



CAMP INDEPENDENCE OF SAN ANTONIO 2019



The 33rd edition of Camp Independence will continue to provide a summer camp experience for children with diabetes and siblings.

Camp Independence of San Antonio will be held on the campus of St. Mary's Hall School from **July 22, 2019 to July 26, 2019 beginning at 8:00 AM and concluding each day at 4:00 PM.** Children with diabetes over 4 years of age and siblings over 7 years of age are eligible to attend the camp. Teenagers who will enter the ninth through twelfth grades are eligible to serve as counselors-in-training.

Health professionals, educators, and parents of children with diabetes provide staff supervision throughout the camp program. Many of the camp staff have participated since its inception.

Activities at camp include water activities, physical education, arts and crafts, and diabetes related educational games. Special events will include guest speakers and environmental demonstrations.

An application fee of \$25 is required of all campers and CITs. The Camp tuition is \$85 for campers with Diabetes and \$100 for siblings. A limited number of tuition camperships are available for children with diabetes in need of financial help. We are unable to offer camperships for siblings without diabetes.

WHAT IS CAMP INDEPENDENCE?

During the twentieth century, summer camps have become an American institution. Children with diabetes mellitus were often excluded from summer camps because of their special health requirements. Overnight camps specifically for children with diabetes were established, including several in the state of Texas. While these camps continue to provide the valuable experience to many

children with diabetes, they are limited in the number of campers. Camp Independence of San Antonio was established in 1987 to broaden the camping experience to children who were ineligible to attend overnight camps and to children whose parents were reluctant to send their children to residential camps.

Camp Independence provides a camping opportunity for children who have diabetes emphasizing that the children are able to participate in all camp activities and have fun. That the children also have diabetes is not an overriding issue, but rather an important added factor. To deal with this added factor, the camp will have a specially trained staff.

Specific goals of the camp include:

1. To provide an enjoyable camping experience for children with diabetes.
2. To provide a safe and healthy environment away from home.
3. To enable children with diabetes to meet and get to know one another
4. To help children, their brothers, sisters and parents learn more about their disease, how to adjust to it, and how to manage it.
5. To provide a respite for parents.
6. To help the children understand the elements of a medical program, which will approximate normal blood sugar levels, while avoiding severe hypoglycemia.
7. To help children achieve independence and self-discipline in their approach to life with diabetes.
8. To provide an opportunity for health professionals to acquire more knowledge about diabetes and practice their skills.
9. To provide a leadership opportunity for high school students with diabetes.

HOW TO APPLY FOR CAMP INDEPENDENCE

Campers, siblings, CITs, and staff volunteers may register online through our website after January 1, 2019:

www.ci-sa.org

If you do not have internet access, call the Camp Director at 210-601-2090 for a paper application.

In order to secure your child's reservation for Camp Independence, applications and registration fees must be received **by July 1, 2019.** All items on the registration form must be completed prior to July 7, 2019.

Due to the large number of anticipated campers, no applications will be accepted after July 7, 2019.

Completed applications must be filled out online or mailed to the camp office:

**Camp Independence of San Antonio
8730 Avator Circle
Fair Oaks Ranch, TX 78015**

Please do not give your completed applications to your physician, to your physician's staff, to a member of the Board of Directors, or to a member of the staff of Camp Independence.

Each completed application for a camper, sibling, or CIT must have the application fee (\$25) enclosed. In addition, the tuition or a note requesting a campership application must be enclosed or submitted online. Camper applications without the tuition or a request of tuition campership application will be returned without processing. Counselors-in-training are not required to pay the tuition fee.

CLOSING CEREMONY

On Friday, July 26 at 2:00 PM campers will celebrate their week at camp with a Closing Ceremony. Parents and friends of camp are invited to the ceremony. At 1:00 PM representatives of companies that provide services to children with diabetes will be available for discussions. Parents and friends are invited to join the campers in the afternoon snack following the closing ceremony.