



# CAMP INDEPENDENCE OF SAN ANTONIO 2023



After a successful reopening in 2022, Camp Independence will continue to provide a summer camp experience for children with diabetes and siblings in 2023.

Camp Independence of San Antonio will be held on the campus of St. Mary's Hall School from **July 18, 2023 to July 21, 2023 beginning at 8:00 AM and concluding each day at 4:00 PM.** Children with diabetes over 5 years of age and siblings over 9 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 \$40 is required of all campers and CITs. The Camp tuition is \$100 for campers with diabetes and 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 had 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 REGISTER FOR CAMP INDEPENDENCE

**Campers, siblings, CITs, and staff volunteers must register on line through our website after January 1, 2023 at [www.ci-sa.org](http://www.ci-sa.org).**

**If you do not have internet access, call the Camp Director at 210-601-2090 for further instructions.**

In order to secure your child's reservation for Camp Independence, applications and registration fees (\$40) must be received **by July 1, 2023.** All items on the registration form must be completed prior to July 7, 2023.

Due to the large number of anticipated campers, no applications will be accepted after July 7, 2023.

Tuition (\$100) must also be paid online by July 7, 2023. Requests for camperships may be made by calling the camp director at 210-601-2090 before July 1, 2023. Counselors-in-training are not required to pay the tuition fee.

## CLOSING CEREMONY

On Friday, July 21 at 2:30 PM campers will celebrate their week at camp with a Closing Ceremony. Parents and friends of camp are invited to the ceremony. At 1 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.