

What Type Am I?
Fearless.



*Isabella, Age 9
Diagnosed
August 28, 2012*



Children with Diabetes®

Friends for Life®

November 8-10, 2019
Sheraton on the Falls
Niagara Falls, Ontario

#FFLCanada19



November 8, 2019 |

Welcome to Friends for Life® Canada 2019

Dear FFL Canada Friends,

Welcome to the **Friends for Life® Canada 2019** conference! Whether you have come from near or far, we know that this weekend's event will leave you with new technology concepts to think about, new ideas for diabetes management, new advocacy routes, and best of all — **new friends**.

Please take a few minutes to look over the schedule for Friday, Saturday and Sunday. During some time slots for adults, we have scheduled only one speaker. At other times, we will divide the adults into breakout sessions. You may attend any of the adult sessions; in general, no sign-up is necessary, although the Lego Serious Play sessions do have a maximum number of participants. You'll learn more about this at registration. Sessions for adults and parents are in Grand Ballroom B, Grand Ballroom C, Strategy Room 7, and Fallsview Studio C. Note that some sessions are just for adults with type 1 diabetes or their partners — not for parents.

The children's age groups are in the following rooms:

- Teens (ages 13-17): Fallsview Studio AB
- Tweens (ages 9-12): Strategy 2/3
- Elementary (ages 6-8): Strategy 1
- Kiddie Kove (ages 0-5): Strategy 5/6

The kids will report to these rooms each session, each day. Kiddie Kove will be provided on Saturday and Sunday for little ones ages 0-5. While we will always check a child's blood glucose if there is a question or if a child doesn't feel well, **we ask that you continue to manage your child's diabetes as you would at home**.

A **big thank you** to the staff and speakers who are joining us this weekend. This weekend's staff are made up of Connected in Motion volunteers from across Canada, and a few joining from the United States. Their experiences are vast and varied, all sharing a common passion for connecting the **type 1 diabetes** community. All of the **Friends for Life Canada** staff live with type 1 diabetes, have a loved one with type 1 diabetes, or spend their time working as healthcare providers in the diabetes industry. There's a lot of diabetes experience with us in Niagara Falls. Please make sure you take the time to introduce yourself and get to know our staff and speakers.



Welcome!



Connected in Motion has long been a partner of Children with Diabetes, with many staff and volunteers traveling to the conferences throughout North America to share expertise in youth educational programming, as well as providing conference sessions for adults and parents focused on travel, adventure, and independence. As a Canadian charity, Connected in Motion saw an opportunity to provide more families with the experience gained from a Friends for Life conference with a Canadian flair. The organization has worked hard to develop sustainable partnerships, Canadian-specific programming and speakers, and a growing group of the community's strongest leaders, to create what you will experience this weekend at **Friends for Life Canada**.

We are grateful for the legacy of the Friends for Life Conference—there is something unique that happens when you step into a space filled with people who “get it.” The Connected in Motion team is excited to continue to drive education, support, and community in a new way, built off the backbone of 20 years of Friends for Life programming and to provide families and individuals with type 1 diabetes a place to connect, inspire one another, and feel at home.



The Connected in Motion community is excited to help grow the Friends for Life family in Canada.

Finally, a **big thank you** to our sponsors and exhibitors. We know that your resources are limited, and we appreciate that you have taken the time away from your own families to be with us this weekend. It is our hope that every single one of you meets every single conference participant! Please feel free to join in our educational sessions; we'll all learn together.

Have a wonderful conference!

Jen, Heather, Laura, and Jeff



Jen Hanson

Executive Director
Connected in Motion
jen@connectedinmotion.ca



Laura Billetdeaux

Vice President, Education and Programs
Children with Diabetes
laurab@childrenwithdiabetes.com



Heather Gomez

Slipstream Director
Connected in Motion
heather@connectedinmotion.ca



Jeff Hitchcock

Founder and President
Children with Diabetes
jeffh@childrenwithdiabetes.com





Welcome back to Niagara, FFL!

Connected in Motion is excited to be partnering with Children with Diabetes to bring the conference to Canada this November. We are people with type 1 diabetes who share a vision—to create a culture of support and engagement in diabetes self-management through peer-based experiential diabetes education, physical activity, and outdoor adventure pursuits. By creating a community that is motivating, supporting, and inspiring individuals to take charge of their health today, we are helping to improve the quality of life for people with diabetes now and tomorrow.

Just as a cyclist tucks in and drafts with the peloton or a gander of geese travel in a flying V formation, when people living with diabetes travel together, we move further, faster, and stronger. It was this philosophy from which Connected in Motion was borne and CIM founder, Chloe Vance, created a diabetes slipstream and founded Connected in Motion. When we travel together, we can take turns breaking trail, forging paths, and providing direction; creating a slipstream for the type 1 community to ride along in.

By taking turns in the lead, we allow for the community to explore the diverse environment that surrounds us, often pushing our own limits and stepping outside of our comfort zones—always knowing that someone has ‘got our back’. We allow ourselves to take breaks, to come along for the ride, and to realize the ease at which we can cruise when surrounded by a community who has been there, done that, speaks the language, and ‘gets it’.

Connected in Motion is excited to welcome our Friends for Life Canada families into the slipstream. We’ve worked hard to create an incredible environment for you to connect, share, and inspire one another this weekend and look forward to helping to make life with diabetes just a little bit easier.





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Evelyn, T1D

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[†] Dexcom data on file.

[‡] For a list of compatible devices, visit www.dexcom.com/compatibility. Use of the smart watch requires the Dexcom G6 App on a compatible smartphone.

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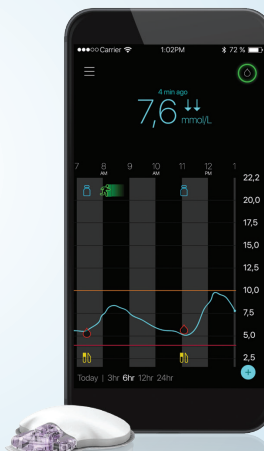
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*Some user interaction required.

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CONNECTEDinMOTION

BREATHING FRESH AIR INTO DIABETES EDUCATION



2020 EVENTS CALENDAR

PEER BASED PROGRAMS FOR ADULTS WITH TYPE 1 DIABETES

MAY 29-31 | NORTHEASTERN SLIPSTREAM | MAINE
JUNE TBA | 5.5ER SLIPSTREAM | ONTARIO
JULY 2-5 | ANNUAL CANOE TRIP | ONTARIO
JULY 9-12 | 5.5ER CANOE TRIP | ONTARIO
JULY TBA | WESTERN SLIPSTREAM | BC OR AB
JULY 23-27 | EXTENDED CANOE TRIP | ONTARIO

JUL/AUG | ADVENTURE TEAM TREK | TBA
AUG 7-19 | HIKING WEEKEND | ONTARIO
AUG 28-30 | HIKING WEEKEND | BRITISH COLUMBIA
AUG TBA | COLORADO SLIPSTREAM | COLORADO
SEP 11-13 | SOCAL SLIPSTREAM | CALIFORNIA
SEP 25-27 | ONTARIO SLIPSTREAM | ONTARIO
OCT 16-18 | FRIENDS FOR LIFE CANADA | ONTARIO

VISIT US ONLINE TO FIND OUT HOW TO GET INVOLVED

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facebook.com/connectedinmotion

[@connectedinmotion](https://twitter.com/connectedinmotion)



The Conference Faculty



Trudy Adams

Trudy Adams is a parent of a child with type 1 diabetes. She is the Ottawa Advocacy Team Lead for JDRF. She has organized and participated in lobby days and advocacy initiatives aimed at both the provincial and federal governments. She is passionate about helping families advocate for support and policy change to help keep kids safe at school. In 2014, she co-founded SOST1D <https://www.facebook.com/groups/SOST1D>. Twitter: @SOST1D

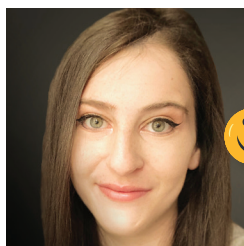
Sunday	9:00 - 10:00	Grand Ballroom B	Diabetes@School: How to Ensure Your Child is Safe
Sunday	1:00 - 2:15	Fallsview Studio C	Back to School With Tweens and Teens



Lorraine Anderson, RD, CDE

Lorraine Anderson, RD, CDE, is a Registered Dietitian and Certified Diabetes Educator. She has had the privilege of presenting workshops across Canada to both health care professionals and families who live with type 1 diabetes. When not at work, she is a busy mom and stepmom to six young adults and two golden retrievers. Lorraine can be found at a dog park, on a hiking trail, tennis court, golf course or ski hill. She celebrated her 30 year "diaversary" in March of 2018 and understands firsthand the ups and downs of daily life with diabetes.

Saturday	10:45 - 12:00	Grand Ballroom B	Trends in T1D Nutrition
Saturday	1:00 - 2:15	Grand Ballroom B	Diabetes Tech 101



Michelle Auerbach

Michelle Auerbach was diagnosed with type 1 diabetes in 2005 at the age of 12. Interesting fact: her mom has type 1 also and was diagnosed when she was eight! Michelle is a volunteer for diabetes organizations in her hometown of Montreal. She is dedicated to spreading awareness about type 1 and invisible illness through social media. You can find her sharing her journey on her blog, Love Light and Insulin, or on her Instagram @ehmichelle.

Sunday	9:00 - 10:00	Strategy Room 7	Diabetes Online Community: Making Connections
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Shana Betz

Shana Betz's daughter Emma was diagnosed with type 1 diabetes at 10-months old. She's now a healthy, happy, dance-loving, art-drawing 10 year old. Shana has been advocating on the school issue long before Emma started JK and is one of the SOS Diabetes Co-Founders. Shana and Emma (along with dad Scott and brother Zachary) live in Markham, Ontario.

Sunday	9:00 - 10:00	Grand Ballroom B	Diabetes@School: How to Ensure Your Child is Safe
Sunday	1:00 - 2:15	Fallsview Studio C	Back to School With Tweens and Teens



Denotes faculty member with diabetes

#FFLCanada19



Logan Bliley-Beames

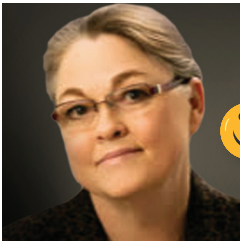
Logan Bliley-Beames was diagnosed with type 1 diabetes at the age of 11, having no family history of type 1 on either side of his family. He currently wears a Medtronic insulin pump, uses a Dexcom CGM to manage his diabetes, and had the chance to try the Eversense/Sensonic implantable CGM in 2017. Logan has been on the Academic Honour Roll at his high school since 2016. Also in 2016, Logan was part of a Rogers Television Documentary about type 1 diabetes that followed his life at home, in school, and at hospital visits. Logan has completed many hours volunteering in the medical environment and looks forward to pursuing studies in the health care field once he completes high school. In his spare time Logan has a passion for mentoring young children with diabetes and volunteering as a patient advocate with Dexcom Canada.

Saturday

3:00 - 4:15

Grand Ballroom B

Panel: Realities of Being a Teen with T1D



Anna Brundage, **DNC, CDE**

Anna Brundage, DNC, CDE, has gained recognition as a leading expert in diabetes education across Canada, with a focus on effective communication between healthcare professionals and persons living with type 1 diabetes. To this end, she has developed many innovative programs and teaching tools specific to this condition. She has managed several Diabetes Education Centres in Toronto hospitals, and has helped thousands of clients initiate insulin pump therapy. Anna has delivered hundreds of workshops to both healthcare professionals and clients across Canada. Having lived with type 1 diabetes for nearly 60 years, she is in an ideal position to support persons with diabetes in the self-management of their condition in order to improve their quality of life.

Saturday

10:45 - 12:00

Fallsvie Studio C

Back to Basics: T1D Primer



Khadija Cajee

Khadija Cajee is an entrepreneur, a mother, an advisor and an educator who tries to support others whether they are new immigrants, the CEO of a major corporation, small business entrepreneurs or children impacted by type 1 diabetes. Having grown up in apartheid South Africa, Khadija has a keen interest in social justice, human rights and civil rights. She is happy to be called upon to advocate for change on behalf of meaningful causes. Khadija has an innate ability to understand who people really are and what drives them and is immensely grateful for being surrounded by amazing and inspiring people throughout the years.

Sunday

9:00 - 10:00

Grand Ballroom B

Diabetes@School: How to Ensure Your Child is Safe

Sunday

1:00 - 2:15

Fallsvie Studio C

Back to School With Tweens and Teens



Nicole Coles, **MD, FRCPC**

Nicole Coles, MD, FRCPC, is a paediatric endocrinologist who works at Markham Stouffville Hospital in Toronto and is an Assistant Professor at the University of Toronto. She received her undergraduate degree from McGill University and her Medical Degree from the University of Toronto. She completed her paediatric residency and endocrinology fellowship at the Hospital for Sick Children in Toronto, Canada. She finished an M. Sc. degree through the Institute of Medical Science at the University of Toronto focused in the area of metabolic programming in maternal gestational diabetes. Dr. Coles was first introduced to Children with Diabetes through a Friends for Life Conference in 2018 when she joined as a Fellow in the Fellow's Program. She is very excited to be a part of the Canadian FFL conference this year and meeting some new faces.

Saturday

10:45 - 12:00

Fallsvie Studio AB

Panel: Making the Most of Your Clinic Visits (Teen Program)

Saturday

3:00 - 4:15

Grand Ballroom B

Panel: Realities of Being a Teen with T1D

Sunday

1:00 - 2:15

Grand Ballroom C

Sick Days & Hospital Stays: Being Prepared



Denotes faculty member with diabetes



The Conference Faculty



Stephanie David-Coderre

Stephanie David-Coderre is an inside sales and reimbursement specialist with eight years of experience at Animas and now works for Medtronic in the same role. She specializes in helping people with diabetes secure funding for their medical devices and supplies from private insurers and government funding agencies. Stephanie has two young children and enjoys spending her spare time being active outdoors.

Saturday	1:00 - 2:15	Strategy Room 7	Navigating the Insurance Landscape as an Adult with T1D
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Julie De Vos, RKin, CDE

Julie De Vos, RKin, CDE, has spent much of her life volunteering and working in the T1D community. These passions led her to a degree in Kinesiology and Health Sciences and a career path in the diabetes industry, previously focused on building programs and communities for not-for-profit diabetes organizations. Today, Julie is a Registered Kinesiologist, Certified Diabetes Educator, Health Coach, Wilderness First Responder, Alpine Ski Instructor, and Advanced Scuba Diver. She is passionate about living life to its fullest and helping those in the diabetes community thrive!

Saturday	3:00 - 4:15	Strategy Room 7	Assessing the Gaps in T1D Care: Type 1 Think Tank
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Sunday	1:00 - 2:15	Strategy Room 7	T1D / Significant Others: Connecting with Those Who Get It
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Kate Farnsworth

Kate Farnsworth has been heavily involved in the Do-It-Yourself #wearenotwaiting movement since her daughter Sydney was diagnosed with type 1 diabetes at the age of eight. With a background in information technology and graphic design, Kate has lent her skillset to developing diabetes watch faces for remote monitoring used by patients worldwide. Kate has created an online patient-driven support community for people who are exploring DIY closed-loop solutions and continues to advocate for all people with diabetes to have access to the best tools to manage their diabetes.

Saturday	3:00 - 4:15	Grand Ballroom C	DIY Diabetes: Understanding Your Options
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Sunday	10:45 - 12:00	Fallsview Studio C	Closing the Loop: Advanced Session
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Blair Earle

Blair Earle has been lucky to be involved in many Friends for Life and Connected in Motion events and activities over the last 10 years. He is the father and stepfather to six young adults. When he is not at work he looks forward to the next adventure hiking, travelling, participating in any sport or the next fun "Griswald" trip, and walking the two goldens.

Sunday	1:00 - 2:15	Strategy Room 7	T1D / Significant Others: Connecting with Those Who Get It
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Jess Forster, MSW, RSW

Jess Forster, MSW, RSW, is a social worker who is passionate about connecting with children and families living and thriving with type 1 diabetes. For the past 11 years, Jess has worked at the Markham Stouffville Hospital Pediatric Diabetes Clinic in Markham Ontario Canada, and she is absolutely thrilled to be a part of the CWD Friends For Life conference in Canada.

Saturday	10:45 - 12:00	Fallsview Studio AB	Thinking Traps (Teen Program)
Sunday	10:45 - 12:00	Grand Ballroom C	Fostering Resilience in T1D
Sunday	1:00 - 2:15	Grand Ballroom B	No More Diabetes Police: Allowing Independence in Youth



Jamie Galloway, RD, CDE

Jamie Galloway, RD, CDE, has been a registered dietitian since 2001. She has worked in the area of diabetes care since 2010 at the Adult Diabetes Centre at Trillium Health Partners. There she works mainly with clients with type 1 diabetes and has an interest in pump therapy and CGM. She began working in the pediatric diabetes centre in July 2018 and continues at the adult centre. She is currently involved the the pediatrics centre transition study to optimize the transition to adult care. She is also on the type 1 Diabetes Quality Standard Advisory Committee that is looking to come up with provincial recommendations for standardization of care across Ontario for those living with type 1 diabetes. In her spare time she enjoys rock climbing with her husband and three children or doing anything active.

Saturday	1:00 - 2:15	Fallsview Studio C	Celiac, Gluten, & T1D Connections
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Shivani Goyal, PhD, MASc, BEng

As a Biomedical Engineer and Researcher, **Shivani Goyal, PhD, MASc, BEng**, is currently leading a digital strategy for the commercialization of chronic disease management mobile technologies. She has extensive experience in the design and development of evidence-based behavioural mHealth platforms, as well as in evaluation methods, ranging from traditional (i.e. RCTs) to more nimble real-time analytics approaches. Driven by the overwhelming prevalence of chronic illness and the need to revolutionize the traditional models for health care delivery, Shivani is exploring how consumer-focused approaches can enable patients to drive their own care. This involves expanding health care beyond hospital and clinics, and evolving traditional consumer markets (e.g. pharmacies), communities, even our own homes, to be facilitators of improved health.

Saturday	10:45 - 12:00	Strategy Room 7	R&D in T1D: What's Going On in Diabetes Tech
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Kimberley Hanson

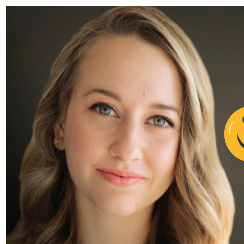
A passionate advocate for people with diabetes, **Kimberley Hanson** is the Executive Director of Federal Affairs with Diabetes Canada. She has lived with type 1 diabetes for nearly 25 years.

Sunday	10:45 - 12:00	Grand Ballroom B	Advocacy & T1D: Where Are We?
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The Conference Faculty



Michelle Lord, PhD

Michelle Lord, PhD, is 29 years old and lives in Toronto Canada, where she just completed her PhD in Medical Physics. She has been living with type 1 diabetes since she was 12 years old and is currently using the t:slim X2 insulin pump and Dexcom G6 continuous glucose monitor. Michelle is very involved in the diabetes online community, and regularly posts videos on her type 1 diabetes lifestyle YouTube channel. In her spare time, Michelle loves taking ballet classes, traveling to new places, and spending time with family, friends, and her husband Raffi.

Sunday

9:00 - 10:00

Strategy Room 7

Diabetes Online Community: Making Connections



Grant Maltman

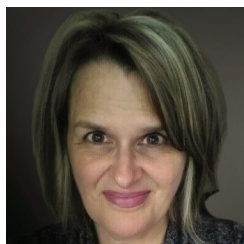
Grant Maltman is a graduate from The University of Western Ontario and has nearly 25 years of experience in the cultural resource management and heritage presentation field. His journey started at Sir Frederick G. Banting Secondary School when, as a student, he presented Diabetes Canada with a cheque from the student body for the development of Banting House museum. Drawn to the diverse collection Banting House held, the history and the impact of the discovery of insulin on the world, it seemed a worthy project for the student body to support. He has proudly served as the curator of Banting House National Historic Site of Canada for the last 23 years. In addition to securing the designation of Banting House as a national historic site, he served as a historical consultant for the Royal Canadian Mint's coin commemorating Banting as Canada's first Nobel Prize recipient and the CBC production, The Greatest Canadian Contest. Grant enjoys sharing stories on the life and career of Sir Frederick Banting, the discovery of insulin and the Canadian Diabetes Association's stewardship of this international treasure and symbolic site of hope in the fight against diabetes.

Sunday

3:00 - 4:15

Grand Ballrooms B+C

Closing Keynote: The Story of the Discovery of Insulin



Elizabeth Moreau, MMgt

Elizabeth Moreau, MMgt, lives in Ottawa with her husband and two children, the youngest of whom was diagnosed with type 1 diabetes in 2013 when she was four years old. Since then, Elizabeth has been involved in diabetes advocacy and education, primarily focused on supporting kids with diabetes in school. She is Director of Communications and Knowledge Translation at the Canadian Paediatric Society, where she is the staff lead on Diabetes@School (www.diabetesatschool.ca), a national initiative to improve care for students with diabetes. Along with several other moms, Elizabeth co-founded Support Ontario Students with Type 1 Diabetes in 2014. She has a Master of Management in voluntary sector leadership and a graduate diploma in journalism.

Sunday

9:00 - 10:00

Grand Ballroom B

Diabetes@School: How to Ensure Your Child is Safe

Sunday

1:00 - 2:15

Grand Ballroom C

Back to School With Tweens and Teens





Deanna Paolantonio, PhD

Deanna Paolantonio, PhD, is a dancer, fitness instructor, certified teacher, Ph.D., and person with T1D. Her formal dance training began at the age of four and her love of movement has fuelled her work and studies. D-Dance is the result of her doctoral studies where Deanna focused on ways to use dance as a tool for promoting creativity, confidence, and positive body image in students. While Deanna will admit that her diagnosis with T1D was initially something she saw as an obstacle, it has since become a source of great inspiration and opportunity. An opportunity to learn more about her body, an opportunity to educate others, and more than anything an opportunity to inspire T1D dancers to continue their love of movement despite diabetes. Yes, life might be tough sometimes with T1D but it definitely does not have to be any less sweet.

Saturday	10:45 - 12:00	Grand Ballroom C	The Relationship Between T1D and Body Image
Saturday	1:00 - 2:15	Strategy 2/3	DDance Session (Tween Program)
Sunday	9:00 - 10:00	Strategy 1	DDance Session (Elementary Program)
Sunday	10:45 - 12:00	Fallsview Studio AB	Self Esteem Connections & Wrap Up (Teen Program)
Sunday	1:00 - 2:15	Strategy 5/6	DDance Session (Kiddie Kove Program)



Cathy Pettigrew

Cathy Pettigrew is a strong believer in the power of working to your strengths. Life has presented many opportunities to do this – in her role as a teacher, business owner, facilitator, counsellor, speaker and mother. At each stretch of her life's journey, her focus on discerning and drawing out the strengths of her students and clients has brought them to a new understanding of the definition of success. Through her work with youth on the autism spectrum, she discovered the power of LEGO to unleash the brilliance locked inside kids who were struggling through school and life, and it led her to build a successful business, incorporating LEGO and its offshoots – robotics, programming, and LEGO Serious Play – to lead her clients to reach their goals. Every day is different, filled with the varied insights that come from individuals who have discovered the power that lies within each one of them. And different is not only good – it is awesome! Cathy, her wonderfully supportive and funny husband, and her four kids (one type 1, two celiac, 2 Aspie's – and a cat!) live by this mantra every day – focus on your strengths, focus on all the positives in life, and LIVE!

Saturday	3:00 - 4:15	Fallsview Studio C	LEGO Serious Play: Problem Solving with Your Youth
Sunday	10:45 - 12:00	Strategy Room 7	LEGO Serious Play: Tackling Communication Barriers



Erin Randall, RN, CDE

Supporting close family members with T1D for the past 30+ years, **Erin Randall, RN, CDE**, has always considered herself an ally to the T1D community. Her strong desire to educate and connect with the T1D community led Erin to work at Camp Huronda for many summers and to pursue a career in nursing. Erin holds a Bachelor of Arts degree and a Bachelor of Science in Nursing degree, as well as being a Certified Diabetes Educator. Erin has worked with CIM as a Slipstream Coordinator and also works as a nurse educator at the paediatric diabetes clinic at Markham Stouffville Hospital. When Erin is not working you can find her paddling, camping or spending time at the cottage.

Sunday	1:00 - 2:15	Strategy Room 7	T1D / Significant Others: Connecting with Those Who Get It
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The Conference Faculty



Evelyn Riddell

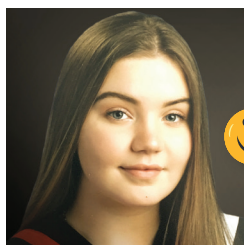
Evelyn Riddell is 20 years old and has had type 1 diabetes for almost eight years. She is currently in her third year of study at the University of Toronto, specializing in History and Canadian Studies. Evelyn believes that her most important role is that of a type 1 diabetes advocate. She also works as a freelance model, on a mission to represent T1D and raise awareness. She is proud of her pump and CGM and would be quick to tell you how T1D is actually her superpower. You can find her on Instagram [@evie_ann] and YouTube [evie ann] – two social platforms that she loves, because of their ability to bring the T1D community together. T1D has often been called an “invisible illness”, but recent technology such as pumps and CGMs are often visible for all to see. Evelyn hopes to help her fellow T1Ds feel represented, and to wear their devices proudly!

Saturday

3:00 - 4:15

Grand Ballroom B

Panel: Realities of Being a Teen with T1D



Kaitlyn Wallace

Kaitlyn Wallace grew up in Oakville Ontario, and is one of four siblings. She was diagnosed with type 1 diabetes at the age of five. Growing up, Kaitlyn was a competitive gymnast/power tumbler and continued to stay involved by coaching gymnastics throughout high school. Her hobbies include yoga, horse-back riding, and working with kids. She spends her summers as a camp counsellor at Camp Huronda and is a full time student at Queens University, working towards getting her Bachelor of Commerce at the Smith School of Business.

Saturday

3:00 - 4:15

Grand Ballroom B

Panel: Realities of Being a Teen with T1D



Meg Wolfe-Wylie, MD, FRCPC

Meg Wolfe-Wylie, MD, FRCPC, is a pediatric endocrinologist at North York General Hospital and William Osler Health System in Toronto. She is also actively involved in medical education through the University of Toronto. Dr. Wolfe-Wylie graduated from the University of Guelph with a Bachelor of BioMedical Science in 2007. She obtained her Doctor of Medicine from the University of Toronto in 2011. After medical school, she completed her General Pediatrics Residency training as well as her fellowship in Pediatric Endocrinology through the Hospital for Sick Children and the University of Toronto in 2016. She currently lives in Toronto with her husband and 16 month old daughter.

Saturday

10:45 - 12:00

Fallsview Studio AB

Panel: Making the Most of Your Clinic Visits (Teen Program)

Sunday

9:00 - 10:00

Grand Ballroom C

Transitioning Tasks & Developmental Appropriateness



Jane Yardley, PhD

Jane Yardley, PhD, completed her PhD in Population Health at the University of Ottawa in 2011. Her doctoral thesis focused on the effects of resistance exercise, on its own or combined with aerobic exercise, in physically active individuals with type 1 diabetes. She is now a member of faculty at the University of Alberta, and part of the Physical Activity and Diabetes Laboratory at the Alberta Diabetes Institute. Jane is still performing research related to type 1 diabetes and exercise, with projects focused on resistance exercise and high intensity intermittent intervals. She is a co-author of the 2016 American Diabetes Association Position Statement on Diabetes and Exercise/Physical Activity. Outside the lab and classroom, Jane practices what she preaches by cycling and running in the summer, cross-country skiing in the winter, and (of course) enjoying resistance exercise year round!

Saturday

1:00 - 2:00

Grand Ballroom C

Exercise Basics: Getting Active with T1D

Sunday

9:00 - 10:00

Fallsview Studio C

Advanced Exercise: Tweaks and Tips



Denotes faculty member with diabetes

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Program of Events and Sessions

Friday, November 8, 2019

Evening	Registration Opens at 6:30 Special Keynote Guest at 7:30— Presented by Omnipod
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Saturday, November 9, 2019

Time	Grand Ballroom B	Grand Ballroom C	Fallsview Studio C	Strategy Room 7
8:00 - 9:00	Breakfast in Great Room BC			
9:00 - 10:00	Exhibit Hall Ribbon-Cutting and Kick-Off			
10:00 - 10:45	Refreshment Break — Exhibit Hall			
10:45 - 12:00	Trends in T1D Nutrition Lorraine Anderson, RD, CDE	Body Positivity & T1D: The Relationship Between T1D and Body Image Deanna Paolantonio, PhD	Back to Basics: T1D Primer Anna Brundage, DNC, CDE	R&D in T1D: What's Going On in Diabetes Tech Shivani Goyal, PhD
12:00 - 1:00	Lunch in Great Room BC			
1:00 - 2:15	Diabetes Tech 101 Lorraine Anderson, RD, CDE	Exercise Basics: Getting Active with T1D Jane Yardley, PhD	Celiac, Gluten, & T1D Connections Jamie Galloway, RD, CDE	Access 101: Navigating the Insurance Landscape as an Adult with T1D Stephanie David-Cordonne
2:15 - 3:00	Refreshment Break — Exhibit Hall			
3:00 - 4:15	Teens & T1D: A Panel About the Realities of Being a Teen with T1D Nicole Coles, MD, FRCPC, Evelyn Riddell, Kaitlyn Wallace, & Logan Bliley-Beames	DIY Diabetes: Understanding Your Options (Looping, Remote Monitoring, and More) Kate Farnsworth	LEGO Serious Play: Problem Solving with Your Youth with T1D Cathy Pettigrew	Assessing the Gaps in T1D Care: Type 1 Think Tank Julie De Vos, RKin, CDE
Evening	Adventure City Party Sponsored by Tandem Diabetes Care 5:00 - 7:00 Great Room B		Family Movie Night Sponsored By Dexcom 7:00 - 9:00 Great Room C	Adult Social Sponsored by Medtronic 8:30 - Midnight Fallsview ABC

Sunday, November 10, 2019

Time	Grand Ballroom B	Grand Ballroom C	Fallsview Studio C	Strategy Room 7
8:00 - 9:00	Breakfast in Great Room BC			
9:00 - 10:00	Diabetes@School: How to Ensure Your Child is Safe, Supported, and Included Elizabeth Moreau, Khadija Cadjee, Shana Betz, Deborah Joyce, & Trudy Adams	Transitioning Tasks & Developmental Appropriateness Meg Wolfe-Wyllie, MD, FRCPC	Advanced Exercise: Tweaks and Tips Jane Yardley, PhD	Diabetes Online Community: Making Connections in the T1D Digital World Michelle Auerbach & Michelle Lord, PhD
10:00 - 10:45	Refreshment Break — Exhibit Hall			
10:45 - 12:00	Advocacy & T1D: Where Are We? Kimberly Hanson	Fostering Resilience in T1D Jess Forster, MSW, RSW	Closing the Loop: Advanced Session Kate Farnsworth	LEGO Serious Play: Tackling Communication Barriers: Family, Friends, HCPs— Anything is on the Table Cathy Pettigrew
12:00 - 1:00	Lunch in Great Room BC			
1:00 - 2:15	No More Diabetes Police: Allowing Independence in Youth with T1D Jess Forster, MSW, RSW	Sick Days & Hospital Stays: Being Prepared When Illness Hits Nicole Coles, MD, FRCPC	Back to School with Tweens and Teens: Navigating Increasing Independence Elizabeth Moreau, Khadija Cadjee, Shana Betz, & Trudy Adams	T1D / Significant Others: Connecting With Those Who "Get It" Erin Randall & Blair Earle (Sig Others) Julie De Vos (T1D)
2:15 - 3:00	Refreshment Break & <i>Miracle, Baby</i> Screening in Grand Ballroom B			
3:00 - 4:15	Closing Keynote: The Story of the Discovery of Insulin Grant Maltman			

Youth Program of Events and Sessions



Friday, November 8, 2019

Evening	Registration Opens at 6:30 Special Keynote Guest at 7:30— Presented by Omnipod
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Youth Program for Saturday, November 9, 2019

Time	Kiddie Kove (ages 0-5) Strategy 5/6	Elementary (ages 6-8) Strategy 1	Tween (ages 9-12) Strategy 2/3	Teen (ages 13-17) Fallsview Studio AB
8:00 - 9:00	Breakfast in Great Room BC			
9:00 - 10:00	Exhibit Hall Ribbon-Cutting and Kick-Off			
10:00 - 10:45	Refreshment Break — Exhibit Hall			
10:45 - 12:00	Icebreakers & Games	Icebreakers & Big Games	Icebreakers & Big Games	Snakes, Ladders & Thinking Traps Making the Most out of Clinic Visits: Panel Discussion Jess Forster, Meg Wolf-Wylie, & Nicole Coles
12:00 - 1:00	Lunch in Great Room BC			
1:00 - 2:15	Scavenger Hunt	VIPs	DDance Session Deanna Paolantonio	Mindful Eating Food Challenge Marilyn Fry
2:15 - 3:00	Refreshment Break — Exhibit Hall			
3:00 - 4:15	Movie & Rest	Scavenger Hunt	Expressing Your Diabetes	Jeopardy Obstacle Course
Evening	Adventure City Party Sponsored by Tandem Diabetes Care 5:00 - 7:00 Great Room B		Family Movie Night Sponsored By Dexcom 7:00 - 9:00 Great Room C	Adult Social Sponsored by Medtronic 8:30 - Midnight Fallsview ABC

Youth Program for Sunday, November 10, 2019

Time	Kiddie Kove (ages 0-5) Strategy 5/6	Elementary (ages 6-8) Strategy 1	Tween (ages 9-12) Strategy 2/3	Teen (ages 13-17) Fallsview Studio AB
8:00 - 9:00	Breakfast in Great Room BC			
9:00 - 10:00	Toys, Games, & Story Time	DDance Session Deanna Paolantonio	Making Healthy Choices	Transitions
10:00 - 10:45	Refreshment Break — Exhibit Hall			
10:45 - 12:00	Crafts	Green Team (Type 1) & Orange Team (Siblings)	Tween Olympics	Self Esteem Connections & Wrap Up Deanna Paolantonio
12:00 - 1:00	Lunch in Great Room BC			
1:00 - 2:15	Sports Session & DDance Deanna Paolantonio	Fueling for Fun: Nutrition & Fitness	Reflections with Green Team (Type 1) & Orange Team (Siblings)	Teens Offsite Lunch & Activities on Clifton Hill
2:15 - 3:00	Refreshment Break & <i>Miracle, Baby</i> Screening in Grand Ballroom B			
3:00 - 4:15	Movie & Rest	All About Me Crafts & Reflections	Diabetium	Private <i>Miracle, Baby</i> Screening



The Teen Staff



Alanna Landry, **RN, CDE**

Teen Program Lead

Alanna Landry, RN, CDE, has had the privilege of working alongside the T1D community as a pediatric diabetes nurse educator for 22 years at Markham Stouffville Hospital in Ontario, Canada. After attending her first CWD FFL conference in 2004, she was amazed and inspired by the incredible experience. Working in the teen program has been something she looks forward to each year.



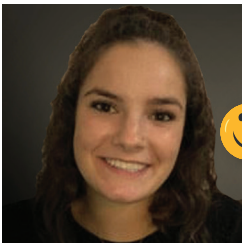
Amy Burrows

No stranger to CIM and Children with Diabetes, **Amy Burrows** has had type 1 diabetes for 31 years. Hailing from Beaverton Ontario Amy enjoys spending time outdoors (mainly canoe tripping) with her friends, family, fellow T1Ds and her dog Caius. She spends her days working in dentistry as a Level 2 assistant and treatment coordinator in Uxbridge.



Holly Homes, **RN**

Holly Homes, RN, is a nurse at the Markham Stouffville Paediatric Diabetes Clinic. She loves canoe camping (especially when she gets to go with Camp Huronda!) and plays soccer. She's also a Toronto Maple Leafs fan.



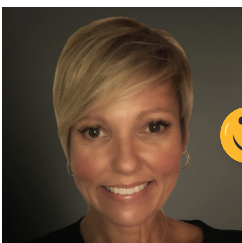
Elisa Mastroianni

Elisa Mastroianni has had type 1 diabetes for 16 years. She is currently in her third year of school at Brock University, studying Concurrent Education, and has been a competitive dancer for 10 years.



Tayler Michaelson

Tayler Michaelson was diagnosed with type 1 diabetes at the age of 10 years old. He currently attends the University of Ontario, Institute of Technology for Communications and Digital Media Studies. Tayler spends the majority of his time on the volleyball court, playing this past season with the Durham College Men's Varsity Program, where he earned an OCAA All-Academic Award for 2018.



Sara Purificati

Sara Purificati is a social worker who lives in London with her two daughters. She has been living with diabetes for almost 40 years and recognizes the challenges and the gifts the disease has given her. The friendships and connections that she made at Camp Huronda have lasted a life time and she considers the impact priceless. This is part of what inspired her to volunteer for this year's FFL conference. She loves the idea of supporting kids and families to connect, learn and validate through their experiences with diabetes and she looks forward to learning and making some new connections herself.



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The Tween Staff



Sarah Melcher, **OCT**

Tween Program Lead

Sarah Melcher, OCT, was diagnosed with type 1 diabetes when she was nine years old. She volunteered at her first FFL conference in 2009 and led the Tween Program at FFL Canada in 2018. She will be volunteering in Orlando and Canada again this year as she enjoys the educational and fun environment that is provided for the youth at CWD conferences. Sarah is a secondary school teacher, specializing in physical education. She has attended and worked at a diabetes summer camp in Ontario where she met many of her friends with diabetes.



Paul Chalmers

Tween Program Lead

Paul Chalmers lives in Niagara Falls, Ontario and works full-time for U-Haul. He also is completing his BA in Business Management. Paul loves long walks, snowboarding, reading and hanging with friends. In 2016, Paul received Niagara's 40 under 40 business award for young leaders in the Niagara area.



Johanna Balge, **RN, CDE**

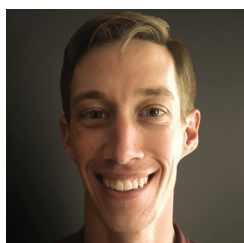
Tween Program HCP

Johanna Balge has been working as a pediatric diabetes educator for the last 13 years. She is really excited to be part of the staff team for her second year at Friends for Life Canada conference and to meet all of the great people who are working and attending the conference.



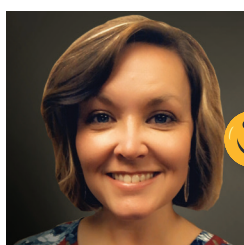
Daina Anderson

Daina Anderson has had type 1 diabetes for 10 years. She enjoys all outdoors activities, especially cross-country skiing and hiking. As an ecologist she often works in remote areas, which has shown her to be prepared for anything and not to forget insulin!



Grant Elson

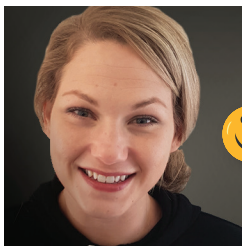
Grant Elson is a supply teacher with Kawartha Pine Ridge District School Board. He plays golf, baseball, volleyball, and hockey, and enjoys spending time with his nephew and niece. Grant is gearing up for a trip to New Zealand in January and visited the Galapagos Islands this past March. His girlfriend, Leisa, lives with type 1 diabetes and is an inspiration to him every single day. Grant is super excited to meet more inspirational people, especially youth, and to further his education about living with type 1 diabetes.



Lori Farmer

Lori Farmer has many titles in life but wife and mom are her favourite! She has had type 1 diabetes for 21 years and she is loving getting to know the T1D community that is out there. Lori loves hiking, camping and just being out in nature.





Rebecca Galbraith

Rebecca Galbraith has been living with type 1 diabetes for 28 years. She loves boxing and volleyball and is very excited to be helping with the tween program at Friends for Life Canada. This will be Rebecca's second FFL Canada.



Sarah Gaughan

Sarah Gaughan was diagnosed at the age of 21 while living in Halifax, NS. She had only had diabetes for two and a half months before she stumbled upon CIM while working at Camp Arowhon, home to Ontario Slipstream! Sarah was a member of the 2018 CIM Adventure Team and works as CIM's Adventure Intern. She can identify over 50 different species of North American birds, mainly by sound, loves outdoor sports and is an avid canoeist, snowboarder, hiker, scuba diver, and horseback rider.



Riona Petticrew, RN, CDE

Tween Program HCP

Riona Petticrew, RN, CDE, is a Registered Nurse and Certified Diabetes Educator with Medtronic. She was diagnosed with type 1 diabetes at the age of 11 and she knew she wanted to give back to the diabetes community almost immediately at the time of her diagnosis. She has been very fortunate to have worked as a nurse with Animas Canada prior to her role with Medtronic and she is involved in Connected in Motion, Diabetes Canada D-Camps, and The Diabetes Hope Foundation. She takes her nursing knowledge and lived experience to help make a difference in the lives of others living with diabetes.

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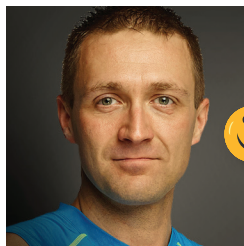


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The Tween Staff



Nick Reed

Nick Reed was diagnosed with T1D in July 1999. He's an avid Animas pump wearer, outdoors enthusiast and dad to two boys (7 and 11). Hailing from Belleville, Ontario, Nick is a self-employed restaurant owner. As a fan of "dad jokes" and one-liners, bring your best jokes and square off!



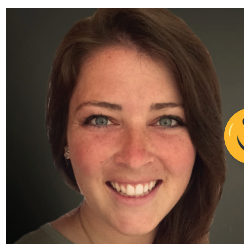
Evelyn Riddell

Evelyn Riddell is 20 years old and has had type 1 diabetes for almost eight years. She is currently in her third year of study at the University of Toronto, specializing in History and Canadian Studies. Evelyn believes that her most important role is that of a type 1 diabetes advocate. She also works as a freelance model, on a mission to represent T1D and raise awareness. She is proud of her pump and CGM and would be quick to tell you how T1D is actually her superpower. You can find her on Instagram [@evie_ann] and YouTube [evie ann] – two social platforms that she loves, because of their ability to bring the T1D community together. T1D has often been called an "invisible illness", but recent technology such as pumps and CGMs are often visible for all to see. Evelyn hopes to help her fellow T1Ds feel represented, and to wear their devices proudly!



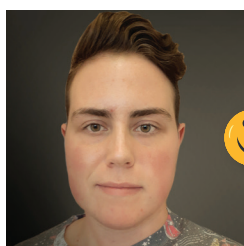
Anna Southall-Millward

After picking up her first basketball at age two, **Anna Southall-Millward** was sold on the sport and it has been a passion ever since! After playing competitively through university, it has now turned into a hobby that she still loves just as much today! Anna studied English & Psychology at Laurier University and continued on to pursue a teaching degree from UofT. Currently, she works with university students who are studying abroad at Australian universities. Travelling and experiencing new cultures/people is something Anna loves. She has worked and lived in Beijing, China, for two years and had a blast. Anna has been T1D for 25 years and although it can be a huge challenge, she is so thankful that it has brought her together with some of her closest friends. She is incredibly inspired by the amazing things that T1Ds continue to achieve



Leisa Wierenga

Leisa Wierenga attended Nipissing University where she obtained her BPHE and B.Ed degrees. After University, she lived and taught abroad in the UK, gaining a huge love for travel and the outdoors. When Leisa is not working, she loves to be surrounded by friends and family, having time on the water, playing sports, visiting markets and listening to live music. Leisa was diagnosed with diabetes in 2003 at age 11.



CJ Woodford

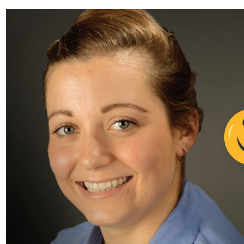
CJ Woodford is a graduate student at the University of Toronto, studying simulations of black holes. He teaches junior/high school math and science and gives planetarium shows. CJ is a big fan of love sci-fi, horror movies, canoeing, and snowboarding, and has a fascination with cake decorating! He has had type 1 diabetes for 17 years, and uses the Tandem t:slim pump and Dexcom G5 CGM.





Tina Sartori
Elementary Program Lead

Tina Sartori has been rocking the world of living with T1D for over 25 years, most recently while competing in triathlons! Her connection to the T1 community started at Camp Huronda, where she worked for 17 summers, the final few as the Assistant Director. She is the Executive Director at Montessori Academy of London, Ontario, holding a BAsC in Child Studies and an AMI Montessori Diploma. Tina feels the FFL experience is the most valuable opportunity a T1 family could have. She believes finding a community creates the most impact on T1 care with the connections that are made, allowing support to continue far beyond the days of the conference.



Amanda Coschi, BScN, RN, CDE
Elementary Program HCP

Amanda Coschi, BScN, RN, CDE, is a Registered Nurse and Certified Diabetes Educator. She is involved in many different diabetes communities such as Connected in Motion, the Diabetes Hope Foundation and Camp Huronda. She presently works as a Territory Manager for Tandem Diabetes Care Canada. Amanda was diagnosed with diabetes herself in 2002 and she is very excited to be joining for her sixth FFL conference.

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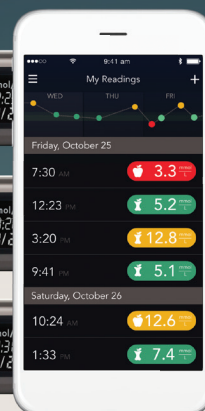
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The Elementary Staff



Keira Brehony

Keira Brehony has been living with diabetes for 22 years. Keira is originally from Ireland and has been living in Canada for 10 years. She loves the Canadian winters and has learned how to ski and ice skate. This is Keira's second Friends For Life conference.



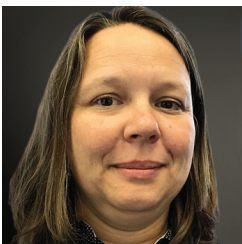
Cori Canuel

Cori Canuel was diagnosed with type 1 diabetes at age four. She lives in Toronto with her husband, loves to travel and is a big soccer fan. She was able to combine these passions on her honeymoon when she got to see Barcelona FC play at Camp Nou. This will be her second Friends for Life conference.



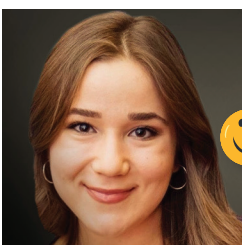
Samantha Graham

Samantha Graham was diagnosed with type 1 diabetes at the age of 17. She had planned to go to Laurentian University, but with her diagnosis, she took a year off of school and focused on learning about this new lifestyle called Type 1. Almost eight years later, she is now 25 and a successful graduate of the BA of Youth and Child Studies program at Brock University. Working with children is her passion, and she especially loves sharing her experiences to help others. Living with type 1 diabetes is a 24/7/365 job, but she has learned to overcome many obstacles by reaching out to others with the same disease. Samantha believes it is important to stay focused on health, both physical and mental, as T1D can be quite exhausting at times. She has acquired so many skills and characteristics from T1D that have made her the person she is today. Samantha can proudly say that without this disease, she would not be the person she is today. She is looking forward to a future working with children with type 1 diabetes and helping them to build the skills she has gained over the years and to show them that type 1 diabetes is something to be proud of.



Caroline Lewis

Caroline Lewis is mom to Owen (dx at five, now 14), Charlotte (dx at six, now eight) and Meredith, and wife to Grant (dx at 32). Caroline is very excited to attend her second FFL conference, and loves connecting with other T1D families.



Jordana Singer

Jordana Singer is 21 and was diagnosed with type 1 diabetes at the age of four. She attended her first FFL conference when she was eight years old. Jordana currently attends the University of Ottawa, where she is pursuing Civil Law L.L.L. Jordana has many interests, including singing, yoga, spinning, photography and nutrition. She has been a singer at multiple JDRF events in Canada. She is looking forward to volunteering this year at Friends for Life Canada in the elementary program.





Sarah Kneeshaw

Kiddie Kove Program Lead

Sarah Kneeshaw has had type 1 diabetes for 35 years and just recently decided to make the switch from MDI to a pump and CGM! She has been a teacher at a Montessori School for 10 years and has two boys: a 7-year old and a 5-year old (who also has T1D). Sarah loves spending her summers camping, hiking, boating, and fishing, and her stress relief hobby is cake and cookie baking and decorating.



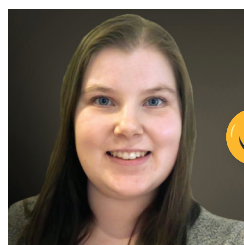
Kendra Dempsey

Kendra Dempsey attended the University of Toronto, receiving an undergraduate degree in Global Health and Biology. She is currently pursuing her MSc in Medical Sciences at McMaster University. Kendra has had type 1 diabetes since the age of three. Her mum was recently diagnosed with T1D as well. She loves reading, music, hiking, dancing and petting every dog she meets! In the future, Kendra would love to work in public health practice and policy.



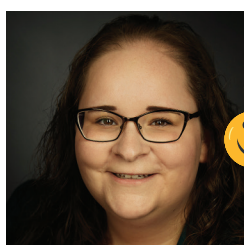
Leela Kausch, LMSW

Leela Kausch, LMSW, was 15 when she was diagnosed with type 1 diabetes and her early experiences working at diabetes camp with T1D kids were life changing. The peer support found at diabetes summer camp helped Leela to understand this health condition, embrace the challenges that diabetes presents, and to love life. Now, 39 years later, Leela works as a clinical social worker specializing in counseling for those whose lives have been affected by diabetes. Leela lives in Ann Arbor, Michigan, where she enjoys playing games, creating art, hiking and camping.



Claire Maslak

Claire Maslak is a 23-year-old nursing student who is passionate about advocating for changes in the healthcare system for type 1 diabetes care. In her free time, she loves bullet journaling, painting, rowing, and traveling, whether it's across the world or across the city!



Kelsey McLaren

Kelsey McLaren has been living with T1D for seven years, after being diagnosed at the age of 18. She is excited to be participating as a staff member with the childcare age group at her second Friends for Life Canada conference. In addition to being active in the diabetic online community, Kelsey recently attended her first Connected in Motion Slipstream event that gave her insight into how great the diabetic community really is. She is looking forward to meeting other T1D families and those who support them on this journey.





Children with Diabetes® Friends for Life®

2019 Friends for Life® Conferences

March 29-31, 2019

Renaissance Seattle Hotel
Seattle, Washington

July 16-21, 2019

Disney's Coronado Springs Resort
Orlando, Florida

October 4-6, 2019

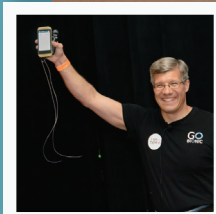
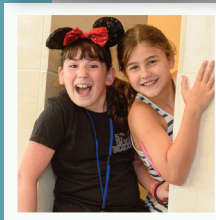
Fairview Park Marriott
Falls Church, Virginia

October 25-27, 2019

Staverton Estate
Daventry, Northamptonshire, UK

November 8-10, 2019

Sheraton on the Falls
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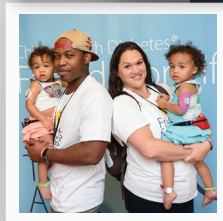
Today, Children with Diabetes® and our Friends for Life® Conferences bring together those who live with T1D and the amazing people who support them.

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Jen Hanson, **RKin, MED, OCT, CDE**

Jen Hanson, BKin, BEd, MEd, CDE, has grown up with type 1 diabetes. Diagnosed in 1987, she has never let diabetes stop her from pursuing her passion. Jen's early beginnings as a campfire-loving, bug-catching, mud-puddle-jumping, tree-climbing tot sparked in her a love for the natural world that has been fostered and grown into a full-blown passion for everything outdoors. Jen is the Executive Director of Connected in Motion, and spends her days organizing retreats and adventure programs for adults with type 1 diabetes. She also works with the CIM Team to run Friends for Life Canada. Jen became a CDE in 2017 focusing on diabetes and exercise. Jen loves volunteering with Children with Diabetes as it gives her an opportunity to work with youth with diabetes and give them the gift of connection.



Heather Gomez

When **Heather Gomez** was diagnosed with type 1 diabetes at age 16, Connected in Motion was one of the first organizations she was introduced to as a "new member" of the diabetes community in Toronto. Soon after, Heather moved to Nova Scotia to attend Acadia University, later graduating with a kinesiology degree. For the past five years, Heather has been working with a number of diabetes organizations in the community, coordinating programs for youth and adults with T1D. Heather is the Slipstream Director for Connected in Motion. Heather lives in Kingston, Ontario with her husband and they are expecting a baby girl this December.



Marilyn Fry, **RD, CDE**

Marilyn Fry, RD, CDE is a registered dietitian at Markham Stouffville Hospital. Marilyn has been working with children with type 1 diabetes for 23 years. Her areas of interests include toddler feeding and exercise management. She is kept active and busy outside of work raising her two teenage daughters. Marilyn has a family history of diabetes but does not have diabetes herself.



Heather Hawco-Gray

Heather Hawco-Gray lives in Whitby Ontario. She attended her first Friends for Life Conference in Toronto in 2011 when someone she loves was diagnosed. In 2016, she attended the FFL Orlando Conference and loved it. She learned so much, met so many amazing people, and left feeling motivated and hopeful. Heather has been volunteering ever since. In 2018, she volunteered at registration in Niagara and looks forward to welcoming the attendees again this year.



Chrissy Keown, **MEd,RP, CCC**

Chrissy Keown, MEd,RP, CCC, is a Registered Psychotherapist, working in a private practice out of Ottawa, Ontario. She works primarily with adolescents and young adults, but also specializes in work with clients with diabetes and other chronic illness/chronic pain. As someone who has lived with type 1 diabetes for 27 years, the intersection of mental health and diabetes is something Chrissy finds particularly interesting and loves to study. When she is not in the office, she is spending time adventuring as much as she can (biking, hiking, etc.). Chrissy has always loved art and creating, and you can often find her painting or working on pottery or DIY projects!



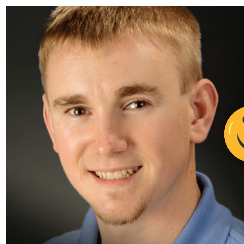


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We will explore, share,
learn and laugh
because we're all in
this together.**

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Chad Kylo

Chad Kylo lives in the great white north of British Columbia, Canada. He was diagnosed with type 1 diabetes at the age of two and celiac at age seven. He has attended Camp Elphinstone in Gibsons, BC, since the age of six including leadership training, and he returned as a "Midnight Rambler" working with the medical staff doing the midnight and 3 a.m. blood glucose checks of the campers. Chad has attended many CWD conferences with his first one in 2002. He has helped at conferences working with children, as part of the Road Crew in the exhibit hall, and helping to keep the presentations running smoothly. To Chad, diabetes is a challenge he faces every day, but no more challenging than putting the right sock on the right foot. "Start where you are, use what you have, do what you can."



Scott Kylo

Scott Kylo lives in British Columbia, Canada. He has two adult children, Alyssa and Chad. Their path along the diabetes road started in 1996 when his son, Chad, then age two, was diagnosed with type 1 diabetes when they were residing in Bahrain in the Middle East. The World Wide Web had just arrived in Bahrain and it brought to the Kylo's the safety of the Children with Diabetes family. Two years later, when life was becoming somewhat comfortable and routine, Alyssa, then age 7, was also diagnosed with type 1 diabetes. Chad was also diagnosed with celiac disease in 2001. The family attended their first Friends For Life conference in 2002. Getting to meet the CWDers in person was like Christmas in July! Scott is a Chief Information Officer by day and an Aircraft Engineer by night maintaining a Piper Cherokee and a Mooney. These skills and his "MacGyver" qualities keep him running at the Friends For Life conferences as its Information Technology and Audio/Visual support person. He is a strong advocate of Friends For Life conferences and believes anyone with a connection to diabetes should attend at least one... although warns that the conferences are much like potato chips—it's hard to stop at just one!



Bonnie Martin

Bonnie Martin is mom to Sean, currently serving in the US Air Force and Sarah (dx'd in 2009), who is entering her senior year in college. Bonnie and her husband, Howard, live in Derby, NY. The family attended their first FFL conference exactly one year after diagnosis in 2010 and have been attending ever since. Bonnie has volunteered for many years becoming a staff member last year, and she finds the conference invaluable. Bonnie is thankful for her "FFL family" and everything she has learned for herself, her daughter and her family. At home, Bonnie works in the payroll department for a local school district.



Howard Martin

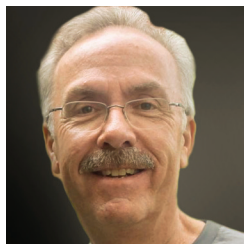
Howard Martin lives near Buffalo, NY, with his wife Bonnie and T1D daughter Sarah. Son Sean is currently serving in the US Air Force. After Sarah's diagnosis in 2009, Howard and family attended their first Friends for Life Orlando in 2010 and, every one since. Howard recently left a 30-year career as CIO of a community bank and has started an IT consulting business for banks and related industries. After volunteering at FFL Orlando for a few years, Howard is excited to join FFL Canada for the first time



Shari Michaelson

Shari Michaelson hails from Ajax, Ontario. Along with son Tayler (age 24, dx'd in 2004) and daughter Connor (age 13), Shari has attended Friends for Life conferences since 2009. After their first FFL Orlando, Shari realized that every summer has to include FFL. Shari volunteered with the Registration Team this summer in preparation for leading the Registration Team at FFL Canada in November. She is thrilled to give back to an organization that has supported her family for so many years!





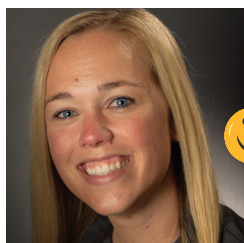
Brian Randall

Brian Randall is a diabetes dad. His daughter, Jenn, has had T1D for the past 35 years. His son-in-law, Trevor, also has T1D. Brian's daughter Erin is a Pediatric Nurse and CDE at Markham Stouffville Hospital. Brian was an active volunteer at Camp Huronda for many years. He enjoys golf, woodworking, photography and cottage life in his retirement. This will be his second FFL Conference.



Lynn Randall

Lynn Randall is no stranger to diabetes. Her daughter, Jenn, was diagnosed with T1D in 1986. She also gained a son-in-law with T1D in 2014. Lynn's daughter, Erin, grew up as a staff member at Camp Huronda and now works as a Pediatric Nurse and CDE. Lynn enjoys quilting, reading and her many church activities. This will be her second FFL Conference.



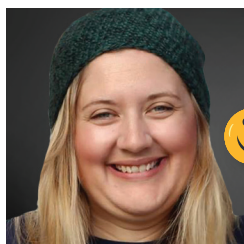
Kristen Seiz, MS, RD, CLC

Kristen Seiz, MS, RD, CLC, was diagnosed with type 1 diabetes at the age of nine. Managing this untamable disease initiated a career in healthcare for her. She earned her Masters degree in Dietetics at D'Youville College in Buffalo, NY. Kristen's first Friends for Life® conference was in 2011. She fell in love with the people and relationships she formed. In 2015, Kristen became the dietitian for the conferences and has loved it ever since. Between menu planning, carbohydrate counting, and allergy accommodations, she is looking forward to tasting all the food, working with the kids, seeing old friends and making many more!



Chris Tull

Chris Tull became involved with CWD shortly after his son's diagnosis in 2002. He has served as a Legislative Chair for his local JDRF chapter and has been involved with Teen Program and security matters for CWD since his first conference. His son, Trevor, moved through the CWD teen program and is now a successful adult managing his own diabetes. Chris credits CWD with helping his son and his family better manage and live with his diagnosis. Chris is a police sergeant in Virginia Beach and a former Marine.



Annie Vanexem

Annie Vanexem is a non-profit event and conference organizer and recently celebrated her 25th "dia-versary." Annie attended D-Camp as a kid, raised funds in high school through a "Diabetes Survivor Challenge," and ran the 2009 Honolulu marathon with Team Diabetes Canada, raising \$12,000 in the process. More recently, Annie has been co-leading T1D Guelph, a group of adults with type 1 that meet monthly in Guelph, Ontario, to discuss all things diabetes. Annie lives in Guelph with her husband Jeff and their rescue cat, Poe.



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