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numbers,” explains Caris. “If a girl got too low (with her blood sugar), Mary and I would escort her to her bag so she could get everything that she needed.” One girl’s site came off (where she got insulin), and Caris was able to provide one for her with her supplies.

As for lunch, each camper brought their own with labeled carbohydrate counts. Each had a diabetes plan in place with Caris and Mary for handling insulin timing and dose. The girls’ moms were called or texted before eating (if requested). Caris and Mary helped the girls manage their blood sugar, and Freyja and Mary’s mom served as extra supervisors.

Smiles and Happiness

“The moms of these girls absolutely loved the camp,” smiles Mary. “By the end of the week, we received a lot of compliments praising us for how much it benefited their daughters. But, at the time, it hadn’t seemed so impactful. It wasn’t until after the camp that I looked back and realized how much some of the girls changed when being around such a good group.”

Caris comments, “It was our goal to let all these girls know that they weren’t alone and it was going to be OK.” Caris and Mary are living proof that type 1 diabetics can have happy, normal lives. “We strive to be role models in that way,” says Caris.

If you know a type 1 diabetic girl in 2nd through 8th grade who would benefit from the 2023 Mary Caris Camp, please email Freyja (freyja.lauritsen@me.com) to be put on the list for next summer. Mary and Caris are hoping to have not one but two sessions.



Hey, kids, do you want to be the superstar of the neighborhood? All you have to do is ask your parents to email nikki.eaves@n2co.com and answer some questions to be featured in the next available issue!



Crafts



Shaving cream war