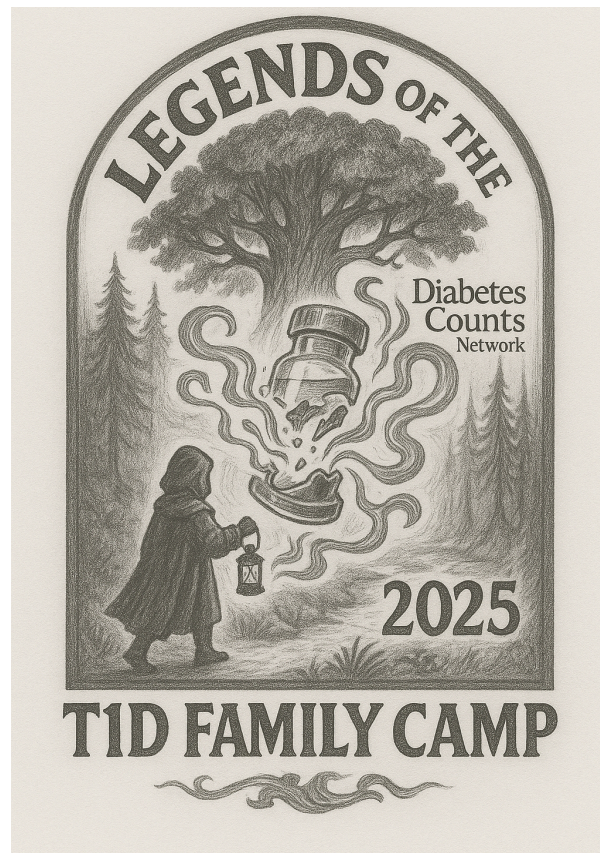


Diabetes Counts Network T1 Family Camp

Family Information Packet



Dear Campers,

It's finally here! We're so excited to welcome your family to Legends of T1D Family Camp 2025 — a magical weekend filled with fun, connection, and adventure.

We'll be returning to the beautiful Grand Mesa Methodist Camp, where the forest comes alive with wonder, imagination, and new memories. This year's theme, "Enchanted Forest," invites families to step into a world of mystery and magic, where every trail leads to discovery and every moment brings a chance to connect.

Join us for:

Creative and outdoor activities inspired by nature and folklore

Meaningful bonding with fellow T1D families

Laughter, games, and quiet moments beneath the trees

A weekend to recharge, reconnect, and make lasting memories

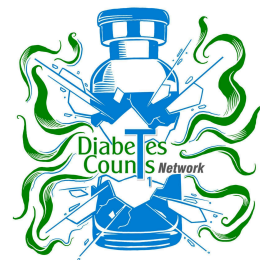
We can't wait to share this unforgettable experience with your family — where legends are born and the forest holds something special for everyone.



Diabetes Counts Network T1 Family Camp

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We want to make sure the camp is a success, we ask you to please read carefully about the following changes to the camp:



1. **Camp is at Grand Mesa Methodist/Baptist Camp** - this is located at [26269 Old Grand Mesa Rd, Cedaredge, CO 81413](#). Our accommodations are more rustic than in the past. Cabins will be first come first serve based on availability. We have cabins for 18 families but **are welcoming those who want to camp in tents or dry camp in campers. Please let us know if you want this option, as indicated in the registration packet.**
2. The menu for camp meals has been curated by Community Hospital Chefs, all food that is served will be brought in. **Families will be expected to help with clean-up duties for each meal served.**
3. We are hosting our second **TALENT SHOW** again on **Saturday evening**. If you have a work of art you want to showcase or a special performable talent you want to share, please have this prepared before camp and be ready to perform or display your talent.
4. There is an open body of water on the camp property. Grand Mesa Methodist Camp and Diabetes Counts Network are not liable for campers on the water. **NO SWIMMING IS ALLOWED and all children must be supervised by a parent around/on the lake. Diabetes Counts Network will not be providing lifeguards or supervision. Families are encouraged to bring fishing gear. We will also have a dunk tank this year for everyone to have fun with.**
5. This camp is for families with at least one member who is a Type 1 Diabetic (T1D). Please be aware the Diabetes Counts Board and volunteers are not able to provide round-the-clock health care for family members with T1D. This is the responsibility of the parents/guardians in each family. There is emergency medical care available to you and first aid can be provided if need be.
6. ****PLEASE NOTE** If you plan to check-in later than 6pm, let us know beforehand to ensure meals are saved.**

There are many others who will be volunteering their time to make this camp a success and we hope you will take the time to thank them for their assistance. Thank you so much for your interest in our camp, we look forward to seeing you this summer! **A final schedule and camp menu will be emailed to all registered families one week prior to camp**

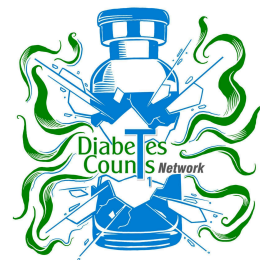
Sincerely,

Diabetes Counts Network Board of Directors



Diabetes Counts Network T1 Family Camp

Family Information Packet



2025 Speaker Profiles

Friday Night Speaker — Pending

Sue Seserman



Sue Seserman is the Creator and Author of EPILECTRA, the new graphic novel edutainment

adventure series about a team of modern superheroes with different disabilities who transform into superabilities to rehabilitate adversaries and make the world a better place.

Sue was motivated to write **Epilectra** after her diagnoses with both Type 1 Diabetes and Epilepsy, time spent with patients as a volunteer in hospital Epilepsy Monitoring Units. Her time with patients revealed that many of them gave up on their dreams because of their disability, and Seserman felt this was entirely unnecessary. During the Pandemic Seserman dreamed up Epilectra, a superhero with a disability who interacted in the world with pride and tenacity. Today, Sue lives in both New York City and Denver, CO with her husband and Scooter the WonderDog.

For more info check out:

<https://www.epilectra.com/#:~:text=Sue%20Seserman%20is%20the%20Creator,life%20a%20%22normal%22%20life>.

IMPORTANT INFORMATION

In order for us to make this the best family camp for Families with Type 1 in the state, we need your help. We would ask you to have a “leave it better it better than you found it” attitude. We would also ask you to sign a liability release. That means you are responsible for yourselves with your own insurance at this camp. Parents, you are responsible for your children. If anyone is sick, hurt, or in need of medical care, we will have trained volunteer staff on duty. However, you will be responsible for the entire bill if emergency care is needed.

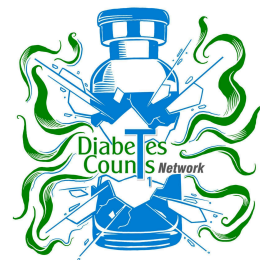
Practice the golden rule!! Grand Mesa Methodist Camp is a family camp that generally hosts church groups. Our group is one of the only non-religious groups that use the camp. Thus, we need to be mindful of their rules and requests. Please *keep your hands to yourself and on your own things, and practice the Golden Rule*. We want to be invited back, not asked to leave for good. Also, we have families of every shape, size, and age



Diabetes Counts Network T1 Family Camp

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that attend our family camp, so please use clean language. Please limit smoking (of any kind) to locations away from general meeting areas or from inside cabins. Failure to abide by camp rules and requests may mean that we are ***all*** asked not to return, and ***the offending party will be asked to immediately leave the camp.***



GUIDELINES

A refrigerator in the dining room will be available for insulin storage. Please clearly label your insulin and any medication you keep in the refrigerator.

Packing List	Diabetic Supplies	Leave at Home
sleeping bag/singles sheets, pillow, water bottle, sunscreen, mosquito repellant, flashlight/head lamp, shower towels and personal care items, toiletries, camera, shorts & long pants, sneakers, sandals, light jacket **Optional: box fan or noise machine	Pump and supplies, Blood Glucose meter, BG Meter strips, CGM and supplies, batteries, or chargers prescription medications, INSULIN Carb snacks (low BGs)	No pepper spray or mace, firearms, pellet, BB, paintball, or airsoft guns, sling shots, knives, or any other kind of device used or perceived as a weapon.

Small folding pocket knives with a blade less than 2 ½ inches are okay.

Modest Clothes and Modest Behavior: All clothing worn at camp must be modest by the standards of camp staff.

Zero Tolerance: Use or possession of drugs, alcohol, tobacco products, pornography, firearms or potentially dangerous weapons of any kind, and other inappropriate material at camp will not be tolerated.

Quiet Camp: Please maintain a quiet camp atmosphere from 10:00 pm to 8:00 am.

CAMP DETAILS

Date: August 22nd - Aug 24th, 2025

Location: Grand Mesa Methodist Camp 26269 Old Grand Mesa Rd, Cedaredge, CO 81413

Check in: 5:00-6:00pm on Friday the 22nd

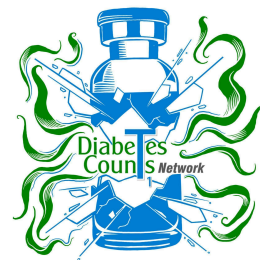
Check out: 10:30am on Sunday the 24th



Diabetes Counts Network T1 Family Camp

Family Information Packet

Theme: Enchanted Forrest



Deposit: There is a deposit of \$100 required with your registration. This deposit is a safety for DCN that covers expenses in the event that you are unable to attend. We have to pay for shirts, craft supplies, and food all ahead of time.

Please note: We ask all families to consider donating their deposit back to Diabetes Counts Network after camp. This donation helps us ensure future events for your family. Participation in this donation after camp is optional.

***** Cards and check deposits are not processed until the week following camp. If you choose to have the deposit returned, your information simply won't be processed. It will be shredded. If you wish to have your deposit donated back to DCN, it will be processed a week after camp.*****

We will only accept family units with a minimum of a legal parent/guardian in attendance. All families must have an immediate family member with T1D to attend.

COMPLETING THE INFORMATION PACKET

1. Review the Family Information Packet
2. Complete the **Family Profile and Supplemental Documents** (pg 10-14)
1. Include a **\$100.00 deposit**
 - ☐ Checks to **Community Hospital Foundation** (note Diabetes Counts in memo).
 - ☐ Credit Card Information on **the last page** of this packet.

Please mail or deliver the **Family Profile**, and **DEPOSIT**, by **Friday, August 8th** to:

Grand Valley Wellness Center
c/o Sandy Paulson
605 B 28 1/4 Road
Grand Junction, Colorado 81506

OR please email the complete document to DiabetesCountsInfo@gmail.com



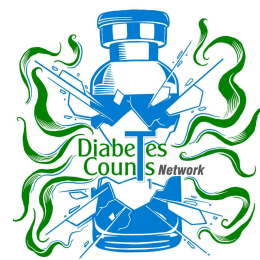
Diabetes Counts Network T1 Family Camp

Family Information Packet



Diabetes Counts Network T1 Family Camp

Family Information Packet



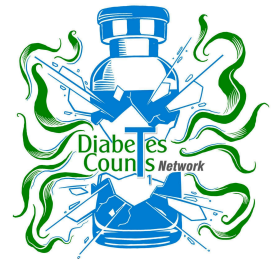
Camp 2025 Menu					
Friday		Saturday		Sunday	
	NOTE SUBJECT TO CHANGE	Breakfast 8:30 SHARP	Scrambled Eggs Link Sausage Hash brown Triangles mini bagels w/ cream cheese / gluten free toast option cream cheese gluten free toast fruit bowl. Honey dew, cantaloupe, grapes	Breakfast 8:30 SHARP	Assorted cereal boxes/ gluten free cheerios milks sugar/sugar subs Assorted muffins /gluten free muffins Assorted 4 oz yogurts
Fruit Carb Info	Apple- 20g. Orange- 10g Cantaloupe- 7g= ½ cup Honeydew- 7g= ½ cup	Lunch 1:00 SHARP	Pulled pork Buns gluten free buns Bbq sauce Baked beans Coleslaw coleslaw dressing		Trail Mix Snack To-Go and Bagged Sandwich Lunches
Dinner 6:15 SHARP	Lasagna/ gluten free lasagna garlic knots or Gluten free french roll spring mix salad with cucumbers and tomato variety of dressings	Dinner 6:00 SHARP	Meatloaf Mashed Potatoes Gravy/ Gluten free gravy Green Beans Dinner Roll/ Gluten free roll with Butter	Salad Carb Info	Cheese 1 ounce = less than 1 gram carbohydrate Carrots ¼ cup = 3 grams Celery ¼ cup = 1 gram of Cucumbers ¼ cup = 1 gram Red Onion 1 Tablespoon = gram Black Olives 4 olives = 1 gram Pickles 5 slices = 1 gram Jalapenos ¼ cup = 1 gram Sunflower Seeds 1 Tablespoon = 2 grams Lettuce 1 cup= 2 grams

Please Note Carb Counts will be provided at Camp



Diabetes Counts Network T1 Family Camp

Family Information Packet



CAMP 2025 SCHEDULE – SUBJECT TO CHANGE

Friday – August 22nd

5:00- 6:00 pm	Check-in Type 1 Families
Ongoing	Explore Camp and Make Name Tag
6:00	Meet in Dining Hall- Welcome
6:15 SHARP	Dinner Welcome
7:00	Camp Speaker 1: Brian
7:00	Movie “Shrek” and Camp Craft
8:00	Bon Fire and Classic Camp S’mores
	Glow in the Dark Games and Marco Polo Chicken Game
10:00pm	Lights Out

Saturday –August 23rd

8:30 SHARP	Breakfast Announcements
Ongoing	Crafts and Family Board Games Available
9:30-12:45	Hiking, Scavenger Hunt, Crafts (3) , Fishing, and Boating
1:00	Lunch with Eagle Riders
2:00	JELLY BALL and Field Day - 3 Legged Race, Egg Balance
Walk, Long Jump, Toss	
4:00	Group GAGA Ball
5:00	Free Time: Practice your Talent! Play Games,
6:00	Dinner
6:30	Camp Speaker 2: Sue Sesserman
7:30 pm	Talent Show
10:00	Lights Out

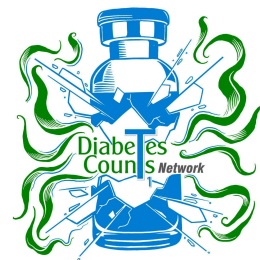
Sunday –August 24th

8:30 SHARP	Breakfast
9:15	Group Picture by Lake
9:30- 10:30	Clean up Camp, Trail Mix , Check Out ** Bagged lunch provided
	You may stay on the property until 3pm if you wish



Diabetes Counts Network T1 Family Camp

Family Information Packet



FAMILY PROFILE

Please RETURN this 5-page form by **Friday, August 8, 2025.**

____ PLEASE MARK HERE IF YOU WANT TO BRING YOUR OWN TENT OR DRY CAMPER

Shirts: Youth Small, Medium, Large and Adult Small, Medium, Large, XLarge, or XXL Large

Primary Point of Contact: _____

Name: _____

Email: _____

Cell Phone: _____ Home Phone: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Family Members Attending:

Name: _____

Age: _____ Gender _____

T Shirt Size _____

Is this person T1D: _____

Name: _____

Age: _____ Gender _____

T Shirt Size _____

Is this person T1D: _____

Name: _____

Age: _____ Gender _____

T Shirt Size _____

Is this person T1D: _____

Name: _____

Age: _____ Gender _____

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Name: _____

Age: _____ Gender _____

T Shirt Size _____

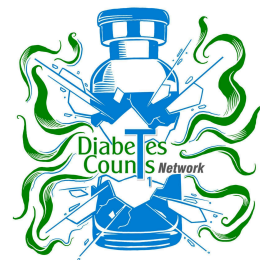
Is this person T1D: _____



Diabetes Counts Network T1 Family Camp

Family Information Packet

Please share with us more about your family:



Do you have a talent to share? Bring artwork or instruments to share during the talent show!! **What will you be showcasing?** So we can make proper preparations.

What is your family hoping to gain from attending camp?

Hobbies: _____

Sports: _____

Family's favorite activity _____

Something special about your family _____

If you HAVE been to Type 1 Family Camp:

Past favorite thing _____

Past least favorite thing _____

If you HAVE NOT been to Type 1 Family camp:

Most looking forward to _____

Least favorite thing _____

Does anyone in your family have any special concerns or needs? (Dietary, allergies, etc.)

Does your family have any fears or concerns about being at camp?

Is there any other information you would like to share to help you have a great time at camp?

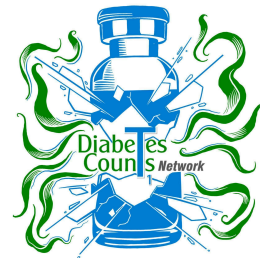
How did you hear about T1 Family camp? _____



Diabetes Counts Network T1 Family Camp

Family Information Packet

Media Release Form – Minor



I, _____ (parent/guardian), grant my permission for _____ Diabetes Counts Network to use the name, likeness, image, voice, and/or appearance of

_____ (minor), _____ (minor),

_____ (minor), _____ (minor)

as such may be embodied in any pictures, photos, video, recordings, audiotapes, digital images, and the like, taken or made on behalf of Diabetes Counts Network. I agree that Diabetes Counts Network has complete ownership of such pictures, etc., including the entire copyright, and may use them for any purpose consistent with the mission of the Diabetes Counts. These uses include, but are not limited to illustrations, bulletins, exhibitions, videotapes, reprints, reproductions, publications, advertisements, and any promotional or educational materials in any medium now known or later developed, including the internet. I acknowledge that said minor will not receive any compensation, etc. for the use of such pictures, etc., and hereby release Diabetes Counts Network and its agents from any and all claims which arise out of or are in any way connected with such use.

_____ I have read and understood this consent and release.

_____ I give my consent to Diabetes Counts Network for the aforementioned purposes.

Parent / Guardian Name

Signature

Date

Minor's Name & DOB

Minor's Name & DOB

Minor's Name & DOB

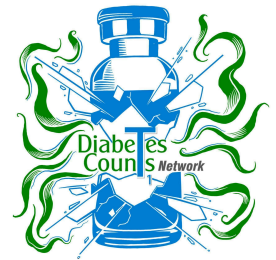
Minor's Name & DOB



Diabetes Counts Network T1 Family Camp

Family Information Packet

CREDIT CARD FORM



Want to pay your deposit by credit card? Complete the following information below. We will file this form away in a secure deposit box until camp and shred the document once you attend. **Please note we ask all families to consider donating their deposit back to Diabetes Counts Network. This donation helps us ensure future events for your family. Participation in this donation is optional, but you are required to still submit information for a deposit when you register.**

**** Cards and check deposits are not processed until after camp. If you choose to have the deposit returned, your information simply won't be processed. It will be shredded. If you wish to have your deposit donated back to DCN, your check or card will be processed the week after camp****

Card Type: **VISA MASTERCARD DISCOVER**

Name on Card: _____

Card Numbers: _____

Expiration Date: _____

CVC Code on Back: _____

Zip Code: _____

