



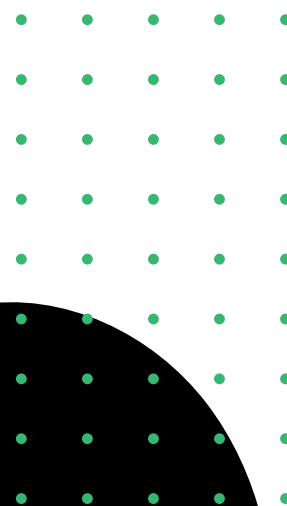
PRINT PROGRAM

# 2021 PLATINUM SLIPSTREAM

October 22-23, 2021

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A virtual event focused  
on learning, sharing,  
and connecting around  
topics related to aging  
and Type 1 diabetes.



# WELCOME

Thank you so much for joining us at Platinum Virtual Slipstream! We are honoured to have the opportunity to bring the Type 1 diabetes community together to connect, learn, and share experiences that are specifically related to aging and Type 1 diabetes. We look forward to “seeing you” at Virtual Slipstream.

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Jen Hanson, MEd, RKin, CDE  
Executive Director, Connected in Motion



**This project is funded by  
the Government of Canada.**

**Canada** 

# ABOUT CIM

## Who We Are

Connected in Motion (CIM) is a Canadian Registered Charity founded in 2008 with a mission to connect the diabetes community and breathe fresh air into diabetes education.

Since 2008, CIM has been hosting in-person, retreat-style programming built off the foundations of experiential learning, as well as backcountry adventure programming focused on helping reduce barriers for adults with Type 1 diabetes in accessing the wilderness.

In 2021, CIM received funding from the Government of Canada's New Horizons for Seniors Program to host a VIRTUAL event specifically focused on education around aging and Type 1 diabetes.

We are excited to bring this program to life.

Thank you for joining us!

## Staff Team



**Jen Hanson**

Executive  
Director



**Heather Gomez**

Slipstream  
Director



**Julie De Vos**

Slipstream  
Coordinator



**Kendra Dempsey**

Communications  
Coordinator



**Sarah Gaughan**

Adventure  
Coordinator



**Hank Devos**

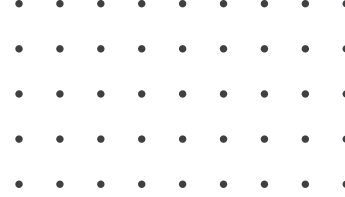
Film & Media



**Mike Last**

Web & Photo

# A GUIDE TO VIRTUAL SLIPSTREAM



The CIM Team and Platinum Virtual Slipstream Committee took all of the suggestions we received through our Platinum Community Survey to develop an agenda that covers the topics that are important to YOU!

Consider Platinum Virtual Slipstream a 'choose your own adventure' style program! Below are some tips to help you have the best experience.

## **New to Zoom? Join us for an orientation session.**

If this is your first time joining a virtual program, consider joining us on Thursday October 21 at 7pm ET (4pm PT) for our Zoom Training and Orientation session. Our committee will be on hand to help you get the feel for logging on, using your camera and microphone, and testing out the various tools.

## **Invite a (tech-savvy) loved one to join you.**

Do you have a loved one who would enjoy learning with you during this event? Invite them to join you at your computer. If you're feeling anxious about the technology side of things, this is a great way to share the learning.

## **Share the microphone.**

During many sessions, you'll have the chance to share, question, and discuss the topic at hand. Joining in on the conversation can be extra tricky in a virtual space, so we need to take care to be respectful of our peers and make sure that all voices get heard. Use the 'Raise Hand' or chat box function if you'd like to let the Room Captain and Speaker know you have a thought or a question!

## **Celebrate each other's stories.**

We expect to have a wonderful group of people joining us for Virtual Platinum Slipstream. There will be folks both over and under 55 years of age, individuals who were recently diagnosed with Type 1 diabetes, as well as diabetes veterans. A reminder that every person's diabetes story and lens on life is different. Use the program as an opportunity to discover how unique your own and your new friends' diabetes stories may be!

## Get involved.

Platinum Virtual Slipstream is an incredible opportunity to share your expertise and ask your questions. The more you engage, the better experience you will have. We have worked hard to bring leading experts in the field of diabetes to connect with you in the comfort of your living rooms (or back porch, or kitchen table - wherever you may be joining us from!) Take advantage and interact!

## No direct medical advice, please.

Although we will have a number of incredible diabetes experts joining us throughout the program, they are not able to provide direct medical advice. For example, they may provide general advice for staying active and maintaining blood glucose levels, but they cannot work directly with you to manage your insulin dosing. There may also be situations where YOU are asked to provide advice. A great way to keep the conversations safe is to start with: "From my own experience, this is what I have learned..." rather than sharing things like: "If I were you, I would try making this specific change to your morning insulin."

## Keep the space welcoming and safe.

Connected in Motion is dedicated to providing a harassment-free Slipstream experience for everyone, regardless of gender, gender identity and expression, age, sexual orientation, disability, physical appearance, body size, race, ethnicity, religion (or lack thereof). Our community is wonderful! We do remind you, however, to please be respectful in all of your conversations and contact a CIM Staff immediately if you witness any incidences of harassment.

## TOPIC STREAMS

EXERCISE &  
ADVENTURE

FOOD &  
NUTRITION

TECH &  
INNOVATION

MENTAL  
HEALTH

SPECIAL  
TOPICS

ACTIVITIES

## SESSION TYPES



### PRESENTATIONS

More traditional-style educational sessions. A speaker will share their screen and present to the group, followed by a conversation in which participants can choose to share their video, speak with one another, and ask the presenter questions.



### BREAKOUTS

Sessions are facilitated discussions with your peers. You'll have the chance to connect via video with one another in small groups, share your experiences, and tackle themed topics with the help of a facilitator.



### ACTIVITIES

We love hands-on learning! In these sessions, you'll likely be up, moving and putting lessons into practice. Consider taking part in a group yoga class, participating in a cooking class, or getting creative with an art lesson.



# ZOOM

## CHEAT SHEET

Platinum Virtual Slipstream will be held on the Zoom Platform. Zoom is a computer program that is used to host virtual gatherings. We recommend using Zoom on a desktop computer or laptop, but it is also possible to join us via a smartphone or tablet, so long as you have access to the internet, a camera and microphone. These pages will help you become a Zoom whiz in no time.

### STEP 1: DOWNLOAD ZOOM

To participate in Platinum Virtual Slipstream, you'll need to download the FREE version of Zoom onto your computer, smartphone or tablet.

Head over to <https://zoom.us/download>. If using a computer (recommended) select Zoom Client for Meetings and click the blue Download button. It should be the first option you see.



Once Zoom is downloaded on your computer, you'll need to install it.

If you have an Apple computer, like a Mac Book: Double-click the file called Zoom.pkg, which is typically saved to your Downloads folder. The rest of the instructions will show up on your screen.

If you have a PC: Double-click the file called ZoomInstaller.exe file to install the program. Follow the instructions on your screen.

If you are downloading Zoom onto a smartphone or tablet, head to your device's App Store and search Zoom Cloud Meetings. Follow the instructions on your device.

There you go - You're now all set and ready to get meeting!

### NEW TO ZOOM?


Join us on **THURSDAY OCTOBER 21** at 7pm ET (4pm PT) for a chance to practice using Zoom with other Platinum Slipstreamers!

## STEP 2: JOIN A SESSION

To join a Zoom meeting (also called presentations or sessions) for Platinum Slipstream, head over to the Event Home Page by visiting:

<https://www.connectedinmotion.ca/platinum-slipstream-links/>

Use the password **Platinum** to access the page. Don't forget the capital P!

Here you'll see all of the presentations that are happening on Friday and Saturday listed in order by time slot. To join a presentation, simply click the  button, and enter the password **Platinum**.

You may be asked if you want to open Zoom. You do! Click "Open zoom.us." We'd love for you to "Join with Video"; however, it is not a requirement. You can also select "Join without Video." Next, Zoom asks about audio. Click "Join with Computer Audio" so you can hear and be heard in the meeting.

Once you click join, you'll be put in a waiting room until the Slipstream team and Speaker are ready to let you in. Hang tight! We'll plan to start each meeting promptly on time.

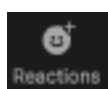
## STEP 3: PARTICIPATE

When the session starts, if you've selected "Join with Video" others will see you on screen, but you'll be automatically muted, so no one will be able to hear you until we're ready to unmute you. You will be able to see other participants, as well as hear the leaders in the room. Each participant is represented by a square that displays their face (if they've chosen to join with video) or just their name.

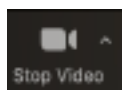
## ZOOM BUTTONS: CLICK THESE BUTTONS TO



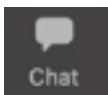
Mute or unmute yourself



React to a comment with an emoji, or raise your hand



Turn your video off, or back on again.



Open the chat box and chat via typed messages to the group



See the other usernames of participants in the meeting



Leave the meeting when you're ready to be finished

# SCHEDULE AT A GLANCE

Here is what you can expect to happen at Platinum Virtual Slipstream. To see session descriptions and learn about the speakers, flip a few more pages!

**FRI OCT 22**

**11am ET / 8am PT**

**Official Welcome & Icebreakers** *(Breakout)*

**12pm ET / 9am PT**

**Keep Moving! Exercise, mobility & maintaining strength**

Presentation by Jill Duff

**Cook with Me: Hands-on One-Pot Meal with Siva**

Workshop by Siva Swaminathan

**1:30pm ET / 10:30am PT**

**Drop-In Cafe Discussions** *(Breakout)*

**2pm ET / 11am PT**

**Advocacy & Aging: Making sure your voice is heard**

Presentation by Kimberley Hanson

**Age Pride: Shifting our mindset and maintaining mental health**

Presentation by Leela Kausch

**3:30pm ET / 12:30pm PT**

**Drop-In Cafe Discussions** *(Breakout)*

**Stretch with Jill**

Activity by Jill Duff

**4pm ET / 1pm PT**

**Community Social** *(Breakout)*



**SAT OCT 23**

**11am ET / 8am PT**

**Morning Social & Icebreakers** *(Breakout)*

**12pm ET / 9am PT**

**Nutrition Tips to Maximize Health**

Presentation by Fran Wild

**Preparing for and Living with Compounding Diagnoses**

Breakout with Kerri Sparling

**1:30pm ET / 10:30am PT**

**Drop-In Cafe Discussions** *(Breakout)*

**2pm ET / 11am PT**

**Money Wise: Finances and T1D in Canada**

Presentation by Diana Provanzano

**Diabetes Tech: What is here now, what is coming, and how it may help**

Presentation by Dr Michelle Litchman

**3:30pm ET / 12:30pm PT**

**Debrief & Closing** *(Breakout)*

This project is funded by  
the Government of Canada.

**Canada**

# SPEAKERS & FACILITATORS



**Diana Provenzano**

**CPA, CA**

Diana is a Chartered Professional Accountant, providing financial and tax planning services, ensuring people obtain all the tax benefits they are entitled to as they prepare for retirement. A past Board Member of Diabetes Canada, Diana has advocated for improvements in diabetes care provincially and federally. Diana has lived with Type 1 for 40 years, loves to travel and hike and cycle with family and friends.



**Fran Wild**

**RD**

Fran earned her BSc(Hons) in Dietetics from Leeds Beckett University in the UK in 2012. After working for 6 amazing years for the National Health Service (NHS) in the UK, Fran along with her husband and 2 cats jumped on a plane to start a new adventure in Ottawa! Since arriving Fran has loved exploring the city and surrounding countryside - Gatineau park is a particular favourite! Fran's biggest passion lies in the kitchen, playing with different recipes and flavour combinations.



**Jill Duff**

**Exercise Physiologist**

Jill is a Registered Holistic Nutritionist, a Certified Exercise Physiologist and a Professional Coach. Her intention is to impart enough information and passion to her clients to create a lasting change in their health habits, mind-sets and physiques. At age 16, Jill was diagnosed with Type 1 diabetes after which she quickly began to develop a philosophy for her life and her responsibility for her health. She began working in the fitness industry in 1988.



**Kerri Sparling**

**Writer & Author**

Kerri is a passionate advocate for all-things diabetes. She is the creator and author of Six Until Me, one of the first and most widely-read diabetes patient blogs, reaching a global audience of patients and caregivers. Her book, Balancing Diabetes (2014), looks at Type 1 diabetes in the context of "real life," and her poetry anthology, Rage Bolus & Other Poems (2021), tells diabetes stories through a poetic lens. Kerri has lived with diabetes for 34 years.



**Kimberley Hanson**

**Director, Diabetes Canada**

Kimberley Hanson is Executive Director of Federal Affairs at Diabetes Canada, responsible for advocacy with the federal government and on national issues. She also leads the Diabetes 360° initiative to implement a nation-wide strategy to address the diabetes epidemic. Having lived with diabetes for nearly 25 years, Kim is passionate about helping others live well with the disease while also working towards a cure.



**Leela Kausch**

**LA, LMSW**

Leela lives in Ann Arbor, Michigan and has lived with Type 1 diabetes for 41 years. Leela enjoys hiking, kayaking, sewing and making new friends in the T1D community. She is passionate about the need to talk openly about all aspects of life with diabetes, including aging, mental health and diabetes complications.



**Dr Michelle Litchman**

**PHD, FNP-BC, FAANP, FADCES**

Dr. Michelle Litchman is a digital health and diabetes researcher at the University of Utah College of Nursing. She maintains an active clinical practice as an endocrinology nurse practitioner at the Utah Diabetes and Endocrinology Center and is the Medical Director of the Intensive Diabetes Education and Support Program. Her research is focused on the how technologies impact the social context of chronic disease management across the lifespan.



**Maxine Armstrong**

**Olympian & Athlete**

The eldest of 3 children from a blue collar Burlington family, Maxine learned the value of team sports early on. Maxine spent 7 months playing Senior Women's softball in Melbourne Australia, has attended three Olympic Games - one as a competitor and two as Media Attaché . Post-secondary education started at age 28, followed by an immensely rewarding 25 year career in Broadcast Media Sales. Today, she enjoys golf, canoe tripping, and hiking.



**Michael Gaudet**

**Mountaineer & Athlete**

Michael has been an athlete his entire life. The day he left the hospital for his T1D diagnosis, he went to a friend's house and played basketball. Michael decided right then that he would do everything he could to live past 50 years old (his doctors' prognosis for him at that time). Since then Michael has been an amateur racing cyclist, race car driver, mountaineer, and powerlifter.



**Siva Swaminathan**

**Chef**

Siva's passion for cooking started in her grandmother's kitchen in South India when she was 4 years old. After working in the IT field for 12 years, Siva pursued her dream of being a chef by attending George Brown Culinary program in Toronto. She was diagnosed with Type 1 diabetes in 2005, and has been using her culinary skills to develop Low GI, healthy meal planning for people with chronic diseases (diabetes, celiac, and cardiovascular issues) since 2007.

## NOTES:



Person Living with T1D



Support Crew/5.5er



# SESSION DESCRIPTIONS

## THURSDAY OCTOBER 21

**7:00pm ET / 4:00pm PT**

### Zoom Orientation Session

*Hosted by the Platinum Slipstream Committee*

Is this your first time using Zoom or an online learning and video platform? Join us for a chance to brush up on your skills. We'll have a team ready to assist with log-in issues, using all of the great functions of the program, setting up your video and microphone, and using chat!

## FRIDAY OCTOBER 22

**11:00am ET / 8:00am PT**

### Official Welcome, Kick-Off, & Icebreakers

*Hosted by the Platinum Slipstream Committee*

Join us as we officially kick off Platinum Slipstream, with some online ice breakers to get to know the community. Learn about who we'll be sharing breakout rooms with throughout the program, and the ins and outs of how Platinum Virtual Slipstream works.

**12:00pm ET / 9:00am PT**

### Keep Moving! Exercise, mobility & maintaining strength

*Presentation, Exercise Stream*

#### Presented by Jill Duff

Being active is an important part of living with Type 1 diabetes. As our bodies age, we're faced with new challenges related to how we can exercise, maintain strength and stay on the move. Join us for an overview of the major physical changes that occur and how we can prepare for them both mentally and physically. Hear from the experience of others on how their exercise and activity levels have evolved over the years.

### Cook with Me: Hands-on One-Pot Meal with Siva

*Workshop, Food & Nutrition Theme*

#### Facilitated by Siva Swaminathan

Learn how to cook a delicious one-pot meal from scratch. Join chef and fellow T1D Siva Swaminathan to create a flavour-filled simple, healthy meal. A list of ingredients and carb counts will be provided beforehand so you can cook along from home.

**1:30pm ET / 10:30am PT**

### Drop-In Cafe Discussions

*Hosted by the Platinum Slipstream Committee*

Carry on the conversation with fellow participants! Come ready to share your experience, with your questions, or to sit back and learn from others. There will be two cafe topics to choose from: Diabetes & Exercise and Casual Conversations about Diabetes.

**2:00pm ET / 11:00am PT**

#### Advocacy & Aging: Making sure your voice is heard

*Presentation, Special Topics Stream*

##### Presented by Kimberley Hanson

The way we advocate for ourselves as people living with diabetes, as well as the things we advocate for is constantly evolving. As we live longer with Type 1 diabetes, we may find ourselves needing to advocate differently with our health care providers, our families and loved ones, and our community supports. This presentation will provide some tangible tools to help navigate conversations around changes in our health, finances and living arrangements.

#### Age Pride: Shifting our mindset and maintaining mental health

*Presentation, Mental Health Stream*

##### Presented by Leela Kausch

Taking care of our mental health is important for all people with diabetes. Join us for a conversation about maintaining mental health and gain tools for shifting your mindset towards age pride. As a community of older people with Type 1 diabetes, we've been there, lived it, and earned the opportunity to enjoy where we're at right now.

**3:30pm ET / 1:30pm PT**

### Drop-In Cafe Discussions

*Hosted by the Platinum Slipstream Committee*

Carry on the conversation with fellow participants! Come ready to share your experience, with your questions, or to sit back and learn from others. There will be two cafe topics to choose from: Diabetes & Advocacy and Diabetes & Mental Health.

#### Stretch with Jill

*Activity, Activity Stream*

##### Facilitated by Jill Duff

Join Jill Duff for a stretching session! This session will focus on stretches to improve and maintain mobility and flexibility. No matter your starting point, modifications for each stretch will be provided. To make the most out of the session, bring a rope, small ball, and mat.



## FRIDAY OCTOBER 22

**4:00pm ET / 1:00pm PT**

### Community Social

*Hosted by the Platinum Slipstream Committee*

Pop in for this community social event! You'll have the chance to get to know lots more about your fellow Slipstreamers and share some of your own experiences. Have you met someone who has lived with T1D for more than 50 years? Now's your chance! What about someone who has tried more than 3 different insulin pumps? Let's connect and share our stories.

## SATURDAY OCTOBER 23

**11:00am ET / 8:00am PT**

### Morning Social & Icebreakers

*Hosted by the Platinum Slipstream Committee*

Join us for a casual morning check-in with community members. Bring along your coffee, and share some favourite learnings so far with the group.

**12:00pm ET / 9:00am PT**

### Nutrition Tips to Maximize Health

*Presentation, Nutrition Stream*

#### Presented by Fran Wild

As we age, nutrition becomes more important than ever before due to changes occurring behind the scenes in our bodies. This session will review some of the key aspects and potential challenges we may encounter in addition to looking at some practical ways we can review our diet and make small adjustments to stay active and protect our future health.

### Preparing For and Living With Compounding Diagnoses

*Breakout, Special Topics Stream*

#### Moderated by Kerri Sparling

Living life with diabetes often means managing and living with more than one condition. Join us for a conversation about what additional diagnoses we might encounter as we age with Type 1 diabetes. Connect with others who are managing similar challenges and share resources that have helped you along the way.



**1:30pm ET / 10:30am PT**

### Drop-In Cafe Discussions

*Hosted by the Platinum Slipstream Committee*

Carry on the conversation with fellow participants! Come ready to share your experience, with your questions, or to sit back and learn from others. There will be two cafe topics to choose from: Diabetes & Food and Diabetes & Complications.

**2:00pm ET / 11:00am PT**

#### Money Wise: Finances and T1D in Canada

*Presentation, Special Topics Stream*

##### Presented by Diana Provenzano

Learn about the financial strategies to help support living with diabetes through different phases of life. Topics to be discussed may include the impact of: changing income levels, changing health benefits, new/changing provincial support programs, and planning for the costs of diabetes supplies. During this session, we'll review the available financial supports for Canadians with Type 1 diabetes.

#### Diabetes Tech: What is here now and what is coming

*Presentation, Tech & Innovation Stream*

##### Presented by Dr Michelle Litchman

The use of technology and the diabetes online community in managing Type 1 diabetes by older people has been shown to have many impacts including less risk of hypoglycemia and increased quality of life. Unfortunately, it can also come with barriers relating to finances, changing bodies, and the fast-paced advancements of diabetes tech. Join us for a look at the diabetes technology options that are available in 2021, the advancements in accessibility that have been made and are on the horizon, and an opportunity to share your experiences and get your questions answered.

**3:30pm ET / 1:30pm PT**

### Debrief & Closing Activity

*Hosted by the Platinum Slipstream Committee*

Join us as we wrap up a great few days of learning. Come ready to connect with your peers and share your greatest learnings from the weekend. Learn about what is next with Connected in Motion and help decide next steps for Platinum Slipstream.

## NOTES:

## NOTES:

# PLATINUM SLIPSTREAM TEAM

These are the people that make the magic happen.

Hosting an incredible gathering of community does not happen without a dedicated group of staff and volunteers. These are the people that have been working behind the scenes in the months leading up to Slipstream and throughout the weekend. When you see one of them during the weekend, give them a virtual high five. They deserve it.



**Anna Kiff**

Committee Member



**Doug Malloch**

Committee Member



**Hilary Damaser**

Committee Member



**Ian Faulds**

Committee Member



**Janis Reed**

Committee Member



**Leela Kausch**

Committee Member



**Michael Gaudet**

Committee Member



**Michel Godbout**

Committee Member

# FREQUENTLY ASKED QUESTIONS

## How do I know if this program is for me?

If you are interested in diabetes education topics specifically related to aging and Type 1 diabetes, we welcome you to join! For example, do you want to learn about the impact of aging on your body and how diabetes management may need to change for exercise? Or how menopause may impact diabetes management? Or in what financial resources are available to those 55+? Consider attending Platinum Virtual Slipstream.

Are you interested in diabetes and exercise 101 (the basics?) Or in giving insulin for fats and proteins? Or in applying for the Disability Tax Credit? Consider joining one of our regular Virtual Slipstream in April. These sessions are open to anyone of any age, so long as the topic interests you.

## Do I need to sign up for individual sessions?

Yes! This is preferred. You will receive a session sign-up link closer to the event. Please make your best effort to sign up ahead of time as it helps us with logistics (We have a MOUNTAIN of logistics!), including preparing our speakers and volunteers and ensuring we have appropriate licenses to virtually host the number of people joining each session.

## I'm not available for the entire event. Can I just attend a few sessions?

Yes! That's not a problem. Just like a regular, in-person Slipstream, we encourage you to attend the sessions that best suit your goals for connection and learning.

## Will sessions be recorded?

Our PRESENTATION and WORKSHOP sessions will be recorded. Some will be made available online to registered attendees only. Our BREAKOUT and CAFE sessions will NOT be recorded, in order to encourage open conversation and sharing amongst the group.

## I don't have diabetes. Can I still attend?

Yes! If you are a caregiver or love someone with diabetes, you are welcome to join this event!

## What ages does this event target?

This program has been built for individuals who are 55 years of age or older OR those who are interested in topics related to aging and diabetes. There is no age cut-off or limit.



Registered as  
The Experiential Diabetes Education Group  
BN 85032 4658 RR0001

[info@connectedinmotion.ca](mailto:info@connectedinmotion.ca)

[www.connectedinmotion.ca](http://www.connectedinmotion.ca)