

20th Friends for Life[™] Orlando 2019

July 16-21, 2019

Disney's Coronado Springs Resort

Orlando, Florida

Dear Parents of FFL Teens,

Welcome to the Friends for Life Teen Program! Over the past year, our team has worked to develop a truly unique educational program for teens with type 1 diabetes and teenaged siblings of kids with diabetes. We're aiming for a fun, informative, and empowering experience that will leave you and your teen better equipped to manage diabetes ... and everything that comes with it.

Keep Us in the Loop

Please let us know if your teen needs special assistance or has any other medical problem that we need to know about, including allergies, specific challenges with diabetes management, or mental health concerns.

Your Main Point of Contact

Wondering who to connect with to keep tabs on your teen? This year, our parent/teen liaison is Justin Abel. Many of you may know Justin already - he's the parent of two kids who have grown up as part of the FFL family, and he understands a lot of the concerns and questions you might have. To help address any issues, Justin will be stationed on Wednesday and Thursday outside of Coronado L. Justin is really looking forward to making this experience awesome and comfortable for you and your teen.

Encourage Making Friends ... for Life

Teens at FFL will have the best time if they have friends to share their experiences with, and we have a lot of opportunities for teens to connect. Please encourage your teen to attend the Wednesday Icebreaker activities to help them get to know their new friends, and to also help them feel comfortable with our staff. We highly recommend that the teens congregate and connect in the primary teen room (Coronado L) during meals and snacks- it's a spot just for them to hang out!

Set the Schedule

Take a look at our conference program, [posted online](#), to see what we have on schedule. Highlight the sessions your teen is interested in and register ahead of time. Each teen will choose four different sessions to attend on Thursday afternoon using our online registration page at 2019fflteens.eventbrite.com.

The majority of the educational program occurs on Wednesday and Thursday. Wednesday focuses on orientation to the conference and getting to know the other teens. On Thursday, we have two mandatory morning sessions. Take a look at our conference program, posted online, for a look at what we have on schedule.

Tech Expectations

We ask that your teen respect our cell phone policy, which is to keep phones put away at all times except (of course) for blood sugar monitoring purposes. If a teen needs to speak to their parent, please ask them to talk with our staff, who will promptly take them to a space where they can call or text you. Headphones of any kind (earbuds, etc.) must be put into a bag or left in a hotel room. Please make your teen aware of this policy before they join the group.

Fun Friday Details

On Friday, the teens will be at EPCOT with our staff. For Friday, teens need to be wearing the shirts provided, without exception, as these shirts make it easier for us to spot our group in crowds. (Note: The shirts need to be in original condition; not cut or torn in any way.) No teen will be permitted to board the bus to EPCOT without their shirt. No exceptions.

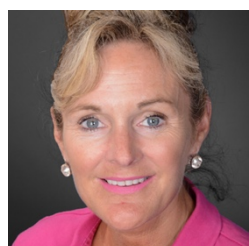
At EPCOT, there will be trusted FFL volunteers walking around the park, with water and glucose tabs to hand out as needed. In addition, we will have four (4) registered nurses and additional healthcare professionals who will be centrally located to assist your teen. If your teen has an EpiPen, please send it with them. Teens will be provided lunch and money for snacks. You are more than welcome to give extra spending money at your discretion. Please also send sunscreen and anything else you think is necessary for a hot day at the park.

Teens with diabetes are expected to bring a glucose meter and test strips **even if they wear a sensor**, back-up pump supplies, pens/syringes if on injections, and insulin. Teens with diabetes will check in with a staff member before boarding the bus to EPCOT, and if supplies are not with them, they will be sent back to you to retrieve supplies. We can keep the insulin cold if you send it in a Ziploc sandwich bag with your teen's full name and cell phone number written on it. All of the teens will be expected to check in with the staff at designated locations before meals and before the buses return to Coronado Springs. At those times, teens with diabetes will be expected to check their blood sugar. They are also encouraged to check any time as needed and as aligned with your care plan.

Closing Session

We encourage parents to come to our wrap-up session on Saturday morning. The information about that session can be found in the program.

Please feel free to call or email us before the conference starts, if you have any questions or concerns. Our contact information is below:



Alanna Landry, RN, CDE
alanna@childrenwithdiabetes.com
416-574-5746



Marissa Town, BSN, RN, CDE
marissatown@childrenwithdiabetes.com
513-910-0081



Brian Grant, BSN, RN, CDE
brian@childrenwithdiabetes.com
(717) 802-1748

We're really looking forward to helping you and your teen have the best week **ever** at Friends for Life. Please let us know how we can help, and thanks for your continued trust!

Sincerely,

The Friends for Life Teen Program Staff