



Adult Retreat at Bearskin Meadow Camp

August 9-11, 2019

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

Friday

1pm: Arrive and Explore!

Tours of camp leave every 30 minutes or you can feel free to explore on your own.

1pm-5pm: Optional Drop-In Activities:

- Pool is Open
- Archery is Open
- Tie Dye is available on the Field (shirts supplied at no cost).

4:00pm: Games and Icebreakers

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

5:30pm: Wine and Cheese Reception

Join us on the Dining Hall patio for a casual reception.

6:30pm: Dinner

7:30pm: Welcome Address and Opening Circles

The Three Pillars of Diabetes Success – Dr. Justin Altschuler

Dining Hall: Opening Circle for Creekside Decks + Ellen's Place, led by Jeannie Hickey

Upper Craft Hall: Opening Circle for Hillside Decks, led by Dr. Justin Altschuler

9:30pm: Cathedral Dome Stargazing Hike

Meet in the Dining Hall at 9:30pm to head to the top of nearby Cathedral Dome. Enjoy gorgeous views of the stars!



Saturday

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.

8:00am: Breakfast

9:00am: Breakout Groups

- **T1D Basics for People Without T1D**

Diabetes Education Room, Medical Building: Jeannie Hickey, RN, BS, CDE

If you are at the beginning stages of your relationship to type 1 diabetes (T1D), this is the place for you. Learn terminology such as A1C, discuss the symptoms of high and low blood sugar, and get all of your questions answered in a safe and friendly space.

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

Dining Hall: Hayley Sevilla, D4D Trainer

Can dogs really sense low and high blood sugar? Trainers from D4D will be speaking about their service dog organization, support groups offered, and the application process. They will also talk about the difference between public accessible dogs versus their Buddy Dog program, as well as show demos of the trainings dogs go through before they are placed with a client.

- **Creating a Strong Partnership with your Significant Other**

Lower Sports Court: Lorraine Stiehl

Diabetes can really be a 3rd 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.

- **Advanced Nutrition and Carb Counting**

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.

- **Medtronic 670G: Maximizing Time in Range + Tips for Success**

Upper Craft Hall: Dana Arnold, MS, RD, CDE and Lisie Chickering, RN, CDE

If you've been using the 670G for a while now and are ready for decreased alarms and increased time in range, this session is for you. Learn some tips and tricks from a Medtronic rep and start using this system to its full capacity.



10:45am: Breakout Groups

- **DIY Loop: What is it, What do I need, and How do I do it?**

Dining Hall: Sarah Hanes

Curious about do-it-yourself automated insulin delivery? Learn what Loop is all about and what to expect after you build your system.

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

Lower Sports Court: T1D Sugar Mommas

Pregnancy with type 1 can be intimidating but completely possible. Learn from four T1 moms who have been through it all and are here to share their stories and answer your questions on pre-pregnancy planning through delivery.

- **Hands-on Diabetes Skills for Beginners**

Low Room, Medical Building: Jeannie Hickey, RN, BS, CDE and Sarah Altschuler, MD

Draw up a shot, practice a glucagon injection, check your blood sugar, change a pump site, anything you've been wanting to learn is available here!

- **Carb Counting for Beginners**

Barely Sick Room, Medical Building: Sherri Shafer, RD, CDE

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

- **Pumping with Special Considerations**

Upper Craft Hall: Dana Arnold, MS, RD, CDE and Lisie Chickering, RN, CDE

Surgery, exercise, breastfeeding, steroid medications, the list of special considerations goes on! Learn about how to manage these times that may require different management than your daily life.

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. Please wear closed toed shoes!
- **Pool**
Enjoy the 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.
- **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. For meetings with diabetes specialists, feel free to bring your Tidepool account login information and they can help you analyze your data trends! Also come as a couple to talk about your relationship with Dr. Sarah!
- **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 with limited parking at the trailhead, 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," High Ropes Course, Kayaks, Swimming**
Just down the road is 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. 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.
From 1-3pm we have reserved the "Blob" (a giant water trampoline). We will have a staff member located in front of the Snack Shack to direct you where to go if needed.
From 3-5pm we have access to the High Ropes Course (\$35 additional charge), so if you are feeling bold and ready for an adventure, meet us at the Snack Shack at 2:45pm.

5:30pm: Wine and Cheese Reception

Join us on the Dining Hall patio for a casual reception.

6:30pm: Dinner

8pm: Campfire and S'mores

Join us for a group campfire where audience participation is strongly encouraged! Expect a casual mix of songs, skits, and stories from throughout Bearskin's rich history, along with new material provided by you! We will finish the night with s'mores around the fire.



Sunday:

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.

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

- **Supporting Someone with T1D**

Barely Sick Room, Medical Building: Lorraine Stiehl

You may be the friend, parent, sibling, or significant other to someone with diabetes and this can be really challenging! Come join Lorraine and discuss support strategies for the T1D loved one in your life and learn how to strengthen your relationship without letting diabetes get in the way.

- **Introduction to Insulin pumps and Continuous Glucose Monitors**

Low Room, Medical Building: Jeannie Hickey, RN, BS, CDE

What is an insulin pump all about? How about a CGM? Learn about what they are, what they do, and the variety of options available. Get your questions answered and even try out a pump site if you want!

- **Navigating Young Adulthood with T1D**

Dining Hall: Dr. Justin Altschuler, MD, MS

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

- **Medtronic: What's Coming Down the Pipeline**

Upper Craft Hall: Dana Arnold, MS, RD, CDE and Lisie Chickering, RN, CDE

There is so much great technology coming soon from our friends at Medtronic! Come see what you have to look forward to within the next 3 years.

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

Lower Sports Court: Sarah Altschuler, MD

Geared towards those without T1D in a relationship with someone with T1D, come join Dr. Sarah and engage in discussion about the challenges of being in a T1D relationship. This will be an interactive workshop and a safe place to vent, problem solve, and brainstorm constructive ways to improve your relationship.



10:45am: Breakout Groups

- **Drugs and Alcohol with T1D**

Lower Sports Court: Dr. 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.

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

Lower Sports Court: T1D Sugar Mommas

Join us to learn about pre-pregnancy planning through motherhood while living with T1D. Four T1 moms will share their experiences and answer your questions.

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

Dining Hall: Hayley Sevilla, D4D Trainer

Can dogs really sense low and high blood sugar? Trainers from D4D will be speaking about their service dog organization, support groups offered, and the application process. They will also talk about the difference between public accessible dogs versus their Buddy Dog program, as well as show demos of the trainings dogs go through before they are placed with a client.

- **Self Compassion in T1D**

Dining Hall Patio: Sarah Altschuler, MD

Life is challenging, and adding a chronic illness to the mix can make it overwhelming. Come discuss ways to help prevent yourself and those you love from falling into self-blame. We will learn practical ways to build self-compassion, resiliency and a bit more ease in day-to-day life.

- **A Beginner's Guide to the Medtronic 670G**

Barely Sick Room: Dana Arnold, MS, RD, CDE and Lisie Chickering, RN, CDE
Automode? Hybrid Closed Loop? Come learn what it's all about!

12pm: Lunch



Speakers and Healthcare Professionals

Justin Altschuler, MD, MS

As the Medical Director for DYF programs, and as a person with diabetes, Dr. 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.

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.

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.

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).



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 Instagram, @t1dsugarmommas.

Sarah Hanes

Sarah works in clinical research at Stanford University and has lived with type 1 diabetes since 1988. She attended Camp de los Niños throughout her childhood and has volunteered at various DYF programs since. She started Looping in February 2017 and is active in the T1D DIY space.

Dana Arnold, MS, RD, CDE

Dana Arnold has been a Registered Dietitian and Certified Diabetes Educator in the Bay Area since 1996. She is the Sr. Clinical District Manager for Medtronic Diabetes covering the Northern California area. In this role she manages a team of 12 clinical representatives and partners with the sales team to train and support patients, educators and physicians on Medtronic devices and the management of these devices. Prior to joining Medtronic, Dana worked in the Bay Area in both in-patient and out-patient diabetes education roles at Good Samaritan Hospital, Obstetrix Medical Group and Seton Medical Center. Dana is a therapy expert on the MM670G and hybrid closed loop pump management. She is a passionate advocate for persons with diabetes and is inspired to help patients live their best life. She has volunteered with various local and national organizations and served on the leadership board at the local/regional level for ADA and AADE.