

T1D TAKES CENTER STAGE

CONNECT1D[®] ADULT RETREAT
by Type 1 United

Dear Connect1D Adult Retreat Attendee,

Welcome to the 2024 Connect1D Adult Retreat! We are so happy to have you with us at the Clearwater Casino Resort! Over the course of the next two days, you can count on copious amounts of laughter, inspiration, and connection, all with an amazing group of people who really get it.

After the past couple years, it might take a second to break out of our shells. We hope you'll find ways to build connections, make new friends, and learn something new alongside your diabetes community.

We want to give a special thank you to our speakers, committee members and volunteers who donated their time to this event. We couldn't do it without you.

Welcome!

The Connect1D Adult Retreat Committee

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APRIL 20 SATURDAY SESSIONS EXTENDED

9:00-10:00 AM Registration & Vendor Fair

10:00-11:00 AM Welcome & Activity in Billy Frank Jr. Hall

11:00-12:00 PM Keynote Address

Redefining Success: My Setbacks & Breakthroughs in Navigating T1D & The Entertainment Industry with Qiana Drew in Billy Frank Jr. Hall

Living with type 1 diabetes while navigating the entertainment industry is a unique journey filled with challenges, setbacks, and breakthroughs. In this dynamic environment, success is redefined as overcoming obstacles and thriving despite the daily management of T1D. From managing blood sugar levels during long shoots to advocating for accommodations in a fast-paced industry, people with T1D showcase resilience, determination, and creativity in pursuing their dreams. Qiana highlights her personal triumphs and struggles of balancing health, career aspirations, and the demands of the entertainment industry, ultimately showcasing the power of perseverance and redefining success in the face of adversity.

Qiana Drew, a multifaceted talent in the realms of music and acting, has experienced a dynamic path within the industry. Having collaborated with renowned figures such as Missy Elliot and Chris Rock, she also achieved the remarkable feat of gracing the stage of American Idol's coveted Hollywood round. However, her journey has been uniquely challenging, as she confronted a diagnosis of type 1 diabetes at the start of her entertainment career. Undeterred by this formidable obstacle, Qiana forged ahead, driven by an unwavering determination to succeed.

Qiana established "The Anchor Holds," an organization dedicated to supporting those affected by diabetes, and became a certified health coach who celebrates the art of life with diabetes. In an exciting development, Qiana recently released her debut song, "You Are Not Alone," a poignant anthem crafted for the diabetes community. Through her music, she endeavors to uplift and connect with others who navigate the complexities of diabetes, offering a message of solidarity and hope. Today, Qiana's unwavering commitment to empowering individuals with diabetes is manifested through her role as a dedicated peer mentor. Her efforts are focused on laying the groundwork for holistic wellness within the diabetes community, embodying her enduring passion for making a meaningful difference in the lives of others.

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APRIL 20 SATURDAY SESSIONS EXTENDED

1:15-2:45 PM 1A

What is your Self-Talk? Compassionate Voice Workshop with Dr. Jody Stanislaw in Billy Frank Jr. Hall

In this lively and lovely discussion, Dr. Jody Stanislaw, who calls herself a Radiant Self-Love Luminary, will dive into answering these key questions: How do I know if I love myself? What does self-love even look like? What are the benefits of self love? How do I love myself? You will walk away with a clear grasp on The Three Essential Keys for Self-Love, plus simple steps you can take to enhance the love in your life.

Dr. Jody Stanislaw received her Doctorate in Naturopathic Medicine in 2007. She is a Type 1 Diabetes Specialist and her TEDx talk titled Sugar is Not a Treat has over 5 million views. Having overcome the struggles of living with Type 1 Diabetes since the age of seven, she has become an expert on successful management of blood sugar levels. Via her virtual consulting practice, she has helped thousands of people living with type 1 from around the world. She has presented over 200 Facebook lives since March 2020 reaching thousands of views. From her 40+ years of personal plus professional experience with type 1 diabetes, she teaches life-changing information about not only how to successfully manage blood sugar levels but also with the emotional complexities of life with type 1 diabetes.

1:15-2:45 PM 1B

T3 Community Connection with Tina Ghosn, Mom of 3 T1D in Chico Room

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.

Tina Ghosn (camp name Kanga) has raised three children with Type 1 Diabetes, all of them Camp Leo alumni. She has degrees in Organization Communication and Education, and is a veteran of the United States Air Force. She has been volunteering for Camp Leo since 2016 in the roles of merchandise sales, photographer, and office assistant. She is a passionate advocate for raising awareness for Type 1 diabetes, and mental health care. Tina's youngest child was diagnosed at age 2, followed by her oldest child diagnosed at age 9, and finally her middle child was diagnosed at age 11.

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APRIL 20 SATURDAY SESSIONS EXTENDED

3:15- 4:45 PM 2A

Navigating Diabetes Distress with Cara Oppegard, MSW, LSWAIC in Billy Frank Jr. Hall

Diabetes management is complicated, and can cause the PWD and their loved ones a lot of distress at various points in life. Learn what Diabetes Distress is, how to recognize it and strategies to cope with it.

Cara has been living with Type 1 Diabetes for nearly three decades. She is currently working as an eating disorder therapist with adolescents and adults and specializes in working with people with Type 1. Her own experience of growing up with Diabetes coupled with her professional experience in mental health gives her a unique perspective in addressing ways to approach food when it comes to living with and managing Type 1.

3:15-4:45 PM 2B

Health Insurance Panel with Sarah Canvanese MPH, MCHES, Joe Greitz PharmD, Angie Barnhill PharmD, R.Ph in Chico Room

Walk through the steps of navigating the USA's health care system. We will look at insurance and the types of coverage, what type of medical care is available, going to the pharmacy and what exactly pre-authorizations are, and we will be answering some common questions that you have when you frustrated with your insurance and can't figure out what next steps you need to take.

Sarah Canavese was diagnosed with Diabetes at age 22 months, and has been dealing with the highs and lows for the past 35 years. Sarah currently has her MPH and MCHES and hopes to one day figure out how to be a Diabetes Educator without going to Nursing School.

Joe Greitz was diagnosed with type 1 diabetes at 3 and a half, living with diabetes for the past 27 years. He currently works as a pharmacist, where he is able to share his firsthand knowledge about diabetes with others who face the same hardships with their diabetes as he has.

Angie Barnhill (She/They) is a community pharmacist that received their training and doctorate degree from the University of Washington School of Pharmacy. They currently work at Bartell Drugs in addition to volunteering as medical staff at Camp Leo for kids with diabetes. Their passion in pharmacy is working with people with diabetes and they hope to eventually work in pediatric endocrinology.

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APRIL 20 SATURDAY SESSIONS EXTENDED

Evening Activities

5:00-7:00 PM Retreat Sponsored Happy Hour & Snacks in Clearwater Casino Resort Lobby

6:00-7:00 PM Retreat Sponsored Dinner in Clearwater Casino Resort Lobby

6:00 PM Board Games in Clearwater Casino Resort Lobby

6:00 PM Bonfire in the back of the Clearwater Casino Resort Lobby (weather dependent)

7:00-8:00 PM Diabetes After Dark with Jake Johnston, PWD in Chico Room

Sex, drugs, rock n roll and diabetes. Join this open conversation to talk all things diabetes.

Jake Johnston has lived with T1D since being diagnosed at age three and is also the parent of a 17-year old daughter with T1D so gets the perspectives of living with T1D from a T1 and a T3 perspective. He believes that having connections to other people with T1D is the reason he's hanging in there so many years into this adventure. Jake is one of Connect1D's founders and runs a small consulting firm. Jake uses Skittles to treat his lows and will hoard the lime flavored ones.

9:00 PM Meet in Clearwater Casino Resort Lobby to walk to the Casino!

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APRIL 21 SUNDAY SESSIONS EXTENDED

7:30-8:15 AM

All Levels Yoga with Madi in Chico Room

9:00 AM- 10:30 AM 3A

Planning for the Parent Trap: Diabetes Family Planning with Alyson Blum PharmD in Billy Frank Jr. Hall

Join us for a workshop where we can share the ups and downs of family planning, pregnancy and postpartum. Dispel myths around T1D during pregnancy and explore ways to help ease the adventure of pregnancy and parenting.

Alyson "Antibody" Blum, PharmD is a clinical pharmacist in obstetrics specializing in diabetes management during pregnancy at the High Risk Pregnancy Clinic in Spokane, WA. She is a Certified Diabetes Care and Education Specialist and Board Certified in Advanced Diabetes Management. She sees patients with type 1 and type 2 diabetes for pre-conception management. During pregnancy, she manages gestational, type 1 and type 2 diabetes. She is the Medical Director for Camp STIX Diabetes Programs, a Spokane camp for children with type 1 diabetes. She has been attending diabetes camps for the past 13 years. Her career goal is to bring innovation to diabetes care for all pregnant persons, in the prenatal, labor and postpartum periods.

9:00 AM- 10:30 AM 3B

We're All in this Together! Living well for you and your T1D with Nicole Ehrhardt, MD in Chico Room

Dr. Ehrhardt will be sharing a never-before-seen topic geared toward the loved ones of people with T1D. Her number one rule: do not nag! During this session figure out where the household is in the lifestyle journey and how as a team you can lead a more healthful life. Together, the workshop participants will define health and how that is different for each person. Including some round table discussions about what your T1D loved one wants to improve in their management, and how to how this conversation can ensure T3s are approaching this collaboratively and compassionately.

Dr. Ehrhardt graduated from Uniformed Services University (2002) and completed her Internal Medicine and Endocrinology training at Walter Reed Army Medical Center. She then served as an endocrinologist in the Army, including deploying as a general medical officer in support of Operation Iraqi Freedom. After completing her service in the military, she joined the Medical Faculty Associates at George Washington University in Washington, DC. She then transitioned to The Diabetes Institute at University of Washington in 2020.

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APRIL 21 SUNDAY SESSIONS EXTENDED

11:00-12:30 PM 4A

Complications Q&A Moderated by Cassady Kintner PWD, LMFT, MDFT joined by Nicole Ehrhardt, MD, Alyson Blum, PharmD, and T1Ds living with complications in Billy Frank Jr. Hall

Join a conversation with fellow T1D folks and medical professionals, to discuss and share what is often in the shadows. This will be a held space to share experiences, fears and triumphs related to T1D related complications, plus gain valuable insights from medical professionals. Let's help each other let go of shame and isolation by offering our support and understanding. All are welcome, living with or without complications, whatever they might be.

Cassady is a licensed marriage and family therapist with over a decade of experience working with people living with Type 1 Diabetes (which she's had herself for over 25 years). Cassady is passionate about growing and enriching the T1D community because she has seen firsthand the importance of connecting with people who understand Type 1. She enjoys playing pickleball and watching non-horror movies with her husband Austin and their two cats.

11:00- 12:30 PM 4B

The Way You Move: Exercise Panel Moderated by Dr. Jody Stanislaw and joined by Joel Lennox PWD and Scott Jozefowski PWD in Chico Room

Join Dr. Jody Stanislaw for a panel based discussion all about movement with type 1 diabetes. Dr. Stanislaw will start the discussion with some basics around exercising with type 1 diabetes. Then will move to a question and answer joined by athletes, Scott Jozefowski and Joel Lennox. Come learn about healthy T1D movement and share some stories along the way!

1:30-2:30 PM Closing Ceremony in Billy Frank Jr. Hall

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