



# REGISTRATION PACKET - FORMS 2023 TABLE OF CONTENTS

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# Summer and Extended Programs 2023 Registration

Please complete all 3 pages of the application and return it with \$50 non-refundable registration fee

Overnight Sessions:	Camper's Age	Dates	Price per camper*	Day Camp Sessions:	Dates	Price per camper*
<input type="checkbox"/> Session 1 – one week (5 nights)	7-12 years old	Jul 2 to Jul 7	\$1,150	<input type="checkbox"/> South Jersey – Week 1	Jul 10 to Jul 14	\$425
<input type="checkbox"/> Session 2 – two weeks (12 nights)	8-13 years old	Jul 9 to Jul 21	\$2,250	<input type="checkbox"/> South Jersey – Week 2	Jul 17 to Jul 21	\$425
<input type="checkbox"/> Session 3 – two weeks (12 nights)	13-16 years old	Jul 23 to Aug 4	\$2,250	<input type="checkbox"/> South Jersey – Both Weeks	Jul 10-14; Jul 17-21	\$800
<input type="checkbox"/> Session 4 – one week (5 nights)	11-15 years old	Aug 6 to Aug 11	\$1,150	<input type="checkbox"/> Central Jersey	TBD	TBD
<input type="checkbox"/> Session 5 – one week (5 nights)	7-15 years old	Aug 13 to Aug 18	\$1,150	<input type="checkbox"/> Manhattan	TBD	TBD

\*Price includes \$50 registration fee (refundable until May 1 unless Camp Neveda cancels the program).  
 \*\*Due to capacity limitations and our desire to ensure that every child is able to go to Camp Neveda that wants to, campers are limited to one overnight session during Summer 2023.

\*Price includes \$50 registration fee (refundable until May 1 unless Camp Neveda cancels the program).  
 All Day Camps (except for Central Jersey) are ages 6-15. Central Jersey Day Camp is ages 6-17.

Family Camp Sessions:	Dates	Price per family of 4**	Spring Programs:	Dates	Price per Camper*
<input type="checkbox"/> June Family Camp	Fri, Jun 23 – Sun, Jun 25 (2 nights)	\$975	<input type="checkbox"/> Spring BFF Weekend	Jun 9 to Jun 11	\$250
<input type="checkbox"/> August Family Camp	Sun, Aug 20 – Tue, Aug 22 (2 nights)	\$975	<input type="checkbox"/> Fall BFF Weekend	Sep 15 to Sep 17	\$250
<input type="checkbox"/> Campamento Familiar (Spanish Family Camp)	Jue, 24 agosto – Sáb, 26 agosto	\$975			
<input type="checkbox"/> Labor Day Family Camp	Thu, Aug 24 – Sat, Aug 26 (2 nights)	\$975			
<input type="checkbox"/> Labor Day Family Camp	Sat, Sep 2 – Mon, Sep 4 (2 nights)	\$975			

\*\*Price includes programs, accommodations and food for up to four family members. Price includes \$50 registration fee (refundable until May 1 unless Camp Neveda cancels the program). Additional family members are \$75 each.

\*Price includes \$50 registration fee (refundable until May 1 unless Camp Neveda cancels the program).  
 BFF Weekend ages 6-16.

CAMPER'S NAME: \_\_\_\_\_  
LAST FIRST M.I.

BIRTHDATE: \_\_\_\_\_  M  F Other: \_\_\_\_\_ Preferred Pronouns: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
STREET APT #  
 \_\_\_\_\_  
CITY STATE ZIP COUNTY: \_\_\_\_\_

Parent One \_\_\_\_\_  
 Relationship to camper \_\_\_\_\_  
 Address (if different) \_\_\_\_\_  
 \_\_\_\_\_  
 Email \_\_\_\_\_  
 Employer \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Work Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_

Parent Two \_\_\_\_\_  
 Relationship to camper \_\_\_\_\_  
 Address (if different) \_\_\_\_\_  
 \_\_\_\_\_  
 Email \_\_\_\_\_  
 Employer \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Work Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_

IN EMERGENCY, if parents or guardians cannot be reached, notify:  
 \_\_\_\_\_ Relationship \_\_\_\_\_ Cell Phone \_\_\_\_\_



Continued from page 1

CAMPER'S NAME: \_\_\_\_\_

RACE (circle): American Indian/Native American Native Hawaiian/Pacific Islander African American Hispanic Asian White

To celebrate the diverse backgrounds of everyone at Camp Nejeda, flags are displayed in the dining hall which represent our cultural heritage. If you would like to participate, please tell us which countries you would like included:

\_\_\_\_\_

Age when at camp in 2023 \_\_\_\_\_

**FAMILY CAMP:** Number of family members attending (adults and children): \_\_\_\_\_

Children's Names (checkmark indicates child with diabetes):

<input type="checkbox"/>	_____	DOB _____	<input type="checkbox"/>	_____	DOB _____
<input type="checkbox"/>	_____	DOB _____	<input type="checkbox"/>	_____	DOB _____

Adults' Names (with DOB): \_\_\_\_\_

Does your camper use an insulin pump?  Yes  No If yes, what type? \_\_\_\_\_

Does your camper use a Continuous Glucose Monitor (CGM)?  Yes  No If yes, what brand? \_\_\_\_\_

Is your camper currently planning on using their CGM at camp?  Yes  No

Is your camper going to be using a cell phone as the CGM Receiver?  Yes  No If yes, what type? \_\_\_\_\_

*\*If Yes, please make sure to familiarize yourself with the CGM Policy Form.*

Where did you learn about Camp Nejeda? \_\_\_\_\_

Is your camper a first-time or repeat camper at Camp Nejeda?

First-Time Camper: Welcome! New campers have the opportunity to be assigned a Dia-buddy: a returning camper they can connect with before camp, who is registered to attend their camp session. Are you interested in having a Dia-buddy?  Yes  No

Returning Campers: Welcome back! Is your camper interested in becoming a Dia-buddy to help welcome a new camper to camp?  Yes  No

By signing below, I give Camp Nejeda permission to give my name and contact information to another camper parent for the purpose of my child's participation in the Dia-buddies program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Return completed form to: CAMP NEJEDA, P.O. Box 156, Stillwater, NJ 07875-0156

Phone: (973) 383-2611 Fax: (973) 383-9891 [www.campnejeda.org](http://www.campnejeda.org)

**Please complete all 3 pages of the application – thank you!**



Continued from page 2

CAMPER'S NAME: \_\_\_\_\_

- Summer Camp, Day Camps, and Extended Programs: I hereby am registering my child for camp. I give consent to the administration of insulin and whatever other medical care and advice may be deemed necessary while at camp. In case of emergency, I understand every effort will be made to contact parents or guardians of campers. In the event that I cannot be reached, I hereby give permission to the camp physician and/or camp director to hospitalize, secure treatment for my child, as named, and hereby release the camp from any liability for any accident or injury to said child occurring at camp or on a camp-sponsored trip off the camp site.
- Family Camp: I accept responsibility for my care and the care of my family while at Camp Neveda.
- Image Release: I give permission for the use of pictures, images or other likenesses of my child and/or family to be used for promotion, educational material or other purpose deemed necessary by the Camp Neveda Foundation, Inc.
- Cancellations / Refunds: Fees (minus the registration fee) will be refunded up until 2 months before the camper's session begins. Within two months of the session, a refund or credit will be applied if the camper's spot is able to be filled. Registration fees are refundable until May 1 unless the camp program is canceled by Camp Neveda.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Relationship to Camper \_\_\_\_\_

Bunkmate Request \_\_\_\_\_

Our program staff will do all they can to grant **reciprocal** cabinmate/staff requests, but they are not guaranteed. (If BOTH camper families do not make the request then we may not be able to accommodate you.) Thank you for your understanding!

To inquire about the availability of an all-gender housing, please contact [victoria.benyo@campnejeda.org](mailto:victoria.benyo@campnejeda.org).

**PAYMENT INFORMATION:** (Check all that apply. Remember to include registration fee in calculations.)

- I have enclosed a check / money order in the amount of \$\_\_\_\_\_ and will pay any balance owed before May 1, 2023.
- I am paying the entire balance now.
- I have enclosed the \$50 registration fee and would like to set up a payment plan. (Full payment is due by May 1, 2023.)  
 Number of payments (circle): 1 2 3 4 (Full payment is due by May 1, 2023)  
 Dates: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_
- I will send my payments by check or money order payable to Camp Neveda.
- I will call the office to make a credit card payment.
- I have enclosed the \$50 registration fee. Payment will be coming from a third party (other than a parent/guardian).  
 Please include contact information for the third party: \_\_\_\_\_
- I have enclosed the \$50 registration fee. I will be applying for financial aid. (Applications are available beginning January 16, 2023.)

Please accept my tax-deductible donation in support of Camp Neveda's programs for children and families with diabetes. \$ \_\_\_\_\_

Return completed form to: CAMP NEVEDA, P.O. Box 156, Stillwater, NJ 07875-0156

Phone: (973) 383-2611 Fax: (973) 383-9891 [www.campnejeda.org](http://www.campnejeda.org)

Please complete all 3 pages of the application – thank you!



# REGISTRATION FORMS CHECKLIST 2023

*The following forms need to be completed and/or on file before your child comes to camp.  
Additional copies of forms can be downloaded at [www.campnejeda.org](http://www.campnejeda.org).*

## **RETURN to Camp with Registration Form**

- Health History to be completed by parents
- Developmental History Form
- Continuous Glucose Monitor and Cell Phone Form, if applicable
- Medical Privacy Policy & Disclaimer (HIPPA Form)

## **RETURN to Camp at least 1-week BEFORE Camp Session Starts:**

- Neveda BFF Intake Form (must be completed by child's endocrinologist within 3 weeks of the start of camp)
- Administration of Medications at Camp Neveda (only needed if medications other than insulin are needed at camp)

## **PARENT INFORMATION (read, do not return)**

- Camper Packing Guide
- A Note from the Medical Committee
- Head Lice Policy
- Medical Supplies Packing Guide
- Camper Internet and Technology Policy
- Directions to Camp Neveda
- Nutrition and Diet Policy
- Closed-Loop Insulin Pumps

These forms help us to plan for your child's visit.  
Incomplete or missing forms slow down the intake process for everyone.  
Please return all forms before or by the dates indicated above.

**Thank you.**



# HEALTH HISTORY 2023 page 1 of 2

(For campers with diabetes - To be completed by Parents)

Camper \_\_\_\_\_ Birthdate \_\_\_\_\_ Session \_\_\_\_\_  
Last Name First Name

Parent or Guardian \_\_\_\_\_  
Home Address \_\_\_\_\_  
Home Email Address \_\_\_\_\_  
Employer Name \_\_\_\_\_  
Business Address \_\_\_\_\_  
Second Parent or Guardian \_\_\_\_\_  
Home Address \_\_\_\_\_  
Home Email Address \_\_\_\_\_  
Employer Name \_\_\_\_\_  
Business Address \_\_\_\_\_

Home Phone \_\_\_\_\_  
Cell Phone \_\_\_\_\_  
Occupation \_\_\_\_\_  
Employer Phone \_\_\_\_\_  
  
Home Phone \_\_\_\_\_  
Cell Phone \_\_\_\_\_  
Occupation \_\_\_\_\_  
Employer Phone \_\_\_\_\_

If not available in an emergency, notify:

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_

## HEALTH HISTORY

- Frequent Ear Infections       Hypertension
- Heart Defect/Disease       ADHD
- Asthma
- Convulsions/Seizures most recent date: \_\_\_\_\_
- Bleeding/Clotting Disorders \_\_\_\_\_
- Incontinence (bedwetting, soiling) \_\_\_\_\_
- Environmental Allergies       Food Allergy (need MD verification) \_\_\_\_\_
- Insect Allergies       Medication Allergy \_\_\_\_\_
- Other \_\_\_\_\_

Operations or serious injuries (include dates) \_\_\_\_\_  
\_\_\_\_\_

Has your child ever had a seizure with a low blood sugar? \_\_\_\_\_

Does your child require any medication other than insulin? \_\_\_\_\_ If yes, please complete the Administration of Medication form and list medications here:

Name of Family Physician/Pediatrician \_\_\_\_\_ Phone \_\_\_\_\_  
Name of Endocrinologist \_\_\_\_\_ Phone \_\_\_\_\_  
Name of Dentist/Orthodontist \_\_\_\_\_ Phone \_\_\_\_\_

Do you carry family medical/hospital insurance? \_\_\_\_\_ If yes, indicate Carrier: \_\_\_\_\_  
Policy or Group # \_\_\_\_\_

Prescription Plan \_\_\_\_\_

**YOU MUST BRING YOUR INSURANCE CARD TO CAMP AT INTAKE TO BE PHOTOCOPIED.**

Name of Subscriber \_\_\_\_\_ Subscriber's Date of Birth \_\_\_\_\_

**[COMPLETE AND SIGN PAGE TWO]**

*continued on next page*

# HEALTH HISTORY 2023 page 2 of 2

If on an insulin pump, please list brand/model: \_\_\_\_\_ Pump serial number: \_\_\_\_\_

If on an insulin pump, when did they begin using their pump, and has he/she had any problems with the pump? \_\_\_\_\_

If on an insulin pump, what is their level of independence? (check any that apply)

Able to input carbs into pump with adult supervision       Requires nurse to enter carbs into pump

What was the result and date of your child's last Hemoglobin A1c (HbA1c)? \_\_\_\_\_

Diabetes Diagnosis Date (month/year): \_\_\_\_\_ Age at Diagnosis: \_\_\_\_\_

What rapid acting insulin does your child use? \_\_\_\_\_ Long acting? \_\_\_\_\_

If on injections, what skill(s) does your child have? (check any that apply)

Prepares pen for injection       Injects self       None of the above

What level of activity does your child have?     Active     Moderate     Sedentary    If sedentary, how many hours/day are they sedentary? \_\_\_\_\_

List any dietary restrictions for your child (e.g. vegan, Kosher, no-salt, etc.): \_\_\_\_\_

If applicable: Has your child ever had a period? \_\_\_\_\_ If not, has your child been told about it? \_\_\_\_\_

If yes, does your child have periods every month? \_\_\_\_\_ Any problems with periods? \_\_\_\_\_

PLEASE NOTIFY THE CAMP IF CHILD HAS ANY ILLNESS WITHIN THREE WEEKS PRIOR TO CAMP.

### Please note:

YOU MUST PROVIDE A COPY OF YOUR CHILD'S IMMUNIZATION RECORD FROM HIS/HER DOCTOR OR SCHOOL. YOUR CHILD CANNOT BE ALLOWED IN CAMP WITHOUT THIS INFORMATION.

Date of last tetanus shot \_\_\_\_\_ (Very Important!)

If your child has received COVID vaccination please upload the document.

Suggestions for camp medical personnel \_\_\_\_\_

If this child attends camp, I give consent to the administration of insulin and whatever other medical care may be deemed necessary while at camp. In case of MEDICAL EMERGENCY, I understand every effort will be made to contact parents or guardians of campers.

I do hereby state that I am the parent/guardian having legal custody of \_\_\_\_\_ a minor, age \_\_\_\_\_

I authorize Camp Nejeda to consent to any laboratory or X-ray examination, anesthetic, medical or surgical treatment and hospital care to be rendered to my child under the supervision of a licensed physician. I hereby release the camp from liability for any accident or injury to said child occurring at camp or on a camp-sponsored trip off the site. Camper's forms may be photocopied as necessary.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_ Relationship to Camper \_\_\_\_\_



# DEVELOPMENTAL HISTORY 2023

Camper \_\_\_\_\_ Session \_\_\_\_\_  
Last Name First Name

Does your child have a 504 or IEP at his/her school?

Yes  No

If your child has an IEP or 504 at school, would you be willing to share important topics of the document with us?

Yes  No

If yes, please explain:

Have there been any recent changes in your family dynamics (divorce, separation, death of loved one, etc.)?

Yes  No

If yes, please explain:

Have there been any impactful events in your child's life in the past year (change of home or school, etc.)?

Yes  No

If yes, please explain:

Does your child have any emotional or behavioral challenges (homesickness, anxiety, socialization challenges, etc.) that we can help to manage in the camp setting?

Yes  No

If yes, please share details:

If your child becomes upset, what kinds of coping mechanisms do they use to calm down?

Does your child have any physical issues that we will need to know about during his/her stay at camp (bedwetting, sleep walking, night terrors, etc.)?

Yes  No

If yes, please share details:

Is there anything about your child that you can share with us that will help your child to succeed at camp?

Yes  No

If yes, please explain:

What are your camper's interests?

What are your camper's biggest fears?





# Continuous Glucose Monitors (CGM) and Cell Phones 2023

(Please read, sign and return if applicable)

Camper \_\_\_\_\_ Birthdate \_\_\_\_\_ Session \_\_\_\_\_

## Cell Phones

At Camp Neveda we keep campers as safe and healthy as we can while they have fun and learn. Many diabetes devices require that a camper have a cell phone nearby to continuously monitor their glucose or control their insulin pump. The cellphone is permitted as a medical device only; using the cell phone for other purposes is not allowed at camp. The camper will be responsible for carrying the phone during the day and charging the phone nightly.

A camper/family may opt for the phone to be used for night time monitoring only. Those cell phones will be locked in their cabins so that their glucose can be monitored in the Health Center at night.

1. Neveda will not be responsible if the cell phone or CGM receiver is lost, stolen or damaged.
2. At intake the SIM card will be given to the parent/guardian to take home. This prevents a camper from using their phone for any non-medical purpose. (This does not apply to BFF Weekends.)
3. The phone will be connected to a limited wifi to allow the Health Center to monitor glucoses.
4. At intake, we will turn off any communication from the cell phone to the parents/guardian, e.g following glucoses. (This does not apply to BFF Weekends.)
5. Campers will not be allowed to use the phone to call, text, take pictures or access the internet. Taking pictures is prohibited because other campers have not consented to have their pictures taken.
6. Failure by campers and/or parents to follow these rules will result in the cell phone being inactivated and placed in the camp director's office for the remainder of camp and can also result in camper being sent home from camp.
7. Please make sure you pick up your child's cell phone, charger and cord at the end of camp. If you neglect to do so, we have to charge a nominal fee for shipping it.

## CGMs

This policy and procedure is intended to allow the maximum benefit from CGMs with the least burden for the camper, counselor, and medical staff.

CGMs potentially reduce the risk of missing important hypo- or hyperglycemia and, for those models and camper ages that are FDA approved, provide an alternative to finger stick glucose measurements. CGMs require responding to their alarms, which may require a check of blood glucose with a meter. Since CGMs monitor the glucose surrounding the cells (interstitial) instead of blood glucose, the readings are delayed by about 15 minutes compared to blood glucose.

1. Whenever possible, CGM readings will be used to manage a camper's diabetes. There may be times when a finger stick is necessary, particularly if the CGM alarms.
2. Because camp is noisy and tired people sleep soundly, any receiver alarm will be set at its loudest. The repeat alarm interval will be set at 30 minutes for a low glucose and 120 minutes for a high glucose. (This does not apply to BFF Weekends.)
3. At camp the low glucose alarm will be set at 70 and the high alarm at 300 mg/dl to maximize the value of the alerts and minimize interruptions in activities and sleep. (This does not apply to BFF Weekends.)
4. If the camper so chooses or at the discretion of the pediatric endocrinologist at camp, use of the CGM may be discontinued for all or part of the day. The endocrinologist will most likely discontinue use of the camper's CGM if it has many false alarms.
5. We understand that some parents are able to follow their child's BG readings through certain apps that connect directly to the Dexcom servers. Although we will not be removing apps from a parent's phone, we do strongly encourage parents to temporarily disconnect their follow capability in order to take a well-deserved respite from the stress of constantly having to monitor diabetes. Be assured that we are also following your child. We will receive the same alerts and treat them accordingly and in a timely manner.

I have read and understand the above Neveda policy regarding Cell Phones and CGMs.

Parent's signature \_\_\_\_\_

Date \_\_\_\_\_

Camper's signature \_\_\_\_\_

Date \_\_\_\_\_

Revised 11/2022



# MEDICAL PRIVACY POLICY AND DISCLAIMER (HIPAA FORM 2023)

Camper \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_ Session \_\_\_\_\_  
LAST NAME, FIRST NAME

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) protects the privacy of a patients' health information. Although Camp Nejedda is not a health care provider, we are telling you some of your rights under HIPAA. Personal health information (PHI) includes information about: (1) an individual's physical or mental condition; (2) the provision of health care to an individual; and (3) the payment for health care.

Camp Nejedda makes an intense effort to maintain the confidentiality of any PHI that we think or you tell us is sensitive. The files are kept locked and are only available to medical personnel, the camp director, the executive director and his/her designees. Since, the medical care at Camp Nejedda is administered by a team, anyone on that team, including nurses, doctors, residents and a health center administrative person, may require access to an individual's record. In addition, if care is required in an Emergency Room or other health care facility, personnel at such facilities may need and will be given access to an individual's medical records.

However, Camp Nejedda cannot guarantee the confidentiality of the PHI of campers or staff. This includes glucose readings, insulin doses, and medications taken by an individual other than insulin. Since glucose measurement, insulin administration and medication administration are performed in a group setting, anyone in the group might view another person's health information or recognize the medicine that another person is taking,

A patient's personal health information may not be used for purposes unrelated to health care, nor can such information be shared with or marketed to an outside business such as a life insurer or marketing firm without a patient's written authorization. An authorization allows the use and disclosure of protected health information for purposes other than treatment, payment and health care operations. Other than the information that might be discernable to others in a group setting, Camp Nejedda maintains the strict confidentiality of all other medical information.

## Release and Consent

I have read the above and understand the limits to which my or my child's personal medical information will be protected by Camp Nejedda. I agree that these limits are reasonable and that the medical information cannot be kept as confidential as it might be in a medical facility. I understand that Camp Nejedda is not offering any method to enhance confidentiality beyond what is stated above. If the limits are unacceptable, I will withdraw my child from participation in Camp Nejedda.

\_\_\_\_\_  
Printed Name of Signer

\_\_\_\_\_  
Relationship to Camper

\_\_\_\_\_  
Authorized Signature

\_\_\_\_\_  
Date

# CAMP NEJEDA BFF INTAKE FORM

**THIS FORM MUST BE FILLED OUT BY THE CAMPER'S ENDOCRINOLOGIST  
WITHIN 3 WEEKS OF THE START OF CAMP**



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ ALLERGIES: \_\_\_\_\_ SPEC #: \_\_\_\_\_

YEARS WITH DM: \_\_\_\_\_ SEIZURES/DKA/OTHER PROBLEMS: \_\_\_\_\_

PARENT CONCERNS: \_\_\_\_\_ A1C: \_\_\_\_\_

HT: \_\_\_\_\_ WT: \_\_\_\_\_ BP: \_\_\_\_\_ PERTINENT HEALTH HISTORY: \_\_\_\_\_

**INSULIN TYPE:** Humalog/Admelog/Lyumjev  Novolog  Apidra  Fiasp

**CGM – BRAND:** \_\_\_\_\_ CLP: Y / N

**IF ON A PUMP – BRAND:** \_\_\_\_\_

Basal Start Time	Basal	Ratio Start Time (if different)	Meal	Carb Ratio	Correction Factor	Target	(If range, use highest at home)
12 AM							

**IF ON A PEN OR SYRINGE – NEEDLE SIZE:** \_\_\_\_\_ Please provide insulin scales if used at home

LONG-ACTING INSULIN: Lantus  Levemir  Basaglar  Tresiba  DOSAGE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_

Time Periods:	Target	Insulin: glucose	Insulin: carbs	Long Acting
Breakfast				
Lunch				
Snack				
Supper				
Bed				

**OTHER MEDICATIONS (I.E. INHALERS/EPI-PENS):**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

PROVIDER'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PRINT NAME & PHONE OF MD OR STAMP: \_\_\_\_\_

PRIMARY CONTACT: \_\_\_\_\_ RELATIONSHIP TO CAMPER: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

REVIEWED & UPDATED WITH PARENT ON INTAKE – NURSE SIGNATURE: \_\_\_\_\_



# Administration of Medications at Camp Neveda 2023

Dear Parent/Guardian,

We need you and your child's doctor to complete this form to help us safely administer medicines (both prescribed and "over the counter") and supplements to minors (campers and a few counselors) at camp. Camp Neveda prohibits campers and staff from having medication in their possession and from administering their own medication. If the nurse is to administer the medication, parental permission and a written statement from the physician prescribing the medication is required. This applies to all prescription and non-prescription medications or necessary "dietary supplements."

Please do not use this form for the following medications as we keep them in stock and have a standing order from our Medical Director to administer them as needed: insulin, acetaminophen (Tylenol), ibuprofen (Motrin, Advil), calcium carbonate (Tums), diphenhydramine (Benadryl), glucagon, cough drops, throat spray, epinephrine (Epi-pen) and Maalox/ Mylanta. **Please use a separate sheet for each medicine/supplement.**

## Parent/Guardian Request for Administration of Medicine/Supplement at Camp

I request that my child \_\_\_\_\_

receive \_\_\_\_\_ while at camp.

(specify medicine, dose and frequency)

\_\_\_\_\_  
(Parent/Guardian Signature)

Please bring medication to camp in its original pharmacy container labeled with child's name, drug name, dosage, time(s) to be given and prescribing physician's name. Thank you for your cooperation in this matter!

## Provider Request for Administration of Medicine/Supplement at Camp

Name of Patient \_\_\_\_\_ Birth Date \_\_\_\_\_

Name of Drug/Supplement \_\_\_\_\_

Dose \_\_\_\_\_ Time(s) of Administration \_\_\_\_\_

Reason for Medication \_\_\_\_\_

Side Effects \_\_\_\_\_

Provider Name \_\_\_\_\_ Signature \_\_\_\_\_

Provider Address \_\_\_\_\_ Phone # \_\_\_\_\_



# CAMPER PACKING GUIDE

For everyday use at camp, **PACK OLD CLOTHES**. Please put camper's name on ALL articles. No money or valuables are to be left in camper cabins. Camp Nejeda is not responsible for items lost, destroyed, or left at camp. Camp Nejeda provides all diabetes supplies. Please review the form Pumps, Pens, and Non-diabetes Medications for important information on bringing those items to camp.

Campers in Session 2, 3, and 4 – for a fee – have access to laundry services. Campers should still pack enough of the following items to cover at least one week (two weeks when not planning on paying for laundry service).

**The suggested number below is for TWO weeks.** Adjust down for one-week stays where possible.

## CLOTHING

Shirts	14	_____
Sweaters/sweatshirts	4	_____
Shorts	8	_____
Jeans, pants	6	_____
Underwear	14	_____
Socks (pairs)	14+	_____
<i>You can never send enough socks!</i>		
Pajamas (1 warm)	4	_____
Swim Suits	2	_____
Banquet Clothing	1	_____
<i>An outfit to be worn on the last night of the session to a Banquet ceremony / Dinner Dance</i>		
Jackets (1 warm)	2	_____
Raincoat poncho	1	_____
Laundry bags	2	_____
Watershoes/Sandals (pair)	1	_____
<i>No flip-flops! (see note below)</i>		

## CLOTHING (cont'd)

Shoes, Sneakers (pair)	2	_____
Hiking boots (pair)	1	_____
<i>For optional Appalachian Trail hike, Sessions 2, 3, 4 only</i>		

## CABIN ITEMS

Storage Container	1	_____
<i>Clear is best to be able to see what is in container</i>		
Sheets (Twin)*	4	_____
Pillowcases	2	_____
Pillow	1	_____
Blankets	3	_____
Flashlight	1	_____
Batteries	6	_____
Tissues		_____
Small Battery-Operated Fan	1	_____

## PERSONAL CARE

Face Cloths	8	_____
Towels	8	_____
Toothpaste		_____
Toothbrush		_____
Deodorant		_____
Shampoo		_____
Shower Caddy		_____

## OPTIONAL

Swim goggles	1	_____
Sunscreen	1	_____
Bug Repellent	1	_____
Sleeping Bag*	1	_____
<i>*For campout</i>		

**PLEASE BRING A WATER BOTTLE LABELED WITH YOUR CAMPER'S NAME.**

\*For sanitary reasons we ask that sleeping bags NOT be used instead of bunk linen. Sleeping bag is used for an evening campout during each session.

**NOTE:** If a sandal can be bent in half it is not sturdy enough to be worn at camp. Sandals AND Crocs may be worn at camp and are SAFEST if they have a heel strap. **Flip-flops CANNOT be worn as normal footwear at Camp Nejeda and may ONLY be worn for showering and the pool.**

## OPTIONAL

Fishing gear, Bicycle with helmet, Personal Sporting Equipment, Swim Goggles, Games and Books

\*If you would like to receive mail from your camper please send self-addressed, stamped envelopes and/or postcards. This is a big help to your camper's counselor. **Write early and often, please put cabin and spec number on all letters and packages to your camper. This is your child's ID number at camp. You will receive this number on Intake Day. You may send mail prior to your camper's session. Please mark with your camper's name and session.**

## NOT ALLOWED AT CAMP

The following items will be taken away and kept in the office: cell phones; smart watches; rollerblades; skateboards; swim fins, masks, and snorkels; food, candy, gum; knives, axes, and all cutting tools; matches, sparklers, caps, etc.; cigarettes, valuables, and money.

**NO INSULIN OR MEDICATIONS ARE ALLOWED IN CAMPER CABINS.**

Updated 12/2020



## A NOTE FROM THE MEDICAL COMMITTEE 2023

**Camp Nejedá's Health Center staff** are committed to (1) helping each camper have an enjoyable experience in a safe and healthy setting and (2) increasing the camper's knowledge about diabetes management. Good diabetes control is important for children with diabetes; however, life at camp is very different from life at home (e.g. meals and activity level) and therefore, diabetes management in a camp setting can pose special challenges. We recognize that we cannot always customize the management of your child's diabetes at camp as well as you do at home and we continue to do the best we can.

**INSULIN DOSES:** The medical staff usually prescribes lower insulin doses at camp than those used at home. Since we review every camper's blood glucose (BG) levels at least daily, we sometimes achieve better control than is achieved at home. It is possible that, despite our best effort, BG control may not be as good as it is at home. Regardless, the Health Center staff (nurses and doctors) will provide real-time feedback to help the camper understand the causes and effects in diabetes management. We give the insulin for food before the meals, which is best for diabetes control. Each camper is shown a menu and asked what s/he plans to eat. If s/he eats more than planned, additional insulin is given after the meal.

**HYPOGLYCEMIA TREATMENT:** When a camper's glucose is low (less than 70 daytime, less than 100 nighttime), we use a standard treatment protocol for all campers. The camper is given glucose tablets (juice overnight) followed by a complex carbohydrate snack. For those in closed loop mode on a closed loop pump, we use a reduced treatment protocol. We cannot customize treatment for individual campers except in cases where there are medically documented dietary restrictions, e.g. gluten free. If your child experiences a hypoglycemic event while at camp and requires glucagon, we will be administering whichever type of glucagon is most readily available at the time and will notify you about the event.

**SKILLS:** The staff will assist campers who express an interest or appear ready to advance in their independent diabetes management skills, but no undue pressure will be applied. When a child demonstrates a new skill, such as using a new site, they are recognized by the camp at the next meal as a "sharp shooter".

**INTAKE:** When you bring your child to camp on Intake day you will meet with the Health Center staff. This is an opportunity to discuss any concerns or questions you may have regarding your child's care at camp. When you retrieve your child the Health Center staff will be available to review your child's diabetes record and answer your questions. To protect all the campers we take each child's temperature and inspect them for lice and visible signs of infection on intake day. Any child with a fever or lice has to be sent home. (See Head Lice Policy form for details.)

The Health Center is staffed 24 hours a day and is able to handle everything from minor injuries to true emergencies should they arise. You can call the Health Center phone 973 383-8556 any time to check on your child's diabetes status, but you may have to leave a message if no one can answer your call immediately. Your call will be returned within 18 hours. For questions other than medical care, please call the main office 973 383-2611.

**NOTIFICATION:** Either a doctor or nurse will notify the camper's parent(s)/guardian(s) if a serious medical event occurs at camp. Notification may be done after the event is resolved, at the discretion of the HC staff. Events that warrant notification include (but are not limited to): a trip to Urgent Care or the Emergency Room, serious hypoglycemia (involving a seizure or loss of consciousness), severe ketoacidosis or dehydration, the need for prescription medication, any illness requiring an overnight stay in the Health Center or any medication error more serious than a minor insulin miscalculation.

Thank you,  
The Medical Committee 2023

*Revised 11/2022*



# HEAD LICE POLICY

## WHAT ARE HEAD LICE?

Head lice are tiny insects that live in, and lay eggs (nits) on, human hair. Head lice are highly contagious and often spread throughout a class or grade before being discovered. The sharing of a comb or a hat or putting a child's head on someone else's pillow case is all it takes to spread head lice from one person to another. The presence of lice has nothing to do with cleanliness and does not reflect poorly on you as a parent.

## OUR POLICY IS:

All campers are checked for head lice upon arrival at the Health Center on the first day of camp. Campers with head lice are not able to attend Camp Neveda. **Refunds can not be given.**

## CHECK YOUR CHILD FOR HEAD LICE

Check your child for head lice *before* she/he comes to camp, especially if there has been an outbreak in their school system. It is advisable to check your child several weeks before camp because successful treatment can take several weeks.

Head lice themselves are not easily visible, but the nits (eggs) can be. Nits look much like spots of dandruff, but cannot be easily removed from the base of the hair they're attached to.

## TREATING YOUR CHILD FOR HEAD LICE

Treatment needs to be performed at least two times a few days apart. Once to kill the living lice and again a few days later to kill lice that may have hatched since the first treatment. In addition to treating your child, wash bedding and clothing in hot water and dry on high for at least 20 minutes to kill possible "hitchhikers."

Ask your pharmacist, school nurse or physician for a treatment recommendation. There are nontoxic treatments available for head lice.

## PREVENTING THE FURTHER SPREAD OF HEAD LICE

To prevent the re-infestation or spread of head lice you also need to check the rest of your household and alert anyone else your child might have had close contact with.



# MEDICAL SUPPLIES PACKING GUIDE 2023

**ALL OF THESE SUPPLIES & MEDICATIONS MUST BE BROUGHT TO THE HEALTH CENTER DURING THE INTAKE PROCESS SO THEY CAN BE PROPERLY LABELED AND STORED.**

**INFUSION SITES** are changed every three days at camp. Please bring TEN (five for the one-week sessions) change-outs to camp on intake day. Bring reservoirs, infusion sets, IV prep, dressings, and EMLA cream if used. Also bring extra batteries, your inserter; and anything else you use. Unused supplies will be returned when you come to pick up your camper. *Please remember to get those supplies when you pick up your child so we don't have to charge you \$10 to ship them.* Please do not arrive at camp needing to change your pump site on intake day. Please change it Saturday or Sunday before you come to camp.

**INSULIN PENS:** If your child uses a pen with refill cartridges (ex: NovoPen Echo, HumaPen Luxura, InPen) please bring the PEN with you. It will be labeled with the camper's name and returned at the end of camp.

**INSULIN:** Camp will supply most types of common insulin. If your camper is using a new or unusual form of insulin, please contact Camp Neveda before arriving to determine if you need to bring your insulin.

**CGMs:** You will need to bring all supplies needed to manage & maintain your child's CGM. This includes: at least 3 sensors (more if they fall off frequently), 1 extra transmitter, tape/adhesives, receiver (if used), phone charging cord & block. The receiver, phone and all cords and blocks must be labeled with camper's name prior to coming to camp. *We do not have extra CGM supplies to lend to campers. If your camper runs out of supplies while at camp we will discontinue use of the CGM.*

## **NON-DIABETES MEDICATIONS:**

- **No medications, including over-the-counter items and vitamins, are permitted in the camper cabins except asthma inhalers.**
- All prescriptions must be **in their original bottle with a pharmacy label.** If the current dose does not match the dose on the label you must also bring a written note or prescription from the prescribing physician. Otherwise, we cannot accept/dispense it.
- Please send a few extra pills for the session in case one is dropped.
- **Over-the-counter (OTC, non-prescription) medicines (including vitamins) will NOT be administered at camp unless you provide a signed request from the child's physician** that we do so (see *Administration of Medications at camp* form).
- If your child takes allergy or asthma medication, **please** remember to bring it to camp (with a doctor's order) even if he/she has not used it recently. Allergies may be triggered in the camp environment.

Revised 11/2021





# Camper Internet and Technology Policy

Camp Neveda has been offering children and young adults living with diabetes fun activities since 1958. Camp Neveda Foundation's mission "is to enhance the lives of people with type 1 diabetes and their families through education, empowerment, camaraderie, supportive programs, and fun."

It has been our experience that electronic devices that allow a camper access to the internet or allow a camper to watch videos take away from Camp Neveda's ability to serve campers and, in some cases, prevent campers from having the positive experience that they deserve.

It is our decision and policy that campers should not have technology/devices that allow access to the internet, videos, and electronic games while at camp – this in addition to cell phones, which are already on the "do not pack" list sent to parents and campers (please refer to the CGM and Cell Phone Policy for exceptions). We believe that this policy and practice will:

- ✓ Encourage our campers to socialize with one another
- ✓ Give campers a much needed break from the world of technology
- ✓ Allow campers to fully embrace the connections they make with other campers
- ✓ Ensure that campers are not exposed to age-inappropriate material

Examples of technology/devices that should **NOT be brought to camp:**

- ✓ Laptop computers
- ✓ iPod Touches or iPods with video
- ✓ Handheld game devices
- ✓ Cell phones (see CGM and Cell Phone Policies for exceptions)
- ✓ Devices that access the internet (including smart watches)

Examples of technology/devices that are **ok to bring to camp** - as long as they remain in the cabin and are used with permission:

- ✓ iPods without video
- ✓ mp3 player devices (without video)
- ✓ Music players  
(with headphones and without video)

Camp Neveda is not responsible for lost or stolen personal items. Therefore, it is recommended that valuables not be brought to camp. The permitted items listed above are simply that – permitted, not suggested.

At Camp Neveda we firmly believe that this policy will promote the beauty and experience of camp. It also helps to deepen the important relationships that are able to develop because of the simple fact that all of the campers have diabetes.

If you should have any questions, please do not hesitate to contact us at 973-383-2611 or [information@campnejeda.org](mailto:information@campnejeda.org).



# DIRECTIONS to Camp Nejedá

(some directional programs may require the use of 07860 [Newton] as the zip code)

## A. From Interstate 80 heading WEST.

(Morristown, NJ, New York City and points East)

1. I-80 West to Exit 25, Route 206 North.
2. **Go to C below.**

## B. From Interstate 80 heading EAST

(Stroudsburg, PA and points West)

3. Follow I-80 ~4 miles into NJ to Exit 4C, Route 94 North.
4. **Go to F below.**

## C. From Route 206 heading NORTH

(Andover, NJ and points South)

5. Proceed on Route 206 North through the town of Andover to Springdale about 9 miles from I-80. There is a traffic light there. Rt. 611 enters from the left, Stickles Pond Road enters from the right (Safelite Auto Glass is on your right.)
6. Proceed through the traffic light a very short distance and turn LEFT in front of the A&B Deli onto Fredon Road / Route 618.
7. Follow Fredon Road/Rt. 618 (which becomes Springdale-Fredon Road then Willows Road) to the end. Turn LEFT onto Rt. 94 South.
8. **Go to E below.**

## D. From Route 206 heading SOUTH

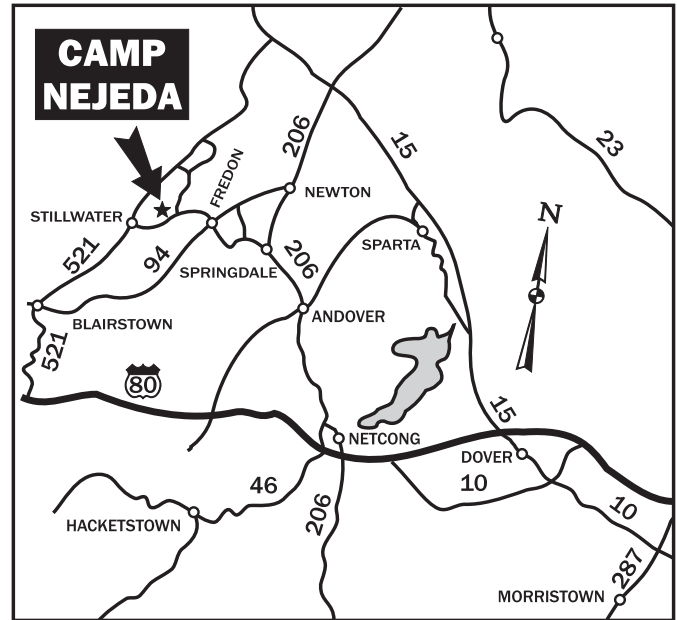
(Branchville, NJ and points North)

9. Proceed on Route 206 South into downtown Newton.
10. Bear RIGHT onto Route 94 South.
11. **Go to E below.**

## E. From Route 94 heading SOUTH

(Fredon, NJ and points North)

12. Follow Route 94 south to traffic light at Stillwater Road/ Route 610 (on right) / Phil Hardin Road (on left) in Fredon, NJ. (~3 miles south of Newton Memorial Hospital. ~1 mile south of Route 618).
13. Turn RIGHT onto Stillwater Road / Route 610.
14. After ~2 miles bear LEFT at the fork staying on Route 610. (notice County garages in front of you at Y intersection)
15. After ~1 mile turn RIGHT onto Saddleback Road. (beige farm with green roof on right)
16. Note: Road turns left after second house on left side. Camp Nejedá's entrance is on your left immediately after the second bridge.



## F. From Route 94 heading NORTH

(Blairstown, NJ and points South / West)

17. Follow Route 94 NORTH to second traffic light in Blairstown (downtown).
18. Turn LEFT, then immediately a sharp RIGHT onto Route 521 North (you will pass an ambulance building on the right).
19. Follow Route 521 several miles into Stillwater to a "T" intersection.
20. Turn LEFT, staying on Route 521.
21. Follow Route 521 ~½ mile to your first RIGHT, Saddleback Road.
22. Turn RIGHT onto Saddleback Road and continue to the first bridge.
23. Camp entrance is directly in front of you before crossing the bridge.

## G. From Route 22 heading EAST

(Phillipsburg, NJ / Easton, PA and points West / South)

24. Follow Route 22 through Phillipsburg to Route 57.
25. Follow Route 57 to intersection with Route 519.
26. Turn LEFT onto Route 519 North to Hope, NJ.
27. At traffic light continue straight onto Route 521 (Route 519 will turn Right).
28. Follow Route 521 to STOP sign at Route 94.
29. Turn LEFT onto Route 94 South / Route 521 North.
30. At traffic light make HARD RIGHT to stay on Route 521 North.
31. **Go to F-19 above.**

PO Box 156 • 910 Saddleback Road • Stillwater, NJ 07875-0156

Phone: (973) 383-2611 • Fax: (973) 383-9891 • E-mail: [information@campnejeda.org](mailto:information@campnejeda.org)



# NUTRITION AND DIET POLICY 2023

**Camp Nejedá has established these policies to enable us to expediently provide food for about 80 campers and 60 staff during each camp session. We try hard to accommodate each person's needs, but it is impossible to accommodate everyone's preferences.**

1. The camp will not purchase any specialized foods except to accommodate those with Celiac Disease or lactose intolerance. We routinely have gluten free and lactose free foods and do not have room to store any additional family-supplied foods.
2. The camp will only accommodate food allergies if a note from a licensed physician is provided to us.
3. Due to some participants having severe allergies, please remember that our campus is COMPLETELY PEANUT FREE. No food or drinks containing peanuts will be permitted on campus.
4. You MAY NOT bring outside foods to camp unless they are to accommodate a food allergy documented on a note from a licensed physician AND discussed with the camp dietitian at least 1 week prior to your camper's arrival. We do not have the storage space to hold extra food.
5. We treat low blood sugars with glucose tablets, apple or grape juice, cheese crackers or a gluten free/lactose free alternative or Carnation Instant Breakfast depending on the circumstances and the time of day. Low blood sugars are medical emergencies and we cannot accommodate taste preferences in these situations.
6. For picky eaters, we will be offering the following alternatives at each meal along with the regular menu options and salad bar at lunch and dinner.
  - o Breakfast: cereal, yogurt, fruit, milk, packaged oatmeal, bread
  - o Lunch/Dinner: cottage cheese, beans, bread (with butter, sun nut butter, and/or jelly), at least one of the following: egg, tuna, or chicken salad
7. For vegetarians, the only options available besides menu options will be the above and veggie sausage patties, veggie burgers, and black bean burgers.
8. Religion-based food preferences will be respected and allowed at camp. However, we will not provide these foods (Kosher, Halal, etc.) and cannot provide separate cooking facilities for these foods. If you have a religious dietary preference that you would like to be observed at camp, you must provide your own food including all carbohydrate counts and ingredients clearly labeled. If you plan to bring your own food, you must also speak with the dietitian at least 1 week prior to your camper's arrival.
9. As there is unsubstantiated evidence of the safety and efficacy of very low/no carbohydrate diets (specifically, with regard to avoiding severe hypoglycemia in a residential camp setting) we cannot support the implementation of these types of diets at camp. Meals and snacks at Camp Nejedá follow nutritional guidelines set by the American Academy of Pediatrics to include a variety of fat, protein, and carbohydrate-containing foods to support optimal blood glucose levels and fuel increased activity levels at camp. Your child may attempt to adhere to such a diet as much as s/he can within the constraints of the food choices available, but the camp staff will not be able to assist.

*revised 1/2022*



# Closed-Loop Insulin Pumps 2023

This guideline and procedure is intended to assure the safety of children with closed-loop insulin pumps. Closed-loop pumps (CLP) are a major advance in technology that promotes the health of those with diabetes.

1. Whenever the pump alarms the camper must notify the counselor or Health Center staff.
2. The insulin delivered by the CLP is determined by individual's recent insulin. The vast majority of children need 10%-30% less insulin at camp than at home because of the higher activity level. Pump settings will be adjusted accordingly at intake.
3. We have Technology Facilitators at camp who are very familiar with diabetes technologies and they are available to handle problems 24/7.
4. Some CLPs are not FDA approved, e.g. "DIY closed loop systems." While a family may have become very comfortable with an unapproved device, we cannot risk the possibility of an unproven device having a dangerous malfunction at camp. Any such device must be used in manual mode at camp.

*Revised 11/2021*