Registration & Vendor Fair

Keynote Address with Jake Johnston
What does it mean to “live” with T1D?
What does it mean to people to “live” with Type 1 Diabetes? What sort of value do other people play in your life with the disease? How is your emotional and social health impacted by T1D on a day to day basis? As people that live with T1D, what do we owe to each other and to the people that love us? Join Jake as he asks you to help him come up with answers to these questions and talk through the unique and occasionally hilarious stories that underpin a life well lived with T1D.

Small Group Discussions

Retreat Sponsored Lunch

Rotation 1: (A or B) – sessions will repeat at next rotation

Session A: Mindfulness & Self-Compassion for Managing a Chronic Illness
explore the science and art of mindful self-compassion in managing Type 1 Diabetes. Facilitator: Jamie Elzea, MSW, MPH, LICSW.

Session B: Diabetes in the Workplace: How “Out” Are You?
How do you: deal with interviews, Lows in meetings, Work lunches? Do you ever call in sick or use FMLA? When do you or do you ever disclose? How do you respond questions? Pump site changes? Extra supplies at work?
Moderator: Callie Coles Rice, Camp Leo Board Chair

Break

Rotation 2: Sessions A & B from rotation 2 repeat plus sessions C & D

Session C: Diabetes 101 for Pancreas CO-pilots (Friends and loved ones of PWD)
safety basics and T1D myths and facts. You’ll learn tips on what to say and what not to say. From practical strategies to all the emotional stuff, this is all about helping you to support your person with Type 1.
Facilitator: Karen Aitken

Session D: Creative Expression / Physical Activity
choose 1:
Creative expression: writing prompts, materials for collage making, device decoration and more.
facilitators: Linsey, Charlie and Liz

Break & Retreat Sponsored Snack

Rotation 3: (A, B, or C)

Session A: T1D Women Only Discussion Group
This time is meant to share experiences, ask questions and talk about life with T1D as a woman. So put your pump in your bra, your kit in your purse and tell us how you do it!
Facilitators: Julie Schliebner, PWD, MSW, LICSW, Adolescent Mental Health Therapist; Cassady Kintner, PWD, LMFT, MDFT, is a licensed marriage and family therapist

Session B: T1D Men Only Discussion Group
This session will give you the opportunity to speak freely and frankly about your experience with T1D as a man.
Facilitator: Jim Cheairs, PWD

Session C: Pancreas CO-pilots Only Discussion Group
This is your chance to meet others who share their lives with someone with Type 1 Diabetes, ask questions, and explore what it means to care for someone who is caring for their own chronic condition.
Facilitator: Jonathon Royer, RN, CEN, has been a registered nurse for over 12 years As a nurse Jonathon thought that he knew everything that there was to know about Type 1 diabetes until he met his partner Julie(PWD).

Break before dinner
(Bar opens)
Retreat Hosted Dinner

Evening Activities options & unstructured time
Fire pit and s’mores (weather permitting)

T1 Comedy – Peter Hannah and Brian Muchinsky
Comedy Improv “Playshop”
Peter Hannah and Brian Muchinsky are members of Comedy Court, a comedy improv troupe that has been active in Seattle for over a decade. Fun Fact: there are three T1D families in their troupe!

Casino trip | Live band and dancing at Beach Rock Music & Sports Lounge (must be 21+)
Retreat Sponsored Breakfast

Morning Activity Options
Hike, Meditations, Beach Stroll

Sunday Yoga Session
Facilitator: Madi Johnson, PWD, Registered Yoga Teacher, Health and Wellness Director - YMCA

Official Morning Welcome & Details of the Day

Rotation 4: (A or B) – Same sessions will repeat at next rotation

Session A: Severe burnout, coping, diabetes impact on mental health. Grief ritual.
Facilitator: Kestrel O’Conally MA, MS, LMHC Psychotherapist, PWD

Session B: Legal Rights and Advice
Employee and employer rules and regulations can be confusing and often leave employees feeling unsure about their rights in the workplace. Learn about what the law requires of employers and how to best handle Type 1 diabetes-related medical issues with your employer.
Facilitators: Lauren Parris Watts, Attorney specializing in compensation and severance agreements, non-competition and non-solicitation restrictions, disability accommodations, FMLA, and other leave rights and misconduct investigations and Mitigation work.
Emma Kazaryan Attorney specializing in severance negotiations, workplace investigations, and licensing matters.

Break

Rotation 5: Repeat A & B above plus C
Session C: Creative Expression or Physical Activity –
Creative expression: writing prompts, materials for collage making, device decoration and more.
Facilitators: Linsey, Charlie and Liz

Retreat Hosted Lunch

Rotation 6

Session A: T1D Advocacy Workshop
Facilitator: Jake Johnston, PWD, the Johnston Group - President federal lobbying firm based in Seattle, WA and operating in Washington D.C.

Session B: Research and Technology Updates
Facilitator: Tom Kowalski, MS, RN, CDE providing diabetes education for patients and staff since 1990 has been living with type 1 diabetes since 1988. member of the American Diabetes Association and the American Association of Diabetes Educators.

Wrap up & Conclusion