

## Frequently Asked Questions

### Shooting Stars Parent Overnight

#### *What is this program?*

Shooting Stars Parent Overnight is an opportunity to add a parent debrief onto our camp program. At Camp Hodia, children with diabetes learn about how to live happy, healthy, and boundless lives, all while balancing and managing their diabetes. By the end of camp, children have a fresh outlook on life with diabetes, and have had a week of education and support to help them get to this level. Shooting Stars Parent Overnight will provide parents with the opportunity to have cabin counselor to parent meetings, time with our medical staff, and participate in an educational assembly in the lodge. Our goal is for parents and campers to leave camp with tools to help them implement the magic experienced at Hodia, at home in their daily lives.

#### *If I participated last year, is there any reason I should come this year?*

Absolutely! As your child grows up, not only do they change, their diabetes changes too. The life situations your child is facing and his/her outlook on life with diabetes, change. The tips and tricks you'll need to effectively work together, change. We hope you will join us each year to continue addressing these changes, as your child grows up!

#### *What is the structure of this program?*

This overnight program will consist of a cabin counselor and parent meeting, time with our medical staff, an educational assembly in the lodge, networking, games and activities for the children, sleeping in cabins and group meals. The education sessions will be conducted by health care providers as well as information from our staff on how they deal with diabetes on a day to day basis.

#### *How do I register for this program?*

Each family attending the Shooting Stars Parent Overnight must register under the Events tab on our website: [www.hodia.org](http://www.hodia.org). We will be basing cabin assignments on these registrations, so it is important that when you register your family, you list each member attending (including your camper, parents and siblings) on that same registration form. Due to space limitations, we do ask that families limit their family unit to a total of six people. We apologize for any inconvenience this may cause.

#### *How much does this cost?*

There is an \$80 fee/family. A family unit cannot exceed 6 people due to space limitations. We do have some financial aid available. If you are in need of financial aid, please contact Lisa (208)891-1023 ext 0.

#### *When do I arrive and go home?*

This program will begin at 10:00am on Thursday, June 26, 2014 and end at 10:00am on Friday, June 27, 2014.

#### *How many nights will I be there?*

Our program is a one-night stay.

### ***Will my child be present with me?***

Children will spend the night with parents, but will have the opportunity to be with siblings participating in staff-led age appropriate games and activities during the day.

### ***Will doctors and nurses be present?***

Yes, our camp medical staff is excited to participate in this program and provide some diabetes education based on concepts campers learned about during the week.

### ***Is there any paperwork I need to bring with me?***

Nope! You need to register online ([www.hodia.org](http://www.hodia.org)) before attending the program. Feel free to bring a notepad and pen if you would like to take notes!

### ***Can my other children come, or is it just for the parents?***

This program is focused on parents, but siblings are invited to attend. We do require that you register every family member who will be attending with you. Due to space limitations, we do ask that families limit their family unit to a total of six people. We apologize for any inconvenience this may cause.

### ***Does this program include all of our meals?***

All meals will be included as well as an afternoon and bedtime snack.

### ***What should my family pack?***

See the list below for ideas of what to pack. A few notes, many cabins are not heated so you may want bring extra blankets. You should also pack warm clothes and coats for the evenings, as it tends to cool off quickly in the mountains. Also if you are bringing young children, please remember that all beds are bunk type beds. If you are bringing infants, please bring a bed for them (a small pack and play type crib works great). If anyone in the family needs medications please bring these with you. Due to ACA Standards, ALL medications must be checked in with our Health Center Staff upon arrival. These medications will be given when needed and will be distributed back to families when you leave.

Rubbermaid tubs work really well instead of a suitcase for your clothes. They fit under the bunks and keep everything clean and dry; however, they must not be taller than 9" in order to fit under the bunks.

Parent Program participants should each bring:

- Pants
- Sweatshirt
- T-shirts
- Socks
- Shorts
- Pajamas
- Underwear
- 1 pair of STURDY shoes (tennis or walking—not open toed or flip flops)
- Brush/comb
- Shower shoes (flip flops ok)

- Towel & washcloth
- Shampoo and Soap
- Chapstick
- Sun screen and Bug Repellant (non-aerosol)
- Coat
- Rain jacket
- Sleeping Bag (recommended) or blankets
- Pillow
- Hat (optional)
- Camera (optional)
- Notepad/pen (optional)
- If you bring any medications, we will collect these from you when you arrive and our camp medical staff will dispense to you. It is our medical policy that medications must be kept in the infirmary.

We strongly recommend that the following items NOT be brought to camp. These items are easily lost. (Camp Hodia is not responsible for lost items.) If you bring these items, please label them carefully.

- Game Boys
- electronic toys
- IPODs
- Cell Phones

The following items are absolutely NOT allowed at camp by anyone. Your participation at Camp Hodia means you agree to this:

- Matches
- Lighters
- Fireworks/firecrackers
- Guns
- Knives
- Weapons of any sort
- Dangerous toys
- Weapon-like toys
- Pornographic materials
- Tobacco
- Alcohol
- Drugs
- Music, CDs, or Tapes labeled with "Parental Advisories"

### *What is not included?*

- Diapers

- Formula/baby food
- Bedding or Towels

### ***When I'm done with the program what will I have learned?***

It is our greatest desire that you will learn a great deal about how we provide education for your children. We also hope you will learn some more about the hot topics for kids with diabetes, your child's age, and gain some tips on how to continue those conversations at home.

### ***What should I do with what I've learned?***

Hodia staff members hope that you will be able to implement your education in your day-to-day life and help your child live better with diabetes.

### ***Will I be staying in the cabin with my child (or with other families)?***

Once we have finished with our programs for the day you and your children will be staying in cabins at Luther Heights. We may be housing 2 families per cabin, depending on registrations. This will provide the most camp-like experience for you. At camp, we aim to create experiences where you can debrief with others and form lasting relationships with families with kids with similar diabetes stories. If this does not feel like it can be workable for you, there are campsites available at Alturas Lake that can accommodate tent and camper camping. However we encourage you to give Camp camping a one-night try! Due to space limitations, we do ask that families limit their family unit to a total of six people. We apologize for any inconvenience this may cause. If you have questions about this please email our Hodia Parent Program Director, Sarah at [sarah@hodia.org](mailto:sarah@hodia.org).

### ***What training materials will be available for me?***

A resource handbook of information will be available to each family at the end of the program.

### ***Can extended family members attend?***

No, just the primary caregiver(s), parent(s) or guardian(s), may attend as well as siblings. We realize some kids may have two families – please email our Hodia Parent Program Director, Sarah, at [sarah@hodia.org](mailto:sarah@hodia.org) to make appropriate arrangements.

### ***How may I be reached at Camp?***

The number to Luther Heights is (208) 774-3556 but it for emergency use only. If anyone needs to reach you, they will have to leave a message, and the message will be given to you at a meal time. There is no cell service at camp.

### ***Can I place phone calls/have access to Internet while I am staying at the Camp?***

There is a phone for emergency use only at camp. Both are available if there is an emergency, but we hope that families can be “unconnected” overnight.

### ***If I bring my children what will they be doing?***

- Parents are responsible for supervising all of their children, including managing their child's diabetes, during the Hodia Parent Overnight. The exception is during the parent session in the lodge, when the children have the option to be out participating in activities led by Camp Hodia staff members.

- For children up to 4 years old, there will be childcare available during the parent session in the lodge.
- For children ages 5-17, there will be activities planned during the parent session in the lodge.

*Who do I call with additional questions?*

Please contact the Hodia Parent Program Director, Sarah Scott-Scudder, with any questions you may have. Sarah may be reached at [sarah@hodia.org](mailto:sarah@hodia.org) or (208)861-1534.