves golf, music, and getting outside



**Bravehearts**

**Spenser Beasley**

**T1D since 2004**

Loves playing golf and getting outside



**Trailblazers**

**Kyle Boling**

**T1D since 1996**

Loves golf, coaching baseball, & candle making



**LIT Coordinator**

**Jessi Thaller-Moran**

**T1D since 1994**

Loves reading, long walks with pup, and her two awesome kids



**Art Coordinator**

**Ellane Campbell**

**T1D supporter since 2017**

Loves music, crafts, and playing the trombone



**Camp Community Builder**

**Mike Henning**

**T1D since 1984**

Loves string art, watching movies and reading

# DREAMER COUNSELORS



**Maggie Autrey**  
**T1D since 2018**  
Loves softball,  
drawing, and hanging  
with friends



**Kiley Carr**  
**T1D since 2013**  
Loves dancing, Fruit  
roll ups, and her twin  
sister



**Erin Cosner**  
**T1D since 2010**  
Loves art, drawing and  
crafts



**Jo Hayes**  
**T1D since 2010**  
Loves creating  
things, drawing,  
and being creative



**Ella Kroger**  
**T1D since 2014**  
Loves Soccer and lived  
in Japan for 3 years!



**Ian Miller**  
**T1D since 2011**  
Loves watching any  
sport, spending time with  
family & friends



**Liam Moncrief**  
**T1D since 2013**  
Loves to play soccer  
and fly planes



**Hannah Self**  
**T1D since 2010**  
Loves traveling,  
hanging with friends,  
and Clemson



**Michael Swartz**  
**T1D since 2012**  
Loves spending time with  
his grandma, playing  
piano, and juggling

# TRAILBLAZERS COUNSELORS



**Zachary Autwell**

**T1D since 2015**

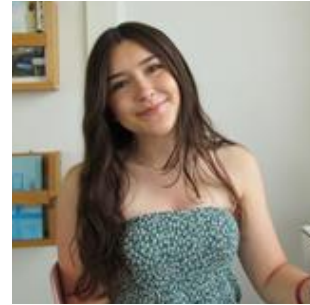
Loves to play sports and make beats for music



**Stephanie Arostegui**

**T1D since 2018**

Loves mountain biking, field hockey and friends



**Andy Bauer**

**T1D since 2013**

Loves dance, track and the outdoors



**Emily Bjerregaard**

**T1D since 2014**

Loves to powerlift, cook, and build legos



**Anna Brown**

**T1D since 2014**

Loves woodworking, reading, and camp



**Christina Campbell**

**T1D since 2017**

Loves art, crafts, travel, and reading



**Addisen Freeman**

**T1D since 2017**

Loves playing soccer, the outdoors, and hanging with friends



**Anne-Marie Hildebrand**

**T1D since 2019**

Loves photography and Black forest gummies, and she used to be an introvert



**Gavin Hughes**

**T1D since 2019**

Loves to play the guitar, baking, and exploring

# TRAILBLAZERS COUNSELORS



**Jad Kassab**  
**T1D since 2018**  
Loves going to the gym, playing soccer, and boxing .



**Emma Lane**  
**T1D since 2014**  
Loves doing nails and playing volleyball



**Ryan Palmer**  
**T1D since 2006**  
Loves to play basketball, football, and ultimate frisbee



**Bryson Smith**  
**T1D since 2016**  
Loves art and playing video games



**Zy Stevenson**  
**T1D supporter since 2023**  
Loves sports, music, and fitness



**Brock Terrell**  
**T1D since 2017**  
Loves soccer, hiking, and swimming



**Anya Tribune**  
**T1D since 2015**  
Loves playing soccer and Harry Potter



**Chloe Vedeer**  
**T1D since 2020**  
Loves crochet, art and theater



**Hannah Wallace**  
**T1D since 2010**  
Loves pilates, yoga, photography

# ***PATHFINDER COUNSELORS***



**Corey Burgess**  
**T1D since 2022**  
Loves cooking,  
photography and hunting



**Danny Corbet**  
**T1D since 2007**  
Loves to write and cook



**Ashton Horack**  
**T1D since 2014**  
Loves painting, crafts,  
coffee shops, and shopping



**Sam Kilby**  
**T1D since 2011**  
Loves to be outdoors,  
birdwatching, and is studying  
biology at Clemson



**Davis Norland**  
**T1D since 2012**  
Loves sports,  
reading, and movies



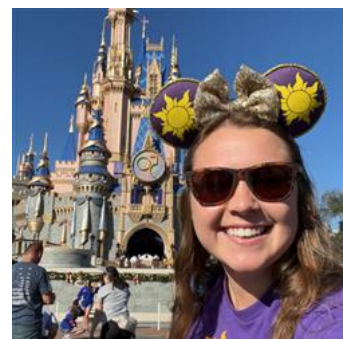
**Oriana Palumbo**  
**T1D since 2015**  
Loves Birdwatching,  
video games, and music



**Bobby Ross**  
**T1D since 2000**  
Loves ultimate frisbee,  
longboarding, and playing  
the banjo



**Iz Shields**  
**T1D since 2009**  
Loves to do crafts,  
hiking, and live music



**Lauren Sytz**  
**T1D since 1998**  
Loves to coach field hockey  
and lacrosse, riding bikes,  
and watching sports

# BRAVEHEART COUNSELORS



**Jana Buzov**  
**T1D since 2023**  
Loves scuba, fishing and knitting



**Carl Hinz**  
**T1D supporter since 2014**  
Loves nature, hiking, camping, and art



**Hannah Morton**  
**T1D since 2016**  
Loves coffee shops, traveling, and anything outdoors



**Baily Naso**  
**T1D since 2021**  
Loves Parkour, flowboarding, and film making



**Aaralyn Russell**  
**T1D since 2015**  
Loves to run, read, and do “the worm”



**Daniel Thaller**  
**T1D since 1991**  
Loves dog songs, dogs, and dog dancing

# MEDICAL DOCTOR COUNSELORS



**Dr. Deanna Adkins**  
**T1D supporter since 2000**  
Loves reading, walking, and crocheting



**Dr. Carly Hamlin**  
**T1D since 1989**  
Loves running, playing volleyball and her twins



**Dr. Firas Kassab**  
**T1D supporter since 2018**  
Speaks 4 languages and loves being at camp



**Andrea Martinez**  
**T1D supporter since 2022**  
Loves dancing and singing



**Dr. Diana Miller**  
**T1D since**  
Loves camp and her family



**Dr. Margaret Vimmerstedt**  
**T1D supporter since 1989**  
Loves playing the violin and nature

# MEDICAL COUNSELORS



**Deena Alsbbah**  
**T1D supporter since 2022**  
Loves art, dance, and was a figure skater



**Garrett Allegra**  
**T1D supporter since 2024**  
Loves to hike, play trivia, puzzles and can sing



**Terri Bury**  
**T1D supporter for 20 years**  
Loves her saltwater fish tank and camp



**Anna Busby**  
**T1D supporter since 2015**  
Loves running, gardening and yoga



**Dale Callicutt**  
**T1D supporter since 2002**  
Loves running



**Amira Carter**  
**T1D supporter since 2025**  
Loves to dance - modern, ballet and jazz as well as crafting



**Allison Chalecki**  
**T1D supporter**  
Loves live music and can untie any knot



**Angie Charles**  
**T1D supporter since 2005**  
Loves running, hiking, and reading



**Kelly Christ**  
**T1D since 2011**  
Loves photography, running, and hiking



**Kristie Clark**  
**T1D supporter since 2004**  
 Loves Burn bootcamp, and running



**Andrea Cobert**  
**T1D supporter since 2022**  
 Loves Crochet, reading and the outdoors



**Alpha Currence**  
**T1D supporter since 2019**  
 Loves braiding hair, helping others, and line dancing



**Lesley Edward**  
**T1D since 1981**  
 Loves rowing and helping campers be their best



**Natasia Felment**  
**T1D since 2020**  
 Loves reading and travel



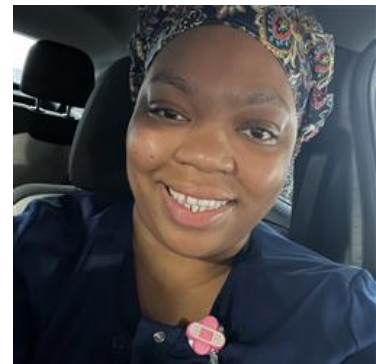
**Christina Gallimore**  
**T1D supporter since 2018**  
 Loves crafting, bird watching



**Anna Gambrell**  
**T1D since 2025**  
 Loves pickleball, kayaking, and travel



**Alicia Huntress**  
**T1D supporter since 2020**  
 Loves playing the harp



**Teriankica Johnson**  
**T1D since 2026**  
 Loves outdoor and camping

# MEDICAL COUNSELORS



**Deidre Kaan**  
**T1D since 2022**  
Loves sewing, roller skating,  
and making bread



**Collin Kruczek**  
**T1D supporter since 2024**  
Loves basketball, tennis,  
and darts



**Jessica Llyod**  
**T1D since 2014**  
Loves boat rides with her  
dogs and game night with  
friends



**Kayla Marvin**  
**T1D supporter since 20214**  
Loves yoga, camping, hiking  
and biking



**Seth McKee**  
**T1D since 2010**  
Loves board games and  
running



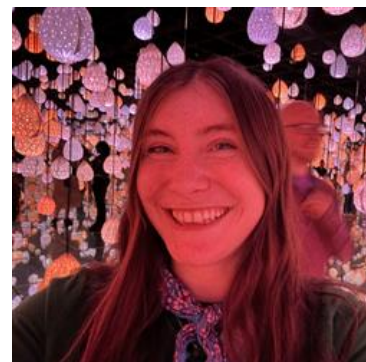
**Caroline McKenna**  
**T1D since 2002**  
Loves arts and crafts,  
coffee, and music



**Claudia Mitchell**  
**T1D supporter since 2017**  
Loves swimming, running,  
and is very crafty



**Avery North**  
**T1D supporter since 2025**  
Loves baking, reading and  
crafts



**Maria Onusko**  
**T1D since 2026**  
Loves reading, hiking, and  
swimming

# MEDICAL COUNSELORS



**Laura Orsban**  
**T1D supporter since 1998**  
Loves exercise, yard work,  
and has her pilots license



**Brooke Osborne**  
**T1D since 2009**  
Loves her sweet doodle,  
golfing, and hikes in the  
Triad



**Elizabeth Phelps**  
**T1D since 1989**  
Loves trivia, spreadsheets,  
and Dr. Morris



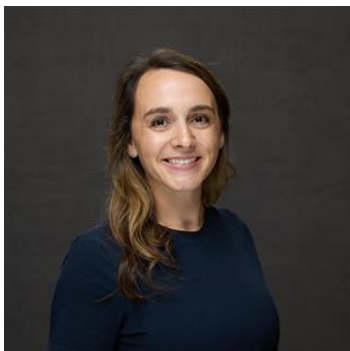
**Elizabeth Ramsauer**  
**T1D since 1990**  
Loves cross stitch,  
reading, and crocheting



**Hunter Rogers**  
**T1D supporter**  
Loves crafting, gardening,  
and has run 5 marathons



**Olivia Schad**  
**T1D since 2018**  
Loves crafting, and  
spending time outdoors



**Lauren Schiavone**  
**T1D supporter since 2018**  
Loves crafting, gardening,  
and reading



**Mason Secest**  
**T1D supporter since 2021**  
Loves sports, especially  
golf and pickleball



**Rachel Synder**  
**T1D supporter since 2020**  
Loves reading, crafting,  
playing tennis, and singing

# MEDICAL COUNSELORS



**Linnet Steinman**  
**T1D supporter since 1992**  
Loves camp and supporting campers



**Victoria Stevens**  
**T1D supporter since 2025**  
Loves tennis, reading and crafting



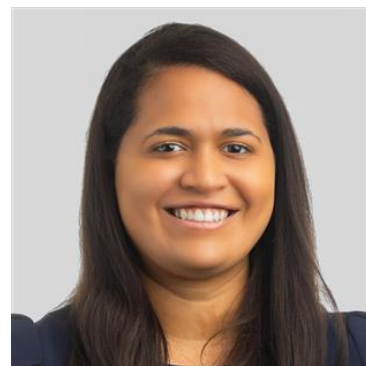
**Kelly Solesbee**  
**T1D supporter since 2013**  
Loves being a band mom and her dog



**Mary Taylor**  
**T1D supporter since 2005**  
Loves reading, tennis, yoga, and learning to crochet



**Julie Thomas**  
**T1D supporter since 2013**  
Loves camp and feeling like a kid again



**Pamela Vega Rios**  
**T1D supporter since 2022**  
Loves singing, crafting, and can't wait for camp



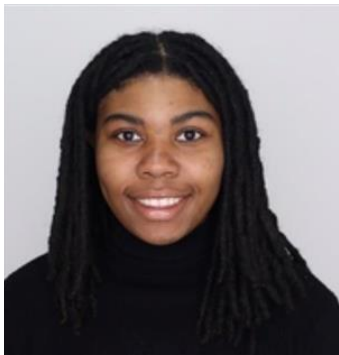
**Mary Wahl**  
**T1D supporter for 25 years**  
Loves woodworking, travel, stained glass, & any water sport

# FUEL UP TEAM



**Morgan Gentile**  
**T1D since 2026**

Loves crocheting and making new recipes



**Jada Griffis**  
**T1D since 2026**

Loves roller skating and watching movies



**Shelley Roper**  
**T1D supporter since 2025**

Loves dancing, crafting, sewing, and cooking

# CAMP MORRIS SUPPORT TEAM



**Blair Burns**  
**Community Engagement Chair**  
**T1D since 1991**  
Loves reading, community,  
and camp



**Patrick Mertes**  
**Founder and Vice President**  
**DFC Board of Directors**  
**T1D since 1997**  
Loves outdoor adventures and  
his three amazing little humans



**Lesley Day**  
**DFC Board President**  
**T1D since 1990**  
Loves praise music, mentoring  
young leaders, and camp



**Justin Thomas**  
**DFC Board of Directors**  
**T1D since 1990**  
Loves camp, basketball and  
his family

## DFC STAFF



**Anne Sutton**  
**Executive Director**  
**T1D supporter since 2008**  
Loves her kids, dog,  
pickles, and anything that  
sparkles



**Gail Machilek**  
**Administrator**  
**T1D supporter since 2021**  
Loves dogs and helping  
others



**Tara Wilder**  
**Development Manager**  
**T1D supporter since 2009**  
Loves singing, knitting,  
hiking, and her two kids