



Mother Daughter Weekend Schedule

April 21 - 23, 2017

Holiday Inn Dublin Pleasanton

Friday Afternoon, April 21				
When	What	Who	Where	With Who?
3:00 - 5:00 pm	Check in, get settled in rooms, make your own medical alert bracelet	All	Lobby area, rooms, Dooks & Waterville	All Staff
5:30 - 6:30 pm	Welcome Dinner	All	Tralee Dining Hall or Hotel Courtyard	All Staff
7:00 - 8:00 pm	Opening Circle: Introductions	Moms	Dooks & Waterville	Tamar Sofer-Geri
7:00 - 8:00 pm	Introductions & Team Building	Daughters	Meet in Tralee	Theresa Klaassen, Tara Layman, T1D 1994 Transplant 2016, Sarah Loebner, T1D 2002, Lia Noguchi, T1D 2000. (AKA "Program Staff")
8:00 - 9:00 pm	Opening Keynote: Living Through the Unimaginable: A Mother-Daughter Story and an Everest Avalanche	All	Dooks & Waterville	Svati Narula, T1D 2000, and Elna Narula, RN, CDE
9:00 - 11:00 pm	Pamper Yourself	All	Hotel Pool	All Staff
Saturday Morning, April 22				
When	What	Who	Where	With Who?
7:30 - 8:00 am	Morning Run / walk*	All	Dooks & Waterville	Svati Narula
8:00 - 8:45 am	Shower!	All	Rooms	
8:45 - 9:30 am	Breakfast	All	Tralee	
9:45 - 10:15 am	Panel of Mothers and Daughters: The Highs and Lows of the Teenage Years. Moderated by Theresa Klaassen	All	Dooks & Waterville	Elna and Svati Narula, Pam and Sarah Loebner, Phaedra and Jacqueline Babel
10:15 - 10:30 am	Break			
10:30 - 11:30 am	PMS: Periods, Menstruations, and Sugar: Making Sense of Hormones, Cycles, and Blood Sugar Fluctuations.	All	Dooks & Waterville	Mary Wright, NP, CDE, Kaiser Santa Clara
11:35 - 1:30 pm	Lunch, Vendor Fair, and MD Portraits	All	Tralee	

Saturday Afternoon, April 22

1:30 - 2:30 pm	Keynote Speaker: Naomi Ruperto, <i>the Diabetic Diva</i>	All	Dooks & Waterville	
2:45 - 3:00 pm	Break			
Breakout Session: 3:00 - 3:55 pm	Moms	Group I Theresa Klaassen	Group II Katie Craft	Group III Tara Layman
	Supporting Your Daughter Through Life's Transitions. Shannon Scott, Psychologist, T1D mom.	When Adults Think They Know Better: Self Advocating In Sticky Situations	Diabetes Hacks: Making Diabetes Work For You	Sex, Drugs and Rock & Roll: Driving, Drinking, and Dating with Diabetes
4:10 - 5:30 pm	<i>I can't believe you said that!</i> Mother Daughter Communication Jen Block, NP, CDE and Katie Craft, CCLS			
5:30 - 6:30	Break, Mother Daughter Portraits & Get Ready			
6:30 pm	Depart hotel for dinner & bocce ball: 175 E Vineyard Ave, Livermore, CA 94550			
7:00 - 9:00 pm	Dinner & Bocce Ball	All	175 E Vineyard Ave, Livermore, CA 94550	
9:00 pm	Pool Time!	All	Hotel Pool	Program Staff

Sunday Morning, April 23

When	What	Who	Where	With Who?
7:30 - 8:00 am	Morning Run / walk*	All	Meet in Dooks & Waterville	Svati Narula
8:00 - 9:00 am	Shower & check out of hotel rooms	All	Rooms	
9:00 - 9:45 am	Breakfast	All	Tralee	
9:45 - 10:30 am	Finding Your Voice	All	Dooks & Waterville	Melissa Lee, T1D 1990
10:30 - 11:45 am	Finding Your Voice Creative Activity: Photography (Tara), Video (Theresa), Singing (Melissa) Visual Arts (Katie)	Daughters	Breakout Rooms	Melissa Lee with Program Staff
10:30 - 11:45 am	Closing circle: Letting Go As They Grow	Moms	Dooks & Waterville	Elna Narula, RN, CDE
11:45 - 12:15 pm	Presentation of group projects	All	Dooks & Waterville	
12:15-12:30 pm	Group picture	All	Outdoor courtyard	Tara Layman
12:30 - 1:30 pm	Lunch & Closing Keynote: Tackling Type 1 As a Team	All	Tralee	Mary Lucas, T1D 1998, and Sarah Lucas

* optional