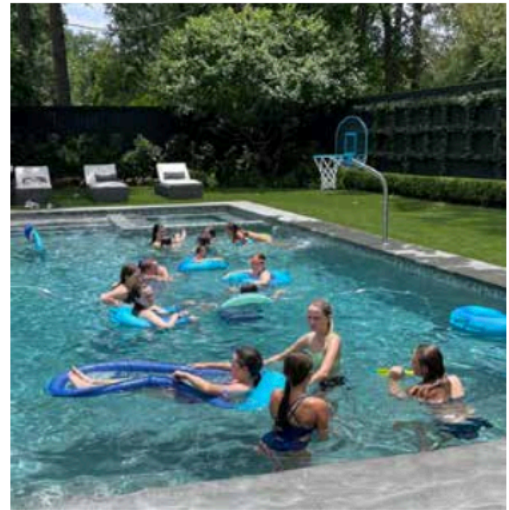




Discussions



Time to cool off



Lunch time



for a diabetic kid,” Mary said. “My sisters and I have led summer craft camps in the past. But when I was talking with Caris, we realized how much fun it would be to introduce type 1 girls to people like them and give them an experience they couldn’t receive other places,” says Mary.

“Moms had expressed doing something over the summer to gather the girls together,” says Freyja. She worked with the girls and Mary’s mom to make this vision a reality. Together, they formed the Mary Caris Camp, getting the word out through friends and Facebook.

“A few months before camp, my mom posted about it on Facebook to get moms in the area or farther away,” says Caris. “Mary and I started planning everything on a Google Doc, looking up ideas on Pinterest.” Together, they designed icebreakers and circle times, an obstacle course,

a water balloon and shaving cream fights, arts and crafts, a scavenger hunt, and swimming. Campers enjoyed low-carb snacks and brought their own lunches.

“It was really cool,” says Caris. “They really loved the crafts, and swimming was good bonding.” Participants connected by having fun. Thirteen girls from third grade to age 15 attended The Mary Caris Camp.

“It was a sisterhood thing,” says Freyja. “They had everything you would expect at a day camp. But given they all share type 1 diabetes, their circle times and discussions were awesome.” Freyja said. “It gave everyone a psychological boost going into the summer.”

Special attention was given to the campers’ blood sugar levels. “Every 30 minutes, the girls would tell us their

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