

Virtual Spring Women's Retreat 2021



CAMP MĀK-A-DREAM



Live with. Live Beyond

Welcome to the Virtual Spring Women's Cancer Retreat 2021!

Below is the schedule for the week and some tips for attending virtual camp! **All time zones are listed below, be sure that you are signing in according to your time zone.** Please click on the link (Ctrl + Click) 5-10 minutes before the start of a session so that we can let you in from the Zoom waiting room.

- Sessions with an (*) have a description and/or supply list below the schedule
- During the first 'Break' there are some 'on your own' options for you to enjoy a little bit of Montana, all other sessions are interactive
- Attend as many or as few sessions as you like; we will do our best to allow for at least 10 minutes between sessions
- Have fun...we are glad you are here!

Time (ET)	Time (CT)	Time (MT)	Time (PT)	Thursday, May 20	Friday, May 21	Saturday, May 22
12:00	11:00	10:00	9:00		Movement Meditation* Presenters: Katie Thompson Click here to join	Genetics 101* Presenter:Michelle Weaver Knowles Click here to join
1:30	12:30	11:30	10:30		Cooking class – Ravioli* Presenter: Chef Joe Click here to join	The Superpower of Sleep/Rest * Presenter: Tessa, Camp Staff Click here to join
3:00	2:00	1:00	12:00		Celebration of Life* Click here to join	On your own: Montana slideshows (1) Feathered Friends (2) Flowers (3) Butterflies
4:00	3:00	2:00	1:00	Welcome & Icebreakers Presenters: Camp Staff Click here to join	Topic: Finding your Strengths* Presenter: Clare Janty Click here to join	Art: Create your own photo frame* Presenter: Jen Click here to join
5:30	4:30	3:30	2:30	Contact with the Present Moment* Presenter: Tessa Click here to join	Art: Bath Bombs & Body Scrub* Presenter: Jen Click here to join	Final Fireside Chat* Presenter: Tessa Click here to join
6:45	5:45	4:45	3:45	Fun & Games (Get to Know You Scavenger Hunt) Presenters: Camp Staff Click here to join	Fun & Games (Logo Jeopardy) Presenters: Camp Staff Click here to join	Closing, Talent & Art Show Presenter: Camp Staff Click here to join
8:00	7:00	6:00	5:00	Fireside Chat* Presenter: Tessa Click here to join	Fireside Chat * Presenter: Tessa Click here to join	After Camp Social Hour Hosted by you! Click here to join



Thursday
May 20

Contact with the Present Moment - Tessa

This workshop will focus on a few techniques for improving emotional and mental wellness. Being able to make contact with the present moment is a useful skill for managing down-ward spiraling emotions, feeling overwhelmed with emotion, panic attacks or high anxiety episodes, and gaining more control (in general) over emotions and thoughts. Participants will have the opportunity to learn and practice these techniques in a safe, supportive environment.

Fireside Chat – Tessa

Fireside Chat is an optional, informal discussion session held each evening during this retreat. Get to know others and talk about what is on your mind. The discussion will go in whatever direction the group wants it to go!

Tessa Heuermann, LCSW, Wellness Programming Manager with Camp Mak-A-Dream

Tessa has facilitated workshops and trainings throughout her career as a Social Worker. Prior to working at Camp Mak-A-Dream, Tessa provided clinical mental health care in a medical clinic, including care to those facing chronic and terminal illness. Her favorite work includes using Acceptance and Commitment Therapy (ACT) concepts to help others function better and enjoy life more. In addition to ACT, Tessa has been trained in Trauma-Sensitive Mindfulness, Problem Solving Treatment, and Integrated Behavioral Health Care.

Friday

May 21



Movement Meditation – Katie Thompson

This session is all about connecting to yourself through movement and breath. We will explore how embracing authentic movement can help to create a deeper connection to self and intuition as well as be a modality for healing.

SUPPLIES: Yoga mat (if you have one, otherwise a towel can work too), loose comfortable clothing

Ravioli– Chef Joe

Camp's own Chef Joe grew up in a big Italian family where pasta was a mainstay. Joe has published a cookbook featuring some of those family classic recipes, as well as many of his own creations. In this workshop, Chef Joe will walk you through making one of his favorites....ravioli. You can either simply watch his live demonstration and use his recipe to make your own masterpiece in the future, OR, you can make this dish live along with him during this session. This dish will not disappoint....and neither will Joe's humor as he leads you on this culinary adventure!

SUPPLIES: Please refer to the emailed attachments or "Secret Website" for the needed ingredients/recipes. Note: the Homemade Pasta should be made a day or two in advance of this live Ravioli workshop (on your own, but a Youtube [demonstration video](#) is available).

Optional: Celebration of Life – Camp Staff

This will be a time to pay tribute to the women who have attended the women's cancer retreat in the past and whom we have lost within the last year. It is a time to reflect, share memories and honor these women. It is also a time when you can share about other losses in your life, of those who may not have any history with Camp. Everyone is welcome.

Building Your Personal Power – Clare Janty

In this session, Clare Janty Master Certified Life Coach, will lead the exploration of your personal power focusing on your strengths and authenticity. How did your strengths assist in your coping with COVID? Is there a strength you wish to develop? The interactive discussion will result in participants creating their personal action plan for moving forward.

Clare Janty

Clare Janty is a semi-retired Physician Assistant and Master Certified Life Coach. She has presented at Camp Mak-A-Dream to different age audiences since 2007. Currently she is coaching community college students, frontline health care workers and breast cancer survivors. During COVID she has done many creative art projects as well as being active outdoors.

Self-Care Art: Bath Bombs & Body Scrub - Jen

What can be better than easy art projects that also help with your future self-care?!? Join us in making bath bombs and a gingerbread body scrub.

SUPPLIES:

Bath Bombs: Epsom salt, Baking soda, Lemon juice*, ice cube tray/muffin tin/other mold, a bowl to mix in, a measuring cup (liquid one is suggested), a fork/whisk to mix with, paper plates or additional container if you will make multi-colors

Optional: Food coloring, Essential oil or fragrance

Body Scrub: Brown sugar, Coconut oil (solid), molasses*, ground ginger*, ground cloves*, ground cinnamon*, a bowl to mix in, something to mix with, a container to store

*You will not need a large quantity of these ingredients

Fireside Chat – Tessa

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Saturday
May 22

Genetics 101: What You Need to Know – Michelle Weaver Knowles

This session will focus on fundamental information about genetics.

Michelle Weaver Knowles FNP CBCN ONNCG ACGN

Michelle Weaver Knowles is a Family Nurse Practitioner and the owner of Ava Health in Missoula, Montana. In addition to her Master's in Nursing from Gonzaga University, she is a Certified Breast Health Nurse Navigator and is also certified as an Advanced Certified Genetics Nurse Practitioner. In 2012, Michelle was named the Academy of Oncology Nurse Navigators/Health Monitor's Nurse Navigator of the Year and in 2019, the Certified Breast Care Nurse of the year by the Oncology Nursing Society.

Michelle is a self-proclaimed “genetics nerd.” She first became interested in how genetics connects to health and wellbeing with her own diagnosis of BRCA 1 positive breast cancer at age thirty-eight. Her diagnosis occurred four years after her sister died of breast cancer. Finding out her family had a BRCA mutation instilled in her a path to understanding disease and genetics. She feels patient education and understanding is paramount in helping them make informed decisions and choices to maintain their best health, so she will share with you during this session the fundamental information about genetics that she believes is useful to anyone diagnosed with cancer.

The Superpower of Sleep/Rest - Tessa

If you could choose your own “superpower,” would you pick “sleep?” Sleep and rest have the power to improve wellness on EVERY level! Participants will learn about the negative impacts of sleep deprivation, healthy sleep “hygiene” and the value in prioritizing sleep and rest in their daily lives. Full of evidence-based information, this workshop will lead participants to develop a “sleep plan” they can implement and even share with others in their household, in order to support their own wellness.

SUPPLIES: Pen or Pencil, Paper

On your own: Montana Slideshow - Lance Schelvan

Enjoy some Montana nature as photographed by Lance Schelvan. Lance has created three separate videos for your viewing pleasure during your own time – Feathered Friends (birds), Flowers and Butterflies.

Lance Schelvan

Lance Schelvan is a long-time friend of Camp Mak-A-Dream and also has a long history of both being in and photographing the great outdoors. He likes to say, “I have taken my cameras for walks in many wonderful places, mostly in the mountains of the West. I like best the quiet scenes sometimes overlooked.” Lance spent years canoeing the far North which started his great love of all natural beauty. He has an art degree from the University of Minnesota which help shape my ability to share what I see with others, is co-founder of the national hunting and conservation group, The Rocky Mountain Elk Foundation (based in Missoula, MT) and says he is often encouraged by his understanding, patient spouse Lois, who shares many journeys with him.

Making your Own Photo Frame- Jen

Bring a couple of your favorite photos that are in need of a frame and create your own photo frame using household items, such as cardboard and paper. You can use scrapbook paper, newsprint, magazine pages or giftwrap. Jen will show you a couple of examples, but of course, your creativity might take your project to another level. Attached to your confirmation email (and on the “Secret” website) you can see Jen’s examples.

SUPPLIES: Cardboard (a cereal or cracker type of box will be easier to cut than regular cardboard); scrapbook paper (12x12 scrapbook paper is great, but try to avoid the heavy cardstock. Depending on the direction you chose to go, you may want 3-4 pages of coordinating designs/colors) or magazine pages, newsprint or gift wrap; scissors (or exacto-knife if using heavy cardboard);glue; a couple toothpicks or QTips. Optional: paint, stickers, ribbon

Final Fireside Chat – Tessa

Fireside Chat is an optional, informal discussion session held each evening during this retreat. Get to know others and talk about what is on your mind. The discussion will go in whatever direction the group wants it to go!

Closing and Talent & Art Show – Camp Staff

We hope you will join us to wrap up our time together. We will take the opportunity to say “Until next time...” and to watch a video showcasing the Talents and Art of your fellow participants. Upon the conclusion, Camp Staff will step away and turn things over to the group for a Social Hour (using the same link).

Thank you for joining us!!

Other links you may want quick access to:

Talent & Art Show Dropbox submission: <https://www.dropbox.com/request/natcLo4yJCx6LbFz8qRp>

Warm fuzzy message submission: jen@campdream.org

Closed "Secret" Camp Website: https://www.campdream.org/events/virtual-sessions-2021_b/

Camp's Youtube channel: <https://www.youtube.com/channel/Uck2DL0-fqsuIE-vs6KGBOfA>



**Thank you to all of our special guests and presenters –
Katie, Clare, and Michelle!**

Thank you Lance for providing our bonus video content!

Camp Mak-A-Dream Staff

Linda Baldwin – Business Operations

Jennifer Benton – Program Director

Joe Colistro – Chef

Maria Davis Thrasher – Bookkeeper/Bus. Operations

Jen Emendorfer-Wade – Camper Manager

Tessa Heuermann – Wellness Programming Manger

Kim McKearnan – Executive Director

Jake Wood – Facilities Director

Ways you can support Camp Mak-A-Dream:

Follow us on social media, make a contribution, visit our [website](#) about upcoming events.