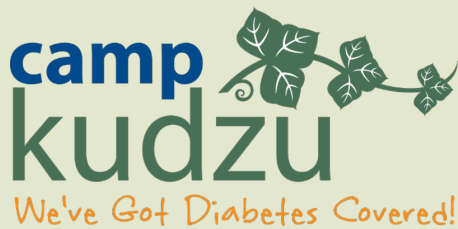


January 2016 E News



[Visit Our Website](#)

[Donate Now!](#)

[Calendar](#)

Volume 1

Keeping current with Camp Kudzu!

[Like us on Facebook](#) 

In This Issue

[Registration begins](#)

[Last Call - CITs](#)

[Teens on Skis!](#)

[Kudzu Cup Fore! Kids](#)

[Medical Corner: New You!](#)

[Scholarships](#)

[Spring Family Camp](#)

[Community Fun - Golf and
ACA Meeting](#)

[Thank You](#)

Summer Camp Registration



Mark your calendars!! Registration for all of our summer programs for both campers and volunteers will open on January 21, 2016 at 9:00 a.m. It will remain open until camp begins!

Applications are available online using our brand new registration system. You will be able to access the registration through the [Camp Kudzu website](#).

Upcoming Events and Programs



Key Dates

(You can also visit our [Online Camp Kudzu Calendar](#))

Registration Opens:

January 21, 2016

ACA Conference:

February 8-12

Summer Camp Dates:

Session 1: June 4/5-10

Session 2: June 11/12-17

Sprouts: July 11-15

Session 3: July 31 -

August 6

Spring Family Camp:

April 15- 17

Kudzu Cup Fore! Kids Golf Tournament

Monday, May 23



Camp Kudzu will be closed:

Monday, January 18, 2016

for MLK, Jr., Birthday

Let's be compassionate and of service!

You can visit the page now, but the link will not "go live" until Thursday, January 21 at 9:00 am

Summer Overnight Sessions:

* Session 1: June 5-10 at Camp Twin Lakes in Rutledge, GA

* Session 2: June 12-17 at Camp Twin Lakes in Rutledge, GA

* Session 3: July 31-August 6 at Camp Barney Medintz in Cleveland, GA

Sprouts Day Camp:

* July 11-15 at High Meadows Camp in Roswell, GA

For more information about registration and to read about some helpful hints, please read the [Summer Camp Registration Letter](#).

Last Call for 2016 Counselor In Training (CIT)



If you are a high school junior or senior, you have the chance to make a difference in the lives of young campers who will follow in your footsteps. Not to mention, you will benefit from the fun you will have with friends who "get" diabetes and mentors who've taken their diabetes to college and beyond.

Get your [CIT 1](#) or [CIT 2](#) application in by January 29 and take the first step in the next phase of your life!

Save Saturday, March 19, for **mandatory CIT Training.*



Camp Kudzu's Winter Adventure- Teen Ski Weekend



Want to know what we were we doing this winter? We were thinking of the rest of you - studying, working, putting away holiday décor- and we were having a blast!

On January 8th, 35 teens, 6 clinical staff, 8 terrific counselors and Camp Kudzu's staff traveled to North Carolina for a weekend of learning, bonding and fun in the snow! Everyone got to ski, snowboard and/or tube their hearts out with old and new friends!

THANK YOU to our wonderful volunteers for giving your weekend to mentor and "hang" with our teenagers! TEENS - we admire your bravery, humor, spirit and your sense of compassion for everyone on this weekend adventure. We are so proud of the young adults you are growing into, right before our eyes!

Do you know what a meme is? Now we do! See how some of our teen weekenders expressed their feelings about aspects of life with diabetes through their [memes](#). And have fun checking out the [photos](#) we took!

See you next year, if not before!



Kudzu Cup FORE! Kids

It's that time of year again for the annual Kudzu Cup Fore! Kids golf tournament. The date has been set for this year's scramble tournament and we would love to see you on Monday, May 23rd at The Country Club of the South in Johns Creek, GA. The day will be packed full of excitement with premium takeaways, prizes and Hole-In-One competitions. You will not want to miss this one!



This year marks the 12th annual Kudzu Cup Fore! Kids and is also Camp Kudzu's 17th anniversary. We greatly appreciate everyone's continued support over the years for our annual golf tournament. Helped in great part by the success of this tournament, camp was made possible for over 715 children in 2015.

[Here](#) you will find all the information you need to determine how you would like to participate, including registration forms. If you are unable to make the event, we [welcome your support](#) of our mission through corporate or individual sponsorships (\$300 - \$10,000), or your personal gift.

For more information, please contact Mandy at mmosier@campkudzu.org or 404-250-1811



Medical Corner: New Year's Resolutions and Type 1 Diabetes



It's that time of year again! Everyone seems to have a "new year, new me" attitude and is making lists of resolutions. There are the stereotypical goals such as diet and exercise, saving money and getting organized. For those living with type 1 diabetes, another check goal to reach can be a little daunting with days already full of carb counting, BG checks and correction factors. How can people with type 1 diabetes apply popular resolutions to their diabetic care?

Diet and Exercise:

Diet and exercise are crucial to the successful management of diabetes. In what ways is your diet lacking that you can change? Are all your meals starting to look the same because it's easier to carb count? Are you taking shortcuts with your carb counting in general? What about exercise? Can adding a new workout routine affect your BG levels for the better?

Saving Money:

Supplies and equipment are expensive and the costs add up. If your New Year's Resolution is to save a buck or two, perhaps looking into your diabetes spending could be a step in the right direction. Asking for samples of lancets or needle tips from manufacturers is an option. Instead of buying sharps containers, perhaps using old bleach containers, tea jugs and other thick plastic containers could be a money saving option. Compare prices of supplies from places like Amazon, Walmart, Kroger and eBay to make sure you're getting the best deal.

Getting Organized:

Life can be busy and taking care of diabetes can make life even busier. How can

you get organized with your diabetes to ensure a little more peace in your day? Do you have an emergency meter on hand? Low supplies in your car? Are you keeping a sufficient log of your BG patterns and not just downloading them a day before your doctor's appointment? What little things can you implement into your life that promote a stress free environment?

Being Kind to Yourself:

Remembering that diabetes should not control your life is also important. So maybe your resolution this year is to be more forgiving of high blood sugars or less hard on yourself when you don't make it to the gym. So if you have a resolution this year to change or work harder at something, don't forget that the first step is loving yourself and accepting that good days also come with bad days. You can't do it all; we're only human after all! One step, finger prick and one carb count at a time!

Happy New Year from **Janelle Andrews**, Medical and Outreach Coordinator,
Camp Kudzu!



Diabetes Scholars = \$ for College!



"I am so grateful for your help. It has made such a huge difference."

If you are seeking help with college or trade school expenses, you may wish to check out what the Diabetes Scholars Foundation has to offer. Since 2008 the Foundation has awarded over \$1 million in college scholarships to students with type 1 diabetes, through scholarships of \$5,000 each. The Diabetes Scholars Foundation Scholarship Program is available to **incoming freshmen** with type 1 diabetes seeking a higher education at an accredited four year **university, college, technical or trade school**. This scholarship recognizes students who are actively involved in the diabetes community, who have high academic performance, who participate in community and/or extra-curricular activities and who have demonstrated that they are successfully managing the challenges of living with diabetes. Diabetes Scholars Foundation scholarships are not based on financial need. To learn more, please visit the [Diabetes Scholars website](http://diabetesscholars.org).

To apply for a scholarship, please visit <http://diabetesscholars.org/college->



Spring Family Camp April 15 - 17 at Camp Twin Lakes- Rutledge, GA



For many, Family Camp is the first weekend a newly diagnosed family finds strength and resilience to handle life with diabetes. For others who have helped their child or teen with diabetes for a few years, the weekend boosts their spirits, renews the ability to deal with diabetes and gives them a chance to learn the latest and greatest. For all, there's fun and understanding for the whole family! This is an opportunity to learn from other families, educators and healthcare professionals by asking any and all questions you may have about diabetes. The best benefit of all? New friends and support systems who understand exactly what you are experiencing and care about.

We hope you, and the WHOLE family, will come join us! Registration opens January 29, so be sure to check out www.campkudzu.org on or after that date.

For questions or additional information, please contact Ashley aconant@campkudzu.org or Whitney wlehew@campkudzu.org or at 404.250.1811.



Community Opportunities

Golf with Team Type 1



night out?

Hey parents, looking for some friendly Top Golf competition to get you tuned up for the spring Kudzu Cup? Or just a fun

Our friends at Team Type 1 Foundation are coordinating an event that brings fun and excitement to the whole family. And they are inviting T1D kids in middle school, junior high and high school to join them - at no charge - Thursday evening, February 4th at Top Golf.

To learn more, click [Top Golf with TT1!](#)

Chance to Learn and Mingle



Hundreds of camp people will be in Atlanta for the National Conference of the American Camp Association in early

February.

Do you want to attend any portion of the Diabetes Camps Symposium or ACA meeting? The diabetes symposium is Monday, February 8. The ACA meeting runs February 9 - 12. There may be some costs associated with attending (registration, parking); students who join ACA get deep discounts! Here's the [Registration Form](#).

We Love Our Sponsoring Partners!



KAISER PERMANENTE®



SHARE YOUR STORY

If you or your camper would like to share a funny or magical moment that happened at camp, we would love to share it in next month's E-News. Share your memories with

aconant@campkudzu.org.

CORPORATE MATCHING GIFTS

If you make a gift to Camp Kudzu, please let us know if you need help getting your employer to match your gift. Many do! And isn't it nice to be able to double the good you've done?

stuttle@campkudzu.org

AMAZON SMILE



When customers shop on [AmazonSmile](https://www.amazon.com/smile), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers. Simply select Camp Kudzu as your organization of choice and let the shopping begin!

GOLF COMMITTEE

We welcome your involvement on planning the best Kudzu Cup ever! Join the team to help with sponsors, logistics, and event planning for the May 23, 2016 Kudzu Cup Fore! Kids.

mmosier@campkudzu.org

THIRD PARTY EVENTS

If your neighborhood or organization seeks a good cause for one of its events, think Kudzu! Please contact us at info@campkudzu.org, or call Seth, Mandy or Alex, all reachable at 404.250.1811.

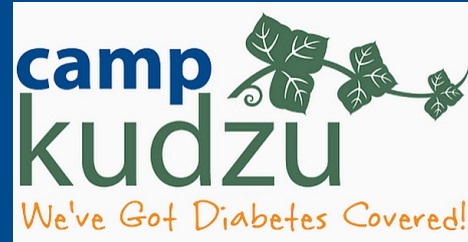
[Visit Our Website](#) | [Donate Now](#) | [Contact Us](#)



Camp Kudzu educates, empowers and inspires children living with diabetes.



Camp Kudzu, Inc.
5885 Glenridge Drive
Suite 160
Atlanta, GA 30328
404.250.1811
404.250.1812 fax
www.campkudzu.org



Copyright © 2015. All Rights Reserved.