

SUMMER PROGRAMS

KIDS WEEK

2018 DATES: JUNE 24 - JUNE 30 | \$650*
(AGES 8 - 12)

Get ready for a week full of fun and adventure. Campers will enjoy the experience of cabin living at camp and participate in swimming, nature hikes, horseback riding, arts & crafts and other camp activities.

TEEN WEEK

2018 DATES JULY 1 - JULY 7 | \$650*
(AGES 13 - 17)

This week is guaranteed to be jam packed full of new experiences, new activities, and age-appropriate challenges that teens need to grow and gain independence.

MINI-CAMP

2018 DATES: SESSION 1: JUNE 24 - JUNE 27 - \$325*
SESSION 2: JUNE 27 - JUNE 30 - \$325*
(AGES 6 - 7)

Children in kindergarten and first grade can enjoy their first experience at diabetes camp by participating in a half week session at Camp Hertko Hollow.

HERTKO FUTURE LEADERS (HFL) PROGRAM

LEADERS IN TRAINING - LIT

2018 DATES: JULY 1 - JULY 7 | \$650*
(AGE 16)

The LIT program is designed to encourage personal growth, challenge youth to be leaders in every situation, as well as teach and prepare youth to serve others. After successful completion of the LIT program you may be recommended for the CIT program the following year.

COUNSELORS IN TRAINING - CIT

2018 DATES: JUNE 24 - JUNE 30 | \$650*
(AGE 17)

The CIT program is a training program designed to transition campers into their role as staff. CITs spend time shadowing cabins and other counselors in an effort to learn and simulate educational opportunities. CITs are considered campers but serve as Assistant Counselors in a cabin, under the leadership and training of older counselors who mentor them during this time.

***No child is turned away due to an inability to pay. Financial assistance is provided to everyone that requires it.**



WHO WE ARE

- Since 1968 Camp Hertko Hollow has provided kids with diabetes (ages 6 - 17) a week of summer camp where they learn diabetes management and skills to better their health and their lives.
- Takes place on the scenic grounds of the Y Camp located north of Boone, Iowa and consists of modern facilities with access to 400 acres of forest in the picturesque Boone River Valley.

Camp Hertko Hollow is a 501(c)(3). Donations from individuals, service clubs, foundations and corporations are critical to keeping camp affordable and providing financial assistance for families. A one week experience at camp costs approximately \$1300, but due to the generosity of donors we are able to charge a drastically reduced fee, as well as provide financial assistance to anyone in need.

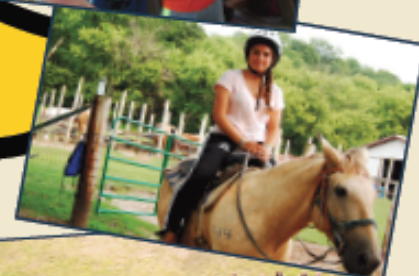
If you'd like to make a gift visit
WWW.CAMPHERTKOHOLLOW.COM
and click on the "Support Camp/Donate" tab. Your donation is tax deductible and a receipt will be provided for tax purposes.

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CAMP

EST. 1968

HERTKO HOLLOW



IOWA'S CAMP FOR KIDS WITH DIABETES
WWW.CAMPHERTKOHOLLOW.COM



SPECIAL PROGRAMS : FAMILY CAMP AND TEEN RETREAT

FAMILY CAMP | \$80 PER PERSON*

Children with diabetes of all ages are encouraged to attend with their family members, close friend, grandparents, and even babysitters to learn about managing diabetes. Because diabetes affects the entire FAMILY, Camp Hertko Hollow's Family Camp is for the whole family. This weekend is a wonderful opportunity for families to come together to LEARN more about diabetes and share their common experiences in a supportive setting. It's also great for newly diagnosed children or children who haven't attended summer camp yet.

*No one is turned away due to an inability to pay. Financial assistance is provided to everyone that requires it.

2018 DATES:
APRIL 20-APRIL 22

TEEN RETREAT | \$80 PER PERSON*

This weekend deals specifically with the concerns and needs of teenagers. Teens are increasingly independent and face ongoing challenges related to making decisions and managing diabetes. Activities are designed to challenge and support teens so they leave the weekend feeling recharged and empowered.

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2018 DATES:
APRIL 20-APRIL 22

WHAT TO EXPECT AT CAMP HERTKO HOLLOW

"Thank you so much for allowing me to come to camp! I can't explain how much it means to me and to so many other kids. It's the greatest place on earth!"
Shayla, Age 16



DIABETES CARE AND CAMPER SAFETY

Our medical staff is comprised of top-notch medical **PROFESSIONALS** including physicians, nurse practitioners, registered nurses, dietitians, pharmacists, and residents who specialize and understand the complexity of managing diabetes.

The staff to camper ratio is 1 to 4, ensuring lots of responsible adults looking out for your camper. Camp Hertko Hollow's staff has the knowledge, training and experience to make sure your child has a fun and **SAFE** week away from home!

Camp Hertko Hollow is accredited by the American Camp Association thereby ensuring that national safety and **HEALTH** standards are in place.

EDUCATING CAMPERS

Diabetes education happens both formally and informally at camp. We **BELIEVE** the greatest education is the informal learning that children receive when sharing their experiences about living with diabetes.

Campers **LEARN** they are not alone in dealing with the many responsibilities of diabetes, and are able to share experiences and educate each other.

In addition to the informal education, the daily camper's schedule includes a formal time for diabetes education. Campers may be found participating in learning activities that enforce **POSITIVE** diabetes management.

- That everyone checks their blood sugars (and that you don't have to explain why)!
- That the focus is on fun!
- That you'll like most of the food – and children with dietary restrictions will be accommodated!
- That you'll make a new friend, or 150 of them, because bullies aren't allowed at camp!
- That your camp counselors will listen to you!
- That the counselors are at least age 18 and are very cool – and many of them also have diabetes!
- That the activities will be amazing . . . archery, arts and crafts, campfires, canoeing, horseback riding, climbing wall, zipline, hiking, swimming, etc.!
- That regardless of whether you are playing, exploring nature, conquering new heights or becoming part of a camp family, you will be creating memories that last a lifetime.

