

CAMP

EST. 1968

HERTKO HOLLOW

LOCATION

Camp Hertko Hollow 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.

HISTORY

In 1968, Dr. Edward Hertko, created a camp for Iowa children with diabetes. Since then, Camp Hertko Hollow has provided more than 15,000 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.

SPONSORSHIPS

If you are in need of financial assistance, begin by reaching out to local service clubs in your community (i.e. Rotary, Lions, Kiwanis, etc.), many clubs are very happy to sponsor the entire camp fee when asked. If you are unable to secure funding, simply request financial assistance with your registration. Both full and partial assistance is provided depending on your need.

If you would like to make a tax deductible gift, visit our website and click on "Donate" at the top of the page.



IOWA'S CAMP FOR KIDS WITH DIABETES



SUMMER CAMPS

MINI-CAMP

(AGES 6 - 7)

SESSION 1: JUNE 28 - JULY 1, 2020 | \$325

SESSION 2: JULY 1 - 4, 2020 | \$325

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

KIDS WEEK

(AGES 8 - 12)

JUNE 28 - JULY 4, 2020 | \$650

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

(AGES 13 - 17)

JULY 5 - 11, 2020 | \$650

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.

Teen leadership opportunities are also provided throughout these two weeks for 16 and 17 year-olds.

To learn more about our "Counselors in Training" and "Leaders in Training" programs, visit our web site.



REGISTER ONLINE AT
CAMPHERTKOHOLLOW.COM

NO CHILD IS TURNED AWAY DUE TO AN INABILITY TO PAY.
Learn more about financial assistance on our website or call us at 1-855-502-8500.

Camp Director: Deb Holwenger
Ph: 515-471-8547 | Fax: 515-288-2531
Toll Free: 1-855-502-8500

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WEEKEND PROGRAMS

FAMILY CAMP (FOR FAMILIES WITH CHILDREN 5 AND OLDER) APRIL 17-19, 2020 | \$80/PERSON

Family Camp provides loads of fun, lots of support, and entertaining education for the entire family. Why? Because diabetes is a family disease! This is a camping program for everyone – Moms, Dads, Brothers, Sisters, Grandparents, and anyone else you consider your family. Come, play and learn at Camp Hertko Hollow's Family Camp. This weekend is a wonderful opportunity for families living with T1D to build new and lasting friendships with other families also impacted by diabetes. It's also great for newly diagnosed families or children who have never attended Camp Hertko Hollow to get a sense of what summer camp is like.

TEEN RETREAT (13-17 YEAR OLDS) APRIL 17-19, 2020 | \$80/PERSON

Nothing excites teenagers more than being away from their parents and getting to hang out with other teens! The Teen Retreat experience allows campers the opportunity to bond with other teens and counselors who understand the challenges of living with T1D. Teen Retreat combines classic camp activities with diabetes education and support. Teens will leave this weekend feeling empowered, educated, and recharged!

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WHAT TO EXPECT AT CAMP HERTKO HOLLOW

- **EVERYONE** checks their blood sugars (you never have to explain why)!
- The focus is on **FUN!**
- **FOOD** you'll like – and children with dietary restrictions will be accommodated!
- **NEW FRIENDS** . . . 150 of them, because bullies aren't allowed at camp!
- Really cool camp counselors that **LISTEN** to you! They are all at least age 18 and many of them also have diabetes.
- **AMAZING ACTIVITIES** . . . archery, arts and crafts, campfires, canoeing, horseback riding, climbing wall, zipline, hiking, swimming, etc.!
- 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.



DIABETES CARE AND CAMPER SAFETY

Our medical staff is comprised of top-notch, certified medical **PROFESSIONALS** including physicians, nurses, dietitians, and pharmacists 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 schedule includes a formal time for diabetes education.



"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

