

Cassie+ Friends

# Family Day Program

For Juvenile Arthritis  
+other  
Rheumatic Diseases

**connect+soar**

Hilton Metrotown | Burnaby, BC  
Saturday, September 16, 2017



cassie+  
friends



# Family Day 2017 Conference Chair's Welcome

## Welcome to Family Day 2017 in Burnaby, BC!

As a parent of a child living with Juvenile Arthritis, I know what it takes to face the daily realities of a child's rheumatic condition. Some days, we're consumed with pain, worry and unknowns. Most days, we're in complete awe of the strength, optimism and conviction that keeps our daughter and our family going.

The theme of this year's conference, "Connect + Soar," focuses on that reality. Without the connections and friends we've made along the way, we wouldn't be where we are today. We never imagined this second family - Cassie and Friends - would become such a large and important part of our lives.

I hope you will take full advantage of Family Day. Take a break from stress and worry, make new connections and leave feeling stronger than ever to face the challenges and unknowns. I hope, too, that you will be inspired to join the Cassie & Friends community and help us transform lives.



A handwritten signature in black ink, appearing to read 'Debbie Setton'.

**Debbie Setton**  
Chair, Family Day Committee  
Cassie and Friends Society

# Family Day 2017 Executive Director's Welcome

## On behalf of Cassie and Friends Society, I am pleased to welcome you to our 9th annual Family Day conference.

Our committee has spent many months thoughtfully preparing for today's event to ensure that every member of your family has a variety of opportunities for learning, connection and fun. Over the course of the day, you will have the chance to hear from recognized experts in pediatric rheumatology, including medical professionals, young adults and other parents, like yourself.

Cassie and Friends is committed to transforming lives in the JIA and rheumatic disease community. We'll achieve this by staying true to the heart of who we are - an organization that puts kids and their families at the start and end of all of our conversations and actions.

You are a part of this important group, and we are inspired to see that so many of you have recognized the importance of this gathering and taken the time to join us.



A handwritten signature in black ink, appearing to read 'Jennifer Wilson'.

**Jennifer Wilson**  
Executive Director  
Cassie and Friends Society



# Family Day 2017

## Greeting From Our Healthcare Partner



**BC Children's Hospital Division of Pediatric Rheumatology  
Dr. Lori Tucker, Pediatric Rheumatologist, BCCH & Board  
Member, Cassie and Friends.**

Every day, our team strives to provide children and families with world-class care and, every day, we steadily get closer to more answers and better outcomes. We are making this progress because of research and advancements in treatment but also because of partners like Cassie & Friends, who share our dedication to supporting affected kids and families, every step of the way.

This year's Family Day is being held on the heels of the Pediatric Rheumatology European Society meeting, so a few of our team members are very sad not to be with you today. We are busy presenting research and learning new things from our European colleagues! From those of us not here today, we wanted to extend our very best wishes to you all for a productive, inspiring and meaningful Family Day.



# Family Day 2017

## Greeting From Our Major Sponsors



**Ally for Life: BMO  
Josie Boon, Regional Vice President**

On behalf of BMO Canada, I offer our best wishes for a successful Family Day! BMO is honoured to support this important day so that children living with Juvenile Arthritis, and their families, can build lifelong bonds as they grow and progress with their condition. We are pleased to work alongside an organization like Cassie & Friends that truly makes a difference in the lives of children and families facing challenging times.



**Champion for Kids  
Travel Sponsor: The Arthritis Society of BC & Yukon  
Christine Basque, Executive Director**

The Arthritis Society of BC & Yukon is pleased to share this meaningful day with you and your family and to help those in need attend today through travel support. "Connect and Soar" is certainly a theme of interest to us as we collaborate in this meaningful partnership which supports the Juvenile Arthritis community. We believe there are many such collaborative opportunities for The Arthritis Society and Cassie & Friends; in fact, leading the way together is essential!

# Family Day 2017

## Information

We hope you have a meaningful and fun day at **Family Day 2017**. We've gathered some information below to assist you at the event.

### Emergencies

Call 911.

If possible, please also notify a Cassie & Friends volunteer.

### Information Desk

Questions, suggestions, general help? The Cassie & Friends information booth is located in front of Tiffany Ballroom A/B on Level Two.

### Photos

Photos taken during the event may be used for Cassie & Friends publications and promotional materials. Photos will be posted on our website [www.cassieandfriends.ca](http://www.cassieandfriends.ca) as they become available.

### Social Media

Connect with other families - and share your experience with those who could not attend - using social media. Keep your tweets relevant and searchable by using the hashtag #FamilyDay2017. Follow Cassie & Friends Twitter feed at @CAFSociety or Instagram at @cafsociety\_yvr

### Evaluation

An evaluation survey asking for your feedback will be sent to you by email in the week following Family Day. Please take a few minutes to fill it out. Your suggestions will help us improve our next event.



# Family Day 2017

## Parent Program



### Time / Venue

### Event

**7:30AM–8:30AM**

Crystal Foyer

**8:15AM**

Waterford

**8:30AM–9:50AM**

Crystal Ballroom

**9:50AM**

Depart from Crystal Ballroom / Various

**9:50AM–10:00AM**

Crystal Foyer

**10:00AM–11:00AM**

**11:00AM–11:15AM**

**Registration & Morning Expo**

**Toddler Program Drop-Off**

Ages 0 to 4

**BMO Family Breakfast w/ Keynote**

**Speaker, Jay DeMerit**

[See page 14-15 for Speaker's Bio](#)

**Kid (5 to 8), Youth (9 to 12) and Teen (13+) Programs Begin**

**Morning Expo**

**Parent / Caregiver Concurrent Sessions #1**

[See page 16-17 for session descriptions and locations](#)

**Break**

### Time / Venue

**11:15AM–12:15PM**

**12:15PM–12:30PM**

**12:30PM–2:00PM**

Crystal #2 / #3

**2:00PM–3:00PM**

**3:00PM–3:15PM**

**3:15PM–4:00PM**

Tiffany A / B / C

**4:00PM–4:15PM**

Waterford

**4:15PM–4:45PM**

Crystal Ballroom

### Event

**Parent / Caregiver Concurrent Sessions #2**

[See page 18-19 for session descriptions and locations](#)

**Break**

**Parent/Caregiver Roundtable Lunch**

You will be seated with families whose children share a similar diagnosis and/or age

**Parent / Caregiver Concurrent Sessions #3**

[See page 20 for session descriptions and locations](#)

**Break**

**Youth Panel Presentation**

**Toddler Pick-Up**

**Popcorn Party + Special Surprise from the Kids!**

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Family Day 2017  
**Hilton Metrotown  
Hotel Map**

**LEVEL 2**

**WOMEN'S WASHROOM**

**MEN'S WASHROOM**

**LALIQUE**

C+F INFORMATION BOOTH

**TIFFANY BALLROOM  
A & B**

**TIFFANY  
BALLROOM  
C**

CHANDON

HEALTH  
CLUB

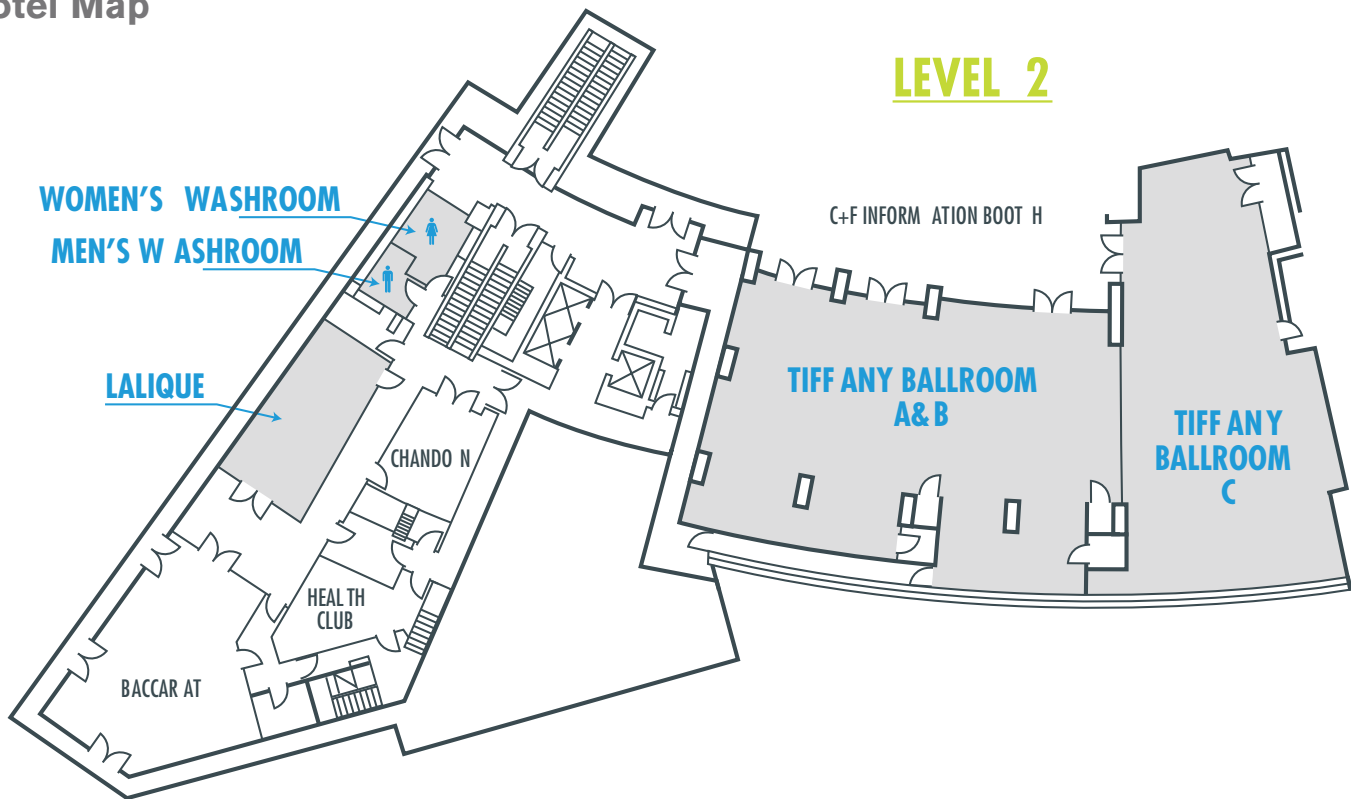
BACCARAT

10  
11  
12



Family Day 2017  
**Hilton Metrotown  
Hotel Map**

**LEVEL 2**



**WOMEN'S WASHROOM**

**MEN'S WASHROOM**

**LALIQUE**

CHANDON

HEALTH CLUB

BACCARAT

C+F INFORMATION BOOTH

**TIFFANY BALLROOM  
A & B**

**TIFFANY  
BALLROOM  
C**



Family Day 2017  
Keynote Address

## Preparing to Soar

# The Value of Dreams+ Preseverance

### Time / Venue

9:15AM-9:40AM  
Crystal Ballroom

### Event

BMO Family Breakfast



### Jay DeMerit, Former captain of Vancouver Whitecaps and U.S. Men's National Team

Jay DeMerit has been beating the odds his whole career, climbing from the American Midwest to England's Premier League and then the World Cup, and finally helping to found the Vancouver Whitecaps in 2011 as the team's first captain.

Using his vast experience in professional soccer, Jay will share stories and lessons he learned along his journey through his 10-year professional career, highlighting the season of 2006-07, where Jay and his underdog Watford FC team were promoted to the English Premier League, the biggest soccer league in the world, as well as his experiences in playing a major role in the World Cup in 2010. Overcoming adversities (including a bacterial eye infection that nearly ended his career), how to bring together the members of your "team" and defining leadership traits are just a few things Jay will touch on. As well, he'll share key lessons he's learned from others through mentorship, and how they can help you, your family and your child grow into captains themselves.



Concurrent Sessions

Parent Sessions 1



**Time / Venue**

10:00AM–11:00AM  
Tiffany A / B

**Event**

**Parent Sessions #1**

C1: Introduction to Juvenile Idiopathic Arthritis (JIA)

**Dr. Jaime Guzman**, Pediatric Rheumatologist, British Columbia Children's Hospital

**Dr. Georgina Tiller**, Fellow in Pediatric Rheumatology, British Columbia Children's Hospital

Learn all about JIA from the experts: how it's diagnosed, what the different 'subtypes' mean, what treatments are used and how your pediatric rheumatology team can support your child and family. You'll also hear about new methods and indicators doctors can use to predict possible outcomes for your child. Bring your questions!

**Time / Venue**

10:00AM–11:00AM  
Tiffany C

**Event**

**Parent Sessions #1**

C2: Group Session for Parents of Children with Autoinflammatory Disease

**Dr. Andrea Human**, Pediatric Rheumatologist, British Columbia Children's Hospital

**Jenny Tekano**, Pediatric Rheumatology Nurse, BC Children's Hospital

**Dr. Kelly Brown**, Investigator, BC Children's Hospital Research Institute

Is your child diagnosed or suspected to have PFAPA, Familial Mediterranean Fever, TRAPS, Mevalonate Kinase Deficiency Disorder, CAPS, CRMO or another rare disease, usually with regular fever episodes and other body symptoms, [called periodic fever disease?](#) In this session, you will meet other families affected by these conditions and have the chance to ask questions to a pediatric rheumatologist, pediatric rheumatology nurse and researcher interested in these conditions.

**Time / Venue**

10:00AM–11:00AM  
Lalique

**Event**

**Parent Sessions #1**

C3: Sport, Physical Activity and Rheumatic Conditions

**Kadi Nicholson**, Physiotherapist and Young Adult with Juvenile Arthritis

**Dr. Kristin Houghton**, Pediatric Rheumatologist and Sports Medicine Doctor, BC Children's Hospital

Physical activity and exercise are an important part of treating rheumatic conditions, like JIA. Hear from a physiotherapist and ex national-levels gymnast as well as a Pediatric Rheumatologist about how kids and young adults can stay active - and even pursue elite sport - while living with chronic rheumatic conditions such as Juvenile Arthritis. Pacing, self-management strategies and ideas for how to communicate your child's condition to PE teachers/coaches will be shared.



Concurrent Sessions

Parent Sessions 2



Time / Venue

11:15AM–12:15PM  
Tiffany C

Event

Parent Sessions #2  
C4: Uveitis

**Dr. Ashley Ko**, Pediatric Ophthalmologist, BC Children's Hospital

**Dr. Kimberly Morishita**, Pediatric Rheumatologist, BC Children's Hospital

Learn more about uveitis (eye inflammation) associated with JIA from an expert pediatric ophthalmologist- where is the inflammation, how do the eye doctors follow it, what are the risks of the inflammation and treatments, what treatments are used. A pediatric rheumatologist will also discuss which children with JIA are at risk of uveitis, and share info on the latest treatments being used.

Time / Venue

11:15AM–12:15PM  
Tiffany A / B

Event

Parent Sessions #2  
C5: Anxiety and Depression in Children with Chronic Pain

**Dr. Penny Sneddon**, Registered Psychologist, Cornerstone Child and Family Psychology Clinic, BC Children's Hospital Medical Psychology

Living with a rheumatic condition not only impacts physical health, but can also impact mental health. Children and teens with rheumatic conditions often experience feelings of sadness, anxiety,

and poor self-image. Learn what we know from current research on the occurrence of mental health challenges in children/teens with rheumatic conditions, the factors that contribute to emotional challenges, and how to best support your child's emotional health. Dr. Sneddon will share tips for helping your child/teen see that they are not defined by JIA, and instead are individuals with JIA who have a myriad of strengths and other qualities.

Time / Venue

11:15AM–12:15PM  
Lalique

Event

Parent Sessions #2  
C6: Moving from Pediatric to Adult Care- How will my child manage?

**Dr. Angela Howe**, Rheumatologist, Member of the YARD team (Young Adults with Rheumatic Diseases Clinic), Private practice, Burnaby BC

How can you help your teen be prepared and confident to care for their arthritis or rheumatic disease on their own as they move into adulthood? Learn how the rheumatology team can help you and your teen get ready to move on from the BC Children's Hospital, and how the Young Adults with Rheumatic Diseases Clinic works together with your teen to be prepared for adult health care. You'll hear about common issues you and your teen may face and ways to address them. The nurse from the Young Adults with Rheumatic Diseases Clinic will also be present to help answer your questions.



# Family Day 2017

## Concurrent Sessions

### Parent Sessions 3

#### Time / Venue

2:00PM–3:00PM  
Tiffany C

#### Event

**Parent Sessions #3**  
C7: Laliqie

**Dr. William T. Gibson**, Dept. of Medical Genetics and Genomics, BC Children's Hospital

Learn more about what gene testing can reveal about your child's condition and how the rapidly advancing area of genetic research may help doctors better predict disease outcomes and drug response, and eventually help direct more targeted treatment options for children.

#### Time / Venue

2:00PM–3:00PM  
Tiffany A / B

#### Event

**Parent Sessions #3**  
C8: News from the Research Lab: Using clinical information to change care & improve outcomes in Pediatric Rheumatology

**Dr. Jaime Guzman**, Pediatric Rheumatologist, British Columbia Children's Hospital

Learn what's new in the Pediatric Rheumatology Laboratory at BC Children's Hospital Research Institute, and how these research studies are changing how doctors evaluate and treat these diseases. We will also present results from Canadian pediatric rheumatology research on pain in JIA, quality of life, growth in children with JIA, and predicting outcomes.



# Family Day 2017

## Toddler, Kid, Youth+ Teen Programs

While you attend breakout sessions, your kids and teens will be in their own separate programs enjoying an adventure-filled day with new friends. Here's what they'll be up to over the course of Family Day.

**NOTE** If you need to reach your child at any time today, please call the Group Leader listed below or visit the Cassie and Friends Information Table on Level #2 in front of the Tiffany Ballroom.

22  
≡



### The Hot Air Balloons

#### Toddler Program (0 to 4)

Waterford Room

**Group Leader Fernanda 778.829.5819**

**Activities** Bouncy Castle + Play Zone, Craft Time, Music + Story Time, Puppet Show, Critter Show, Face Painting



### The Helicopters

#### Kids Program (5 to 8)

Crystal #2 & Maywood Community School

**Group Leader Iwona 778.318.7191**

**Activities** Ice Breakers, Puppet Workshop, Sportball at Maywood School, Magician Show



### The Rocket Ships

#### Youth Program (9 to 12)

Fortius Sport and Health Centre and Crystal #1 and #3

**Group Leader Shika 778.822.9425**

**Activities** Fortis Get Up + Move Program, Dreams + Goals Session, Virtual Reality, Magic Show



### The Drones

#### Teen Program (13+)

Metrotown, Fortius Sport & Health Centre and Crystal #1

**Group Leader Chelsea 778.255.0261**

**Activities** Digital Scavenger Hunt, Awards Lunch at Fortius, Teen-Only Youth Panel, Virtual Reality

Family Day 2017  
Thank you to  
our generous  
sponsors  
who help  
**kids+** families  
soar!

## ALLY FOR LIFE



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by lululemon

Sign up for our news + events.  
[www.cassieandfriends.ca](http://www.cassieandfriends.ca)

The logo for Cassie+ Friends features three stylized human figures in white above the text "cassie+ friends" in white, all on a blue background.

cassie+  
friends

Cassie+ Friends is dedicated to transforming the lives of kids and families affected by Juvenile Arthritis and other rheumatic diseases. Since 2007, we've raised over \$1.5 million for research, pediatric rheumatology programs, equipment, child and family support, advocacy and educational events.

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