

# Diabetes Solutions of Oklahoma

Diabetes Solutions-OK, Inc.  
3333 NW 63rd, Suite 100  
Oklahoma City, OK 73116  
(405) 843-4386  
www.dsok.net



Camp Endres is a great place to be... ME!



## Camp Endres 2014

**Camp Endres *Senior*:**  
**June 29-July 5, 2014**  
Ages 13-18  
Central Christian Camp: Guthrie, OK

**Camp Endres *Junior*:**  
**July 27-August 2, 2014**  
Ages 8-12  
YMCA Camp Classen, Davis, OK

Diabetes Solutions  
of Oklahoma

ON LINE registration now available!

Please share this  
information with someone  
who might benefit from  
Camp Endres!

## Welcome to Camp Endres



Welcome! We are so glad you are considering becoming part of the **Camp Endres** family. Whether you are new to our camp or you are becoming a regular part of the scenery, Camp Endres is here to ignite the flame of your camping spirit.

This resident camping adventure, *exclusively for children and teens with diabetes, is unique in Oklahoma.* While helping kids and teens have fun in a safe setting, a dedicated team of health professionals provide valuable assistance and guidance to meet individual needs.

Both **Camp Endres Senior** and **Camp Endres Junior** are divided into "med teams." Each team consists of:

- 1-2 cabin groups (5-8 campers per cabin assigned by age and gender; as many as 10-12 in the older group)
- two medical counselors and an assigned physician, Certified Diabetes Educator and/or a nurse, and a dietitian

The med team staff is directly responsible for the routine and diabetes care of the campers assigned to them. The team staff **meet with campers a minimum of four times per day**, during meals and before bed. Should campers or counselors require medical or psychological attention at any time, the infirmary is fully staffed 24 hours per day.

**Cabin and Camp Activity:** Throughout the week, cabin groups rotate through various fun and rewarding activities and education sessions. These activities are designed to inspire and challenge each camper.

**Camp Endres Junior** activities include boating, swimming, archery and other target sports, arts and crafts, fishing, rocketry, horseback riding, wall climbing and more!

**Camp Endres Senior** activities include archery, arts and crafts, paddle-boating, fishing, and activity field trips to various places.

Each evening Camp Endres hosts a special all camp event or activity such as **Capture the Flag**, **Movie Night**, **The Dance**,



Campfire sing along, Talent Show, Camper Awards and much more!

## Camper Goals



Camp Endres is structured to provide campers *excellent activities* as well as *excellent medical care and supervision*. The goals for all Diabetes Solutions camping programs are to:

- Increase campers' **knowledge** of diabetes by providing a healthy and mentally stimulating education program in combination with recreational fun.
- Improve campers' diabetes management **problem solving skills** and abilities through hands on activities.
- Increase campers' **self esteem, confidence** and facilitate **increased independence** by offering opportunity to meet others with diabetes and shared life experiences.
- Promote appropriate **emotional and physical growth** and development of campers that will continue long after the camp experience ends.



## Camp Endres Location

Camp Endres **Senior** is held at the Central Christian Camp & Conference Center just outside Guthrie, Oklahoma. The camp, established in 1955, is a year-round camp, conference, retreat and program center. Located just 20 miles north of Oklahoma City and 2 miles east of I-35, **exit 151**. Don't miss our private and spectacular **4th of July** fireworks show as well as a new evening of **Laser Tag**. Also, Camp Endres will venture **off-site for GREAT adventures!**

Camp Endres **Junior** is held at the YMCA Camp Classen. Established in 1941, Camp Classen is located in the scenic **Arbuckle mountains** of south-central Oklahoma. YMCA Camp Classen is beautiful. The camp site is approximately 75 miles south of Oklahoma City. **Exit 51** near Davis, the **Arbuckle Wilderness and Turner Falls**. Camp Classen hosts a mountain setting complete with historic horse ranch, lakes, waterfalls, rock-walls and miles of hiking trails.

## How can you help?

Please consider making a donation to **DSOK**. Your donation will help us continue our mission to improve the lives of people with diabetes.

Diabetes Solutions  
of Oklahoma







## How to Register

The seven-day reduced camper fee of \$540 includes all meals, snacks, insulin, testing supplies and activities. Our goal is to allow every child who wants to experience the opportunity, to experience camp. Thanks to all of our wonderful donors, **scholarships are available**. Please send completed registration and deposit to address provided. Enrollment is limited.

### ON-LINE Registration NOW Available!

Acceptance is on a first-come, first-serve basis. **A \$40 deposit is required at the time of registration**. A \$20 processing fee will be charged for any cancellations. This fee will be deducted from the deposit. Camp fees are not refundable for cancellations within 72 hours of the start of the camp you are attending.

#### Deadlines:

Camp Endres *Senior*: Monday, June 23, 2014  
Camp Endres *Junior*: Monday, July 21, 2014

#### Please make checks payable to:

Diabetes Solutions  
3333 NW 63rd, Suite 100  
Oklahoma City, OK 73116

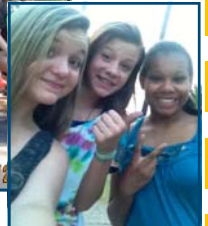
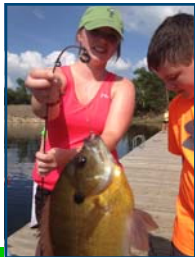


## Safety First!

**Diabetes Solutions** believes the safety and wellness of our campers is our highest priority. Both Camp Endres sessions are held at camping programs and sites that are accredited by the **American Camping Association**. Camping programs with ACA accreditation meet the highest established guidelines related to program quality and the health and safety of campers and staff. These camp sites **meet or exceed** industry-accepted and government-recognized standards.

In 2011, a new relationship was formed. DSOK is partnering with the **American Diabetes Association**. With this agreement, DSOK is providing medical care, through licensed volunteer medical staff, that is consistent with the ADA standards in the "Diabetes Care at Diabetes Camps" Position Statement.

*All pictures in this brochure were taken with permission at Camp Endres 2013*



## Camp Endres Senior June 29 - July 5, 2014      Camp Endres Junior July 27 - August 2, 2014

## Questions

**Diabetes Solutions of Oklahoma** is a non-profit organization.

Our mission is to **improve the lives of people with diabetes in Oklahoma** and to reduce the incidence of diabetes and its complications through education and behavioral research.

For more information call (405) 843-4FUN (4386). Email Kim at kim@dsok.net or Tracy at tracy@dsok.net. You may download a brochure from www.dsok.net. And now, you can register on-line!

**www.dsok.net**  
**405-843-4386**



Diabetes Solutions of Oklahoma is solely responsible for the actions, curriculum and operation of Camp Endres *Senior*, Camp Endres *Junior* and Camp NoHiLo. These programs are marketed and financially supported in part by the following donors and supporters:



## Registration Part 1

Please select session:

- Camp Endres Senior June 29-July 5, 2014**  
Ages 13-18... Guthrie, OK
- Camp Endres Junior July 28-August 2, 2014**  
Ages 8-12 ... Davis, OK

Name \_\_\_\_\_

Gender:    M    F    Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_\_

Parent Cell \_\_\_\_\_

Parent/Guardian names \_\_\_\_\_

E-mail address \_\_\_\_\_  
(Parent e-mail for additional registration purposes)

Diabetes Physician \_\_\_\_\_

### Please tell us about yourself:

Year diagnosed with diabetes: \_\_\_\_\_

Does camper:     inject insulin  
                   pump insulin

Has camper previously attended Camp Endres?    Y    N

Please circle camper T-shirt selection (choose carefully):

Youth-Small    Y-Medium    Y-Lg    Youth-XL  
Adult Small    A-Medium    A-Large    A-XL    A-XXL

**YOU MUST COMPLETE REVERSE SIDE OF THIS FORM  
REGISTRATIONS RECEIVED WITHOUT A DEPOSIT**

Please send completed registration and payment to:  
**Diabetes Solutions-OK Inc.**  
3333 NW 63rd, Suite 100  
Oklahoma City, OK 73116  
Or FAX to (888)-665-2741 with credit card payment  
OR Register ON-LINE at [www.dsok.net](http://www.dsok.net)!

## Registration Part 2

### Payment of Fees: (please complete A or B)

**Actual cost: \$1440 per camper**  
**Reduced camper fee: \$540**

A. I am sending the following amount with this registration to be applied to my camper's \$540 registration fee:

\$40 minimum deposit to hold campers spot

\$ \_\_\_\_\_

\$540 Paid. THANK YOU!

My camper is being sponsored by:

\_\_\_\_\_

B.  I would like to apply for financial assistance for my camper and I am sending the \$40 minimum deposit (or other amount \$ \_\_\_\_\_) with this registration.

### Donation to Diabetes Solutions:

Please accept my donation to help Camp Endres:

\$5,000     \$2,500     \$1,000

\$1440     \$540     \$100

Other \$ \_\_\_\_\_

Name of camper being sponsored (if applicable)

\_\_\_\_\_

### Payment Method:

I have enclosed a check or money order

Please bill my debit or credit card \$ \_\_\_\_\_

VISA     Discover

MasterCard     American Express

Card # \_\_\_\_\_

Card Expiration Date \_\_\_\_\_

Cardholder's billing ZIP Code \_\_\_\_\_

Card 3 digit security code (on back of card) \_\_\_\_\_

Signature \_\_\_\_\_

**The actual cost to DSOK to send one child to camp is \$1440. Donations from individuals and groups allow us to charge the reduced fee of \$540 to campers and families. Thank you for your support.**