

Diabetes Spotlight

Summer 2019

Cool Camps

Getaways Offer Kids with Diabetes Fun, Friendship and New Perspectives on Health

Going to camp is a rite of passage for many kids, and nowadays, there are offerings to suit a multitude of interests and needs. In fact, many camps gear their experiences toward youth with health conditions such as diabetes, helping them have fun experiences, forge new friendships and even learn new ways to live their healthiest lives. Check out some of the camps created just for kids with diabetes, based both here in San Diego and far beyond.



- **Camp Wana Kura:** Camp Wana Kura is an American Diabetes Association®-sponsored day camp for kids ages 5 to 12 (teens 13 to 17 can participate as aides). Hosted right here in San Diego at Santee Lakes Recreation Preserve, the summertime camp invites kids to enjoy games, crafts and sports while bonding with fellow attendees. Although registration is closed for 2019, plan ahead for 2020 — sign-ups open in April! Learn more at www.diabetes.org/in-my-community.
- **Camp Conrad Chinnock:** This year-round camp in the San Bernardino Mountains has sessions for kids, teens and families. The camp places an emphasis on kids with type 1 diabetes requiring insulin treatment, and along with outdoorsy fun and games, campers also participate in self-management skills training. Learn more at www.diabetescamping.org.
- **Riding on Insulin:** If you feel like making a family trip out of your kid's camp experience, Riding on Insulin gives kids ages 7 to 17 their choice of four countries in which to attend a one-day ski or snowboard "shred session." That said, if you don't, there are many options within the United States, including California! 2019 dates are open for international locations, and 2020 dates for the U.S. will be announced on the organization's website. Learn more at www.ridingoninsulin.org.
- **Camp Sweeney:** Located in Texas, this lakefront camp gives attendees ages 5 to 18 a traditional summer camp experience, complete with a three-week sleepaway program. In addition to staying in cabins and participating in activities ranging from archery to Zumba, campers will gain medical and lifestyle knowledge to serve them well after they head home. Learn more at www.campsweeney.org.

Do You Know?

Join Us in Welcoming Two New Team Members

Recently, the Rady Children's Division of Endocrinology/Diabetes added **RN care coordinator Amanda Cook** and **pharmacy technician Natosha Rodriguez** to our team. Read on to learn a bit more about our new members, and be sure to say "hi" if you see them during an upcoming visit!

About Amanda

While working as a medical assistant in Vermont years ago, Amanda knew two things for sure: she loved pediatric endocrinology, and she would live in California one day. After earning her nursing degree, her career path brought her to San Diego, where she "lucked out by landing a job at Rady Children's on the surgical unit." She loved her work and her team, but when a role came up in the Division of Endocrinology/Diabetes, she knew it was meant to be. "I find [the endocrine system] to be one of the most interesting systems in the body," Amanda explains. "I enjoy my face-to-face encounters with patients and families the most, such as teaching how to use a meter or ... how to give injections." Outside of work, Amanda is all about reading in her garden (while watching her cat lizard-hunt), cooking, hiking, camping and traveling.



About Natosha

San Diego native Natosha began pursuing her pharmacy tech career right after high school. "This career has taken me into a variety of roles," she says, naming travel auditing, retail, mail-order, specialty and long-term care positions. She has been with Rady Children's since 2017, and recently began her role handling prior authorizations for our division, as well as allergy and CF. "[My role] is to help ensure that patients get approval or authorization from insurance companies for their specialty medications or devices. It brings me a lot of satisfaction to know that people are getting the things they need to thrive," she explains. During her free time, Natosha enjoys spending time with her family, adventuring outdoors and re-watching favorite TV shows, such as "The Office."



New and Noteworthy

The Latest in Diabetes Products and Research

Kids who use insulin pumps or continuous glucose monitoring systems will love ExpressionMed's creative addition to the wearable diabetes device market: printed adhesives. Built for fashion *and* function, the adhesives come in plenty of designs to appeal to wearers of all ages, such as elephants, llamas, space, camo, florals, peacock feathers and cats. Per the brand website, the adhesive is



peel-resistant and waterproof, comes off without pain, and can hold its stick factor for 10 days to more than three weeks. Compatible devices include the following:

- Dexcom G5[®] and G6[®]
- Medtronic Enlite™
- FreeStyle Libre
- Omnipod[®]
- Infusion sets

Out and About

Good News from Around the Rady Children's Community



A big thank-you is in order for the San Diego Downtown Lions Club, who recently hosted a walk at Lake Miramar in support of our division. Club members raised funds to purchase some fantastic new arts and crafts supplies we can keep on hand for our creative patients!

Save the Dates

Build Skills and Find Common Ground at These Upcoming Events

Rady Children's Events

- **Advanced Pumping Seminars:** July 1 (Omnipod[®]), Aug. 5 (Tandem) and Sept. 9 (Medtronic). All classes 4-5 p.m. in San Diego.
- **Introduction to Pump Therapy:** June 12, July 10 and 23, Aug. 14 and 27 — San Diego; June 19 and Aug. 19 — Murrieta; Sept. 17 — Encinitas. All classes 3:30-4:30 p.m.
- **Keys to Supporting Students in the School Settings:** School nurses and health techs are encouraged to attend this free workshop on Sept. 7, which is aimed at enhancing the knowledge and skills needed to meet the health care needs of students with diabetes. For more information, contact Kimberly McNamara at kmcnamara@rchsd.org or **858-576-1700 x6126**.

Learn more about classes, locations and registration details at www.rchsd.org/programs-services/endocrinology-diabetes/classes/.

Community Events

- **JDRF Just for Parents Coffee Nights:** Events in Carlsbad, Central San Diego, Chula Vista, El Cajon, El Centro, Menifee, Murrieta, Fallbrook, Poway, Temecula and Santee. For more information or to sign up for location-specific email lists, contact Deanna Kasper at dkasper@jdrf.org or **858-597-0240**.

Recipe Roundup

Build a Hearty, Veggie-Filled Breakfast with Savory Oat Pancakes from Aarti Sachdeva, MS, RD

Aarti says these easy-to-make pancakes made with oats and vegetables are “quick, healthy and delicious.” You can also add some additional chopped or grated veggies of your choice for some custom flavor. The nutrition pro suggests serving the pancakes plain or lightly drizzled with ketchup, with a side of scrambled eggs, to start your day off right.

Total carbs: 32 grams per serving (two pancakes)

Ingredients

- 3/4 cup oat flour
- 1/2 cup yogurt
- Salt to taste
- 1/2 teaspoon cooking oil of choice per pancake
- 1/4 cup bell pepper, finely chopped
- 1/4 cup spinach, finely chopped
- 1/4 carrots, grated
- 1 tablespoon jalapeno (or chili of choice)
- 1/2 teaspoon fruit salt or baking soda



Directions

- Combine all ingredients (except fruit salt or baking soda) in a bowl with 1/2 cup water. Mix well to form a batter of pancake consistency.
- Sprinkle fruit salt or baking soda into mixture just before making the pancakes. Mix gently.
- Heat a nonstick pan and add 1/2 teaspoon of oil.
- Pour a spoonful of batter into the pan. Spread in a circular motion until approximately 4 inches in diameter.
- Cook until golden and flip.
- Cook for two to three minutes, or until the other side becomes equally golden.
- Transfer to a serving plate and enjoy!



**Scan and Subscribe to
Diabetes Spotlight!**