

# SPRING FAMILY RETREAT KID SCHEDULE – March 9-11, 2018

6:45

8:30

**DAY 1:**  
March  
9

Welcome to Alliance Redwoods Conference Grounds! Families settle into your cabins and get comfortable.

**DINNER STARTS AT 6:00 PM IN THE DINING HALL!**  
**BG CHECKING AND INSULIN CONSULTATION WITH MED STAFF STARTS AT 5:30 PM IN THE MAPLE ROOM/DINING HALL**

Make sure everyone is dressed in **WARM CLOTHING**, as we'll go straight from dinner into orientation and kids groups, who'll be going **OUTSIDE** to enjoy a Campfire.

Parents: Opening Circle

Kids: **CAMPFIRE!**  
(Remember to dress warmly)

Skit Prep 6:45-7:30  
Campfire – 7:30

**SNACK! SLEEP WELL!**  
Served at Campfire

**DAY 2:**  
March  
10

7:45 – 8:00

8:00

8:30

9:00

10:30

10:45

12:15

2:00 – 3:30

3:30

4:00

5:45

7:00

8:30

BG CHECKING AND INSULIN CONSULTATION WITH MED STAFF IN THE DINING HALL.

BREAKFAST!  
MAKE SURE TO WASH YOUR HANDS!

MORNING ANNOUNCEMENTS & THE FIRST LIST!

**KIDS GROUP ROTATION 1**

Ms: Arts & Crafts  
A: Arts & Crafts  
B: Nature  
C: Sports & Games  
D: Sports & Games

BG CHECKS, THEN SNACK!  
WASH HANDS

**KIDS GROUP ROTATION 2**

Ms: Nature  
A: Nature  
B: Sports & Games  
C: Arts & Crafts  
D: Arts & Crafts

BG CHECKS, THEN LUNCH!  
WASH HANDS  
Insulin Consultation in Dining Hall

**FAMILY CHOICE:**

ARTS & CRAFTS  
TRIAL NET  
ARCHERY  
ROCKET SWING  
OUTDOOR CLIMBING WALL  
NATURE WALK  
ONE ON ONES WITH THE HEALTH PROF. TEAM

**SNACK!**  
Served in the Tabernacle

**FAMILIES VS. STAFF KICKBALL GAME!**  
  
AT THE SLAB

DINNER!  
WASH HANDS  
Insulin Consultation in Dining Hall

**KIDS DANCE!**  
  
**KIDS MEET IN THE TABERNACLE**  
  
PARENTS – PANEL

**SNACK! SLEEP WELL!**  
Served in the Tabernacle

**DAY 3:**  
March  
11

7:45 - 8:00

8:00

8:30

9:15

10:30

10:45

11:45

12:00

BG CHECKING AND INSULIN CONSULTATION WITH STAFF IN THE DINING HALL.

BREAKFAST!  
MAKE SURE TO WASH YOUR HANDS!

MORNING ANNOUNCEMENTS & THE FIRST LIST!

**KIDS GROUP ROTATION 1**

Ms: Bubbles & Stories  
A: Sports & Games  
B: Arts & Crafts  
C: Hike  
D: Hike

BG CHECKS, THEN SNACK!  
WASH HANDS

**KIDS GROUP ROTATION 2**

Group Game: Rocks!!!!  
  
**GROUP PICTURE TO FOLLOW!!!!**

GROUP PICTURE

TIME FOR GOODBYES!



**THANK YOU FOR JOINING US!**



# SPRING FAMILY RETREAT PARENT SCHEDULE – March 9-11, 2018

6:45

8:30

DAY 1:  
March  
9

Welcome to Alliance Redwoods Conference Grounds! Families settle into your cabins and get comfortable.

**DINNER STARTS AT 6:00 PM IN THE DINING HALL!**  
**BG CHECKING AND INSULIN CONSULTATION WITH MED STAFF STARTS AT 5:30 PM IN THE MAPLE ROOM/DINING HALL**

Make sure everyone is dressed in **WARM CLOTHING**, as we'll go straight from dinner into orientation and kids groups, who'll be going **OUTSIDE** to enjoy a Campfire.

**PARENTS:  
OPENING CIRCLE**

**KIDS: CAMPFIRE!  
(DRESS WARMLY)**

**SNACK! SLEEP WELL!**  
Served at Campfire

DAY 2:  
March  
10

7:45 - 8:00

8:00

8:30

9:00

10:15

11:30

12:15

2:00 – 3:30

3:30

4:00

5:45

7:00

8:30

BG CHECKING AND INSULIN CONSULTATION WITH MED STAFF IN THE DINING HALL.

**MAKE SURE TO WASH YOUR HANDS!**  
BREAKFAST!

**MORNING ANNOUNCEMENTS & THE FIRST LIST!**

Advanced Pumping Techniques  
-Nurse Jeannine  
  
Medtronic 670 System: A Comprehensive Look  
-Dr. Justin & Nurse Jeannie  
  
How to Talk to Your Kids/Teens about Diabetes  
-Dr. Sarah

**DYF Report:**  
Janet Kramschuster, ED  
  
**Keynote Talk:**  
Dr. Bruce Buckingham

**TRIAL NET FOR ALL**

**LUNCH!**  
Insulin Consultation in Dining Hall

**FAMILY CHOICE:**  
ARTS & CRAFTS  
TRIAL NET  
ARCHERY  
ROCKET SWING  
OUTDOOR CLIMBING WALL  
NATURE WALK  
ONE ON ONES WITH THE HEALTH PROF. TEAM  
ONE ON ONES WITH THE HEALTH PROF. TEAM – CONSULTATION & SKILLS LAB

**SNACK!**  
Served in the Tabernacle

**FAMILIES VS. STAFF KICKBALL GAME!**

**DINNER!**  
Insulin Consultation in Dining Hall

Growing Up with T1D Panel  
-Berry Board Room

**SNACK! SLEEP WELL!**  
Served in Tabernacle

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March  
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8:00

8:30

9:15

10:30

11:45

12:00

BG CHECKING AND INSULIN CONSULTATION WITH MED STAFF IN THE DINING HALL.

**MAKE SURE TO WASH YOUR HANDS!**  
BREAKFAST!

**MORNING ANNOUNCEMENTS & THE FIRST LIST!**

T1D Building Blocks  
-Dr. Justin  
  
Maximizing Your CGM Data  
-Dr. Lisa  
  
Letting Go of Your Diagnosis Trauma  
-Alice, MFT

Grown Up-Self Care  
– Dr. Sarah  
  
Managing T1D at School  
-Nurse Marikay

**GROUP PICTURE**

TIME FOR GOODBYES!  
  
DRIVE SAFELY!

**Keynote Speakers/Educators:**

Bruce Buckingham, MD  
Jeannie Hickey, RN, CDE  
Alex Nella, RD, CDE  
Lisa Dewar, RD  
Jeannine Leverenz, RN, CDE  
Justin Altschuler, MD, MS  
Sarah Altschuler, MD  
Lisa Norlander, MD  
Marikay Batina, RN, CDE  
Alice Philips, MFT

