

SPRING FAMILY RETREAT KID SCHEDULE – March 15-17, 2019

6:45

8:30

DAY 1:
March
15

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 will go straight from dinner into orientation and kids groups, who will be going **OUTSIDE** to enjoy a Campfire.

Kids: CAMPFIRE!

(Remember to dress warmly)

Skit Prep – 7:00 7:45
Campfire – 7:45

Parents: Opening Circle

SNACK! SLEEP WELL!
Campfire Circle

DAY 2:
March
16

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
Maple Room/DINING HALL.

BREAKFAST!
MAKE SURE TO WASH YOUR HANDS!

MORNING ANNOUNCEMENTS & 1ST LIST!
Tabernacle

KIDS GROUP ROTATION 1
M: Arts & Crafts
A: Sports & Games
B: Nature
C: Arts & Crafts
D: Arts & Crafts

SNACK - WASH HANDS!
Round House Patio

KIDS GROUP ROTATION 2
M: Nature
A: Nature
B: Arts & Crafts
C: Sports & Games
D: Sports & Games

BG CHECKS, THEN LUNCH!
WASH HANDS
Insulin Consultation in the Maple Room

FAMILY CHOICE:
Meet @ Campfire at 2pm
ARTS & CRAFTS
ARCHERY
ROCKET SWING
OUTDOOR CLIMBING WALL
NATURE WALKS
ONE ON ONES WITH THE HEALTH PROF. TEAM

SNACK - WASH HANDS!
Round House Patio

FAMILIES VS. STAFF KICKBALL GAME!
The Slab

BG CHECKS, THEN DINNER!
WASH HANDS
Insulin Consultation in the Maple Room

KIDS DANCE!
Tabernacle
PARENTS PANEL
Fireside Room

SNACK! SLEEP WELL!
Tabernacle

DAY 3:
March
17

7:45 - 8:00

8:00

8:30

9:15

10:30

10:45

11:45

12:00

BG CHECKING AND INSULIN CONSULTATION WITH MED STAFF
Maple Room/DINING HALL.

BREAKFAST!
MAKE SURE TO WASH YOUR HANDS!

MORNING ANNOUNCEMENTS & 1ST LIST!
Tabernacle

KIDS GROUP ROTATION 1
M: Bubbles & Stories
A: Arts & Crafts
B: Sports & Games
C: Hike
D: Hike

SNACK - WASH HANDS!
Round House Patio

KIDS GROUP ROTATION 2
Group Game: Rocks

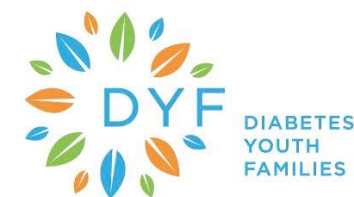
@ THE SLAB

GROUP PICTURE
Campfire Circle

See You Later,

DRIVE SAFELY!

THANK YOU FOR JOINING US!



Visit www.dyf.org to learn more about our Summer programs!

SPRING FAMILY RETREAT PARENT SCHEDULE – March 15-17, 2019

6:45

8:30

DAY 1:
March
15

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**PARENTS:
OPENING CIRCLE**
Tabernacle

KIDS: CAMPFIRE!
(DRESS WARMLY)

SNACK! SLEEP WELL!
Served at Campfire

DAY 2:
March
16

7:45 - 8:00	8:00	8:30	9:00	10:15	12:15	2:00 – 3:30	3:30	4:00	5:45	7:00	8:30
BG CHECKING AND INSULIN CONSULTATION WITH MED STAFF <i>Maple Room/DINING HALL.</i>	MAKE SURE TO WASH YOUR HANDS! BREAKFAST!	MORNING ANNOUNCEMENTS & 1ST LIST! <i>Tabernacle</i>	Managing Your Child/Teen's Diabetes During Transitions -Marikay Batina Sick Day & Ketone Management -Erin Heiser Open Communication with Your Child, Spouse, & Support System -Sarah Altschuler	DYF Report: Marissa Clarke-Howard, Development Manager Keynote: The Three Legged Stool: Knowledge, Community, Resiliency -Dr. Justin Altschuler	BG CHECKS, THEN LUNCH! WASH HANDS <i>Insulin Consultation in the Maple Room</i>	FAMILY CHOICE: <i>Meet @ Campfire at 2pm</i> ARTS & CRAFTS ARCHERY ROCKET SWING OUTDOOR CLIMBING WALL NATURE WALKS ONE ON ONES WITH THE HEALTH PROF. TEAM	SNACK - WASH HANDS! <i>Round House Patio</i>	FAMILIES VS. STAFF KICKBALL GAME! <i>The Slab</i>	BG CHECKS, THEN DINNER! WASH HANDS <i>Insulin Consultation in the Maple Room</i>	Growing Up With T1D Panel <i>Fireside Room</i>	SNACK! SLEEP WELL! <i>Served in Tabernacle</i>

DAY 3:
March
17

7:45 - 8:00	8:00	8:30	9:15	10:30	11:45	12:00	 <p>Keynote Speakers/Educators:</p> <ul style="list-style-type: none"> Justin Altschuler, MD Jeannie Hickey, RN, CDE Lisa Dewar, RD Jeannine Freeman, RN Sarah Altschuler, MD Lisa Norlander, MD Marikay Batina, RN, CDE Erin Heiser, RN, CDE Alice Philips, MFT 				
BG CHECKING AND INSULIN CONSULTATION WITH MED STAFF <i>Maple Room/DINING HALL.</i>	MAKE SURE TO WASH YOUR HANDS! BREAKFAST!	MORNING ANNOUNCEMENTS & 1ST LIST! <i>Tabernacle</i>	Advanced Pumping -Erin Heiser Traveling with T1D: Tips, Tricks, & Hacks -Jeannine Freeman Preventing & Managing Depression & Anxiety in T1D & their Caregivers -Sarah Altschuler	Mindfulness & T1D -Justin Altschuler Upcoming Technology -Jeannie Hickey Data & Diabetes -Lisa Norlander	GROUP PICTURE <i>Campfire Circle</i>	<p>See You Later,</p>  <p>DRIVE SAFELY!</p>					

