



CENTRAL OHIO  
DIABETES  
ASSOCIATION



## CAMP HAMWI & SUMMER YOUTH CAMPS

### ♥ CAMPS BY AGE GROUP

Camp Hamwi is a residential camp for children ages 7-12 and teens ages 13-17. Day camps are available for campers ages 3-7 and 8-12.

### ♥ SCHOLARSHIPS AVAILABLE

Thanks to the generous contributions of individual and corporate donors, no child is turned away for inability to pay.

**For 2018 camp dates and descriptions, see reverse side.**



## LETTING KIDS BE KIDS

For more than 50 years, the Central Ohio Diabetes Association has offered Camp Hamwi, a unique and exceptional summer camp experience for youths with diabetes.

Campers learn to take control of their diabetes management while participating in exciting traditional summer camp activities. Diabetes education topics include nutrition and carbohydrate counting, insulin therapy, and blood glucose monitoring.

Camp staff include cabin counselors, social workers, nurses, dietitians, and physicians. Many staffers have diabetes themselves, and former campers can seek training to become part of the Camp Hamwi team.

While Camp Hamwi serves youths ages 7-17, children as young as 3 can participate in diabetes day camps.

CODA's summer youth camps allow children and families to connect with a community of support, part of a lifelong path to living well while navigating the challenges of diabetes.

[WWW.DIABETESOHIO.ORG](http://WWW.DIABETESOHIO.ORG)

FOR MORE INFORMATION, CONTACT:

Darlene Honigford | 614-884-4400 | [dhonigford@diabetesohio.org](mailto:dhonigford@diabetesohio.org)

# 2018 CODA SUMMER CAMPS FOR YOUTHS WITH DIABETES

## **Camp Hamwi**

**Residential camp for youths  
ages 7-17 with diabetes  
Camp Mohaven, Danville, Ohio**

Camp Hamwi offers a diverse program for any skill level. Activities include horseback riding, archery, volleyball, soccer, canoeing, swimming, arts and crafts, drama, dance, outdoor living skills, nature crafts, and outdoor adventure. Incorporated into the daily schedule are diabetes education sessions to increase campers' understanding of diabetes. Each week, the program is specially designed to address the interests of a particular age group.



### **Junior Challenge (ages 7 - 12) July 29-Aug. 4**

Activities are geared to entertain and encourage our youngest resident campers. Outdoor games, water games, a talent show, and a treasure hunt are a few of the activities that fill this program with wholesome fun. Special programs are offered based on a yearly theme.

### **Senior Challenge (ages 13 - 17) July 22-28**

A more advanced program structured to challenge our oldest campers. Seniors are exposed to rappelling, canoeing, overnight camping, initiative games, and much more. Senior campers can invite a friend to attend Hamwi with them. Friends can use the application form, checking the appropriate "Friend" box.



### **Kids Camp (ages 3-7) June 25-27 Hoover Y Park**

Campers explore their potential, try different activities, build friendships, and learn about diabetes. Parents and siblings are encouraged to be involved in the day camp experience.

### **Stepping Stones (ages 8-12) June 28-30 Hoover Y Park**

An introductory program for youths with diabetes who want to explore what camping is all about before committing to one week at residential camp. Stepping Stones includes an overnight camp-out on Friday.

Formed in 1898, LifeCare Alliance provides a comprehensive array of health and nutrition services to older adults and individuals living with a medical challenge or disability in central Ohio—keeping them safe, independent, and in their own homes, where they want to be! LifeCare Alliance operates a national model for its programs, leading in volunteer engagement, effective mergers, and social entrepreneurship. A not-for-profit organization, the Agency's mission is to lead the community in identifying and delivering health and nutrition services to meet the community's changing needs.

Meals-on-Wheels— Franklin, Madison, Marion, Champaign, and Logan Counties Senior Dining Centers | Wellness Centers | Help-at-Home | Visiting Nurse Association Columbus Cancer Clinic | Project OpenHand-Columbus | Groceries-to-Go IMPACT Safety | Central Ohio Diabetes Association | Senior PetCare | L.A. Catering L.A. Wellness Works | Travel Vaccines and Immunizations | Meals-for-Kids | Carrie's Café



**LIFECARE  
ALLIANCE**  
Nourishing The Human Spirit.

1699 West Mound Street  
Columbus, OH 43223  
614-278-3130  
info@lifecarealliance.org  
www.lifecarealliance.org

