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The Setebaid® Sentinel is a community resource to educate our friends about diabetes and to inform the community about diabetes programs and services.

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2011: A Year of New Beginnings

By Sam Struzzi, Program Coordinator

This was my first summer at Setebaid Services®. I arrived in Lewisburg, Pennsylvania, by way of Brooklyn, New York in May of 2011. Needless to say, after four years of city living, Lewisburg came as a bit of a surprise. On top of my new, much quieter living situation, this was also my first summer at a new summer camp for children with diabetes! Talk about a fish out of water!



Camp Setebaid® also moved this summer. After 33 summers at Camp Louise in Berwick, Pennsylvania, Camp Setebaid changed locations, setting up shop at Camp Swatara in Bethel, Pennsylvania. As we prepared for our first summer, there were lots of questions that ran through our heads: Would the campers like the new facility? Would the staff? Will the camp work with our special needs as a camp for kids with diabetes? I am happy to report that all these questions were answered with a strong, "Yes." The facility is gorgeous and was well liked by both campers and staff, and the medical and kitchen facilities were much more than adequate for our needs. What is perhaps most exciting about our new partnership with Camp Swatara is the potential for growth. This summer we served a total of 83 campers across the Youth and Teen camp programs at Swatara. Next summer, we hope to serve 120 and by 2013, we hope to reach Swatara's capacity of 150 campers! So spread the word and help us make Camp Setebaid the biggest it has ever been!

This summer, Setebaid Services was able to serve a total of 327 campers from

See "2011" continued on page 3...



The Harrisburg Diabetic Youth Camp

By Colleen Gray, Camp Director

This year HDYC had another fun and exciting week. The campers had lots of fun with some new activities as well as some old classics.

HDYC had a new Program Director this year. Jamie Lewis has been a counselor for several years, and she stepped up to the plate to plan an amazing program. I think the campers would agree that she hit a home run! We kicked off the week with a carnival which is normally a very fun and popular activity, but this year there was added surprise. We had a petting zoo complete with pony rides! It was definitely a hit and everyone, campers and staff included, had a blast. The animals were brought to Camp Victory by an organization called Ashburn's Animals on a Mission. They work with some of the other camps that use Camp Victory over the summer, and they use their farms animals for therapy. It was really neat to watch even the shiest campers blossom and open up because of their excitement and interest in the animals.

Supplies Used by Setebaid®, Summer 2011

463	Blood Glucose Monitors
60,450	Blood Glucose Test Strips
27,400	Lancet Devices
1,012	Vials of Insulin
967	Insulin Pens
22,700	Syringes
9,600	Pen Needles
205	Sharps Disposal Containers

Total Value:
\$310,431.87

See "HDYC" cont. on page 2...

We also introduced “Green Time” into the schedule this year. This was a time when all the campers would meet outside and play games or do an art project all at the same time. The first Green Time of the week was all about tie dye! It was definitely a hit. The campers and staff members made some very interesting and creative designs using squirt bottles, tape, rubber bands, and even leaves and sticks! The grass outside the pavilion was beautiful with the rainbow of t-shirts laid out to dry. We all got to wear our shirts on Friday because it was “tie dye day.” It was a very colorful and fun way to end the week!

The most popular activity of the week always seems to be Cabin Wars and this year was no exception. Each cabin is assigned a color to represent them, and they each create an entrance to the Cabin Wars area. It’s very dramatic and extremely entertaining! This year had everything from a bike decorated like a motorcycle to a swamp witch to professional wrestlers. The games this year were a little different than in previous years. Instead of soccer, archery, and kickball, we played games that were modeled after the “Minute to Win It” TV show. We had water balloons, cup stacking, streamer races, and even a slip and slide! We used a bracket system to eliminate cabins, with the winners moving on to the next competition and the “losers” got to go on a hay ride. The very last competition of Cabin Wars was a very intense trivia contest. After all was said and done and all the points were added up, Juniper won

Cabin Wars!

It was a very fun and exciting week with lots of new fun changes. Next year is sure to be even better. The planning committee is already hard at work deciphering what to keep from this year and what to improve on for next year. There will definitely be more exciting changes, and we cannot wait to see everyone back at HDYC 2012!



Camp Setebaid® at Camp Victory

By Ryan Ard, Camp Director

Camp Setebaid at Camp Victory was held during the week of August 7th – 12th in beautiful Millville, PA. This year we had a record of 79 campers, ages 8-13, joining us for an action packed week!

Some of this year’s highlights included a rock-climbing wall, traveling petting zoo, sleep out in tents, campfires, and of course lots of singing and dancing. At the end of the week parents were invited to join us for our camp ending assembly. This was a very well

attended event by parents and a huge success. Parents got a sneak peak into what camp life is all about, and see the camaraderie that is formed amongst staff and campers in just a few short days! We will be looking to expand upon this



event for the next camping season.

Of course camp wouldn’t be possible without the many volunteers that give up a week of their summer in order to make it the best week of many campers’ summers. Over 50 staff members attended Camp Setebaid at Victory this year, making for a ratio of about 1 staff member for every 1.5 campers! A huge thank you to the doctors, nurses, dieticians, counselors, and other volunteers for making the 2011 camping season so special.

One of the most rewarding parts of being the Camp Director is seeing “firsts” at camp. Whether it’s a child’s “first” insulin injection on their own, “first” pump set change, or trying a new pump site for the “first” time, there are always many “firsts” at camp. It is truly

amazing to see a beginning of the week will not give themselves same child being independent and other children who are “just like them a sense of willingness to try



fully managing the end of camp. For probably the only time in their lives, the campers do not feel like they are in the minority.

As you can imagine camp takes a lot of planning: nearly a year’s worth! Beginning preparations are now being made for 2012 Camp Setebaid programs. Our committee meetings are always OPEN and we meet monthly at Camp Swatara in Bethel, PA. We are always looking for suggestions and ways to improve camp, and we welcome you to join us at one of our meetings. If you would like to be added to the committee mailing list to be notified of meetings and activities of the committee please let myself or the office know. Come out and help make 2012 the best camping season yet! Remember to watch future newsletters to see what we plan for 2013!

Camp Setebaid® at Swatara

By Adam Greger, Camp Director

Camp Setebaid will be enjoying its second summer at Camp Swatara this July. And the only way I see it getting any better would be if we don’t get a heat wave that sends us well over 100 degrees!

During our first summer at Swatara, we saw the implementation of having two camping programs running simultaneously ranging from age 8 all the way to 18. Our camp operated very smoothly during our transition year, thanks especially to our dedicated staff of volunteers that give up so much of their time to help camp run. Camp Setebaid truly showed its camping spirit throughout the week by having nearly every single camper and staff member participating in our theme days and activities. One of the favorite activities the campers enjoyed was learning the new take on Capture the Flag called “Stones” which was introduced

This Year, Campers Came From 9 States!

Pennsylvania	Rhode Island
New Jersey	New York
Virginia	Delaware
Maryland	Ohio
	Florida

by our favorite friend from the north, Lorne. The energy created by this game was contagious throughout the camp.

The karaoke theme night saw a large number of performances by our campers, as well as a lot of dancing! We hope to have karaoke back next summer!

There was also a very dramatic interpretation of Father Time and Mother Nature that was unleashed upon our camp by the Elk and Gallitzen cabins that brought our camp to tears. And by tears, I mean uncontrollable laughter that still lasts a mere three months after the skit was performed.

Overall, this was one of the best camping seasons we've had, and a very special thank you goes out to all of the campers and their families for being able to be a part of our special "family" at Setebaid. If we missed you this summer, please check our website for the posting of the 2012 Camp Setebaid at Swatara dates and we hope that you are able to return in 2012! Happy Camping!



New Staff Announcements

The last year has seen some growth in the Setebaid Services office. Linda Neyhart is now full time *Business Operations Manager*, after starting with Setebaid Services in July 2010. Linda resides in Mifflinburg, PA with her husband William. She has two grown children, Matthew and Lisa, who are both married, and a grandson named Tanner. When she is not working, Linda enjoys volunteering with various ministries at her church. Linda also has many years of experience in accounting and financial management. She is a graduate of Susquehanna University in Selinsgrove, PA.



Shannan Barger joins the Setebaid Team as the Receptionist/Registrar. She is a Central Pennsylvania College student pursuing her bachelor's degree in Business Administration. When not at work Shannan is "Mom" to two wonderful children, Jocelyn and Logan. She enjoys spending her free time with her kids, walking outside, watching movies and listening to music. She is looking forward to another wonderful camping season with Setebaid Services and meeting many more camper families.

Since last May, Sam Struzzi has been acting as Program Coordinator on a full time basis. For 20 summers, Sam has been associated with various diabetes camping programs. Most recently, he was the Assistant Director at the Elliot P. Joslin Camp. In Brooklyn, New York, Sam owned and operated Struz Consulting, a small company dedicated to making live theater performances more accessible for the hearing impaired. He now feels incredibly privileged and lucky to be able to make Diabetes Camping his full time job with Setebaid Services. He continues to work with the Diabetes Education and Camping Association on diabetes camp staff training and eagerly awaits any opportunity to spread the word about the impact that Diabetes Camping can have on the lives of children living with diabetes and the lives of their families as well.



Thanks to our Nickel Level Donors! (\$100 - \$499)

- Robert A. Archer
- Aroogas Corp Unit #4687
- Bellevue Presbyterian Church
- Boiling Springs Lions Club
- Elizabeth Carr
- Danville Kids fund
- Diabetes Action Research and Education Fdn
- Diabetes Alternative Research and Health Care Foundation
- Downtown Tucson Lioness Club
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- Gary & Kathleen Gatski
- Hampton Inn
- Harris Township Lions Club
- Heidelberg Lions Club
- Heidelberg Township Lioness Club
- Johnson's Pharmacy of Hazleton, Inc
- Juvenile Diabetes Organization of NE PA
- Kazimierz Pulawski Political Club
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- Eric & Jean Needle
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- Soroptimist International of Harrisburg East
- St. Michaels Church
- Arlene Stancati
- Christine Chester Suarez
- Swineford National Bank
- Tamaqua Elementary School
- Vercusky Painting Inc
- Eamon Wood
- Harry Zerbey & Stacey Hipp

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nine different states across all three of its camping programs and the Children's Diabetes Conference. We had a total of 56 Counselors and 48 Medical Staff (including Physicians, Nurses and Dieticians) volunteer their time to help Setebaid achieve another successful summer of diabetes camping. To these fine people, I extend my warmest thanks. Without you, Camp would not be possible.

Camp is like a large, extended family. After 20 summers with a different camp for children with diabetes, I was nervous about transitioning to a new camp family. I am happy to say that the staff at all the Setebaid Services programs have made me feel incredibly welcome. I have adjusted to the quiet life in

Lewisburg and have settled in, ready to face the challenges of the coming year and help Setebaid Services reach as many children with diabetes as possible. Thanks to the staff who have made my transition into the Setebaid Family as smooth as possible, and thanks to everyone in advance for helping us make the Setebaid® experience even better for next summer.

Dates to Save for 2012!

Karaoke for Kamp	March 24
Lions Motorcycle Ride for Diabetes	May 19
HDYC	June 17-23
Camp Setebaid at Swatara	July 15-21
Camp Setebaid at Camp Victory	August 5-10



Setebaid Services,[®] Inc.

Setebaid Services,[®] Inc. is an independent, not-for profit organization recognized by the Internal Revenue Service as a 501(c)(3) organization. Donations to Setebaid Services[®] are tax deductible to the extent permitted by IRS Regulations.

Mission

The mission of Setebaid Services[®] is to enhance the quality of life for people with diabetes by:

1. Educating people with diabetes to accept their condition and maintain control of diabetes while living normal, healthy lives; and by
2. Educating healthcare professionals and training future healthcare professionals to effectively manage and treat people with diabetes; and by
3. Enhancing research subject recruitment by providing information on diabetes research.

Volunteer Opportunities

For more information on volunteering to assist Setebaid Services[®] with a program, please call us at (570) 524-9090.

Office Staff

Mark Moyer
Executive Director

Linda Neyhart
Business Operations Manager

Sam Struzzi
Program Coordinator

Shannan Barger
Registrar/Receptionist

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WE NEED YOUR HELP!

Can you Volunteer Your Time?

We are in the process of setting up regional fundraising committees in Pennsylvania:

- ◆ Harrisburg/Lancaster Area
- ◆ Central PA Area (Williamsport / Lewisburg / Danville)
- ◆ Philadelphia Area
- ◆ Wilkes-Barre Area
- ◆ State College Area

Please contact our office for further information at info@setebaidservices.org or call 570-524-9090 to sign up for a committee in your area.



FUNDRAISERS HELP BRIDGE THE GAP

2011 Camp Cost to Setebaid Services	\$1,515
2011 Camp Fee to Families	<u>\$ 995</u>

Amount Setebaid Services Subsidized Every Camper	\$ 520
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**FUNDRAISER
SUPPORT**

Campers who received Financial Assistance received their Financial Assistance Award PLUS the campership subsidy. All other campers received the Campership Subsidy. In 2011, only 19% of all campers paid the camp fee of \$995. However, our actual cost per camper was \$1,515, NOT \$995. 81% of all campers required financial assistance to come to camp. The average Setebaid Services needed to raise in 2011 was \$952 per camper, or a total of over \$230,000!

Thanks to Our Platinum, Gold, Silver & Bronze Level Sponsors!

Platinum (\$10,000 & UP)

The Helmsley Charitable Trust
Josiah W. & Bessie H. Kline Foundation, Inc.
Penn State Hershey Children's Miracle Network
Edna M. Sheary Charitable Trust

Gold (\$5,000 - \$9,999)

Geisinger Children's Miracle Network
Monroe County Diabetes Society
Novo Nordisk
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Silver (\$1,000 - \$4,999)

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Cosmopolitan Diabetes Foundation
Dr. Robert L. Coldren
Insulet Corporation
Lancaster General Hospital
Newberry Independent Club
Pine Grove Childrens Aid
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Schuylkill County Diabetes Organization

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Elizabeth Styer
Valley With a Heart Benefits
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To make a donation, please see the Donation Card in this newsletter. If you would like to contribute in other ways, please call our office at 570-524-9090 .