



# Adult Retreat at Bearskin Meadow Camp

July 13-15, 2018

This is *your* weekend! All activities and sessions are optional.

## Friday

### **4pm: Arrive and Explore!**

Tours of camp leave every 15 minutes

### **5:30pm: Games and Icebreakers**

Join us on the Field for some fun games to get to know each other

### **6pm: Wine and Cheese Reception**

Join us in the Dining Hall for a casual reception and to meet other participants

### **7pm: Dinner**

### **8pm: Welcome Address and Opening Circles**

Dining Hall: Opening Circle for Ages 40 and up, led by Dr. Mary Simon

Upper Craft Hall: Opening Circle for Under 40, led by Dr. Justin Altschuler

### **10pm: S'mores by the Campfire**

Roast marshmallows around the campfire and engage in conversation and camaraderie.



## Saturday

### 6:30am: Sunrise hike to Cathedral Dome

Meet in front of Headquarters for a hike to the top of Cathedral Dome. This hike is approximately 2 miles round trip and ends with a steep incline up a granite slope for beautiful views of the area.

### 7:00am: Yoga by the Creek

Enjoy the calm and quiet mountain morning and join us on the Field for some yoga and stretching. All abilities and experience levels are welcome.

### 8:30am: Breakfast

### 9:30am: Breakout Groups

- **Creating a Strong Partnership with your Significant Other**  
*Upper Craft Hall: Lorraine Stiehl*  
Diabetes can really be a 3<sup>rd</sup> wheel in a relationship! If you are the partner of a person with T1D, this session with Lorraine Stiehl is sure to strengthen your dialogue and connection with your T1D partner.
- **Precision in Carb Counting, with Strategies and Tips**  
*Dining Hall Patio: Sherri Shafer, RD, CDE*  
Even the Type 1 veterans need a refresher in Carb Counting! Join Sherri Shafer, a Registered Dietician and Certified Diabetes Educator, for an advanced session in nutrition and Carb Counting.
- **Interested in the Medtronic 670G? A Beginner's Guide to the Newest Technology**  
*Dining Hall: Mary Simon, MD*  
Automode? Hybrid Closed Loop? Learn what it's all about in this introduction to the newest insulin pump: the Medtronic 670G.
- **Introduction to Insulin pumps**  
*Diabetes Education Room, Medical Building: Jeannie Hickey, RN, BS, CDE*  
What is an insulin pump all about? Learn about what pumps are, what they do, and the variety of options available. Get your questions answered and even try out a pump site if you want!



## 10:45am: Breakout Groups

- **Dogs 4 Diabetics: Demo and Info Session**

*Dining Hall*

Can dogs really sense low and high blood sugar? Learn about how it works, see some dogs in action, and get information on D4D's programs and application process.

- **Carb Counting for Beginners**

*Diabetes Education Room, Medical Building: Sherri Shafer, RD, CDE*

New to Carb Counting? Learn the basics and get some practice!

- **Navigating Young Adulthood with T1D**

*Ellen's Place Living Room and Patio: Marcela Arregui-Reyes, MS, PMP*

Insurance, college, jobs, living away from home.... Adulting + Type 1 can be hard! Marcela will give you some tips and talk about ways you can be successful in this time of transition. This session is geared for ages 18-25 with T1D.

- **Advocating for Yourself with Insurance Companies**

*Dining Hall Patio: Lorraine Stiehl*

The frustration of dealing with insurance companies can be the most infuriating part of life with diabetes. Learn how to get what you need from your insurance company in this session with Lorraine.

- **Getting The Most out of your 670G**

*Upper Craft Hall: Mary Simon, MD and Jeannie Hickey, RN, BS, CDE*

You're wearing your 670G.....now what? This new system can be tricky, and there is a lot to learn in order to be more successful while wearing it. Come discuss the tips and tricks so that you can get the most out of your Hybrid Closed Loop system.

## 12pm: Lunch



## 1pm: Free Time

- **Archery**

Meet Uncle Rich down at the Archery Range any time from 1pm-6pm. All abilities and experience levels are welcome.
- **Pool**

Enjoy the warm pool by floating in a tube or playing a game of volleyball. Our lifeguard will be present from 1pm-6pm, so come on by for swimming or relaxing on the pool deck.
- **Arts and Crafts**

Engage in some camp classics like Tie Dye and Lanyards, along with other ways to express your creative side in the Craft Hall.
- **One-on-one Meetings with the Pro's**

Take advantage of our talented medical team! Whether you have T1D or not, we want you to have access to all possible resources for living well. Sign-ups will be posted on the bulletin board in front of Headquarters for meetings with psychiatrists, dieticians, CDEs, MDs and more.
- **Big Baldy hike**

Meet in front of Headquarters at 1:30pm for a hike to Big Baldy. The trailhead is a 15 minute drive from camp, so we will arrange carpools and coordinate travel before departure. This hike is of Moderate level and is 4.4 miles roundtrip with 650 feet of elevation gain. Join us for a fun adventure and beautiful views!
- **Additional activities at Hume Lake: SUP, The "Blob," Canoes, Kayaks, Swimming**

Just down the road is a beautiful Hume Lake, which offers swimming and fishing at Sandy Cove along with recreational activities and delicious milkshakes on the farther end of the lake. We have reserved the "Blob" (a giant water trampoline) from 2pm-4pm and will have a staff person located in front of the Snack Shop to direct you where to go. If you choose to rent a kayak or paddleboard, you may do so on your own at the Rental Shop, which is located directly behind the Snack Shop. If you'd like to carpool to the lake, meet in front of Headquarters at 1:30pm to organize and drive together.

## 4pm: The History of Bearskin Meadow Camp with Dr. Mary

*Upper Craft Hall: Mary Simon, MD*

Bearskin Meadow Camp is one of the longest running diabetes camps in the country, with 81 summers of operation. Learn about our fearless founders, Doc and Ellen, and hear stories about our rich history.



### **5pm: Reporting from the U.S Secretary of State Meeting on Diabetes Research**

*Upper Craft Hall: Lorraine Stiehl*

Lorraine was recently appointed by the US Secretary of Health and Human Services to the National Institute of Diabetes, Digestive, and Kidney Diseases Council. Learn about what was discussed at the most recent meeting and get the inside scoop on diabetes research.

### **6pm: Receptions**

*Dining Hall: BMC Alumni*

If you have been a camper or staff at BMC, please join us for an Alumni reception in the Dining Hall.

*Upper Craft Hall: All Other Guests*

Join us for a reception and enjoy good food and drinks in the Upper Craft Hall.

### **7pm: Dinner**

### **8pm: Keynote: A Look into the Future of Diabetes Technology**

*Dining Hall: Lisa Norlander, MD*

The current technological advancements in the world of diabetes are moving quickly and there are so many opportunities ahead. Learn about the research that is currently being conducted and get a sneak peak on upcoming ideas, studies, and devices.

### **9pm: Cathedral Dome Stargazing Hike OR “Alumni-style” Campfire**

Join us either for a stargazing night hike to Cathedral Dome or a group campfire incorporating the songs, skits, and stories of Bearskin’s rich history. All are welcome and encouraged to attend either activity.

## **Sunday:**

### **6:30am: Polar Bear Plunge at Glacier Pool**

Start off your morning with a refreshing dip into Glacier Pool, a 1 mile roundtrip hike leaving from camp. We will meet in front of Headquarters; wear your swimsuit and bring a towel!

### **6:30am: Yoga by the Creek**

Enjoy the calm and quiet mountain morning and join us on the Field for some yoga and stretching. All abilities and experience levels are welcome.

### **8am: Breakfast**



## 9am: Breakout Groups

- **Exercise and Sports with T1D**

*Dining Hall: Monica Mueller, RN, PT, CDE*

Exercise and diabetes can be a challenging combination! Learn about how exercise affects BG levels, as well as tips and tricks for managing diabetes before, during, and after exercise.

- **T1D Sugar Mommas: Panel on Diabetes and Pregnancy**

*Upper Craft Hall*

Pregnancy with type 1 can be intimidating but completely possible. Learn from two T1 moms who have been through it all and are here to share their stories and answer your questions.

- **Weight Control, Heart Health, and Blood Pressure**

*Diabetes Education Room, Medical Building: Sherri Shafer, RD, CDE*

Learn about overall general diet and the effect on weight, heart health, and blood pressure. Get your general health questions answered and gain knowledge on how to live a healthy life with or without diabetes.

- **How to Live Well with a T1D Partner**

*Dining Hall Patio: Sarah Altschuler, MD*

Geared towards those without T1D, come join Dr. Sarah and talk about the challenges of being in a relationship with a person with diabetes with a group of people who understand. This will be an interactive workshop and a safe place to vent, problem solve, and brainstorm constructive ways to support a partner with T1D.



## 10am: Breakout Groups

- **Understanding and Using CGMs**

*Dining Hall: Lisa Norlander, MD*

Continuous Glucose Monitors are advancing rapidly and gaining popularity in the T1D world. Come learn about what they are, how they are used, and how you can get the most out of the information they provide.

- **Nutrition, T1D, and Pregnancy**

*Diabetes Education Room, Medical Building: Sherri Shafer, RD, CDE*

Join Sherri, a Pregnancy and Diabetes Specialist, to learn about adjustments needed in your diabetes management before, during, and after pregnancy.

- **Drugs and Alcohol with T1D**

*Upper Craft Hall: Justin Altschuler, MD*

Learn how drugs and alcohol affect the body and diabetes management, along with how you can be prepared before, during, and after consuming drugs and alcohol.

- **Afrezza: Inhaled Insulin and What you Need to Know About It**

*Ellen's Place Living Room and Patio*

Inhaled insulin? Is it finally here? Hear from Dr. Mary (a user of the product), and an Afrezza rep, to learn about what it is, how it works, and what you need to know about it.

## 11am: Closing Keynote: From Discouraged to Encouraged: A Bolus of Hope

*Dining Hall: Susan Jung Guzman, PhD*

Difficult feelings about diabetes are a common experience of T1D life, and can lead to Diabetes Burnout. Learn about the common emotional and behavioral pitfalls and new ways to feel more self-compassionate, encouraged and hopeful.

## 12pm: Lunch

***See you next year, August 9-11, 2019!***



## Speakers and Healthcare Professionals

### **Justin Altschuler, MD, MS**

As the Medical Director for DYF programs, and as a person with diabetes, Justin is passionate about the sense of community and belonging DYF creates for those affected by T1D. In his life outside of camp, Dr. Justin runs a private practice called SequoiaMD, caring for patients with type 1 diabetes, substance abuse disorders, and as their primary care doctor.

### **Sarah Altschuler, MD**

Sarah is a Psychiatrist whose work in the community specializes in caring for people living with chronic and persistent mental illness. At BMC, she works to help support people living with T1D who are also struggling with mental health issues and to build resiliency in the community so everyone can live well no matter what life throws them.

### **Marcela Arregui-Reyes, MS, PMP**

Marcela works as the Transition Coordinator for UCSF at the Madison Clinic for Pediatric Diabetes. It has become her passion to coach young adults and support them in their dreams and aspirations, as well as to help them with the journey of transition from pediatrics to adulthood when it comes to diabetes management and its logistics.

### **Dogs 4 Diabetics**

D4D is an innovative nonprofit organization that trains assistance dogs to recognize and alert rapid blood sugar changes in people with insulin dependent diabetes. With their astonishing sense of smell, D4D dogs can reliably and accurately alert their partners to rapidly dropping blood sugar even faster than most consumer devices on the market. D4D pairs their Medical Alert Service Dogs with children and adults to help improve quality of life and reduce the risks associated with diabetes.

### **Susan Jung Guzman, PhD**

A clinical psychologist specializing in diabetes, Dr. Guzman is passionate about helping to change the conversations in diabetes away from shame, blame and judgment to those based on facts, empathy, and encouragement. She has been part of a joint ADA/AADE effort to address problematic language and messages in diabetes. In 2003, Dr. Guzman co-founded the Behavioral Diabetes Institute (BDI), the first non-profit organization devoted to the emotional and behavioral aspects of living with diabetes.



### **Jeannie Hickey, RN, BS, CDE**

Assistant Medical Director for DYF since 2006, Nurse Jeannie first attended BMC as a camper in 1965 just one month after her diagnosis at age 12. Jeannie loves teaching, sharing and encouraging others with T1D so that they can live their lives to the fullest.

### **Monica Mueller, RN, PT, CDE**

Monica began her career in health care as a physical therapist, initially working with adults and later with children with neuromuscular impairments. When Monica developed type 1 diabetes in her mid-40's, she found support with DYF and Bearskin Meadow Camp. After several summers at camp and involvement with other diabetes organizations, Monica was inspired to go back to school, earned her Bachelor's of Science in Nursing and RN. Monica now works as a Certified Diabetes Educator at the UCSF Madison Clinic for Pediatric Diabetes.

### **Lisa Norlander, MD**

Lisa works at Stanford in the Pediatric Endocrine Department helping with closed-loop and artificial pancreas clinical trials. In addition, she also works as an emergency room physician in a variety of hospitals in California. She is passionate about upcoming diabetes research and technology, and enjoys sharing knowledge with the type 1 community.

### **Sherri Shafer, RD, CDE**

Sherri Shafer has been a registered dietitian and certified diabetes educator in the outpatient diabetes specialty clinics at UCSF Medical Center since 1992. She has lectured extensively to medical professionals and public audiences, contributed to healthcare websites and professional publications, and developed dozens of diabetes educational materials. She is the author of "Diabetes and Carb Counting For Dummies" (2017).

### **Mary Simon, MD**

A long-time person with diabetes and certified Diabetologist, Dr. Mary Simon served as DYF's Medical Director for over 30 years, retiring in 2016. Mary has a private practice in Fresno where she sees children and young adults with type 1 diabetes.



### **Lorraine Stiehl**

Lorraine has been a diabetes advocate for 33 years, after marrying a man who has now survived type 1 diabetes for nearly six decades. Last fall, Lorraine and co-author, Dr. Nicole Johnson (Miss America 1999), launched their new book, *“What To Do When Your Partner Has Diabetes: A Survival Guide.”* Lorraine advocates for diabetes regulatory, reimbursement and access issues, and regularly represents the diabetes community in the U.S. Congress, FDA, CMS, and CDC. Lorraine served as a JDRF local, regional and national staff member for 14 years. Lorraine was employed by the UCSF Diabetes Center for 13 years, and currently consults for UCSF on diabetes clinical trial recruitment including TrialNet. Through her family’s consulting firm, StiehlWorks, Lorraine has provided marketing and communications leadership to the Florida Diabetes Prevention Program, The diaTribe Foundation, and numerous other organizations including Students With Diabetes, Diabetes Research Connection, California Institute for Regenerative Medicine, and the Washington DC-based public policy and advocacy firm, HCM Strategists.

### **T1D Sugar Mommas**

T1D Sugar Mommas is a group of moms with Type 1 Diabetes that come together for community building, events, and support. Sugar Mommas is excited to present a panel of moms at the Adult Retreat to answer questions about family planning, pregnancy, and motherhood with T1D. Their events can be found on their Facebook page, <https://www.facebook.com/T1DSugarMommas/>