



DIABETES YOUTH SERVICES 2023 Family Retreat Attendee Manual

Last Revised October 2023

DYS Mission:
*Connecting families, educating communities, and supporting children living
with diabetes.*

Cindy Presser
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Dear DYS Families,

Welcome to DYS Family Retreat! We are so excited to bring this program back for the first time since 2009. The positive atmosphere at DYS Programs help build confidence while teaching diabetes management skills in a recreational setting. Families living with diabetes will meet peers with similar challenges and build friendships that last a lifetime.

Our goal at Family Retreat is to give family members a place to relax and connect on a deeper level with others, and empower each other through fun activities, engaging conversations, and powerful talks from mental health professionals.

The majority of DYS Staff are either type 1, have a family member who is type 1 or work with diabetic patients on a regular basis. Many DYS Staff and volunteers have been involved via Hot Shots Camp or other DYS Programs and choose to come back and volunteer their time at Family Retreat.

Please be sure to share any allergy information, behavioral issues, physical restrictions, or simple concerns with DYS Staff prior to Family Retreat!

Please review this manual carefully and call 419.291.1234 or email info@dys4kids.org if you have any questions.

Thank you!

Cindy Presser

Director, Program Development

Prior to Family Retreat:

Prior to attending family retreat, all online registration materials must be completed for each family member attending. If you do not have reliable online access, please call the office and we can take care of it over the phone.

You must also complete forms send to you following online registration. DYS will provide these forms either electronically or via hard copy at check in. If you need additional copies, they are available for download from our website or can be mailed prior to January 5, 2023.

You MAY NOT participate in retreat activities until the following forms are received:

- Any balances due on account- unless other arrangements have been made
- Online registration and consent forms
- Physical registration and consent forms

Lodging:

Our Lady of the Pines Retreat Center is able to accommodate up to 100 individuals comfortably overnight with either single or double beds. We are asking that families with kids under age 12 bring an air mattress with you so they can sleep together in the same room. Please call the office prior to January 5th, 2023 with any questions surrounding overnight accommodations. Pictures below are of actual rooms in the retreat center for a visual of what to expect. All bedding is provided.



Cancellation Policy:

If DYS cancels a program, camp, or event, DYS will refund in whole your deposit/payment. However, if a program, camp, or event is cancelled due to an Act of God or other event outside of DYS' control, DYS may reschedule the event at a reasonable time and place, and with reasonable advanced notice to the participant. If a program, camp, or event participant cancels their participation, DYS will refund the payees deposit/payment, minus any expenses incurred by DYS in connection with the Participant.

Refund Policy:

- Cancel on or prior to December 1st = full refund
- Cancel December 1st -December 14th = ¾ refund

- Cancel December 15th- January 3rd = ½ refund
- Cancel on or after January 4th no refund.
- No Refund for participants sent home for misconduct.

Check In:

Arrive at Our Lady of the Pines Retreat Center, 1250 Tiffin St. Fremont, OH 43420

- Check in begins at 11AM
- Arriving before 11AM will not expedite your check in process.
- **Please make sure your family has a good breakfast before arriving, we will not be providing breakfast.**

Proceed to Check In-inside the Main House on your left when you enter the property.

Activities/Retreat Schedule:

Diabetes education as well as dietary lessons will be mixed with recreational activities in our schedule. We have also recruited speakers aimed for different age groups. While some programming will be completed within a family unit, others will split into 'breakout groups' divided by role in family (ex: siblings, parents, grandparents, etc.)

Insulin Dosing Policy:

DYS Staff and volunteers will be available to help with dosing if needed, however diabetes management will ultimately be determined by the parents/guardians of children with type 1 diabetes. DYS Staff will discuss appropriate dosing with your family and use every meal as a teachable moment.

We strongly suggest other family members also take advantage and practice carb counting as if they were preparing to dose themselves. At every meal and snack each participant will be able to complete a carbohydrate calculation sheet. There will be listed menu items, carb counts for each serving, and a calculation sheet for insulin dosage. This is a very important way to teach individuals how to read labels and fine-tune their carb counting skills.

Food at Family Retreat:

DYS will provide 3 meals and ample snack opportunities throughout the retreat, including options for gluten free, vegetarian/vegan, etc. Food costs are included in registration fee. **Please remember to let DYS staff know during online registration if your or another family member follow a specialized diet or have any food allergies.**

We ask that families limit bringing any food with them to Family Retreat, due to small storage space for both hot and cold items. Food is not allowed to be kept in bedrooms with the exception of low blood sugar treatment. If you have a member of your family that is a picky eater, please call the office. Depending on the situation, we may ask you bring additional items to ensure everyone is getting something to eat.

Medications:

Insulin:

Please bring enough insulin for 24 hours with you to Family Retreat, clearly labeled. We will have some extra insulin if needed but not enough for everyone. There is a refrigerator in the facility kitchen where insulin can be stored.

Glucose Meter:

Each family **MUST** bring their own glucose meter with strips. We will provide single use lancets, backup meters and strips that have been donated but this may not be your T1D's brand. Please clearly label both meter and meter case with your T1D's full name.

Continuous Glucose Monitors:

DYS encourages the use Continuous Glucose Monitors (CGM's) during Family Retreat. We recommend putting a new sensor on your T1D attendee the day before the retreat as we will be doing some physical activity in programming. DYS will not have extra CGM supplies (sensors and transmitters), however we have plenty of adhesives and vet wrap to utilize if needed.

Other Prescription Medications:

All medications are the responsibility of adult family members at the retreat. It is recommended you bring only what you will need for the duration of your stay in case something is lost. Medications should be in the original prescribed container with the patients name on it. Medications will stay in your room during the retreat to avoid mix ups. DYS will have some basic OTC medications available as well (ibuprofen, Benadryl, etc.).

Retreat Medical and Counselor Staff

Our medical staff is comprised of certified diabetes educators and nurses who are all knowledgeable in the treatment of type 1 diabetes.

Retreat is staffed primarily by trained medical personnel and young adult counselors who live with diabetes. Every one of our staff members is subject to a background check and drug screen. New staff members are also required to supply references. Our staff is held to high standards and are required to attend a 3 hour orientation prior to Family Retreat. If staff cannot comply with the values and policies of DYS Family Retreat, they will be asked to leave.

Lost/Stolen Items

Neither Our Lady of the Pines nor DYS is responsible for the loss of theft of an attendee's property. You assume all risk of any such loss of theft. Please keep this in mind when packing. Be sure to check our lost and found box for any lost items prior to departure. All items not claimed by January 30, 2023 will be donated to charity.

Family Retreat Packing List

Please check that everything is labeled clearly with attendees name. Do not pack your whole house with you! This is a 24 hour retreat with one overnight stay.

- Diabetes supplies (pump/injection/CGM/insulin)- compiled together with first and last name of T1D
- Any other medications- clearly labeled
- Flashlight
- Face masks that properly cover nose and mouth
- 1 pair of tennis shoes
- 1 pair of winter boots
- 1 pair of flip flops (for shower use)
- 2-3 pairs of cotton socks
- 2-3 T-shirts
- 2-3 pairs of jeans/sweatpants
- 2-3 pairs of underwear
- Pajamas
- 1 sweatshirt or jacket for indoor use
- Outdoor wear (winter jacket/snow pants) for snow activities- weather permitting
- 1-2 bath towels
- Toiletries (soap/shampoo/toothbrush/deodorant/sanitary pads/etc.)
- Small bag to carry glucometer
- Cell phone and charging cable
- Optional: Books/Family-appropriate games to play with others during free time