

What Type Am I?  
Resilient.



Kenny, Age 27  
Diagnosed:  
April 26, 2003



# Children with Diabetes<sup>®</sup> Friends for Life<sup>®</sup>

July 10-15, 2018  
Disney's Coronado Springs Resort  
Orlando, Florida

#FFLOrlando18



HOPE  
COMPASSION  
**DEDICATION**  
TOGETHER

## putting our values into action

For nearly a century, Novo Nordisk has been a company united for one purpose, helping people. Through our products, our employees, and our community partnerships, we are doing just that.

Please visit [novonordisk.us](http://novonordisk.us) to learn more about how we are moving forward and giving back.



## Welcome to Friends for Life® Orlando 2018

### Welcome to an Old Friend

On the morning of May 7th, just after Friends or Life Anaheim 2018 had ended, I received a text message from an old friend, which led to a very brief exchange:

"Jeff, this is Nick. Is this still your number?"

"Hi Nick - and yes, it's still me." ★

"Hey buddy, are you available for a voice call?" ★

"Sure."

The phone rang. I had a sense of what I was going to hear. Nick's 17-year-old daughter was just diagnosed with type 1 diabetes. They were heading to Children's National in Washington, DC, and he needed to hear something — anything — from me.

I imagined the seemingly insurmountable mountain of knowledge that stood before Nick, his wife, and his daughter. The summit — that point of seeing type 1 in all its totality — lay shrouded in storms and clouds. Nick didn't even know where to start his climb.

Gently, I assured him that everything would be fine. Nick was heading to a great hospital with wonderful staff who would guide him and his family in their new journey with type 1 diabetes. ★

Nick runs marathons, and has as long as I've known him, dating to the mid-1980s. He understands that this new journey is another marathon and that his training has just begun. But like me, and all of the other CWD moms and dads, he can see the finish line and he will make it there, with his wife and daughter by his side.

Welcome to **Friends for Life** my friend. We are with you every step of the way.



Jeff Hitchcock ★

Founder and President  
**Children with Diabetes**  
[jeffh@childrenwithdiabetes.com](mailto:jeffh@childrenwithdiabetes.com)

# INTRODUCING THE NEW DEXCOM G6™

TO LEARN MORE, VISIT DEXCOM  
IN BOOTH #201.

## ZERO FINGERSTICKS.\*

Always know  
your child's glucose  
levels and where  
they're heading with  
just a glance at your  
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T1D's and Dexcom Warriors

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SMALL SENSOR

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10-DAY SENSOR WEAR

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SHARE GLUCOSE DATA§

AGES 2 YEARS AND UP

\*If your glucose alerts and readings from the G6 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.

†For a list of compatible devices, visit [www.dexcom.com/compatibility](http://www.dexcom.com/compatibility). ‡The Dexcom G6 Sensor and Transmitter are water-resistant and may be submerged under eight feet of water for up to 24 hours without failure when properly installed. §Separate Follow app required. Available by prescription only. Failure to use the Dexcom G6 Continuous Glucose Monitoring System (G6) and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the G6 do not match symptoms, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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LBL016526 Rev001



July 2018

Dear Family and Friends, ★

Believe it or not, this is our 19th **Friends for Life** summer conference — our 10th at Disney’s Coronado Springs Resort — and our 78th event overall. Our gatherings have gone by different names: Focus on Pumping, Focus on Technology, Family Support Weekend, Focus on Best Practices, and one of my favorites, Letting Kids Be Kids. Always, these events have been about sharing, learning, and living our lives in the very best and most positive way.

This August marks 20 years since diabetes came to live at our house. It was 1998, Sam was 8 years old, Carolyn was almost 11, and Neal and I had just turned 40. We found the Children with Diabetes website and in short order came to know and love so many of our fellow CWD moms and dads. In 1999, we decided to post an invitation in the Friends forum to see if any other CWD families might like to join us on our family vacation to Disney that next summer. To our surprise, 550 people showed up. It was the most amazing weekend with friends who have since become family in the very best sense of the word. ★

Next July will mark 20 years of **Friends for Life** conferences.

Twenty years. ★

How do we acknowledge such a milestone? Our challenges, our accomplishments, our friendships?

A book! A collection of short stories and memories — about all of us, and written by all of us. What better way for the first 20 years of **Friends for Life** to be celebrated than by sharing our most memorable FFL experiences. Do you have a story to share? Please send it to me! Did something great just happen to you? Write it down and email me! Kids, too. Tell me about how you met your best friend at FFL. Or the funniest thing that happened to you. Or the one thing you will always remember about FFL. One of my favorite memories goes way back to June 2000, and the story I wrote is called “Lauren Lanning and the 500 Boxes.” It’s all of two pages long, but it’s one of the funniest things I remember over all these years.

Whether you are an attendee, a sponsor, an exhibitor, staff, or faculty, I thank you so very much for being part of this most special week. Let’s make some memories together! ★

Friends for Life, ★



Laura Billetdeaux

Vice President, Education and Programs  
**Children with Diabetes**  
[laurab@childrenwithdiabetes.com](mailto:laurab@childrenwithdiabetes.com) ★



Approved for use in individuals 6 years of age and greater.



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TO LEARN MORE, GO TO [WWW.TANDEMDIABETES.COM/TSLIMX2](http://WWW.TANDEMDIABETES.COM/TSLIMX2)



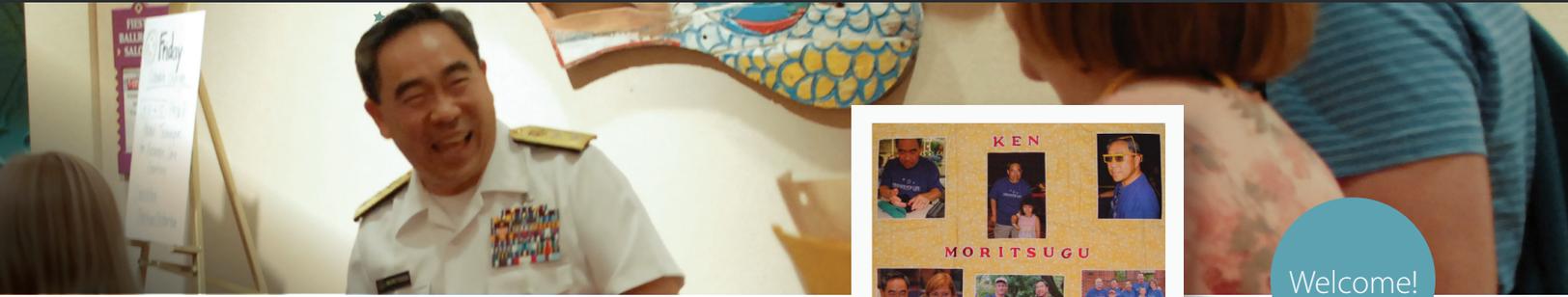
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1) 38% smaller than MiniMed 630G and 670G and at least 28% smaller than MiniMed 530G, Animas Vibe and Omnipod System. Data on file, Tandem Diabetes Care. 2) Dexcom G5 Mobile CGM sold separately. CGM coverage may vary based on insurance. Please consult your CGM supplier for coverage information. The Dexcom G5 Mobile CGM transmitter can only be paired with one medical device (either a Dexcom receiver or t:slim X2 Pump) and one consumer device (phone or tablet) at the same time. 3) Following your shared data requires the Dexcom Follow app. **Important Safety Information: RX ONLY.** The t:slim X2 Insulin Pump is intended for the subcutaneous delivery of insulin, at set and variable rates, for the management of diabetes mellitus in persons requiring insulin. The t:slim X2 Insulin Pump can be used solely for continuous insulin delivery and as part of the t:slim X2 System to receive and display continuous glucose measurements from the Dexcom G5 Mobile Sensor and Transmitter. The t:slim X2 System also includes continuous glucose monitoring (CGM) indicated for the management of diabetes. The Dexcom G5 Mobile CGM is designed to replace fingerstick blood glucose testing for diabetes treatment decisions. The t:slim X2 System aids in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments, which may minimize these excursions. Interpretation of the t:slim X2 System results should be based on the trends and patterns seen with several sequential readings over time. The t:slim X2 System is indicated for use in individuals 6 years of age and greater. The t:slim X2 System is intended for single patient use and requires a prescription. The device is indicated for use with NovoLog or Humalog U-100 insulin. For detailed indications for use and safety information, call Tandem Toll-Free at (877) 801-6901 or visit [www.tandemdiabetes.com/safetyinfo](http://www.tandemdiabetes.com/safetyinfo). © 2018 Tandem Diabetes Care, Inc. All rights reserved. Tandem Diabetes Care is a registered trademark and t:slim X2 is a trademark of Tandem Diabetes Care, Inc. Dexcom and Dexcom G5 are registered trademarks of Dexcom, Inc. Covered by one or more U.S. and international issued and pending patents. ML-1002954\_A

# 😊 From Our Chairman



Dear Friends,

As Chairman of the Board of Directors of Children with Diabetes®, welcome to **Friends for Life® Orlando 2018**.

I first attended **Friends for Life®** over a decade ago, and was literally blown away! I felt then, and I continue to feel today, that **Friends for Life®** is a life-changing experience, not only for individuals with T-1 diabetes, not only for their parents and families and friends, but for anyone and everyone who has the good fortune – and wisdom -- to attend. Being in this “safe” environment, where everyone is aware of our challenges, where everyone is watching out for everyone else, where everyone can enjoy the events and educational and social settings, is both uplifting and liberating; and hopefully will set the groundwork for expanding this safe and supportive environment into our daily lives, where we learn, work, play, and thrive!



Children with Diabetes® has been in existence for over two decades, and continues to evolve and thrive as well. One visible evolution is our branding. For years, we have identified ourselves with a smiling face. You will note that we have not abandoned that smile, but rather have updated its image, to better reflect our modern focus. Another evolution is our website, which we are redesigning to be increasingly user friendly, easier to navigate, in keeping with current social media and technology. What we have kept, and what we carefully nurture, is our long-standing commitment to putting people with diabetes at the center of everything we do.



Rest assured, our Board of Directors provides continuing guidance and assistance to Jeff and Laura, to ensure that Children with Diabetes® will continue to be a resource to you! Every one of us on the Board is passionate about diabetes, because each of us either has diabetes, is a family of a person with diabetes, or has been involved in diabetes for a long time.



For each of us who is here in Orlando, **I wish a reaffirmation of the life-changing experience of Friends for Life®!**



Kenneth P. Moritsugu, MD, MPH, FACPM  
Former Surgeon General of the United States

Chairman of the Board  
Children with Diabetes®  
[ken@childrenwithdiabetes.com](mailto:ken@childrenwithdiabetes.com)



# No Child Should Die From Diabetes.

\$1 can mean life...



With your support, the Life For A Child program helps provide the ongoing clinical care and diabetes education needed to keep these children alive.

We partner with diabetes centres in less-resourced countries to provide:

- Insulin and Syringes
- A Meter and Strips
- Clinical Care/HbA1c Testing
- Diabetes Education and Camps



To make your donation, please visit:

[www.lifeforachildusa.org](http://www.lifeforachildusa.org)

Supporting Over 18,000 Young People in 42 Less-resourced Countries



## Noor Alramahi

**Noor Alramahi** was diagnosed with type 1 diabetes at the age of six and is the proud mother of three-year-old old twin boys, Rakan and Kareem. She served as a volunteer at her local hospital in the United Arab Emirates, helping newly diagnosed children and their families. Since moving to the San Francisco Bay area in 2012, she has volunteered with the American Diabetes Association in San Jose and works with an organization called Carb DM, that provides support and education for people and families living with type 1 diabetes. She is also part of a local Bay Area type 1 diabetes group called Sugar Mommas that offers support for women in the family planning, pregnancy and motherhood phases. Noor has attended Friends for Life Orlando® for ten years and counting!

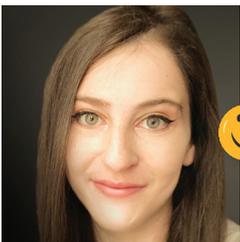
Thursday	3:30 - 4:45	Fiesta 7-8	We're Having a Baby! Pregnancy Planning for Couples
Friday	10:45 - 12:00	Coronado CD	Parenting with Type 1 Diabetes



## Christel Marchand Aprigliano

**Christel Marchand Aprigliano** was diagnosed in 1983 with type 1 diabetes and spent her early years wishing it would simply "go away." She now devotes her efforts to many diabetes advocacy and peer support initiatives as the CEO of Diabetes Patient Advocacy Coalition (DPAC), a non-profit dedicated to amplifying the diabetes voice on federal and state policies; Founder of The Diabetes Collective, Inc., which produces The DiabetesUnConference; a member of Florida's Diabetes Advisory Council, and as a consultant for healthcare companies. You can find her thoughts on life with diabetes on her popular personal blog, [www.theperfectcd.com](http://www.theperfectcd.com).

Wednesday	3:15 - 4:30	Fiesta 6	Conversations About Peer Support
Thursday	10:45 - 12:00	Durango 1-2	Advocacy 1: The Election Game & How to Help Diabetes Win
Thursday	1:30 - 2:45	Durango 1-2	Advocacy 2: Hot Topics
Thursday	3:30 - 4:45	Coronado Q	Be the Change (Teen Program)



## Michelle Auerbach

Diagnosed with type 1 diabetes at the age of 12, **Michelle Auerbach** is a young influencer and up-and-coming blogger working to spread awareness for people living with type 1 diabetes and other chronic illnesses. Her work has been published on The Mighty, in Maclean's magazine, and reviews for companies such as Genteel, Lauren's Hope Medical IDs, and more. Apart from working on her blog, 'Love, Light, and Insulin', she spends her time as part of the Global Ambassador Council for Beyond Type 1 and as co-founder of Chronic Love Club, an online community whose vision is that with kindness and support to one another, we can get through anything. Friends for Life is her favorite part of summer, and she is excited to be on her first panel with some people she considers her mentors. She is also a lover of Diet Coke, is owned by her rescue cat named Big, but most of all, loves connecting with other T1D families. You can find her on Instagram @ehmichelle, or on her website [www.lovelightandinsulin.ca](http://www.lovelightandinsulin.ca).

Thursday	10:45 - 12:00	Yucatan 1-3	How to Get Support and Knowledge Using Apps, etc.
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## Shana Baker

**Shana Baker** is Vice President, Controller for Buchanan Street Partners, located in Newport Beach, CA. She has been with Buchanan for 12 years and has over 18 years experience in Commercial Real Estate. Shana enjoys giving back to the community, and currently serves on the board for Buchanan Children's Charities and is the President of the Board of Directors for the PADRE Foundation. Her nephew Parker was diagnosed with type 1 diabetes at the age of three, so she became involved with the foundation immediately in 2012. Her main goal for PADRE is to expand the program's reach across the US, to continue to educate, and provide support for children and their families living with T1D.

Wednesday	1:30 - 2:45	Durango 2	Building a Successful T1D Community at Home
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Denotes faculty member with diabetes



## Tadej Battelino, MD, PhD

**Tadej Battelino, MD, PhD**, is currently Consultant and Head of Department of Pediatric and Adolescent Endocrinology, UMC Ljubljana, Head, Chair of Paediatrics, and Professor of Paediatrics at Faculty of Medicine, University of Ljubljana. He is principal investigator on several research projects in paediatric endocrinology and metabolism. Professor Battelino is on the editorial boards for the journals Paediatric Diabetes, Journal of Pediatric Endocrinology and Metabolism and was Editor for the European Journal of Endocrinology from 2009 to 2015. He has authored or co-authored over 200 manuscripts in international peer-reviewed journals and participated chapters to several books. Professor Battelino is a member of numerous professional associations including the European Society for Paediatric Endocrinology and the International Society for Pediatric and Adolescent Diabetes, for which he served as President for the 35th Annual Congress. He served on the EASD council and is co-organizer of annual meetings of ATTD.

Friday	2:00 - 3:15	Coronado L	ATTD Update: Diabetes Technology
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## Intissar Ben Halim, MSS

**Intissar Ben Halim, MSS**, is mom to Maryam, Zakariyya, Abdalla, and Yaseen, and wife to Nabil. She and her family been involved with CWD conferences since 2004. She enjoys meeting other CWD parents and families and sharing stories and challenges. Intissar loves her work as a clinical social worker at a nonprofit agency in West Chester, Pennsylvania, as well as her work as an associate at Cultivating Wholeness, a private practice in Chestnut Hill, Pennsylvania. She and her family reside in King-of-Prussia.

Thursday	3:30 - 4:45	Fiesta 3-4	Green Team (Tween Program, Ages 11-12)
Friday	10:45 - 12:00	Fiesta 5	Green Team (Elementary Program, Ages 6-8)
Friday	2:00 - 3:15	Fiesta 3-4	Green Team (Tween Program, Ages 9-10)



## Angelina Bernier, MD

**Angelina Bernier, MD**, is an Assistant Professor at the University of Florida in the Division of Pediatric Endocrinology. She is the Fellowship Director of the Pediatric Endocrinology Program and the Pediatric Obesity Medical Director where her focus is to establish an efficacious pediatric obesity care center. Aside from clinical responsibility and education, her primary research focus is pediatric diabetes education for which she has developed and is testing newer methods of improving learning for children with diabetes with the goal of establishing a model that can be extended to other pediatric chronic disease conditions.

Saturday	10:30 - 11:30	Durango 1	Kara and the (not so) Dire Beastie
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## Sam Billetdeaux

Diagnosed at age eight, **Sam Billetdeaux** has always been determined not to let diabetes get in the way of his ambitions. While those ambitions have changed over the years, the determination hasn't. Sam, now 28, lives in Brooklyn with his girlfriend and enjoys the proximity of many CWD friends for life. He enjoys biking with friends, going to the dog park, and seeking out the best pizza/ramen/coffee/brunch in New York! Sam is a graduate of the University of Michigan and the Institute of Culinary Education.

Saturday	10:30 - 11:30	Fiesta 1	Panel Discussion: Being a Couple and Making it Work
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## Amanda Borges

**Amanda Borges** is a Miami, Florida native who moved to New York in 2011 to attend New York University's Film and Television Production program. Since Graduating in 2015, she now works at NBCUniversal's Bravo Network, and lives in Brooklyn with her boyfriend Ben Stroud, who was diagnosed with T1 Diabetes in 1998. She'll be working with the Tween Staff, and will be assisting with the Docu-Diabetes project.

Wednesday	9:00 - 10:15	Fiesta 6	Docu-Diabetes IV
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## Tom Boyer

Possessing over 25 years of professional experience in government relations focused on diabetes, **Tom Boyer** currently serves as director, government affairs for Novo Nordisk Inc. As of early May 2016, authorship credits over the course of his career include over 75 health insurance, Medicare, Medicaid and related laws directly credited with helping families affected by diabetes. Working directly with the diabetes community, he helped convince President Clinton and Speaker Gingrich to improve diabetes coverage for the Medicare population, wrote the legislative language to implement this aim, and oversaw the public affairs efforts credited with achieving the benefits. He worked more recently with Members of Congress and the Bush Administration to create, pass, and implement laws providing coverage for diabetes needs within Medicare Part D.

Thursday	10:45 - 12:00	Fiesta 7-8	Insurance for Young Adults
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## Susan Brennan

**Susan Brennan** has been a Print Sourcing Specialist for The Walt Disney Company, at the Disneyland Resort in Anaheim, California for almost 30 years. Her son was diagnosed with type 1 in 1996 at the age of 15 months. She was immediately introduced to the PADRE Foundation and began attending classes and functions in 1996, becoming part of the PADRE family for almost 21 years. In 2007, she joined the PADRE Board of Directors and became President of the Board in 2008. She was awarded the Cathie and John Haretakis Award by PADRE in 2013. She remained president until 2016, and is still an active member of the board. Her passion is to support the families and kids affected by T1D, and is excited for the opportunity to share PADRE's successful model with CWD families to hopefully have a greater impact in the T1D community nationally.

Wednesday	1:30 - 2:45	Durango 2	Building a Successful T1 Community
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## Jeffrey Brewer

Since his son's 2002 diagnosis of Type 1 Diabetes (T1D), Bigfoot Biomedical co-founder and CEO **Jeffrey Brewer** has been a thought leader and influencer in the T1D community. As a JDRF volunteer, donor, and International Board Member, he launched the Artificial Pancreas Project and later served as JDRF's CEO where he forged partnerships with industry to drive R&D of diabetes technologies. He spearheaded regulatory reform and elevated JDRF's strategic priorities to include healthcare policy, reimbursement, and technology access. Jeffrey's leadership in the T1D space led to the co-founding of Bigfoot Biomedical in 2014, a Silicon Valley startup dedicated to developing technologies that significantly reduce the cognitive, emotional, and financial burdens of insulin-requiring diabetes. A successful entrepreneur, Jeffrey previously founded two technology start-ups: CitySearch and Overture / GoTo.com.

Thursday	1:30 - 2:45	Coronado J	Bigfoot is Real: Automating Insulin Delivery
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## Adam Brown

**Adam Brown** was diagnosed with type 1 diabetes in 2001 and serves as Senior Editor/contributor at [www.diaTribe.org](http://www.diaTribe.org) and Head of Diabetes Technology & Digital Health at Close Concerns. At both organizations, Adam writes extensively about continuous glucose monitoring, insulin pumps, automated insulin delivery, and mobile apps. He also writes an acclaimed column for [diaTribe.org](http://diaTribe.org), Adam's Corner, which has brought actionable diabetes tips to over 600,000 people since 2013. In addition to his writing, Adam has shared a patient perspective at many public venues over the past five years, including events for people with diabetes (Friends for Life, TCOYD, JDRF), several FDA Advisory Committees and NIH Workshops, and major diabetes conferences (ADA, AADE). He is passionate about cycling, strength training, nutrition, psychology, and spends his free time outdoors in San Francisco. His first book was published on [diaTribe.org](http://diaTribe.org) in Spring 2017.

Friday	9:00 - 10:00	Yucatan 1-3	diaTribe Panel Discussion
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Friday	10:45 - 12:00	Coronado K	Diabetes Tools and Apps: What's New, What Works, etc.
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Friday	2:00 - 3:15	Coronado K	Bright Spots and Landmines
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Denotes faculty member with diabetes



## Bruce Buckingham, MD

**Bruce Buckingham, MD**, is a Professor in the Department of Pediatric Endocrinology at Stanford Medical Center and Stanford Children's Hospital. His research focuses on continuous glucose monitoring in children and closed-loop (artificial pancreas) systems. He has been active as the principal investigator at Stanford in multiple NIH, JDRF and Helmsley sponsored research studies. He is currently doing multicenter closed-loop studies with Medtronic Diabetes, Type Zero, the University of Virginia, Insulet, Bionic Pancreas, Bigfoot Biomedical, Tandem, Rensselaer Polytechnic Institute, and Cambridge. His other interests include algorithms for detecting infusion set and sensor failures and to improve infusion set wear duration.

Thursday	10:45 - 12:00	Coronado J	Closing the Loop: State of the Art
Thursday	1:30 - 2:45	Coronado R	Future of Diabetes (Teen Program)
Friday	9:00 - 10:00	Yucatan 1-3	diaTribe Panel Discussion



## Alan Caudel

**Alan Caudel** is the Creative Director of Client-led Partnerships for Drawn from Valor, a 501(c)(3) non-profit animation studio that works with doctors and other specialists to educate and empower those impacted by physical and mental health conditions. Drawn from Valor was created to help children and families live longer, healthier, and happier lives by empowering them to discover new knowledge in an engaging environment at their own pace. Alan also served as Project Lead on Kara and the (not so) Dire Beastie, working closely with Dr. Angelina Bernier and the entire production team in the development of this free animated series. For more information about Alan or Drawn from Valor, please visit [drawnfromvalor.org](http://drawnfromvalor.org).

Saturday	10:30 - 11:30	Durango 1	Kara and the (not so) Dire Beastie
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## Sarah Corathers, MD

**Sarah Corathers, MD**, is an adult and pediatric endocrinologist at Cincinnati Children's Hospital, University of Cincinnati. Her interests include psychosocial aspects of diabetes, use of patient reported outcomes to complement clinical measures, and effective transitioning between pediatric and adult health care settings. Dr. Corathers works nationally with the Type 1 Diabetes Exchange quality improvement learning network to expand depression screening across pediatric and adult clinics.

Thursday	1:30 - 2:45	Fiesta 7-8	Transition from Pediatric to Adult Care
Thursday	3:30 - 4:45	Coronado R	#Adulting (Teen Program)



## Kevin Covais

**Kevin Covais** is an actor, singer, and diabetes advocate. He is most recognized as a Top 12 Finalist on the fifth season of "American Idol", which aired in 2006. On the show, Kevin was mentored by several award-winning recording artists including Stevie Wonder and Barry Manilow, and he placed 11th overall. Since his "Idol" days, Kevin has transitioned into acting. His credits include a lead role in the 2008 MGM comedy, "College", a supporting role in the family film, "Touchback", starring Kurt Russell, as well as a role in 2014's summer blockbuster, "Transformers: Age of Extinction". Kevin has also made several television appearances including a guest star credit on the FOX show, "Raising Hope". Disney Channel fans know Kevin best as Victor Deleseur on the hit show, "Good Luck Charlie". Kevin was diagnosed with Type 1 Diabetes at age 11 and has worked with the Diabetes Research Institute for many years. He is thrilled to be a part of Children with Diabetes again after making his first CWD appearance in 2006.

Wednesday	9:00 - 10:15	Fiesta 6	Docu-Diabetes IV
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## Will Cross

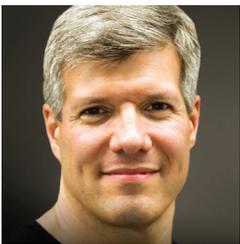
Mountain Climber **Will Cross** has been living with type 1 diabetes since 1976 when he was diagnosed at the age of nine. Will was told that it was unlikely he would live to be 30 years old because of diabetes. In the 40 years since, he became passionate about high-altitude mountaineering and has ascended the highest peaks on all seven continents and walked to both the North and South Poles. Will seeks to get the message out that if he can control his diabetes in these conditions, no one should feel hindered by diabetes.

Thursday

9:00 - 10:00

Coronado HJK

Opening Keynote: Climb High With Diabetes



## Ed Damiano, PhD

**Edward Damiano, PhD**, is Professor of Biomedical Engineering at Boston University. His educational training is in the areas of biomedical and mechanical engineering and applied mathematics. Over the years, his lab has been engaged in basic scientific research that combine aspects of fluid dynamics, solid mechanics, and intravital microscopy to study the biomechanics of the inner ear and blood flow in the microcirculation. In addition to his basic science research, he has also committed himself to building a bionic pancreas for type 1 diabetes. Ever since his 17-year-old son, David, was diagnosed with type 1 diabetes at 11 months of age, he has set his sights on creating and integrating blood-glucose control technologies with a vision of building a bi-hormonal (insulin and glucagon) bionic pancreas that David could take to college. He and his engineering team at BU began conducting experiments testing an early version of their bionic pancreas running on a laptop computer in diabetic swine in 2005 and then progressed with their clinical collaborators at the Massachusetts General Hospital through in-patient trials in adults and adolescents with T1D from 2008–2012. From 2013–2016, his team at BU and clinical collaborators conducted seven outpatient clinical trials in adults and children with type 1 diabetes testing a mobile version of their bionic pancreas, which ran on an iPhone. With \$2.5MM in donations from over 1,000 gifts from the T1D community, his engineering team at BU along with their contract manufacturers, have recently built the first fully integrated biohormonal bionic pancreas that does not rely upon smartphone technology. They call their device the iLet, in homage to the pancreatic islets of Langerhans. They recently received FDA approval to begin clinical trials testing the iLet in the outpatient setting. Their goal is to begin clinical testing of the iLet in the middle of 2017 and to conduct the final pivotal trial testing the insulin-only configuration of the iLet in the first half of 2018. He recently co-founded Beta Bionics, Inc., a Massachusetts Public Benefit Corporation, for the purpose of commercializing the iLet for people living with type 1 diabetes.

Thursday

3:30 - 4:45

Coronado J

iLet Update: The Bionic Pancreas



CWD families met for the first time at Orlando 2000

Friends for Life®  
Flashback  
2000



Denotes faculty member with diabetes



## Cynthia M. Deitle, **JD, LLM**

**Cynthia M. Deitle, JD, LLM**, is the Programs and Operations Director for the Matthew Shepard Foundation, a non-profit organization striving to replace hate with understanding, compassion, and acceptance, and empowering individuals to embrace human dignity and diversity through outreach and advocacy. Prior to her joining the Foundation, she served as a Special Agent with the Federal Bureau of Investigation from 1995 to 2017. During her career with the FBI, she focused her efforts on investigating violations of federal civil rights statutes including police brutality and misconduct, hate crimes, human trafficking, and abortion extremism. Deitle earned her Bachelor of Arts degree from The Ohio State University, her Juris Doctor degree from New England Law Boston, and a Master of Laws degree from both the George Washington University National Law Center and the New York University School of Law. She is a licensed attorney in Tennessee, Florida, Massachusetts and the District of Columbia and is an Adjunct Professor at Roane State Community College in Harriman, TN. Deitle was featured in a February 2011 episode of *60 Minutes* dealing with an unsolved Civil Rights Cold Case investigation in Mississippi, and she appeared in the first season of Investigation Discovery's series, *The Injustice Files* in 2011. After her two year old son was diagnosed with type 1 diabetes in 2013, Deitle and her wife joined the Juvenile Diabetes Research Foundation, and attended their first Children With Diabetes Friends for Life (FFL) conference in Orlando. Deitle and her wife, Kristina L. Norris, joined the staff of FFL in 2016 and Deitle joined the FFL faculty in 2017 to address the legal needs of young adults with type 1 diabetes. She currently serves as the President of the East Tennessee Chapter of the JDRF. Deitle and her family live in Knoxville, Tennessee.

<b>Friday</b>	<b>9:00 - 10:00</b>	<b>Coronado CD</b>	<b>Your Legal Rights: Encounters with Law Enforcement</b>
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## Alessio Fasano, **MD**

**Alessio Fasano, MD**, is Chief of Pediatric GI, Director of the Mucosal Biology and Immunology Lab, and Director of the Center for Celiac Research at Massachusetts General Hospital. Dr. Fasano is regarded as one of the foremost authorities worldwide on celiac disease, and his epidemiological studies in the United States have changed the preconception that celiac disease is a rare disorder in our county. He will be presenting a session on celiac disease, which is more common in children with type 1 diabetes than the general population.

<b>Friday</b>	<b>10:45 - 12:00</b>	<b>Coronado L</b>	<b>Gut Permeability &amp; Microbiome Leading to Autoimmunity</b>
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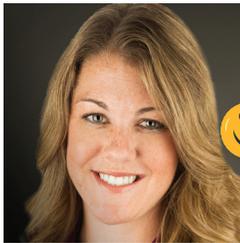


## Leigh Davis Fickling, **MEd, MS, JD**

**Leigh Davis Fickling, MEd, MS, JD**, is the Executive Director of the Disability Management System at Duke University. With over 19 years of experience in Higher Education Administration, Leigh has served in a variety of executive leadership roles including Dean of Students and Dean of Campus Life. Leigh's area of expertise is disability law and the implementation of reasonable accommodations in the classroom and the workplace. Leigh and her husband Jimmy are the proud parents to eight-year-old twins, Ava and Davis. Ava was diagnosed with type 1 diabetes at the age of three in 2013. With Ava's diagnosis and the need for accommodations in elementary school, Leigh's work life and home life have merged.

<b>Wednesday</b>	<b>9:00 - 10:15</b>	<b>Durango 1</b>	<b>Accommodations in College for Parents and Teens</b>
<b>Thursday</b>	<b>1:30 - 2:45</b>	<b>Coronado AB</b>	<b>Accommodations in College, Graduate School: Workshop</b>
<b>Friday</b>	<b>10:45 - 12:00</b>	<b>Fiesta 7-8</b>	<b>Your Legal Rights with T1D: Internships, Living Abroad ....</b>
<b>Friday</b>	<b>2:00 - 3:15</b>	<b>Yucatan 1-3</b>	<b>Moms Discussion Group</b>

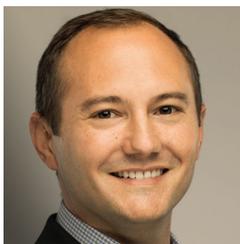




## Anna Floreen, MSW, CDE

**Anna Floreen, MSW, CDE** comes to the College Diabetes Network after five years As the Associate Director for Patient Engagement at the T1D Exchange. She has served on multiple national and international committees for non profit organizations and has spoken world-wide. Anna has been living with type 1 diabetes for over 29 years, and spent the majority of her childhood and young adult summers with the Barton Center for Diabetes Education and the JDRF psychosocial speakers bureau. She also serves on the local AADE board, serving as the social media advisor for the state of Massachusetts. Most importantly however, she recently gave birth to a baby girl in the summer of 2017 and lives outside Boston with her husband and new daughter.

Wednesday	10:45 - 12:00	Durango 1	Panel Discussion for Teens: Preparing for College
Wednesday	1:30 - 2:45	Durango 1	Workshop for Parents: Off to College with CDN
Thursday	3:30 - 4:45	Coronado R	#Adulting (Teen Programming)



## Derek Flowers

**Derek Flowers** serves as a coalition manager at the Alliance for Patient Access. At AfPA, Flowers oversees the Respiratory Therapy Access Working Group comprised of physicians and respiratory therapists advocating for access to approved therapies and appropriate clinical care. In 2017, Flowers helped AfPA and allied organizations launch the Keep My Rx campaign which brings together a variety of stakeholders to advocate for state-level public policies that protect patients' access to their medications by restricting non-medical switching practices. With a decade of advocacy experience, Flowers helps AfPA ensure that clinicians and patients have their voices heard in policy decisions effecting access to care. Prior to joining AfPA, Flowers worked in education policy and campaign politics. Originally from Iowa, Flowers now resides in Washington, D.C., with his wife Alex.

Wednesday	10:45 - 12:00	Fiesta 6	Policy Advocacy 101 Training Workshop
Friday	9:00 - 10:00	Durango 1-2	You Want Me to Switch What? Again?



DRI transplanted islets into a Teddy Bear

Friends for Life®  
Flashback  
2001



Denotes faculty member with diabetes



# The Conference Faculty



## Elizabeth Forrest

Diagnosed with type 1 diabetes at the age of 10, **Elizabeth Forrest** was determined not to let diabetes negatively impact her life. She connected with the local American Diabetes Association and created an annual benefit show and nonprofit organization, "Dancing for Diabetes." What started as a small neighborhood event quickly transformed into an annual show hosted at Seminole High School and a 501c3 nonprofit organization. In the fall of 2015, Dancing for Diabetes will produce the 15th annual show, due in large part to the loyal supporters, performers, and audience members. Elizabeth has proclaimed that Dancing for Diabetes will continue until a cure is found. Alum of Seminole High School, the University of Florida (Bachelors) and the University of Central Florida (Masters), Elizabeth is currently the Firm Administrator of a large Orlando Law Firm.

Wednesday	9:00 - 10:15	Yucatan 1-3	Dancing for Diabetes for Kids Ages 6-11
Wednesday	10:45 - 12:00	Yucatan 1-3	Dancing for Diabetes for Kids Ages 12-17
Wednesday	1:30 - 2:45	Yucatan 1-3	Dancing for Diabetes for Adults Age 18+



## Julie Gettings, PhD

**Julie Gettings, PhD**, is the clinical psychologist within the Division of Endocrinology & Diabetes at Children's Hospital of Philadelphia. Dr. Gettings works with youth and their families on improving adherence to diabetes management tasks, coping with chronic illness, improving family functioning surrounding illness management, and treating symptoms of mental health disorders. Prior to the current position, Dr. Gettings was the diabetes psychologist at Children's Hospital of Pittsburgh. Dr. Gettings is involved in clinical research with a particular focus on mental health screening for youth with chronic illness.

Thursday	3:30 - 4:45	Fiesta 6	Problem Solving (Tween Programming, Ages 9-10)
Friday	2:00 - 3:15	Fiesta 6	Transition to Teens (Tween Programming, Ages 11-12)



## Ryan Gough

**Ryan Gough** serves as a coalition manager at the Alliance for Patient Access. At AfPA, Ryan manages the Diabetes Policy Collaborative, a patient advocacy coalition comprised of a dozen leading diabetes patient and provider groups - including Children with Diabetes! The Collaborative focuses on influencing public policy that affects people with diabetes at the federal, state, and health plan levels. Ryan cut his teeth in advocacy managing coalitions across the country that work on education policy that protects parents' rights to school choice. Prior to his education and healthcare work, Ryan managed political campaigns in Iowa, Virginia and Massachusetts. Originally a Southerner, Ryan now lives in Boston, MA with his wife, Katie, and his newborn son.

Wednesday	10:45 - 12:00	Fiesta 6	Policy Advocacy 101 Training Workshop
Friday	9:00 - 10:00	Durango 1-2	You Want Me to Switch What? Again?



## Grace Grande-Cassell

**Grace Grande-Cassell** is very excited to be staffing her sixth year of CWD conferences! She has grown up with a connection to type 1 diabetes because of her grandfather, who was diagnosed at age 14. Grace currently lives in New York City where she works in the fashion industry. She is so happy to be helping at another conference.

Saturday	10:30 - 11:30	Fiesta 1	Panel Discussion: Being a Couple and Making it Work
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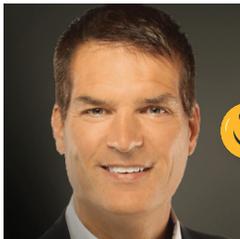
Denotes faculty member with diabetes



## Brian Grant, BSN, RN, CDE

**Brian Grant, BSN, RN, CDE**, was diagnosed with type 1 diabetes in 2002. He loves working with people who have diabetes, and is looking forward to serving as faculty at the Friends for Life Orlando conference. He currently resides in King of Prussia, PA, and works as a CDE at the Children's Hospital of Philadelphia with a focus on diabetes technology.

Wednesday	9:00 - 10:15	Coronado H	Welcome to FFL For Newly Diagnosed Families
Saturday	10:30 - 11:30	Fiesta 1	Panel Discussion: Being A Couple and Making it Work



## Jay Hewitt

**Jay Hewitt** is an athlete, attorney and keynote speaker. He is the only person with type 1 diabetes to qualify for the U.S. National Long Distance Triathlon Team, racing three years for Team USA at the World Championships in Denmark, Sweden and Australia. He raced 14 ultra distance and Ironman triathlons - a 2.4-mile swim, 112-mile bike race and 26.2-marathon mile run—140 miles in one day, all while injecting insulin and managing his blood sugar. At the same time, he balanced work and life practicing law and presenting appeals to state and federal courts around he country. Jay has been featured on the cover of Diabetes Health, Diabetes Forecast, and many other national publications, and profiled in television documentaries on CNBC, WGN and Lifetime TV. He speaks nationally to business groups and the public about health and wellness, overcoming obstacles and achieving goals, and is the author of the newly-released motivational book Finish Line Vision. He is married with three children and lives in Greenville, S.C.

Friday	4:00 - 5:00	Coronado HJK	Closing Keynote: Find Your Finish Line Vision
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CWD's Traveling Rufus and Ruby bears made a stop

Friends for Life®  
Flashback  
2002  
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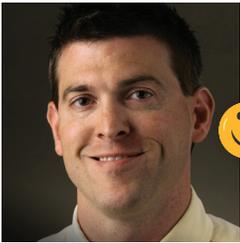
# The Conference Faculty



## Marisa Hilliard, PhD

**Marisa E. Hilliard, PhD**, is pediatric psychologist whose clinical care and research focuses on supporting the health and well-being of young people with type 1 diabetes and their families. Her work focuses on promoting resilience, specifically how youth and families overcome the challenges of diabetes to most effectively manage diabetes while maintaining good quality of life, and she studies strengths-based clinical approaches to support these outcomes. Dr. Hilliard is interested transitional times in diabetes management, such as the adjustment to new T1D diagnosis, how family diabetes management shifts between childhood and adolescence, and how teenagers prepare for life with diabetes as young adults. She also collaborates with professional and patient advocacy organizations to educate mental health providers about diabetes to improve access to behavioral and mental health support for people with diabetes. Dr. Hilliard joined the CWD faculty in 2014 and is currently an Assistant Professor of Pediatrics at Baylor College of Medicine, in the Psychology Section of Texas Children's Hospital in Houston, Texas.

Thursday	10:45 - 12:00	Coronado CD	Single Parents Discussion Group
Thursday	1:30 - 2:45	Coronado H	Positive Caregiving
Thursday	3:30 - 4:45	Yucatan 1-3	Parenting Young Children: Managing Behavior & Diabetes



## Korey Hood, PhD

**Korey K. Hood, PhD**, is Professor of Pediatrics at Stanford University where he directs NIH-funded research projects and provides clinical care aimed at promoting health and quality of life outcomes in youth with diabetes and their families. Dr. Hood investigates the human factors associated with the uptake of diabetes technology and works with Dr. Bruce Buckingham on his team's artificial pancreas project. Dr. Hood also serves on national committees for the American Diabetes Association and is on editorial boards for *Diabetes Care* and the *Journal of Pediatric Psychology*. Dr. Hood is the author of *Type 1 Teens: A Guide to Managing Your Life with Diabetes* and a recent book entitled *Teens With Diabetes: A Clinician's Guide* (with authors Michael Harris, PhD, and Jill Weissberg-Benchell, PhD, CDE). His research, clinical care, and service are fueled by his personal experience with type 1 diabetes. He was diagnosed as a young adult and has spent more than 15 years managing type 1 diabetes. He is passionate about helping children and teens with diabetes, and their families, make diabetes a part of their lives while not letting it run their lives.

Wednesday	10:45 - 12:00	Coronado H	Do It Yourself Closed Loop - Why Did You Do It?
Thursday	10:45 - 12:00	Coronado H	The Impact of Diabetes Technology on Our Life
Thursday	1:30 - 2:45	Coronado M	High School FAQ (Teen Programming)
Friday	10:45 - 12:00	Coronado H	Avoiding and Overcoming Burnout
Friday	2:00 - 3:15	Coronado CD	Diabetes Can Be Complicated
Saturday	10:30 - 11:30	Fiesta 1	Panel Discussion: Being a Couple and Making it Work



## George Huntley

**George Huntley** is the Chief Operating Officer and Chief Financial Officer of Theoris Group, Inc., a professional services and software company based in Indianapolis, IN with offices throughout the US and Europe. He has been living with type 1 diabetes since 1983 and has been an active volunteer in the fight against diabetes since 1986. George has held many leadership roles with the American Diabetes Association including Chair of the National Board of Directors. George is a founding member and current officer of the National Diabetes Volunteer Leadership Council, a 501c3 organization dedicated to patient advocacy to improve the quality of life for people living with diabetes. George also serves on the board of Children With Diabetes.

Thursday	3:30 - 4:45	Durango 1-2	Affordable Access to Insulin
Saturday	9:00 - 10:00	Durango 2	Diabetes Advocacy Issues – FFL Town Hall



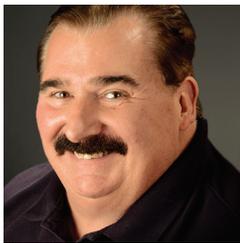
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## Scott K Johnson

**Scott K. Johnson** is an experienced patient advocate. He works with a wide range of stakeholders across the healthcare environment to help them establish effective communication with the patient community. His expertise in the diabetes social media space is recognized worldwide and he advises organizations within the healthcare, food, and consumer goods industries. Today he is Engagement Manager, USA for mySugr. He continues to manage his award-winning blog "Scott's Diabetes" when time allows. Scott is also a member of the Children with Diabetes faculty where he develops educational curriculums and content for the Friends for Life annual conference and regional events.

Thursday	10:45 - 12:00	Yucatan 1-3	How to Get Support and Knowledge Using Apps, etc.
Friday	10:45 - 12:00	Coronado CD	Parenting with Type 1 Diabetes
Friday	2:00 - 3:15	Coronado CD	Diabetes Can Be Complicated



## Tom Karlya

**Tom Karlya**, Vice President of the Diabetes Research Institute Foundation, is known throughout the diabetes community as Diabetes Dad. He's the creator/author of [www.diabetesdad.org](http://www.diabetesdad.org), a daily syndicated column. His daughter, Kaitlyn, was diagnosed at age 2 in 1992. In 2009, his son Rob was also diagnosed, at age 13. Tom has been introduced to the NY State Capitol, testified in Washington, D.C., and has lectured globally about being a DiabetesDad. With Kim May, a D Mom from Texas, he created the website and FB page; [www.GetDiabetesRight.org](http://www.GetDiabetesRight.org), a grassroots effort spreading awareness about the detection/understanding of t1 diabetes. He received numerous commendations for his work in the Diabetes Community from Hurricane Katrina to advocacy initiatives. Tom was awarded *The Jeff Hitchcock Distinguished Service Award* from CWD in 2008; among many other awards from groups and organizations. For 12 years, as an actor, he starred in the New York Production of Tony 'N Tina's Wedding and also at The Kennedy Center, Washington, D.C., in Summer of the 17th Doll. His film, lbs., was at the Sundance Film Festival, and he appeared in Unsolved Mysteries, Spin City, The Cosby Show, NYPD Blue, Law and Order, America's Most Wanted, Entertainment Tonight, Access Hollywood, and numerous commercials. He won 13 Telly Awards, a FREDDIE Award, and was nominated for an Emmy Award while Executive Producer of dLife on CNBC. His mantra; just "Don't do Nothing", is well known throughout the diabetes community. Tom will tell you that above everything else, he's just a CWD Dad.

Wednesday	9:00 - 10:15	Fiesta 6	Docu-Diabetes IV
Friday	2:00 - 3:15	Durango 1-2	Dads Discussion Group



Anja and Marie from Denmark finish the run

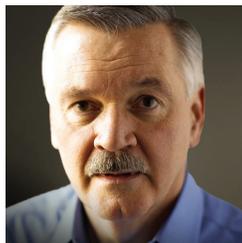
Friends for Life®  
Flashback  
2003



Denotes faculty member with diabetes



# The Conference Faculty



## Kim Kelly, PharmD, BCPS, FCCP

**Kim Kelly, PharmD, BCPS, FCCP**, is President of Kelly Diabetes Associates, and former Director of the Johnson & Johnson Diabetes Institute-North America. Dr. Kelly has a lengthy and distinguished career involving patient care, academic medicine, and organizational involvement including President of the American College of Clinical Pharmacy, Chairman of the ACCP Research Institute, and Board of Directors of the College Diabetes Network. His research and experience have included a number of publications, participation on editorial boards and review panels of several journals, involvement in medical curriculum development, and various committees of professional organizations. Currently, his activities center around developing diabetes health management and educational programs for various health care providers and provider organizations. Delighted to work with children and teens alike, Dr. Kelly participated as a volunteer at Friends for Life conferences, where he became 'hooked' in working with the wonderful CWD kids and families.

Wednesday	9:00 - 10:15	Fiesta 7	Glucose: The Good, The Bad, and The Ugly
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## Jessica C. Kichler, PhD, CDE

**Jessica C. Kichler, PhD, CDE**, is a pediatric psychologist who specializes in working with chronically medically ill children and their families. She is also a certified diabetes educator (CDE). She provides individual, family, and group therapy for all ages of children and their families. In addition, she engages in research, education, and training in the areas of adjustment and coping, adherence, and the psychosocial outcomes of chronic illness in children and families. Dr. Kichler is Professor of Pediatrics at the University of Cincinnati Medical School, in the Division of Behavioral Medicine and Clinical Psychology at the Cincinnati Children's Hospital Medical Center in Cincinnati, Ohio.

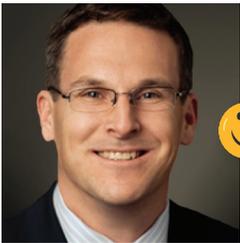
Wednesday	3:15 - 4:30	Durango 2	Parenting Your Tween
Thursday	9:00 - 10:00	Coronado QRST	Orange Team: Minute to Win It (Teen Program)
Thursday	3:30 - 4:45	Fiesta 1-2	Orange Team (Tween Program, Ages 11-12)
Friday	10:45 - 12:00	Fiesta 1-4	Orange Team (Elementary Program)
Friday	2:00 - 3:15	Fiesta 1-4	Orange Team (Tween Program, Ages 9-10)



## Timothy Kieffer, PhD

**Timothy Kieffer, PhD**, is a Professor in the Departments of Cellular & Physiological Sciences and Surgery and leader of the Diabetes Research Group in the Life Sciences Institute at the University of British Columbia, Vancouver. His laboratory is focused on the development of novel gene and cell therapy approaches to treat diabetes. He has co-authored more than 150 peer reviewed publications on these topics in addition to several book chapters and patents. He has mentored ~40 graduate students and postdoctoral fellows in addition to numerous undergraduates and is an active teacher. He has received scholarships from the Canadian Diabetes Association (CDA), the Alberta Heritage Foundation for Medical Research, the Michael Smith Foundation for Health Research, and JDRF. Dr. Kieffer has also been an active reviewer and member of grants review committees for these agencies. In 2010 he received the CDA Young Scientist Award and in 2016 he spent one year on sabbatical at The Center for iPSC Cell Research and Application (CiRA), Kyoto University.

Friday	10:45 - 12:00	Coronado J	Engineering a Biological Cure for T1D
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## Aaron Kowalski, PhD

**Aaron Kowalski, PhD**, was appointed JDRF's first Chief Mission officer in December 2014 and serves as a key link between JDRF and the broad diabetes community. Dr. Kowalski combines his professional experience as a scientist with his personal experience of living with type 1 diabetes (T1D) for over 30 years to help guide and champion JDRF's programs focused on creating a world without T1D. Dr. Kowalski is an internationally recognized expert in the area of diabetes technologies and has been a leader of JDRF's Artificial Pancreas Research Project, a multi-million dollar initiative that began in 2005 to accelerate the progress toward automated insulin-delivery systems. He has authored numerous articles on T1D research and was a coauthor of the landmark study in *The New England Journal of Medicine* that revealed the effectiveness of continuous glucose monitors in T1D management. Dr. Kowalski has traveled and spoken globally about diabetes research progress, and is known for his ability to translate science into easily understandable concepts. Dr. Kowalski has presented at many national and international scientific conferences, including the American Diabetes Association Annual Scientific Sessions, and was the keynote speaker at the 2009 Diabetes Technology Society Meeting. He has been a voice for diabetes research in the popular media, appearing on *The Martha Stewart Show*, *dLife*, *Fox Business*, and *NPR*, among others. He is often quoted in the print media, including *The New York Times*, *The Wall Street Journal*, *USA Today*, and *People* magazine. Dr. Kowalski is a member of the JDRF PEAK Program's expert panel and often speaks about the importance of exercise and diet in better diabetes control. While living with T1D, he has completed 17 marathons. Online, he often tweets (@aaronjkowalski) about exercise and diabetes and how all people with T1D can live their lives without limits. He earned his doctorate in molecular genetics from Rutgers University.

Friday	9:00 - 10:00	Yucatan 1-3	diaTribe Panel Discussion
Friday	2:00 - 3:15	Coronado J	JDRF Research Update



## 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!

Friday	2:00 - 3:15	Durango 1-2	Dads Discussion Group
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Hamish Richardson made didges for our sponsors

Friends for Life®  
Flashback  
2004





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## Lauren Lanning

**Lauren Lanning** is mom of Monica, 24, dx 8/96 and Sarah, 22. Lauren became involved with CWD shortly after her daughter was diagnosed in 1996. She has been involved in the conferences since the very first gathering in Orlando in 2000, where she volunteered to make name badges. Since then, she ran Registration and then the Elementary program. This year Lauren is excited to continue with the Mom's Meet Ups track in Orlando.

Friday	2:00 - 3:15	Yucatan 1-3	Moms Discussion Group
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## Joyce Lee, MD, MPH

**Joyce Lee, MD, MPH**, is a Pediatric Endocrinologist and Associate Professor at the University of Michigan Medical School. She has dual training in Pediatric Endocrinology and Pediatric Health Services Research, and her research focuses on the use of emerging technologies (mobile technology, data visualization, participatory game design, social media) and the creation of learning health systems for improving outcomes in diabetes. She is working with the Nightscout community and foundation to create a patient-driven collaborative research network focused on type 1 diabetes. Sign up for our email list to learn more about the research: <http://eepurl.com/bGKk8H>. You can find her on twitter <https://twitter.com/joyclee> and on the web <http://www.doctorasdesigner.com/>.

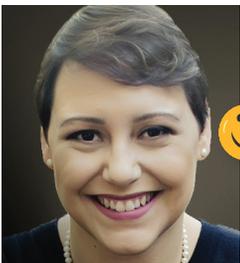
Wednesday	1:30 - 2:45	Fiesta 9-10	Nightscout Data Commons: How Low Do You Go?
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## Dana Lewis

**Dana Lewis** was diagnosed with type 1 diabetes in 2002 as a freshman in high school and is now most known for building her own DIY "artificial pancreas" (automated insulin delivery system, or hybrid closed loop) and founding the open source artificial pancreas movement. She is working with the OpenAPS community to make safe and effective artificial pancreas technology available (sooner) for people with diabetes around the world. She is now a Principal Investigator (PI) for a Robert Wood Johnson Foundation funded grant project to work to scale patient-led innovation and scientific discovery in more patient communities. Dana is also the author of an illustrated children's book, Carolyn's Robot Relative, to help explain diabetes devices to kids like her nieces and nephews.

Friday	10:45 - 12:00	Yucatan 1-3	What You Should Know About DIY Closed Looping
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## Leyla Mansour-Cole, Esq

**Leyla Mansour-Cole, Esq.**, is a lawyer living and working near Washington, D.C as the Community & Policy Manager of the Diabetes Patient Advocacy Coalition (DPAC). She attended American University's Washington College of Law, where she was a lead attorney in the Disability Rights Law Clinic, a managing editor of the Health Law and Policy Brief, and a co-symposium director of the Health Law and Justice Society. She also completed internships with the D.C. Board of Medicine and the Children's Law Center's Healthy Together program. Since graduating, she has worked for the government in a policy position. She was also a national organizer for the March for Health, a protest march in support of the Affordable Care Act, which occurred in Washington, D.C. and fourteen other cities across the country. Leyla has been living with type 1 diabetes since her diagnosis in 1995.

Thursday	10:45 - 12:00	Durango 1-2	Advocacy 1: The Election Game & How to Help Diabetes Win
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Thursday	1:30 - 2:45	Durango 1-2	Advocacy 2: Hot Topics
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## Alicia McAuliffe-Fogarty, PhD, CPsychol

**Alicia McAuliffe-Fogarty, PhD, CPsychol**, Vice President of Patient Centered Research at the T1D Exchange, completed her Fellowships at the Yale University School of Medicine and is a Clinical Health Psychologist specializing in diabetes. She established the Circle of Life Camp, Inc., for children with diabetes that ran internationally for 15 years. Dr. McAuliffe-Fogarty was Head of Behavioral Science at a consulting firm and worked with biotech/pharmaceutical companies to conduct research, plan strategy, and write materials to assist in drug/device submission to FDA, drug labeling, as well as create multi-channel programs to accompany the new drugs and devices. Alicia was the Vice President of the Lifestyle Management Team at the American Diabetes Association prior to joining the T1D Exchange. At the Exchange she supervises Patient-Centered Research and Glu (myglu.org).

Wednesday	10:45 - 12:00	Fiesta 7	Parties and Picnics: Navigating the Hard to Bolus for Food
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## Moira McCarthy

Before her young daughter was diagnosed with type 1 diabetes in 1997, **Moira McCarthy** had accomplished quite a bit as a nationally-competitive freestyle skier, award-winning crime reporter (she was once almost sent to jail for refusing to reveal a source and also helped solve a serial murder), author of books on golf and skiing, and one of the world's best-known ski and adventure writers. But her daughter's diagnosis presented her with the ultimate challenge: how to raise a healthy -- but still active and happy child -- and how to make a difference in the diabetes world. Author of the best-selling books *Raising Teens With Diabetes: A Parent Survival Guide* and *The Everything Parents Guide to Juvenile Diabetes*, and creator of the blog *Despitediabetes*, McCarthy is a well-known national diabetes advocate and speaker, and was JDRF's International Volunteer of the Year in 2007. She and her daughter have been guests on CNN Live, Larry King Live, FOX morning News, Good Morning America and on the front page of the New York Times. Her daughter, who graduated from college and settled in Washington DC (500 miles from mom!) is thriving. Their mantra: despite diabetes, you need to get busy living.

Friday	9:00 - 10:00	Coronado L	Relationships and Diabetes From Every Angle
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## Malissa McQuillan

**Malissa McQuillan** graduated from the University of Delaware in Spring 2017 with a degree in Health Behavior Science and Public Health. She was diagnosed with type 1 diabetes in the year 2000 when she was five years old, soon followed by her older sister, and then her dad. While at school, she got involved in T1D research as a Research Assistant, where she looked at how the transition to college affects diabetes related quality of life in freshmen and sophomore students. Additionally, she interned at the local JDRF Chapter, where she realized she wanted to continue her career in the non-profit sector and work with people with T1D!

Wednesday	10:45 - 12:00	Durango 1	Panel Discussion for Teens: Preparing for College
Wednesday	1:30 - 2:45	Durango 1	Workshop for Parents: Off to College with CDN
Thursday	3:30 - 4:45	Coronado R	#Adulting (Teen Programming)



Dr. Marco Songini brought a group from Itlay

Friends for Life®  
Flashback  
2005  
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## Rodney Miller

**Rodney Miller** has had type 1 diabetes for over 30 years. He competes in powerlifting and strongman, and uses strongman demonstrations as a way to portray type 1 diabetes in a positive light. He is the founder of Bolus and Barbells, a non-profit organization founded on bringing people with type 1 diabetes together while helping them to understand and implement resistance training into becoming healthier versions of themselves. So whether it's deadlifting cars, pulling fire trucks, or hosting Bolus and Barbells events, Rodney is spreading the message of strength both mental and physical to people with diabetes in the world.

Wednesday	9:00 - 10:15	Fiesta 5	Bolus and Barbells
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## Diana Naranjo, PhD

**Diana M. Naranjo, PhD**, is Assistant Professor of Psychiatry at Lucile Packard Children's Hospital Stanford. As a trained pediatric and adult psychologist working in behavioral medicine, Dr. Naranjo focuses on the psychosocial needs of patients and families with diabetes. Together with the team, she aims to understand barriers and facilitators to care, what developmental demands are important as adolescent's transition to adulthood, and how to best provide services that engage young adults and their families. Furthermore, as a Latino-American and fluent in Spanish, much of her clinical work focuses on bridging the health-care gap for underserved ethnic minority patients with type 1 diabetes.

Wednesday	10:45 - 12:00	Coronado H	Do It Yourself Closed Loop - Why Did You Do It?
Thursday	1:30 - 2:45	Coronado H	Positive Caregiving
Friday	9:00 - 10:00	Coronado H	Preparing for High School and Beyond
Saturday	10:30 - 11:30	Fiesta 1	Panel Discussion: Being a Couple and Making it Work



## Sean M. Oser, MD, MPH

**Sean M. Oser, MD, MPH**, was diagnosed with type 1 diabetes just before starting college. Through medical school, graduate school, and residency, as well as through marriage, parenthood, and his professional career, he has learned to make diabetes work at each step along the way. His daughter was diagnosed with type 1 diabetes at age seven and, since then, he and his wife, Tamara Oser, MD, have discovered Children with Diabetes and other parent and family groups. CWD and its programs have motivated him to join the diabetes online community as well, where he blogs less frequently than he would like to at t1works.blogspot.com. He is currently Associate Professor of Family and Community Medicine at Penn State University College of Medicine and Associate Chief Medical Officer at Penn State Hershey. As medical director of Penn State Hershey's Camp Hill primary care practice, he led that site to the National Committee for Quality Assurance's highest level of recognition as a Patient Centered Medical Home, providing patient-centered, team-based, comprehensive care. He has also helped lead Penn State Hershey's successful efforts to develop and implement their fully functional electronic health record and to help harness the power of technology in providing high quality, longitudinal care and enhanced communication with patients. Dr. Oser also is active in diabetes research, examining the role of social media in peer-to-peer support.

Thursday	3:30 - 4:45	Coronado CD	The Emotional Burden of Diabetes
Friday	10:45 - 12:00	Coronado CD	Parenting with Type 1 Diabetes
Friday	2:00 - 3:15	Coronado CD	Diabetes Can Be Complicated





## Tamara Oser, MD

**Tamara Oser, MD**, is Associate Professor of Family and Community Medicine at Pennsylvania State University College of Medicine and Residency Research Director for Penn State Hershey Family and Community Medicine. She is active in clinical practice, teaching both medical students and residents, and in medical education research. One of her major areas of focus is the patient doctor relationship. She has ranked in the ninety-ninth percentile nationwide for patient satisfaction and was recently named to the Best Doctors® in America. Dr. Oser is a Physician Scientist whose research focuses on supporting newly diagnosed T1D families, T1D peer-to-peer support through social media, exercise in Adults with T1D, and the unique experience of raising a child with both T1D and autism. She is wife to Sean Oser, MD, who has lived with type 1 diabetes for over 25 years, and is mom to twins Courtney and Jessica (age 16). Jessica was diagnosed with type 1 diabetes at age seven. She has seen firsthand that although there are challenges, diabetes is also her husband's and daughter's greatest strength. She blogs her family's life with type 1 diabetes at [t1family.blogspot.com](http://t1family.blogspot.com).

Thursday	1:30 - 2:45	Coronado CD	Safe Zone for Significant Others
Thursday	3:30 - 4:45	Coronado CD	The Emotional Burden of Diabetes



## R. Stewart Perry

**R. Stewart Perry** grew up in Lexington, Kentucky. Since 1983 he has been the co-owner of Perry & Perry State Farm Insurance, one of the largest State Farm Insurance agencies in the state of Kentucky and is a Diabetes Consultant and Advocate. Stewart's family has been dramatically affected by diabetes. His son has type 1 diabetes, both parents, and sister have all had diabetes during their lifetime. He has lost an uncle, grandfather and great grandmother to complications of diabetes. Stewart was diagnosed with type 2 diabetes in 1990. Since that time, he has been actively involved in the American Diabetes Association. Stewart was the Chairman of the National Board of Directors and Chair of the National Advocacy Committee for five years, He was Chair Bluegrass Chapter for a number of years and helped organize many of the fundraising events still in existence. He served as the Kentucky Affiliate Board of Vice-Chair and was Chair-Elect when it became a part of the Southern Region where he served as the Chair of the Southern Region. He also is a former member of the National Board of Directors. He is the State of Kentucky State Advocacy Chair for ADA. Stewart is a member of the Kentucky Diabetes Network and a founding member of the Fayette County Diabetes Collation. Stewart was appointed by two different Governors of Kentucky to the GET FIT KY Board and The Diabetes Research Trust Fund Board where he currently still serves. Stewart is one of the founders of the National Diabetes Volunteer Leadership Council and currently serves as an officer of that organization. Where he has been instrumental in passing Diabetes Action Plan legislation in 18 states over the past four years.

Thursday	10:45 - 12:00	Fiesta 7-8	Insurance for Young Adults
Thursday	3:30 - 4:45	Durango 1-2	Affordable Access to Insulin
Friday	9:00 - 10:00	Durango 1-2	You Want Me to Switch What? Again?
Saturday	9:00 - 10:00	Durango 2	Diabetes Advocacy Issues – FFL Town Hall



Former NBA player Chris Dudley joined us

Friends for Life®  
Flashback  
2006



Denotes faculty member with diabetes



# The Conference Faculty



## Matthew Point, MS

**Matthew Point, MS**, is a higher education professional in the greater Philadelphia area. Matt holds a Master's degree in Higher Education Administration & College Student Development. As part of his role on campus, he manages special accommodations for housing and dining plans for students with disabilities or dietary restrictions and is responsible for all on-campus emergency management. Matt began attending CWD events in 2013 to support his partner, who has type 1 diabetes. Matt's favorite parts of attending CWD events are getting to see all of the new technology, as well as reuniting with Type 1 and "Type 3" friends.

Saturday	10:30 - 11:30	Fiesta 1	Panel Discussion: Being a Couple and Making it Work
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## Stephen W. Ponder, MD, FAAP, CDE

**Stephen W. Ponder, MD, FAAP, CDE**, has been a board-certified pediatric endocrinologist and certified diabetes educator since 1989-90. Dr. Ponder is also a Joslin 50-year medalist; having lived well with type 1 diabetes since March 1st 1966. He is the creator of Sugar Surfing™, a paradigm shifting approach to managing diabetes. His book Sugar Surfing ([www.sugarsurfing.com](http://www.sugarsurfing.com)) is now in its sixth printing and has sold in over 30 countries. Ponder has been volunteering every year since 1981 as medical staff at the Texas Lions Camp for Children with Diabetes. He has also served as that residential camp's medical director since 1989. He served on and chaired the National Certification Board for Diabetes Educators (NCBDE) and chaired the organization in 1996. He has served on numerous local, state, and national committees advocating for child health and improved diabetes care. He has authored numerous research articles and received several diabetes research grants. He also serves as the Program Director for the Pediatric Residency Program at Scott and White Memorial Hospital in Temple, Texas. He is medical director for the Feed My Sheep Children's Free Clinic which aims to serve homeless and uninsured children across central Texas. Dr. Ponder has spoken internationally on all areas of diabetes care for several decades. His professional focus is on empowering children, their families, and individuals with diabetes to assist them in achieving the best possible diabetes control and outcomes.

Thursday	3:30 - 4:45	Coronado K	Sugar Surfing Concepts
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Friday	9:00 - 10:00	Coronado K	Sugar Surfing Workshop
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## Camillo Ricordi, MD

**Camillo Ricordi, MD**, is Director of the Diabetes Research Institute at the University of Miami, and also the Stacy Joy Goodman Professor of Surgery, Distinguished Professor of Medicine, and Professor of Biomedical Engineering, and Microbiology and Immunology. Acknowledged by his peers as one of the world's leading scientists in diabetes cure-focused research and cell transplantation, Dr. Ricordi is well-known for inventing the machine that makes it possible to isolate large numbers of islet cells (insulin-producing cells) from the human pancreas and for performing the first series of successful clinical islet transplants that reversed diabetes. The procedure is now used by laboratories performing clinical islet transplants worldwide, and in 2017 the first NIH-funded, FDA Phase 3 multicenter trial was successfully completed by the NIH Clinical Islet Transplantation Consortium, chaired by Dr. Ricordi for over a decade. He has also developed highly innovative strategies with the objective to transplant cells and organs without the continuous requirement for anti-rejection drugs and for the reversal of autoimmune conditions. While he is a recipient of numerous honors and awards for his significant contributions to the field and life-changing inventions, Dr. Ricordi is most committed to developing a cure for the millions of children and adults living with diabetes.

Wednesday	1:30 - 2:45	Fiesta 5	Preventing T1D and its Recurrence
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Friday	9:00 - 10:00	Coronado J	DRI Research Update
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## Liz Robinson, MS, PA-C, CDE

**Liz Robinson, MS, PA-C, CDE**, is a physician assistant practicing outside of Philadelphia, Pennsylvania. She has specialized in high risk obstetrics and gynecology for over 15 years, with a strong focus on type 1 diabetes in pregnancy. Her interest in type 1 diabetes began when she met her husband, who was diagnosed as a teenager. Her passion was further fueled when her daughter was diagnosed with type 1 diabetes at four years old. Liz takes pride in using both her clinical skills and personal experience to help her patients achieve healthy, happy pregnancies.

Thursday	10:45 - 12:00	Coronado AB	Pregnancy Planning & Reproductive Health for Women w T1
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Thursday	3:30 - 4:45	Fiesta 7-8	We're Having a Baby! Pregnancy Planning for Couples
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## Kenny Rodenheiser, BSN, RN, CDE

**Kenny Rodenheiser, BSN, RN, CDE**, was diagnosed with diabetes in 2003. Through his involvement with CWD, ADA, JDRF and other local organizations, he realized his passion is to help people with diabetes learn about their disease and how to cope with it. He earned his Bachelors of Science in Nursing from Ramapo College of New Jersey. Kenny earned his Certified Diabetes Educator in 2015 and currently works as a diabetes educator for Children's Hospital of Philadelphia.

Wednesday	9:00 - 10:15	Coronado H	Welcome to FFL For Newly Diagnosed Families
Wednesday	3:15 - 4:30	Durango 2	Parenting Your Tween



## Henry Rodriguez, MD

**Henry Rodriguez, MD**, is a pediatric diabetologist researcher who led the Indiana University (IU) DPT-1 Regional Recruitment Center and served as the highly successful IU TrialNet Clinical Center's Clinical Director for 10 years. He joined the University of South Florida College of Medicine in 2010 as a Professor of Pediatrics and Clinical Director of the USF Diabetes Center. He has led expansion of clinical, educational, and clinical research activities at USF including the launch of the USF T1D Exchange Clinical Center and establishment of the USF TrialNet Clinical Center. Dr. Rodriguez is the Protocol Chair for the NIH-funded TrialNet Pathway to Prevention Study and serves on numerous TrialNet committees. He is co-chair of the ADA Safe at School Working Group, co-chair of the Diabetes Advocacy Alliance, and has been a longstanding volunteer with JDRF and a staunch supporter of diabetes camps. He has also been the member of working groups addressing insulin pump therapy in children and the transition of young adults from pediatric to adult diabetes care providers. His clinical and research foci are the improvement of lives impacted by diabetes while pursuing prevention and a cure.

Friday	9:00 - 10:00	Coronado H	Preparing for High School and Beyond
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## Christina Roth

**Christina Roth** is the Chief Executive Officer and Founder of the College Diabetes Network. Diagnosed with type 1 diabetes at age 14, Christina became an active patient advocate while in college where she started CDN as a campus group in 2009. Due to the overwhelming response to the initial group, Christina expanded CDN into a national non-profit organization serving young adults with diabetes. After graduating from the University of Massachusetts Amherst, Christina worked at the Joslin Diabetes Center and consulted for the T1D Exchange. Christina served as President of CDN until 2013, when she was appointed CEO of the organization. As CEO, Christina frequently speaks on topics such as CDN's programs; research on the young adult population and how to meet their unique needs; non-profit management; women in business; innovation; and start-up organizations.

Wednesday	10:45 - 12:00	Durango 1	Panel Discussion for Teens: Preparing for College
Wednesday	1:30 - 2:45	Durango 1	Workshop for Parents: Off to College with CDN
Thursday	3:30 - 4:45	Coronado R	#Adulting (Teen Program)



Louis from Australia joined days after his diagnosis

Friends for Life®  
Flashback  
2007

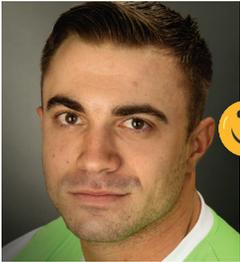




Denotes faculty member with diabetes



# The Conference Faculty



## Chris Ruden

**Chris Ruden** is probably the only 7-fingered, type 1, record-holding powerlifter, speaker, and fitness consultant. Born with a disability, he struggled with limitations -- body image issues, bullying, and just being "different" than everyone else. When he faced extremely rough times, Chris learned that "limitations are self imposed," which empowered him to beat his disability, manage his diabetes, and inspire kids and adults around the world while teaching them how everyone is in control of their life. Chris has a degree in Exercise Science & Health Promotion and, in addition to speaking, runs an online fitness and nutrition consulting business, focusing on helping those with type 1 diabetes.

Wednesday	10:45 - 12:00	Fiesta 5	Living with Diabetes, Not For Diabetes
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## Desmond Schatz, MD

**Desmond Schatz, MD**, is Professor and Associate Chairman of Pediatrics, Medical Director of the Diabetes Center and Director of the GCRC at the University of Florida, Gainesville. He has been involved in Type 1 diabetes research since the mid 80s and has published over 200 manuscripts, the majority related to the prediction, natural history, genetics, immunopathogenesis and prevention of the disease, as well as the management of children and adolescents with Type 1 diabetes. He is the Principal Investigator (PI) on several JDRF and NIH awards. He is PI on JDRF funded studies aimed at reversing Type 1 diabetes using autologous stem cells (cord blood) and is currently PI the of the University of Florida Clinical Center participating in the NIH-funded TrialNet. He serves as co-PI on a Program Project Grant looking at the immunopathogenesis of Type 1 diabetes, and also serves as co-PI for the NIH-funded international newborn genetic screening (TEDDY) program in North Central Florida. Dr.Schatz has served in numerous capacities for the American Diabetes Association and on study sections and site visits for the JDRF and NIH. He also serves on the external advisory board for the NIH- and CDC-funded SEARCH study and the TODAY study in youth with type 2 diabetes and on the JDRF-funded Australian INIT II studies. He was awarded the Mary Tyler Moore and S Robert Levine JDRF Excellence in Clinical Research Award together with his colleagues, Mark Atkinson and Mike Haller as well as the 2009 Cure Award from the American Diabetes Association.

Thursday	3:30 - 4:45	Coronado H	Preventing Type 1 Diabetes: Where Do We Stand?
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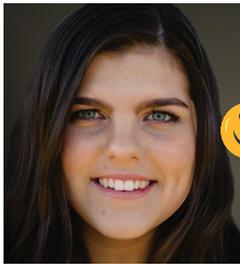
## Gary Scheiner, MS, CDE

**Gary Scheiner, MS, CDE**, is owner and Clinical Director of Integrated Diabetes Services, a practice located just outside of Philadelphia specializing in intensive insulin therapy and advanced education for children and adults. He and his staff provide consultations throughout the world via phone and the internet. Gary is a Masters-level exercise physiologist. He has been a Certified Diabetes Educator for 19 years, and served as the 2014 Diabetes Educator of the Year. He has had type 1 diabetes for 30 years and makes personal use of insulin pump therapy and CGM. Gary has written dozens of articles for diabetes trade publications and six books, including the popular *Think Like A Pancreas - A Practical Guide to Managing Diabetes With Insulin*. He lectures nationally and internationally for people with diabetes as well as professionals in the healthcare industry. In addition to serving on the faculty of Children With Diabetes and the Board of Directors for JDRF, Gary volunteers for the American Diabetes Association, Diabetes Sisters, and Setebaid Diabetes Camps. Gary has been happily married for 25 years and has four wonderful kids. A fitness fanatic, he enjoys playing basketball, running, cycling and cheering on his Philadelphia sports teams.

Thursday	1:30 - 2:45	Coronado K	Making Sense of Sensor Data
Friday	9:00 - 10:00	Coronado PQR	Exercise and Type 1 Diabetes
Friday	10:45 - 12:00	Durango 1-2	Managing and Preventing Hypoglycemia
Friday	2:00 - 3:15	Coronado PQR	Advanced Pumping



Denotes faculty member with diabetes



## Elle Shaheen

After **Elle Shaheen** was diagnosed with type 1 diabetes, she made a promise that if there was any way to pursue performing arts with type one that she would make the world a better place by channeling her talents and passion for a higher purpose. Over the 10 years since her diagnosis, she continues to make good on this promise. Elle was one of the first kids to test the bionic pancreas and worked with CNN to share her experience with the world. As the Co-Chair of the Juvenile Diabetes Research Foundation's Children's Congress, she helped introduce fellow-advocate, Supreme Court Justice Sonia Sotomayor. She campaigned for the restoration of stem cell research and was the only young person at The White House when President Obama signed an Executive Order to end the ban. A freshman at Harvard College, Elle is proud to be sharing the Kennedy Center for the Arts 2017 Very Special Arts Playwright Discovery award-winning play that she wrote and published titled, *Dimples and Diabetes*. This one act play is about the experience of living with type 1 diabetes and managing transitions.

Wednesday	9:00 - 10:15	Durango 2	Dimples and Diabetes
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## Stacey Simms

**Stacey Simms** is the host of the award-winning podcast *Diabetes Connections* and was named one of *Diabetes Forecast Magazine's* "People to Know: 2017." Stacey's son was diagnosed with type 1 diabetes in 2006, one month before he turned two, and Stacey started blogging about her family's experience with T1D a few weeks later. For more than a decade, she hosted Charlotte's Morning News on WBT-AM, the city's top-rated morning radio news show. Stacey's been named to the Charlotte Business Journal's Forty under 40 and as one of the 50 Most Influential Women in Mecklenburg County by the *Mecklenburg Times*.

Wednesday	10:45 - 12:00	Durango 2	Diabetes Connections: The Game Show
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## Laura Smith, PhD, CDE

**Laura Smith, PhD, CDE**, is an Assistant Professor of Pediatrics, a licensed psychologist, and certified diabetes educator at the University of South Florida Diabetes Center. Dr. Smith provides clinical care and conducts research in the area of pediatric and adult type 1 diabetes. Her research focuses on how healthcare providers and individuals with diabetes can collaborate and share in health decision-making, how family interactions impact diabetes management, and the psychological impact of being genetically at-risk for type 1. Dr. Smith's work is guided by her own experience: she was diagnosed with type 1 17 years ago.

Friday	9:00 - 10:00	Fiesta 7-8	Advocating for Yourself
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Sebastien Sasseville shared his Everest gear

Friends for Life®  
Flashback  
2008



Denotes faculty member with diabetes



## Kerri Sparling

**Kerri Sparling** has been living with type 1 diabetes since 1986, diagnosed at the age of seven. She manages her diabetes and lives her life by the mantra "Diabetes doesn't define me, but it helps explain me." Kerri is the creator and author of *Six Until Me*, established in 2005 and remains one of the most widely-read diabetes patient blogs, reaching a global audience of patients, caregivers, and industry. In addition to her writing, Kerri is a highly-rated speaker and has presented the patient perspective to audiences around the world. She works to raise awareness for diabetes, patient advocacy, and the influence of social media on health outcomes. Her first book, *Balancing Diabetes* (Spry Publishing), looks at type 1 diabetes in the context of "real life."

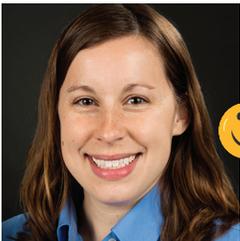
Thursday	10:45 - 12:00	Yucatan 1-3	How to Get Support and Knowledge Using Apps, etc.
Thursday	1:30 - 2:45	Coronado S	T1: She (Teen Programming)
Friday	9:00 - 10:00	Fiesta 7-8	Advocating for Yourself
Friday	2:00 - 3:15	Coronado CD	Diabetes Can Be Complicated



## Ben Stroud

**Ben Stroud**, age 29, has been living with diabetes for 19 years, and has been pumping for over 11 years. Born in the northeast, and raised in the southeast and SoCal has given him an appreciation for the country and a hunger for travel. A graduate of the LA Film school, Ben has been working in the industry, making television commercials, short films, and working on television programs. Ben has been attending Friends for Life Orlando since 2002 and a volunteer for over seven years.

Wednesday	9:00 - 10:15	Fiesta 6	Docu-Diabetes IV
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## Marissa Town, BSN, RN, CDE

**Marissa Town, BSN, RN, CDE**, graduated from the University of Cincinnati with a Bachelor of Science in Nursing and later earned her Certified Diabetes Educator credential. She has had type 1 diabetes since the age of two and has grown up with a passion for helping families living with diabetes. Marissa is currently working as a research nurse at Stanford University. She has always enjoyed working with families with diabetes at Children with Diabetes conferences, camps, and support groups. She and her husband Adam have two young children, Connor and Everly.

Wednesday	9:00 - 10:15	Coronado H	Welcome to FFL For Newly Diagnosed Families
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## Rachel M. Wasserman, PhD

**Rachel M. Wasserman, PhD**, is a Pediatric Psychologist and Assistant Research Scientist at Nemours Children's Hospital in Orlando, and Assistant Professor of Psychology at University of Central Florida College of Medicine. She specializes in helping families of children with chronic illnesses, especially diabetes, cope with the stress of living with a chronic medical condition. She particularly enjoys working with the teenage and young adult population. Her research focuses on helping teenagers and young adults make safer choices around their diabetes care and improving healthcare delivery for youth with diabetes.

Thursday	9:00 - 10:00	Coronado MNP	Risky Business Panel (Teen Program)
Thursday	1:30 - 2:45	Coronado S	T1: She (Teen Program)





## Susan Weiner, MS, RDN, CDE, CDN

**Susan Weiner, MS, RDN, CDE, CDN**, is the owner of Susan Weiner Nutrition, PLLC and was named the 2015 AADE Diabetes Educator of the Year. Susan is the "Diabetes in Real Life" columnist for *Endocrine Today*. She is the co-author of *The Complete Diabetes Organizer: Your Guide to a Less Stressful and More Manageable Diabetes Life* and *Diabetes: 365 Tips for Living Well*. Susan served as the 2015-2016 editor for *On the Cutting Edge*, a peer reviewed publication for the Diabetes Care and Education group of the Academy of Nutrition and Dietetics. Susan is the 2017 co-chair of the Advanced Practice Communities of Interest of the American Association of Diabetes Educators. She has been appointed to the medical advisory boards for Healthline.com, Diabetic Lifestyle, Endocrine Web and Diabetes Daily. Susan earned her Master's Degree in Applied Physiology and Nutrition from Columbia University. She also earned a certificate of training in "Adult Weight Management" through the Academy of Nutrition and Dietetics.

Thursday	1:30 - 2:45	Fiesta 6	FFL: Food for Life (Tween Program)
Thursday	3:30 - 4:45	Coronado M	Impossibolus: Advanced Fat and Protein (Teen Program)
Friday	2:00 - 3:15	Fiesta 7-8	Beyond the Numbers: Navigating the Nutrition Maze



## Jill Weissberg-Benchell, PhD, CDE

**Jill Weissberg-Benchell, PhD, CDE**, Pediatric Psychologist, Professor of Psychiatry, Northwestern's Feinberg School of Medicine, Chicago, Illinois. She has been a certified diabetes educator for over 20 years and is an author of numerous research articles, and a co-author of a book on transitioning from pediatric to adult care. Dr. Weissberg-Benchell works with children, teenagers and their families to facilitate adaptation and coping with diabetes and other chronic conditions.

Wednesday	9:00 - 10:15	Coronado H	Welcome to FFL For Newly Diagnosed Families
Wednesday	3:15 - 4:30	Durango 1	Parenting Your Teen
Thursday	10:45 - 12:00	Coronado L	Building Strengths and Overcoming Challenges (Teen)
Thursday	1:30 - 2:45	Yucatan 1-3	Puberty and Adolescence: Body and Mind
Thursday	3:30 - 4:45	Coronado T	Raising Your Parents (Teen Program)
Friday	2:00 - 3:15	Coronado H	Family Teamwork Across Child & Adolescent Development
Saturday	10:30 - 11:30	Fiesta 2	Parents and Teens Discussion



George Canyon played at the banquet

Friends for Life®  
Flashback  
2009

# Worry Less | Think Less LIVE MORE



Managing diabetes shouldn't have to be your life's focus, so we've made it ours. Join us on our journey to reduce the burden of insulin-requiring diabetes. Our mission is to make lives healthier, safer, and easier by enabling optimized insulin delivery solutions accessible for all.





## Jamie Wood, MD

**Jamie R. Wood, MD**, is an Associate Professor of Pediatrics at Case Western Reserve University School of Medicine. She is the Medical Director of the Diabetes Program and the Mary Blossom Lee Chair in Pediatric Diabetes at Rainbow Babies & Children's Hospital in Cleveland, Ohio. She is a pediatric endocrinologist that specializes in the clinical care of youth with type 1 diabetes. Dr. Wood is involved in many clinical research projects that focus on clinical outcomes, emerging therapies, and transition to college and adult endocrinology. One of her favorite places to be is diabetes camp. At Rainbow Babies and Children's Hospital she directs support groups, family retreats, College Prep Events, and diabetes education classes. Dr. Wood loves working with and caring for youth and families that live with type 1 diabetes — her goal is to work as part of the team that manages diabetes so that the child, adolescent, or young adult can do anything they set their mind to.

Thursday	10:45 - 12:00	Coronado K	Sick Day Management
Thursday	1:30 - 2:45	Yucatan 1-3	Puberty and Adolescence: Body and Mind
Thursday	3:30 - 4:45	Coronado S	Managing Data Overload (Teen Programming)
Friday	9:00 - 10:00	Coronado AB	Sleepovers, Stress Days, and Hospital Stays
Friday	2:00 - 3:15	Coronado AB	The 10 Things I Get Asked Most in the Middle of the Night



## Crystal Crismond Woodward

**Crystal Crismond Woodward** is the Director of the American Diabetes Association (ADA)'s Safe at School initiative based at its Home Office in Alexandria, Virginia. Crystal is considered a national authority on the rights of students with diabetes and has spoken at conferences and forums throughout the United States and internationally on how to effectively advocate on behalf of students with diabetes, training hundreds of parent advocates, attorneys, and health care professionals. A parent of a child with diabetes, Crystal began her advocacy as a volunteer for ADA when she successfully led the effort to pass the first state diabetes school legislation in the country providing comprehensive coverage for students with diabetes in Virginia and has since worked tirelessly to pass Safe at School legislation in 30 states including the District of Columbia. Crystal is a contributor to many diabetes publications, is a member of the Virginia Diabetes Council and serves on a number of other diabetes and youth advisory boards and committees.

Thursday	3:30 - 4:45	Coronado AB	Safe at School 101
Friday	10:45 - 12:00	Coronado AB	Safe at School Workshop



CWD kids posed with Indy Car driver Charlie Kimball

Friends for Life®  
Flashback  
2010



Denotes faculty member with diabetes

# TeamCWD at Walt Disney World Marathon Weekend 2018



**We Came! We Froze! We Ran!**

Congratulations and thank you to ALL of the runners,  
who surpassed the fund-raising goal of \$25,000!

# Together, We Can Reach Our Goals.

## Help us make infusion sets better.

Capillary Biomedical is developing technologies intended to help dramatically simplify and improve insulin delivery.

You can help us as we're working to make infusion sets better. There are two options for you to give us your feedback.

Go to <http://signup.com/go/WJyHLhT> to register to participate in a live focus group during the Friends for Life Annual Conference in Orlando July 10-15, 2018. Each participating family will receive a \$25 Disney gift card.\*

To participate in an online survey, visit <https://infusionset.questionpro.com>. All participants in the online survey will be entered into a raffle to receive a \$100 Amazon gift card.

\*Focus group feedback requested from insulin pump wearers and their caregivers. The online survey is appropriate for all pump wearers.



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Email: [info@capillarybio.com](mailto:info@capillarybio.com)  
Phone: (510) 292-5130

Technology licensed from Thomas Jefferson University  
Company hosted by the Cove, powered by UCI



## Judith Jones Ambrosini

**Judith Jones Ambrosini** has lived under the influence of type 1 diabetes since 1962. She claims that diabetes has guided her down many winding roads and pathways that have led to becoming a professional chef and caterer, a distance walker (her first marathon was in Denmark 2005 and a 32-mile walk around the rim of Manhattan Island every spring are some highlights), and a dedicated proponent and practitioner of daily exercise including dance and tai chi. Judith is also an author and diabetes journalist. Her book, *The Sisterhood of Diabetes: Facing Challenges & Living Dreams*, can be found on Amazon and Barnes & Noble. She is a founder of "Wise Women Self-Care Diabetes Retreats" ([www.DiabetesRetreats.org](http://www.DiabetesRetreats.org)) and writes a monthly column on [www.diabetesnet.com](http://www.diabetesnet.com) called MoTo Move.

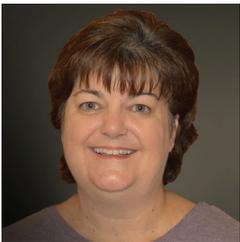
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## Julie Gettings, PhD

**Julie Gettings, PhD**, is the clinical psychologist within the Division of Endocrinology & Diabetes at Children's Hospital of Philadelphia. Dr. Gettings works with youth and their families on improving adherence to diabetes management tasks, coping with chronic illness, improving family functioning surrounding illness management, and treating symptoms of mental health disorders. Prior to the current position, Dr. Gettings was the diabetes psychologist at Children's Hospital of Pittsburgh. Dr. Gettings is involved in clinical research with a particular focus on mental health screening for youth with chronic illness.

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## Jane Hunsche, RN

**Jane Hunsche, RN**, is the mother of Kara and Philip and wife of Dave. Kara was diagnosed in 2001 at the age of 6. Jane has been advocating for Kara and others with diabetes ever since. Jane is a Registered Nurse; she worked in Neonatal Intensive Care for 21 years has now moved on to Adult Home Care. Jane teaches adults with type 2 how to care for their diabetes. She says she is "thrilled to be able to give back to CWD families for all that has been given to us."

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## Midge McBryant

**Midge McBryant** is grandma (Mimi) to Jeremy Meredith (dx'd 5/2000) and to Chelsea and Bailey. She is enjoying retirement after working many years as a real estate paralegal. Midge loves baseball and the Tampa Bay Rays! She has been attending Friends for Life Orlando conferences since 2003 and has been on staff in childcare for the past few years. She enjoys working with the "Little Ones" and is very happy to be a part of the Friends For Life Family!

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## Maureen Monaghan, PhD, CDE

**Maureen Monaghan, PhD, CDE**, is an Assistant Professor of Psychology and Behavioral Health at Children's National Health System and George Washington University School of Medicine in Washington, DC. A licensed clinical psychologist and a certified diabetes educator, Dr. Monaghan has worked for over a decade providing behavioral health care as part of the Child and Adolescent Diabetes Program at Children's National. Her clinical and research work focuses on helping youth with diabetes and their parents adjust and adapt to new settings and manage their daily medical regimen, while also promoting optimal quality of life. Dr. Monaghan is particularly in working with adolescents and young adults and their diabetes care providers to facilitate a smooth transition from pediatric to adult diabetes care.

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## Jessica Pierce, PhD

**Jessica Pierce, PhD**, is a licensed psychologist at Nemours Children's Hospital and an Assistant Professor of Pediatrics at the University of Central Florida College of Medicine in Orlando, Florida. Dr. Pierce provides clinical care for, and conducts research with, children, adolescents, and young adults with T1D and their families. Her research focuses on developing a new intervention for parents of young children with T1D using social media and crowdsourcing methods, improving the transition from pediatric to adult care for young adults with T1D, and developing novel methods of health care delivery for adolescents with T1D. Diagnosed with T1D when she was five years old, Dr. Pierce's combination of education, career, and personal experiences provide her with a unique perspective to engage youth with T1D, and their family members, to promote their health and overall quality of life.



## Henry Rodriguez, MD

**Henry Rodriguez, MD**, is a highly regarded pediatric diabetologist and collaborative type 1 diabetes clinical researcher who led the Indiana University (IU) DPT-1 Regional Recruitment Center and served as the highly successful IU TrialNet Clinical Center's Clinical Director for 10 years. He joined the University of South Florida College of Medicine in 2010 as a Professor of Pediatrics and Clinical Director of the USF Diabetes Center. He has led expansion of clinical, educational, and clinical research activities at USF including the launch of the USF T1D Exchange Clinical Center, establishment of the USF TrialNet Clinical Center, and partnering with industry in investigating novel therapies in type 1 and pediatric type 2 diabetes. Dr. Rodriguez is the Protocol Chair for the NIH-funded TrialNet Pathway to Prevention Study and serves on numerous TrialNet committees. He is co-chair of the ADA Safe at School Working Group, co-chair of the Diabetes Advocacy Alliance and has been a longstanding volunteer with JDRF and a staunch supporter of diabetes camps. He has also been the member of working groups addressing insulin pump therapy in children and the transition of young adults from pediatric to adult diabetes care providers. His clinical and research foci are the improvement of lives impacted by diabetes while pursuing prevention and a cure.



## Janet Rodriguez, BSN, RN, CDE

**Janet Rodriguez, BSN, RN, CDE**, is the insulin pump and CGM specialist and a certified diabetes educator at the USF Diabetes Center in Tampa, FL. She cares for adult and pediatric patients. She is a certified trainer for ACCU-CHEK, Asante, Animas, OmniPod, Medtronic, and Tandem insulin pumps as well as Dexcom and Medtronic CGMs. She participates in diabetes research. Her interests are in data management software, data interpretation, and insulin adjustment. She has volunteered at diabetes camps for 20 years. She was previously a Pediatric ICU nurse.



## Laura Smith, PhD, CDE

**Laura Smith, PhD, CDE**, is an Assistant Professor of Pediatrics, a licensed psychologist, and certified diabetes educator at the University of South Florida Diabetes Center. Dr. Smith provides clinical care and conducts research in the area of pediatric and adult type 1 diabetes. Her research focuses on how healthcare providers and individuals with diabetes can collaborate and share in health decision-making, how family interactions impact diabetes management, and the psychological impact of being genetically at-risk for type 1 diabetes. Dr. Smith has published research articles in these areas and speaks on these topics to various groups of healthcare providers, researchers, and patients. She also provides clinical services to individuals living with type 1 diabetes and their families. Dr. Smith's work is guided by her own experience; she was diagnosed with type 1 diabetes 17 years ago and believes that having diabetes can be challenging but is manageable with education, a positive outlook, and a good support network.



## Heather Speer, MPH, CCRC, CDE

**Heather Speer, MPH, CCRC, CDE**, is a CWD mom who has worked with thousands of families who have children with type 1 diabetes over the last 20+ years. Heather instituted an emergency kit program for all newly diagnosed children at Children's Hospital Orange County when her daughter Stephanie was diagnosed with type 1 diabetes at age three in 1990. She went on to complete her MPH in Community Education, is a Certified Clinical Research Coordinator and Diabetes Educator and has devoted her career to Diabetes Research and Education. She became lead Research Coordinator at Children's Hospital Orange County (CHOC) in 1996 and has been involved with numerous Diabetes clinical research projects including Diabetes TrialNet, testing new diabetes technologies, glucose meters, CGM, sensor augmented insulin pumps and insulin therapy. She has developed education and support programs for kids with diabetes and their families. Heather joined the CWD Ask the Diabetes Team in 1996. She lives with her husband Steve in Newport Beach, California and continues to work with children and families at CHOC. At Friends for Life, Heather is part of the Grandparents' Faculty.





# THE FUTURE IS YOURS

In the new Lilly Diabetes booth at Friends for Life<sup>®</sup>, you'll find plenty of inspiring experiences created just for your family.

- Test your basketball shooting skills with a friend in our virtual reality challenge
- Explore your creative side in the virtual reality Tilt Brush experience
- Read stories about Olympic skier Kris Freeman, NASCAR<sup>®</sup> driver Ryan Reed, Nashville recording artist Crystal Bowersox, and people just like you
- Compete in a racing simulation and see how well you do
- Enjoy the resources developed by Lilly Diabetes and Disney while having a Disney artist create a digital caricature of yourself
- Imagine the fun of summer camp with the help of a Lilly Camp Care Package
- Learn about Lilly's history of innovative solutions for those with T1D and see the Lilly Diabetes Journey Awards<sup>SM</sup> that recognize inspiring milestones in diabetes management

Working to develop better answers to every challenge, Lilly Diabetes supports you through your type 1 journey. To learn more, visit [LillyDiabetes.com](https://www.LillyDiabetes.com).



# Platinum Sponsors



*Lilly*

DIABETES

Ever since we introduced the first commercial insulin in 1923, **Lilly Diabetes** has been a global leader in diabetes care. Today, Lilly continues to develop innovative products, programs, and resources to help people with type 1 diabetes. For more than a decade, Lilly has been a proud platinum sponsor of the Friends for Life® conference.

Join us at our new booth to see all the ways we support the type 1 community and how your family can get involved with all the programs Lilly Diabetes supports. We have redesigned our booth this year to include more interactive experiences for all ages. Being at Friends For Life is a fun, learning experience. Come share some time with us in the Lilly Diabetes booth.

Find out how Lilly Diabetes can help your family at **LillyDiabetes.com**. Take a look at Coco's adventures and learn from other families with type 1 diabetes at **T1EverydayMagic.com**. Follow us on social media: Facebook: T1EverydayMagic, Lilly Diabetes. Twitter: @LillyDiabetes. Instagram: T1EverydayMagic.



In 1923, the founders of **Novo Nordisk** began a journey to change diabetes. Today, we are thousands of employees across the world with the passion, the skills and the commitment to continue this journey to prevent, treat and ultimately cure diabetes. Novo Nordisk is proud to once again be a Platinum Level Sponsor of the Friends for Life® conference, supporting the Family and Friends Banquet and Sports Central. Please come see us at the exhibition to learn more about our type 1 support program, our new camp program and be among the first to learn about the first and only durable insulin pen with 0.5 unit doing and memory function - NovoPen Echo®. To learn more about Novo Nordisk and our support to the Type 1 diabetes community visit us at [www.novonordisk-us.com](http://www.novonordisk-us.com).





# Gold Sponsors



## Dexcom®

CONTINUOUS GLUCOSE MONITORING



**Dexcom, Inc.**, headquartered in San Diego, CA, is dedicated to developing innovative glucose sensing technology and products to help patients and healthcare providers better manage diabetes. The Dexcom G6™ Continuous Glucose Monitoring (CGM) System does not require fingersticks for calibration or diabetes treatment decisions\* and features simple, one-touch sensor insertion. The System provides exceptional accuracy with an overall MARD of 9.0%† and features an Urgent Low Soon alert that can warn users 20 minutes in advance of severe hypoglycemia (55 mg/dL). Dexcom is the only provider of CGM systems indicated for children ages 2 years and older. Please visit [www.dexcom.com](http://www.dexcom.com).

\*If your glucose alerts and readings from the G6 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.  
†MARD is a statistical measure of accuracy; the lower the number, the better.



## omnipod®

INSULIN MANAGEMENT SYSTEM



**Insulet Corporation** (NASDAQ: PODD), headquartered in Massachusetts, is an innovative medical device company dedicated to making the lives of people with diabetes and other conditions easier through the use of its Omnipod® product platform. The **Omnipod® Insulin Management System** provides a unique alternative to traditional insulin delivery methods. With its simple, wearable design, the disposable Pod provides up to three days of non-stop insulin delivery, without the need to see or handle a needle. Insulet also leverages the unique design of its Pod, by tailoring its Omnipod® technology platform for the delivery of non-insulin subcutaneous drugs across multiple therapeutic areas. Founded in 2000, more than 140,000 users across the globe rely on Insulet's Omnipod® Insulin Management System to bring simplicity and freedom to their lives. For more information, visit [www.myomnipod.com](http://www.myomnipod.com).





# Silver Sponsor



**TANDEM**<sup>®</sup>  
DIABETES CARE

**Tandem Diabetes Care, Inc.**, is a medical device company dedicated to improving the lives of people with diabetes through relentless innovation and revolutionary customer experience. The Company takes an innovative, user-centric approach to the design, development and commercialization of products for people with diabetes who use insulin. Tandem manufactures and sells the **t:slim X2™ Insulin Pump**, the only pump capable of remote feature updates using a personal computer, and the **t:flex® Insulin Pump**, the first pump designed for people with greater insulin requirements. Tandem is based in San Diego, California.





# Bronze Sponsors



## FreeStyle



**Abbott Diabetes Care**, a division of global health care company Abbott, is committed to improving the lives of people with diabetes. The company manufactures, distributes and markets innovative glucose monitoring systems and offers valuable services to help patients and healthcare professionals better manage diabetes care needs. Abbott Diabetes Care is pleased to be a sponsor of the 2017 Friends for Life® Orlando conference. For more information, visit [www.abbottdiabetescare.com](http://www.abbottdiabetescare.com).



## ASCENSIA Diabetes Care



**Ascensia Diabetes Care** is a global specialist diabetes care company, dedicated to helping improve the lives of people with diabetes by empowering them to take charge of their health. We use our innovation and specialist expertise in diabetes to develop high quality solutions and tools that make a simple, positive, daily difference for people with diabetes. Home to the world renowned **CONTOUR™** portfolio of blood glucose monitoring systems, our products combine advanced technology with user-friendly functionality that help people with diabetes to manage their condition. We are committed to continued research, innovation and development of new products. As a leader in diabetes care and a trusted partner, we collaborate closely with healthcare professionals and other partners to ensure our products meet the highest standards of accuracy and compliance. Ascensia Diabetes Care was established in 2016 through the sale of Bayer Diabetes Care to Panasonic Healthcare Holdings Co., Ltd. Ascensia Diabetes Care products are sold in more than 125 countries. Following the close of the transaction in all countries, Ascensia Diabetes Care will have around 1,400 employees and operations in 38 countries. For further information please visit the Ascensia Diabetes Care website at [www.ascensia.com](http://www.ascensia.com). CONTOUR™ is a registered trademark of Ascensia Diabetes Care Holdings AG.



**Roche Diabetes Care** is pioneering innovative diabetes technologies and services since more than 40 years. Being a global leader in integrated diabetes management, more than 5,000 employees in over 100 markets worldwide work every day to support people with diabetes and those at risk to achieve more time in their target range and experience true relief from the daily therapy routines. Roche Diabetes Care collaborates with caregivers, healthcare providers and payers to optimally manage this complex condition and contribute to sustainable care structures. Under the brand Accu-Chek and in collaboration with partners, Roche Diabetes Care creates value by providing integrated solutions to monitor glucose levels, deliver insulin and track as well as contextualize relevant data points for a successful therapy. By establishing a leading open ecosystem, connecting devices, digital solutions, Roche Diabetes Care will enable optimal personalised diabetes management and thus improve therapy outcomes. Since 2017, **mySugr**, with its world leading mobile diabetes management app and services, is part of Roche Diabetes Care. For more information please visit [www.accu-chek.com](http://www.accu-chek.com) and [www.mysugr.com](http://www.mysugr.com).

## Medtronic

**Medtronic** is working together with the global community to change the way people manage diabetes. The company aims to transform diabetes care by expanding access, integrating care, and improving outcomes, so people living with diabetes can enjoy greater freedom and better health.





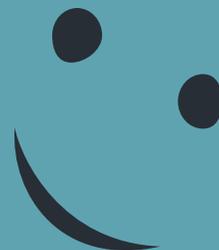
# Supporting Sponsors



**Sanofi** strives to help people manage the complex challenge of diabetes by delivering innovative, integrated and personalized solutions. Driven by valuable insights that come from listening to and engaging with people living with diabetes, the Company is forming partnerships to offer diagnostics, therapies, services, and devices. Sanofi markets medications for people with type 1 or type 2 diabetes. To follow conversations about life, and life with diabetes connect with us and register for diabetes related articles and lifestyle tips on The DX, like us on Facebook at **Sanofi US Diabetes** and follow us on Twitter at **@diabetes\_sanofi**.



## The Gregg Family Foundation





# Friends of CWD



The **American Diabetes Association** (Association) is the global authority on diabetes and since 1940 has been committed to its mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes. To tackle this global public health crisis, the Association drives discovery in research to treat, manage and prevent all types of diabetes, as well as to search for cures; raises voice to the urgency of the diabetes epidemic; and provides support and advocacy for people living with diabetes, those at risk of developing diabetes and the health care professionals who serve them. For children with diabetes, the Association serves families as they confront school discrimination issues through our Safe at School initiative. The Association is also the largest single provider of camps for children with diabetes with more than 75 sessions of day and residential camps throughout the nation. For more information, please call the American Diabetes Association at **1-800-DIABETES** (1-800-342-2383) or visit **diabetes.org**. Information from both of these sources is available in English and Spanish. Find us on Facebook (American Diabetes Association), Twitter (@AmDiabetesAssn) and Instagram (@AmDiabetesAssn).

## Beta Bionics

A Massachusetts Public Benefit Corporation

**Beta Bionics, Inc.**, is a Massachusetts public benefit corporation committed to innovating, developing, commercializing, and disseminating the iLet®, a dual-hormone bionic pancreas for people living with T1D. Our stated benefit mission is (1) to provide a turnkey solution for safe and effective autonomous glycemic control, (2) to bring this technology to as many people with T1D as possible, (3) to continue to innovate and to offer the latest advances, and (4) to act in the best possible interest of the T1D community. As a benefit corporation founded by parents of children with T1D, Beta Bionics, unlike any other medical technology company, is protected under Massachusetts law to prioritize its benefit mission and place the best interests of the T1D community ahead of all other considerations. Beta Bionics is pleased to be a sponsor of Friends for Life®. To learn more about Beta Bionics, the **iLet**, and our public benefit mission, visit us at [www.betabionics.org](http://www.betabionics.org) and @BetaBionics on social media.



**Bigfoot Biomedical** was founded by a team of people with a personal connection to type 1 diabetes and, with its Bigfoot Loop and Bigfoot Inject services, seeks to change the paradigm of care for insulin-requiring diabetes by leveraging data, connectivity, automation, and machine learning to reduce the burden on people with insulin-requiring diabetes and maximize the leverage of health care providers. The company's pioneering smartphone-enabled investigational systems include both automated infusion pump and connected insulin pen options for consumers and will be delivered via a first-of-its-kind monthly subscription service model. Learn more at [www.bigfootbiomedical.com](http://www.bigfootbiomedical.com). Follow us on Twitter @BigfootBiomed and on Facebook at [facebook.com/bigfootbiomed](https://facebook.com/bigfootbiomed).



**Capillary Biomedical** is developing technologies to help dramatically simplify and improve insulin delivery. The SteadiSet with SteadiFlow technology helps ensure you are getting your insulin. The set is kink-proof and is designed to continue working for the full 3-day wear, which should result in less wasted sets and less wasted insulin. The built-in inserter and one-handed insertion help to make the set easy to insert and simple to set up. The soft cannula material is intended to be more comfortable and kinder to the body. These benefits can add up to less worry and frustration with pump therapy. CAUTION – Investigational device. Limited by United States law to investigational use.





# Friends of CWD



**Diabetes Action Research and Education Foundation** is pleased to support the Friends for Life Orlando conference this year. Since 1990, Diabetes Action has been committed to the prevention and treatment of type 1 and type 2 diabetes. With a consistently low overhead and a small, dedicated staff, Diabetes Action funds innovative and promising research aimed at preventing and curing diabetes and related complications. Because summer camp programs for children with diabetes are so effective at combining education with a fun and accepting environment, our programs include providing camp scholarships in all 50 states. For more information, visit us at [www.diabetesaction.org](http://www.diabetesaction.org).



One of the first sponsors of Children With Diabetes in their very first year, the **Diabetes Research Institute and Foundation** are proud to be a part of Friends for Life Orlando. The mission of the DRIF is to provide the Diabetes Research Institute with the funding necessary to cure diabetes now. The Diabetes Research Institute, a Center of Excellence at the University of Miami Miller School of Medicine, leads the world in cure-focused research. As the largest and most comprehensive research center dedicated to curing diabetes, the DRI is aggressively working to develop a biological cure by restoring natural insulin production. Researchers have already shown that diabetes can be reversed through islet transplantation, with some patients living insulin free for more than a decade. The Institute is now building upon these promising outcomes by developing a **DRI BioHub**, an integrated "mini organ" that mimics the native pancreas, containing thousands of insulin-producing cells that sense blood sugar levels and produce the precise amount of insulin needed in real time. The Diabetes Research Institute and Foundation were created for one reason – to cure diabetes – which is and will continue to be its singular focus until that goal is reached. For the millions of children and adults affected by diabetes, the Diabetes Research Institute is the best hope for a cure. For more information, please visit [www.DiabetesResearch.org](http://www.DiabetesResearch.org) or call **800-321-3437**.



**JDRF** is the leading global organization focused on type 1 diabetes (T1D) research. Driven by passionate, grassroots volunteers connected to children, adolescents, and adults with this disease, JDRF is now the largest charitable supporter of T1D research. The goal of JDRF research is to improve the lives of all people affected by T1D by accelerating progress on the most promising opportunities for curing, better treating, and preventing T1D. JDRF collaborates with a wide spectrum of partners who share this goal. In addition to our research funding and leadership, JDRF's outreach efforts provide practical support and resources for people with T1D and their families every step of the way as they live with T1D. JDRF is proud to partner with Children with Diabetes by sponsoring regional and national conferences as a charity partner, and supporting sessions at Friends for Life®. For more information, visit the JDRF website at [www.jdrf.org](http://www.jdrf.org), or call **800-533-CURE**.



**KNOW Foods** is the leading provider of grain-free food products. Based in Atlanta, KNOW Foods helps health conscious consumers achieve their diet and fitness goals by producing delicious, nutritionally superior, natural, non-GMO, grain/gluten free and exceedingly low glycemic index alternatives to traditional grain-based foods. Products include: Bread Slices, Buns, Waffles, Wraps, Donuts, Muffins, Cupcakes, Cookies, Croutons, Pancake Mix, Hot Cereal, Bread Mix, Pasta, Rice, Chocolate Chips & More. KNOW Foods is focused on providing best-in-class offerings for the emerging multi-billion dollar market for non-GMO, natural, nutrient infused and functional food. KNOW Foods flagship products will effectively reimagine and effectively serve as a compelling alternative to grain-based foods.



# The Teen Faculty



## Alanna Landry, RN, CDE

**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 Friends for Life 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.

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## Marissa Town, BSN, RN, CDE

**Marissa Town, BSN, RN, CDE**, graduated from the University of Cincinnati with a Bachelor of Science in Nursing and later earned her Certified Diabetes Educator credential. She has had type 1 diabetes since the age of two and has grown up with a passion for helping families living with diabetes. Marissa is currently working as a research nurse at Stanford University. She has always enjoyed working with families with diabetes at Children with Diabetes conferences, camps, and support groups. She and her husband Adam have two young children, Connor and Everly.

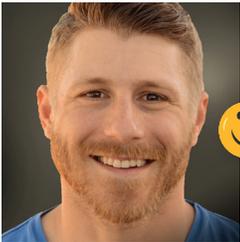
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## Neil Benchell

After having spent years on the sidelines as the “spouse” of one of the faculty members, **Neil Benchell** decided it was time to get involved with CWD and Friends for Life®. As one of the Teen Staff members, Neil is always in the thick of trying to make the conferences a more memorable experience for all. In addition to his work with CWD, Neil is an attorney practicing in the area of intellectual property litigation, and has represented a number of diabetes-related organizations.

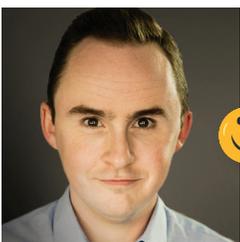
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## Mike Avery

**Mike Avery** has lived an exciting a Hollywood life since his diagnosis with diabetes in 1993. At the age of three, dressed as a trouble-making troll, Mike became the youngest stunt performer in the industry. By age 12, he was a precision driver able to intentionally spin and crash his car. Since then, Mike has made a career of crashing cars, falling off of buildings, and getting set on fire. He has jumped from bridges, helicopters, and airplanes pretending to be some of Hollywood’s biggest names. He has over 100 film, television, and commercial credits and is known for his work on Titanic (1997), The Prestige (2006), Ocean’s 13 (2007), The O.C., Hannah Montana, Grimm, and Horrible Bosses (2011) among others. A lifelong athlete, Mike more recently became interested in sprint distance triathlons. In 2015, he completed his first full Ironman as part of Riding on Insulin’s Endurance Team, which included 40 other athletes with diabetes. His advocacy efforts leading up to the Ironman helped Mike realize his true passion – educating and encouraging fellow people with diabetes. Mike finds that staying active, using an insulin pump, and a strong support system have helped him lead a healthy and exciting life. His athletic commitments in 2016 include three full Ironman races, several half-marathons, and sprint races around his hometown of Los Angeles.

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## Kevin Covais

**Kevin Covais** is an actor, singer, and diabetes advocate. He is most recognized as a Top 12 Finalist on the fifth season of “American Idol”, which aired in 2006. On the show, Kevin was mentored by several award-winning recording artists including Stevie Wonder and Barry Manilow, and he placed 11th overall. Since his “Idol” days, Kevin has transitioned into acting. His credits include a lead role in the 2008 MGM comedy, “College”, a supporting role in the family film, “Touchback”, starring Kurt Russell, as well as a role in 2014’s summer blockbuster, “Transformers: Age of Extinction”. Kevin has also made several television appearances including a guest star credit on the FOX show, “Raising Hope”. Disney Channel fans know Kevin best as Victor Deleseur on the hit show, “Good Luck Charlie”. Kevin was diagnosed with Type 1 Diabetes at age 11 and has worked with the Diabetes Research Institute for many years. He is thrilled to be a part of Children with Diabetes again after making his first CWD appearance in 2006.

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Denotes faculty member with diabetes



## Justin Delgado

**Justin Delgado** is husband to Kacie Doyle-Delgado, diagnosed at age 11. After more than a decade together, he considers himself to be an expert carb counter and Dexcom inserter. He graduated with his Master of Science in Finance from the University of Utah in 2013 and has been working in commercial banking since then. He attended his first Friends for Life conference in 2015 and is looking forward to volunteering with the teens.

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## Kacie Doyle-Delgado, MSN, APRN, NP-C

**Kacie Doyle-Delgado, MSN, APRN, NP-C**, was diagnosed with type 1 diabetes at age 11 and attended her first Friends for Life® conference in 2002. Since then, she has attended several FFL and regional conferences. She earned her BSN and her MSN as a Family Nurse Practitioner at Westminster College in Salt Lake City, UT. She works for Intermountain Healthcare in a diabetes and endocrine specialty clinic. Kacie lives in Salt Lake with her husband, Justin Delgado, and their dogs Kallie and Lulu. She is excited to volunteer for the first time at the Orlando conference.

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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 Orlando.

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Crystal Bowersox sang, sporting a green bracelet

Friends for Life®  
Flashback  
2011  
<<



Denotes faculty member with diabetes



# The Teen Faculty



## Brian Grant, BSN, RN, CDE

**Brian Grant, BSN, RN, CDE**, was diagnosed with type 1 diabetes in 2002. He loves working with people who have diabetes, and is looking forward to serving as faculty at the Friends for Life Orlando conference. He currently resides in King of Prussia, PA, and works as a CDE at the Children's Hospital of Philadelphia with a focus on diabetes technology.

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## Kathryn Hitchcock

**Kathryn Hitchcock**, sister of Marissa (dx'd at 2 years old), will be receiving her Master's in Nutritional Science degree at the University of Cincinnati in the summer of 2018. She is currently working through her dietetic internship so she can become a registered dietitian. She is the coordinator of the Research Task Force at Children with Diabetes, which focuses on discovering how CWD can improve quality of life and diabetes-related outcomes in people that use CWD and attend Friends for Life conferences. She also coordinates research at a charitable food pantry to assess how nutrition education affects eating behaviors in low-income adults. She is passionate about nutrition, especially related to diabetes. After she finishes her dietetic internship, she plans to become a registered dietitian and work with individuals with diabetes.

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## Russ Johnston

**Russ Johnston** has two people near and dear to him that have type 1, and has been coming to CWD and Friends for Life Conferences since 2015. Russ graduated from Marquette University in 2015 from the School of Education and is currently a high school math teacher in Whitefish Bay, Wisconsin. Russ is very excited to be on staff again and could not be more ready to help make the Friends for Life Orlando conference a great experience for everyone.

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## Alyssa Kylo

**Alyssa Kylo** was diagnosed with type 1 diabetes at the age of seven, two years after her younger brother, Chad. Alyssa's FFL experience began in Pasadena in 2002, and has continued ever since. At the age of eight, she started attending Camp Kakhamela (a D-Camp in British Columbia), and continued through their leadership program to become a camp counselor at 17 years old. She is now 27 years old, living in Kamloops, B.C. with her dog Blue and working full time for the Kamloops & District BC SPCA. She is an avid curler in the winter season and a certified Narcotics Dog Handler. Alyssa is thrilled to be working with CWD again this year!

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## Hannah Lambert, BSN, RN

**Hannah Lambert, BSN, RN**, age 25, received her nursing degree from Quinnipiac University and works at Florida Hospital Memorial on the Surgical Progressive Care Unit. She was diagnosed with type 1 diabetes when she was 12 years old in 2005. Ever since, she has attended the annual Friends for Life Orlando conference to stay updated on new research and technology. Hannah grew up on the east coast of Florida and loves traveling, photography, volleyball, adventure, and helping others. This is her third year volunteering with the teens and she is very excited to be back!

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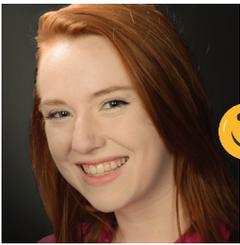




## Carter Landry

**Carter Landry**, 22, is from Whitby, Ontario Canada. He is a fourth year Criminal Justice major, studying in Wheeling, West Virginia. Carter has attended five previous Friends for Life conferences and enjoys it more and more every year. He is looking forward to being a member of the teen staff again this year.

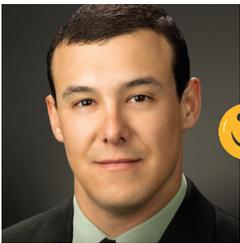
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## Hannah Opdenaker

**Hannah Opdenaker** is excited to wear a green bracelet again this summer with some of her favorite "diabesties." Hannah was diagnosed with type 1 at age 3 in 1999, and has been attending CWD conferences since 2001. She has just graduated with a B.A. in Theatre and Political Science from Mount St. Mary's University in Emmitsburg, Maryland. Hannah is a stage actress with a focus in dance and contemporary movement. Offstage, Hannah is a proud dog mom to Ruby, Bella, and Atticus. Hannah plans to pursue a Master's Program in Theatre Education, and begin teaching theater in under developed urban settings, proving that nothing can stop you from pursuing your passions - even diabetes.

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## Ernie Prado

**Ernie Prado** serves as a Special Projects and Super Guppy Sustaining Engineer in the Aircraft Operations Division at NASA's Johnson Space Center. Previously he worked at the Space Vehicle Mockup Facility (SVMF) where astronauts train prior to spaceflight. At the SVMF, he led projects to create, maintain, and upgrade full-size International Space Station trainers and mockups that astronauts use during the course of their careers. In addition to his work at NASA, he is involved in manufacturing large-scale 3D Printers. Ernie holds Bachelor of Science degrees in Mechanical Engineering & Aeronautical Sciences and Engineering from UC Davis. He was diagnosed with type 1 diabetes at the age of 15 and has been on an insulin pump since 2011. While wearing an insulin pump and CGM, Ernie has achieved 8Gs in a centrifuge during an Aeromedicine study.

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Some crazy shirts raised money for scholarships

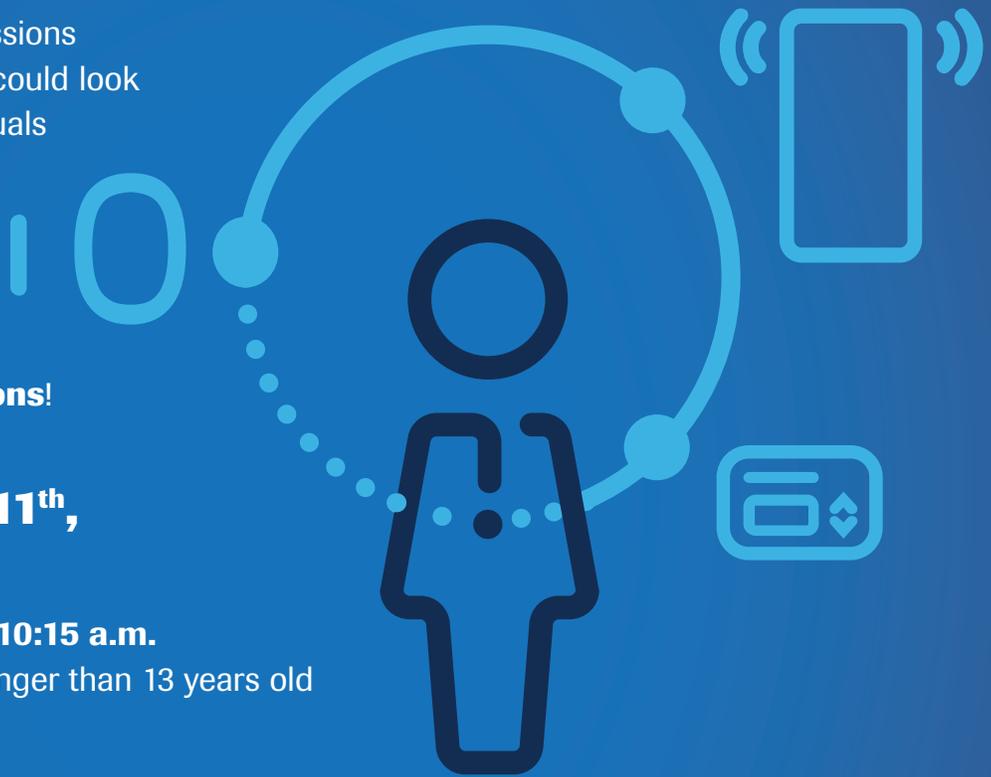
Friends for Life®  
**Flashback**  
**2012**  
<< 



# LET'S TALK ABOUT CLOSING THE LOOP.

**JOURNEY WITH US AND SHAPE THE FUTURE!**

Join our fun, interactive sessions to explore what the future could look like for families and individuals embarking on a closed-loop (AP) journey. Come share your experiences and wishes for products and service solutions in these **co-creation sessions!**



## **Wednesday July 11<sup>th</sup>, in room Fiesta 8**

- **Session 1: 9:00 a.m. – 10:15 a.m.**  
AP Journey for Kids (younger than 13 years old and their parents)
- **Session 2: 10:45 a.m. – 12:00 noon**  
AP Journey for Teens (13 – 17 years old – parents optional)
- **Session 3: 1:30 p.m. – 2:45 p.m.**  
AP Journey for Young Adults (18 – 24 years old – parents optional)
- **Session 4: 3:15 p.m. – 4:30 p.m.**  
Exploring a new insulin pump (all ages welcome)

**#WeAreListening**



We are so proud of this bunch of warriors!

Addison

Addison, you are an amazing granddaughter!

We love you, Grandma and Papa



Hero (n). ~ A brave, strong warrior that faces fear with determination, and a smile. Heroes come in all shapes & ages.



Thank you for being OUR HERO!!

We love you & are so proud of you Brenner!

Mom, Dad, Rilee, Kyle, Judge, Delanee, your family, & friends



Brenner

Happy 10th Diaversary Logan!

We are so proud of you.

Love, Mommy & Dad



Logan

Izzy,

You are truly the definition of strength.

We are so incredibly proud of you!

All of our love,

Dad, Mom, Jules, Kat, G, and Abby



Izzy

Ava,  
Be you, Bravely.  
Love,  
#TeamAvaGrayce



Ava

Elin

Diabetes will not define you! Your courage, acceptance, positivity, laughter, and tenacity will define the bar for others to follow. You will define Diabetes!

With all our Love,  
Mom, Dad, Cecilia,  
Jesse & Asher





# The Tween Faculty



Sarah Melendez, **BSN, RN**

**Sarah Melendez, BSN, RN**, mom to Brady, diagnosed in 2004, resides outside of Philadelphia. They have been attending Friends for Life® conferences since 2005 and have made Children with Diabetes® an integral part of their lives. She earned her Bachelors of Science in Nursing at West Chester University. Sarah currently works as a Research Nurse for Medical Oncology and Phase 1 Clinical Trials at the Sidney Kimmel Cancer Center, Thomas Jefferson University Hospital in Philadelphia, PA.

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Kenny Rodenheiser, **BSN, RN, CDE**

**Kenny Rodenheiser, BSN, RN, CDE**, was diagnosed with diabetes in 2003. Through his involvement with CWD, ADA, JDRF and other local organizations, he realized his passion is to help people with diabetes learn about their disease and how to cope with it. He earned his Bachelors of Science in Nursing from Ramapo College of New Jersey. Kenny earned his Certified Diabetes Educator in 2015 and currently works as a diabetes educator for Children’s Hospital of Philadelphia.

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Melissa Geren

**Melissa Geren** was diagnosed with diabetes when she was four. She went to her first Friends for Life® Orlando Conference in 2003 and has been attending Friends for Life® conferences ever since. Melissa has three siblings, Sarah, Kayla, and Matthew. Matthew also has type 1 diabetes. Currently, she works on the Marketing Team for Fannie May Confections in Chicago. Melissa looks forward to working with Tweens at Friends for Life Conferences each year.

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Grace Grande-Cassell

**Grace Grande-Cassell** is very excited to be staffing her seventh year of CWD conferences! She has grown up with a connection to type 1 diabetes because of her grandfather, who was diagnosed at age 14. Grace currently lives in New York City where she works in the fashion industry. She is so happy to be helping at another conference.

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Amanda Borges

**Amanda Borges** is a Miami, Florida native who moved to New York in 2011 to attend New York University’s Film and Television Production program. Since Graduating in 2015, she now works at NBCUniversal’s Bravo Network, and lives in Brooklyn with her boyfriend Ben Stroud, who was diagnosed with T1 Diabetes in 1998. She’ll be working with the Tween Staff, and will be assisting with the Docu-Diabetes project.

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## John Cermak

Philadelphia native **John Cermak** is the Founder of Climb for Type One Diabetes, a nonprofit dedicated to type 1 awareness and fundraising through mountain climbing. John has also volunteered at his local diabetes camp and attended the JDRF One Walk. John loves to be a part of the diabetes community and has loved attending Friends For Life in the past.

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## Sherry Chroniger

**Sherry Chroniger**, from Hanover, PA, is a CWD mom who has been a teacher for 23 years. She's the mom of three teens, and her oldest daughter was diagnosed with type 1 at age 12. Sherry and her family have been attending Friends for Life since 2013, and she is excited to join the Tween staff this year!

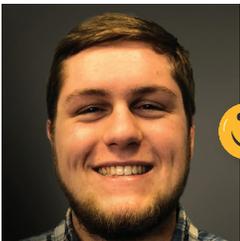
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## Linda Clapp, RN, BSN, CDE

**Linda Clapp, RN, BSN, CDE**, is a Registered Nurse and Certified Diabetes Educator and is currently working as an educator for Novo Nordisk. Linda has been a CDE since 2000 and specialized in pump therapy prior to working with Novo Nordisk. Linda was diagnosed with type 1 diabetes when she was 11 and has been on pump therapy for over 30 years. She is passionate about education and motivating kids and adults to take charge of their diabetes. Linda has been involved with CWD for many years working in childcare. She is married and has two teenagers.

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## John Gallagher

**John Gallagher** was diagnosed with type 1 diabetes in 2011. He has attended Friends for Life Orlando since 2013 and is excited to be joining the staff for the first time this year. He currently lives in Gainesville, FL and attends college at the University of Florida studying biochemistry. John works in the Brusko Lab at the University of Florida Diabetes Institute.

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## Tina Ghosn

**Tina Ghosn** is mother to three children with diabetes. She is also an elementary school teacher and a US Veteran. She and her family attended their first Friends for Life Orlando conference in 2007, just months after their first and youngest child was diagnosed with type 1. They have attended Friends for Life six times and each time learned new tricks and made new Friends for Life. Last year marked a turning point for her two oldest teens when the universe aligned and the two warring teens became FFLs while attending the conference. Miracles do happen! While currently living in the Seattle suburbs, she and her family have also lived in Texas and Northern California. When not teaching, playing with her many pets, reading, or hauling kids to various activities, Tina mentors families of newly diagnosed kids, volunteers with a local diabetes camp, and shares tidbits, advice, and humor about diabetes.

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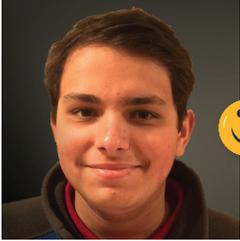
# The Tween Faculty



## Josh Guidie

**Josh Guidie** is studying Sports Management at Canisius College in Buffalo New York. He is a volunteer firefighter and an Emergency Medical Technician (EMT). Josh has been a volunteer with his local JDRF chapter and a delegate in Children's Congress. He was diagnosed with type 1 in 2004. Josh and his family attended Friends For Life Orlando from 2009 through 2014 and he now works in the youth programming.

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## Dennis Holterman

**Dennis Holterman** resides in Jackson, Missouri with his mom, dad, and two younger sisters. Dennis has had diabetes since the age of seven, and has attended the Friends for Life conferences for the past four years, along with a few regional conferences in Toronto, Canada and Philadelphia, Pennsylvania. Over the past few years Dennis has struggled with managing his diabetes. He hopes that by helping other, younger kids with diabetes and becoming a role model for them, he can also find inspiration and advice to further help himself manage his diabetes.

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## Brianne Jeske, RN

**Brianne Jeske, RN**, is a registered nurse, working on a general surgery floor in Fort Myers, Florida. Her brother was diagnosed with type 1 when he was five. He is now almost 13. Type 1 has definitely changed her family's lives, in a positive way. She has since learned much about type 1 and new technology since her brother's diagnosis. She attended her first Friends for Life® Orlando conference in 2013, and is very excited to return to the tween staff this year!

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## Sarah Johnston

**Sarah Johnston** has three siblings, two with type 1, and has been coming to CWD and Friends for Life Conferences since 2003. Sarah graduated in 2015 from Marquette University with a degree in Elementary Education and Psychology and is currently a Middle School teacher in Milwaukee, WI. Sarah is so excited to work with the Friends for Life tween kids and be a part of the Youth Program Staff this year.

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## Sarah Melcher

**Sarah Melcher** was diagnosed with type 1 diabetes when she was nine years old. She volunteered at her first Friends for Life conference in 2009 and is excited to be taking the lead on the Tween Program at Friends for Life Canada in 2018. 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.

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## Rachale Park

**Rachale Park** is a part-time student at University of Central Florida and full time employee for Hilton Hotels. Rachale grew up with a mother who has had diabetes since the age of 11 and a 15-year old brother, who has had type 1 diabetes for 12 years. By volunteering at Friends for Life conferences, Rachale hopes to help lots of children, both siblings and kids with type 1, learn about diabetes and the diabetes community.

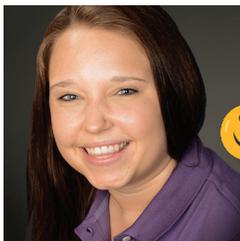
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## Sean Pitt

**Sean Pitt** is dad to four beautiful girls, the oldest of whom was diagnosed with T1D at age three. Sean has been coming to FFL with his growing family every year since her diagnosis in 2003. They were all immediately taken in as "family." He and his wife, Lisa, have been volunteering for CWD for many years. He loves helping out wherever he can. Sean is working primarily with the Tweens and with the FFL Support Team this year, so you will see his friendly face all week long!

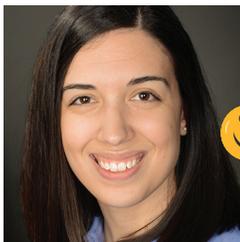
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## Jessica Plotts

**Jessica Plotts** is 23 years old, a graduate of the University of Tennessee and was diagnosed with diabetes at the age of five. She has been coming to Friends for Life conferences since 2000. Jessica has attended the ADA Call to Congress multiple times, and is a camp counselor at the ADA's Camp Sugar Falls every summer. She cannot wait for Friends for Life Orlando 2018!

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## Lizzie Poe

**Lizzie Poe** was diagnosed with diabetes when she was 19 and attended her first CWD conference four months later. Lizzie has a degree in psychology and works for Ronald McDonald House Charities. She is active in her local JDRF chapter and prepares the Bags of Hope for newly diagnosed kids. In her spare time, Lizzie enjoys mastering temporary basal rates while she runs.

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The Triplets enjoyed their Mickey Bars

Friends for Life®  
Flashback  
2013  
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# TAKE ACTION

TO KEEP POLICY MAKERS' ATTENTION ON

# PEOPLE WITH

# DIABETES

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**AMPLIFY YOUR VOICE. MAKE ADVOCACY EASIER!**

Join the Diabetes Patient Advocacy Coalition (DPAC) and thousands of people with diabetes, caregivers, patient advocates, health professionals, disease organizations and companies as we work together to promote and support public policy initiatives focused on improving the health of all 29 million people in the United States living with diabetes.



**Take action - right from your phone!**

Join us today by simply downloading our app or visiting [diabetespac.org](http://diabetespac.org)



# Be a #DRILabKid!

Roll up your sleeves and join us at the Diabetes Research Institute booth for a hands-on experience in a “DRI lab.”

Dress like a scientist. Conduct experiments. Learn about research for a cure.



Come meet Camillo Ricordi, M.D., Director of the Diabetes Research Institute!

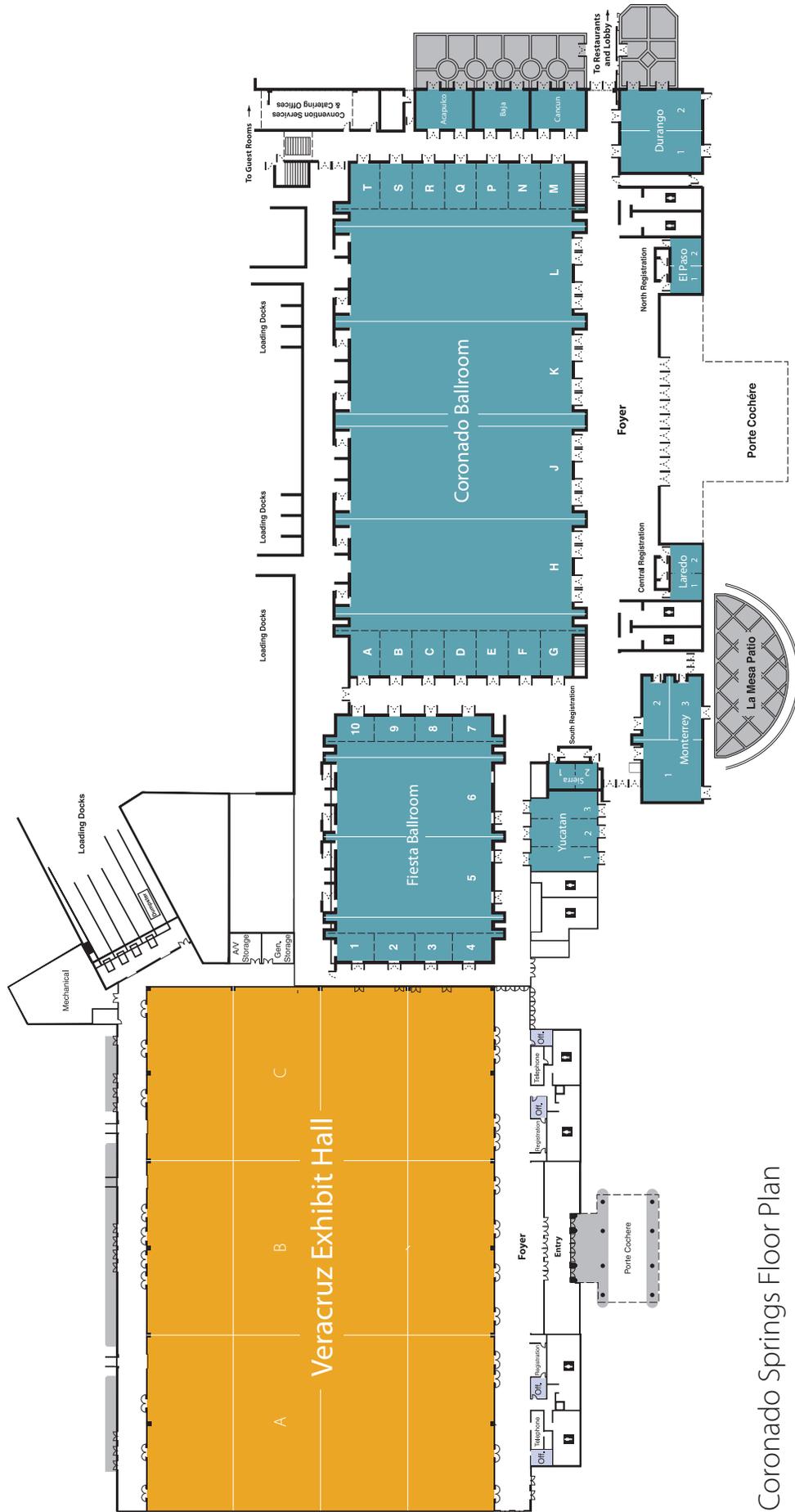


[DiabetesResearch.org](http://DiabetesResearch.org)



Share your photos on social media with #DRILabKid

# Map of the Convention Center



Coronado Springs Floor Plan



## Program for Tuesday, July 10, 2018

South Registration	Veracruz North Registration	Acapulco / Baja / Cancun	Central Registration Laredo 1&2	Veracruz A
<b>Attendee Registration</b> 9:00 am - 4:00 pm	<b>Sponsor &amp; Exhibitor Registration</b> 9:00 am - 4:00 pm  Through Wednesday Afternoon	<b>Retinal Screening</b> 9:00 am - 5:00 pm  Pre-Registration Required when Registering for FFL  Screening Through Friday	<b>TrialNet &amp; Celiac Screening</b> 9:00 am - 5:00 pm  Walk In Pre-Registration Not Required  <b>TrialNet Screening</b> Tuesday through Friday  <b>Celiac Screening</b> Wednesday through Friday	<b>Sports Central</b> Open Gym Hours 11:00 am - 3:30 pm  Sponsored by Novo Nordisk

## Sports Central Open Gym Hours — Veracruz A

Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 am to 3:30 pm	4:30 to 6:00 pm  8:00 to 10:00 pm	8:00 pm to 10:00 pm	12:00 to 2:00 pm	10:00 am to 2:00 pm

## Attendee Registration Hours — South Registration

Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am - 4:00 pm	7:30 am - 9:00 pm	7:30 am - 5:00 pm	8:00 am - 12:00 pm	Closed



Ain't never had an FFL like me!

Friends for Life®  
**Flashback**  
**2014**  
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# Program of Events and Sessions

Program for Wednesday, July 11, 2018								
Time	Coronado A	Coronado B	Coronado C	Coronado D	Coronado EF	Coronado H	Coronado M	Coronado N
7:00 - 9:00	Breakfast On Your Own							
9:00 - 10:15	<b>Novo Nordisk Focus Group</b> Factors That Influence Diabetes  <i>Caregivers of children with T1D</i>		<b>Lilly Diabetes</b> Glucagon Training 9:00 & 9:45	<b>Dexcom Focus Group:</b> Your Journey, Your CGM  <i>Parents and kids with T1D</i>	<b>Hand On Pump, Pens, Glucagon, and Meter Training</b> Janet Rodriguez, BSN, RN, CDE	<b>Welcome to FFL For Newly Diagnosed Families</b> Jill Weissberg-Benchell, PhD, CDE, Marissa Town, BSN, RN, CDE, Kenny Rodenheiser, BSN, RN, CDE, & Brian Grant, BSN, RN, CDE	<b>Capillary Biomedical Focus Group</b> Improving Infusion Sets	<b>Omnipod Focus Group</b> Omnipod DASH System  <i>First Timers on MDI</i>  <i>Pre-registration required</i>
10:15 - 10:45	Coffee Break On Your Own							
10:45 - 12:00	<b>Novo Nordisk Focus Group</b> Factors That Influence Diabetes  <i>College ages with T1D</i>		<b>Lilly Diabetes</b> Glucagon Training 10:45 & 11:30	<b>Dexcom Focus Group:</b> Your Journey, Your CGM	<b>Hands On Pump, Pens, Glucagon, and Meter Training</b> Janet Rodriguez, BSN, RN, CDE	<b>Stanford University Focus Group:</b> Do It Yourself Closed Loop - Why Did You Do It? Diana Naranjo, PhD, & Korey Hood, PhD	<b>CWD Focus Group</b> Help Us Make CWD and FFL Better	<b>Omnipod Focus Group</b> Omnipod DASH System  <i>First Timers on a patch pump</i>  <i>Pre-registration required</i>
12:00 - 1:30	Lunch Break On Your Own							
1:30 - 2:45		<b>Tandem Diabetes Care Focus Group</b> Automated Insulin Delivery: How We Develop Trust In These Systems	<b>Lilly Diabetes Focus Group</b>		<b>Diabetes Basics for Significant Others</b> Heather Speer, MPH, CCRC, CDE, & Janet Rodriguez, BSN, RN, CDE		<b>CWD Focus Group</b> Sustainability Discussion	
2:45 - 3:15	Coffee Break On Your Own							
3:15 - 4:30						<b>First Timers Orientation</b>  3:45 - 5:45	<b>JDRF Focus Group</b> Adulting with Diabetes	
6:00 - 9:00	<b>Grand Opening Ceremony and Reception in Exhibit Hall</b> 6:00 - 9:00 pm in Veracruz B and C							
9:00 - 10:00	<b>Amanda Jo and Billy Lee in Concert</b> Sponsored by Tandem Diabetes Care 9:00 - 10:00 pm in Fiesta 5							



## Program for Wednesday, July 11, 2018

Time	Fiesta 5	Fiesta 6	Fiesta 7	Fiesta 8	Fiesta 9-10	Durango 1	Durango 2	Yucatan 1-3
7:00 - 9:00	Breakfast On Your Own							
9:00 - 10:15	<b>Bolus and Barbells</b> Rodney Miller	<b>Docu-Diabetes IV</b> Ben Stroud, Kevin Covais, Amanda Borges, & Tom Karlya	<b>Glucose: The Good, The Bad, and the Ugly</b> Kim Kelly, PharmD, BCPS, FCCP	<b>Roche Diabetes Care Focus Group</b> AP Journey for Kids Under 13 and Parents	<b>CGM in the Cloud: Tomorrow's Solutions Today</b> Nightscout Faculty	<b>Accommodations in College for Parents and Teens</b> Leigh Fickling, MEd, MS, JD	<b>Dimples and Diabetes</b> Elle Shaheen	<b>Dancing for Diabetes for Kids Ages 6-11</b> Elizabeth Forrest
10:15 - 10:45	Coffee Break On Your Own							
10:45 - 12:00	<b>Living With Diabetes, Not For Diabetes</b> Chris Ruden	<b>Policy Advocacy 101 Training Workshop</b> Derek Flowers & Ryan Gough	<b>Parent/Young Adult Workshop: Parties &amp; Picnics: Navigating the Hard to Bolus for Foods</b> Alicia McAuliffe-Fogarty, PhD, CPsychol	<b>Roche Diabetes Care Focus Group</b> AP Journey for Teens Ages 13-17 and Parents	<b>A Day in the Loop with Nightscout</b> Nightscout Faculty	<b>Panel Discussion for Teens: Preparing for College</b> Christina Roth, Anna Floreen, & Malissa McQuillan	<b>Diabetes Connections: The Game Show</b> Stacey Simms	<b>Dancing for Diabetes for Kids Ages 12-17</b> Elizabeth Forrest
12:00 - 1:30	Lunch Break On Your Own							
1:30 - 2:45	<b>Preventing T1D and its Recurrence</b> Camillo Ricordi, MD, & Sonia Chritton			<b>Roche Diabetes Care Focus Group</b> AP Journey for Young Adults Ages 18-23	<b>Research with the Nightscout Data Commons: How Low Do You Go?</b> Joyce Lee, MD, MPH	<b>Workshop for Parents: Off to College with CDN</b> Christina Roth, Anna Floreen, & Malissa McQuillan	<b>Building a Successful T1 Community</b> Shana Baker & Susan Brennan	<b>Dancing for Diabetes for Adults Ages 18+</b> Elizabeth Forrest
2:45 - 3:15	Coffee Break On Your Own							
3:15 - 4:30		<b>Conversations About Peer Support: Learning from One Another</b> Christel Marchand Aprigliano		<b>Roche Diabetes Care Focus Group</b> Exploring a New Insulin Pump	<b>Nightscout Installation Workshop</b> Nightscout Faculty	<b>Parenting Your Teen</b> Jill Weissberg-Benchell, PhD, CDE	<b>Parenting Your Tween</b> Jessica Kichler, PhD, CDE & Kenny Rodenheiser, BSN, RN, CDE	

### Wednesday Youth Programming Sponsored by Omnipod

Youth programming runs concurrently with regularly scheduled sessions.  
Rooms close during breaks and meals.

Monterrey 2-3	Monterrey 1	Fiesta 1-2	Fiesta 3-4	Sports Central
<b>Child Care</b> Ages 0-5	<b>Forts &amp; Legos</b> Ages 6-12	<b>Movies &amp; Videos</b> Ages 6-12	<b>Dress Up &amp; Art Projects</b> Ages 6-12	<b>Active Games</b> Ages 6-12

### Wednesday Teen Programming

Time	Session & Location
2:00 - 3:00	<b>Teen Ice Breakers &amp; Scavenger Hunt</b> Coronado L
3:00 - 3:15	<b>Break</b>
3:15 - 4:15	<b>T1D and Sports</b> Jimmy & Liz Dodson & Sports Central Staff Sports Central



# Program of Events and Sessions

Program for Thursday, July 12, 2018					
Time	Coronado H	Coronado J	Coronado K	Coronado AB	Coronado CD Adults with T1 Sponsored by Omnipod
8:00 - 9:00	Keynote Breakfast in Coronado Ballroom Sponsored by Lilly Diabetes				
9:00 - 10:00	<b>Richard Rubin Memorial Opening Keynote</b> Sponsored by Lilly Diabetes  <b>Will Cross presents "What's Your Everest?"</b> With Tandem Diabetes Care				
10:00 - 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
10:45 - 12:00	<b>The Impact of Diabetes Technology on Our Life</b> Korey Hood, PhD	<b>Closing the Loop: State of the Art</b> Bruce Buckingham, MD	<b>Sick Day Management</b> Jamie Wood, MD	<b>Pregnancy Planning &amp; Reproductive Health for Women with T1D</b> Liz Robinson, MS, PA-C, CDE	<b>Single Parents Discussion Group</b> Marisa Hilliard, PhD
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC				
1:30 - 2:45	<b>Positive Caregiving</b> Marisa Hilliard, PhD & Diana Naranjo, PhD	<b>Bigfoot is Real: Automating Insulin Delivery</b> Jeffrey Brewer	<b>Making Sense of Sensor Data</b> Gary Scheiner, MS, CDE	<b>Accommodations in College, Graduate School, and Beyond: Workshop</b> Leigh Fickling, MEd, MS, JD	<b>Safe Zone for Significant Others</b> Tamara Oser, MD
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
3:30 - 4:45	<b>Preventing Type 1 Diabetes: Where Do We Stand?</b> Desmond Schatz, MD	<b>iLet Update: The Bionic Pancreas</b> Ed Damiano, PhD	<b>Sugar Surfing Concepts</b> Stephen Ponder, MD, FAAP, CDE	<b>Safe at School 101</b> Crystal Woodward	<b>The Emotional Burden of Diabetes</b> Tamara Oser, MD, & Sean Oser, MD, MPH
6:30 - 8:30	<b>Family and Friends Banquet</b> Sponsored by Novo Nordisk  6:30 - 8:30 in Coronado HJKL				
8:30 - 10:30	<b>Music and Dancing</b> Sponsored by Novo Nordisk  <b>Following the Banquet</b> 8:30 - 10:30 pm in Coronado HJKL				

# Program of Events and Sessions



Program for Thursday, July 12, 2018					
Time	Coronado EF Grandparents	Fiesta 7-8 Emerging Adults (18-23) Sponsored by Omnipod	Yucatan 1-3	Durango 1-2 Advocacy	Veracruz ABC
8:00 - 9:00					
9:00 - 10:00					
10:00 - 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
10:45 - 12:00	<b>Grandparent Guidelines</b> Grandparents Faculty	<b>Insurance for Young Adults</b> Stewart Perry & Tom Boyer	<b>How to Get Support and Knowledge Using Apps, the Internet, and Social Media</b> Kerri Sparling, Scott Johnson, & Michelle Auerbach	<b>Advocacy 1: The Election Game and How to Help Diabetes Win</b> Christel Marchand Aprigliano & Leyla Mansour-Cole, Esq.	<b>Veracruz A Sports Central</b>  <b>Sponsored by Novo Nordisk</b>  Open Gym 8:00 pm - 10:00 pm
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC				
1:30 - 2:45	<b>Grandparent Common Fears Discussion</b> Grandparents Faculty	<b>Transition from Pediatric to Adult Care</b> Sarah Corathers, MD	<b>Puberty and Adolescence: Body and Mind</b> Jamie Wood, MD, & Jill Weissberg-Benchell, PhD, CDE	<b>Advocacy 2: Hot Topics</b> Christel Marchand Aprigliano & Leyla Mansour-Cole, Esq.	<b>Veracruz BC Exhibit Hall &amp; Quilt for Life</b>  Open 10:00 am - 12:00 pm and 1:00 pm - 4:00 pm
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
3:30 - 4:45	<b>Ask the Experts</b> Grandparents Faculty	<b>We're Having a Baby! Pregnancy Planning for Couples</b> Liz Robinson, MS, PA-C, CDE & Noor Alramahi	<b>Parenting Young Children: Managing Behavior and Diabetes</b> Marisa Hilliard, PhD	<b>Advocacy 3: Affordable Access to Insulin</b> Stewart Perry & George Huntley	
6:30 - 8:30	<b>Family and Friends Banquet</b> Sponsored by Novo Nordisk  6:30 - 8:30 in Coronado HJKL				
8:30 - 10:30	<b>Music and Dancing</b> Sponsored by Novo Nordisk  Following the Banquet 8:30 - 10:30 pm in Coronado HJKL				



# Program of Events and Sessions

Program for Friday, July 13, 2018						
Time	Coronado H	Coronado J	Coronado K	Coronado L	Coronado AB	Coronado CD Adults with T1D Sponsored by Omnipod
8:00 - 9:00	Breakfast On Your Own					
9:00 - 10:00	<b>Preparing for High School and Beyond</b> Henry Rodriguez, MD, & Diana Naranjo, PhD	<b>DRI Update: Advancing Research to Patients</b> Camillo Ricordi, MD	<b>Sugar Surfing Workshop</b> Stephen Ponder, MD, FAAP, CDE	<b>Relationships and Diabetes From Every Angle</b> Moira McCarthy	<b>Sleepovers, Stress Days, and Hospital Stays</b> Jamie Wood, MD	<b>Your Legal Rights with T1D: Encounter with Lay Enforcement</b> Cynthia Deitle, JD
10:00- 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
10:45 - 12:00	<b>Avoiding and Overcoming Burnout</b> Korey Hood, PhD	<b>Engineering a Biological Cure for T1D</b> Timothy Kieffer, PhD	<b>Diabetes Tools and Apps: What's New, What Works, and What Do Patients Really Want?</b> Adam Brown	<b>How Nutrition Influences Gut Permeability and Microbiome Composition Leading to Autoimmunity: The Type 1 Diabetes Paradigm</b> Alessio Fasano, MD	<b>Safe at School Workshop</b> Crystal Woodward	<b>Parenting with Type 1 Diabetes</b> Sean Oser, MD, MPH, Scott Johnson, & Noor Alramahi
12:00 - 1:00	Lunch Buffet in Coronado Ballrooms HJK					
1:00 - 2:00	Dedicated Exhibit Hall Hour — Exhibit Hall Closes at 4:00					
2:00 - 3:15	<b>Family Teamwork Across Child &amp; Adolescent Development</b> Jill Weissberg-Benchell, PhD, CDE	<b>JDRF Research Update</b> Aaron Kowalski, PhD	<b>Bright Spots and Landmines</b> Adam Brown	<b>ATTD Update: Diabetes Technology</b> Tadej Battelino, MD, PhD	<b>The 10 Things I Get Asked in the Middle of the Night</b> Jamie Wood, MD	<b>Diabetes Can Be Complicated</b> Sean Oser, MD, MPH, Korey Hood, PhD, Kerri Sparling, & Scott Johnson
3:15 - 4:00	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
4:00 - 5:00	<b>Closing Keynote</b> <b>Find Your Finish Line Vision</b> Jay Hewitt					
Evening	<b>Family Movie Night</b> Sponsored by Dexcom 7:30 - 9:30 pm in Coronado H			<b>Dessert and Posters with the Faculty</b> Sponsored by Ascensia 9:00 pm - 11:00 pm in Veracruz Pre-Function		

# Program of Events and Sessions



Program for Friday, July 13, 2018						
Time	Coronado EF Grandparents	Coronado PQR	Fiesta 7-8 Emerging Adults (18-23) Sponsored by Omnipod	Yucatan 1-3	Durango 1-2	Veracruz ABC
8:00 - 9:00	Breakfast On Your Own					
9:00 - 10:00	<b>Research Update for Grandparents</b> Grandparents Faculty	<b>Exercise and Type 1 Diabetes</b> Gary Scheiner, MS, CDE	<b>Advocating for Yourself</b> Laura Smith, PhD, & Kerri Sparling	<b>diaTribe Panel Discussion</b> Adam Brown & Invited Guests	<b>You Want Me to Switch What? Again?</b> Derek Flowers, Ryan Gough, & Stewart Perry	
10:00- 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
10:45 - 12:00	<b>Reclaiming Sleepovers and How to Avoid Diabetes Emergencies</b> Grandparents Faculty	<b>Meet the Sports Central Athletes</b> Jimmy Dodson	<b>Your Legal Rights as a Person with Type 1: Internships, Living Abroad, &amp; Job Searching</b> Leigh Fickling, MEd, MS, JD	<b>What You Should Know about DIY Closed Looping</b> Dana Lewis	<b>Preventing and Managing Hypoglycemia</b> Gary Scheiner, MS, CDE	<b>Veracruz A Sports Central</b>  Sponsored by Novo Nordisk  Open Gym 8:00 pm - 10:00 pm
12:00 - 1:00	Lunch Buffet in Coronado Ballrooms HJK					<b>Veracruz BC Exhibit Hall &amp; Quilt for Life</b>
1:00 - 2:00	Dedicated Exhibit Hall Hour — Exhibit Hall Closes at 4:00					
2:00 - 3:15	<b>Grandparents Wrap Up and Open Forum</b> Grandparents Faculty	<b>Advanced Pumping</b> Gary Scheiner, MS, CDE	<b>Beyond the Numbers: Navigating the Nutrition Maze</b> Susan Weiner, MS, RDN, CDE, CDN	<b>Moms Discussion Group</b> Lauren Lanning & Leigh Fickling, MEd, MS, JD	<b>Dads Discussion Group</b> Tom Karlya & Scott Kylo	Open 10:00 am - 12:00 pm and 1:00 pm - 4:00 pm
3:15 - 4:00	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
4:00 - 5:00						
Evening	Young Adults Dinner Sponsored by Omnipod 6:30 pm - 8:30 pm in Durango 1-2			Adults with Type 1 Evening Event Sponsored by Omnipod 8:00 pm - Midnight in Fiesta 5-6		



# Program of Events and Sessions

## Program for Saturday, July 14, 2018

Time	Event and Location		
Early Morning	<b>Diabetes Advocacy Issues: FFL Town Hall</b> George Huntley & Stewart Perry  Come hear how CWD is involved in Diabetes Advocacy. Ask questions on the issues important to you. Our advocacy experts will field your questions on medication pricing, non-medical switching, access to care, etc. Come learn what is happening today, how it impacts you, and how to make your voice heard!  <b>9:00 - 10:00 am in Durango 2</b>		<b>Veracruz A Sports Central</b>  <b>Sponsored by Novo Nordisk</b>  Open Gym 10:00 am to 2:00 pm
	<b>Morning Break on Your Own</b>		
Late Morning	<b>Panel Discussion: Being A Couple and Making it Work</b>  For Adults with Type 1 and Their Significant Others  Facilitated by Korey Hood, PhD & Diana Naranjo, PhD  With Jimmy Dodson & Liz Dodson, Sam Billetdeaux & Grace Grande-Cassell, and Brian Grant, BSN, RN, CDE & Matt Point  <b>10:30 - 11:30 am in Fiesta 1</b>	<b>Parents and Teens Discussion</b>  For Parents and Teens  Facilitated by Jill Weissberg-Benchell, PhD, CDE  <b>10:30 - 11:30 am in Fiesta 2</b>	<b>Kara and the (not so) Dire Beastie</b> <i>An animated series and Q&amp;A with the creators</i>  Angelina Bernier, MD, & Alan Caudel  The animated series follows young Kara, recently diagnosed with T1D, as she embarks on a quest to restore balance to a magical kingdom and help manage the Dire Beastie. Kara travels the kingdom in search of allies such as the fabled knight, Sir Rynge, to help her.  <b>10:30 - 11:30 am in Durango 1</b>
	<b>Lunch on Your Own</b>		
Afternoon	<b>Celebrate!</b>  First Ever Kids Diaversary and Birthday Celebration!  For FFLs ages 8-12 Fun Activities Mickey Ice Cream Treats  <b>Pre-Registration Required</b> <b>Sponsored by Logan Merwin</b>  <b>1:00 - 2:30 in Coronado K</b>		
Evening	<b>Family Fun Night Super Heroes!</b> Dress as your favorite super hero!  7:00 - 10:00 pm Coronado H  All Ages Welcome	<b>Tween Social</b>  7:00 - 10:00 pm Fiesta 5  Ages 9-12 Dress Nicely	<b>Teen Dance</b> Sponsored by Medtronic  8:00 - 11:00 pm Fiesta 6  Ages 13-17 Red Carpet Party Dress Nicely

## Program for Sunday, July 15, 2018

Time	Event and Location
8:00 - 10:00	<b>Farewell Breakfast</b> Coronado HJ  Join your new friends for life for a farewell breakfast. All families welcome.

Children with Diabetes® Friends for Life®

# SPECIAL GUESTS 2018



RAELYNN

AMERICAN COUNTRY  
SINGER SONGWRITER



WILL CROSS

LEGENDARY  
MOUNTAIN CLIMBER



JAY HEWITT

IRONMAN  
TRIATHLETE



KENDALL  
SIMMONS

RETIRED PRO  
FOOTBALL STAR



DOUGLAS  
CAIRNS

FIGHTER PILOT  
AVIATOR



DOREEN  
COLONDRES

CELEBRITY CHEF



COURTNEY  
DUCKWORTH

PROFESSIONAL  
CHEERLEADER



AMANDA JO

NASHVILLE  
COUNTRY SINGER  
SONGWRITER



BILLY LEE

NASHVILLE  
COUNTRY SINGER  
SONGWRITER



COLT SCOTT

ULTIMATE  
BEASTMASTER



# Youth Program of Events and Sessions

Youth Program for Thursday, July 12, 2018					
Time	Childcare — Ages 0-5	Elementary Program — Ages 6-8		Tween Program — Ages 9-12	
	Monterrey 1-3	Fiesta 5 Main Room	Fiesta 1-4 Breakout Rooms	Fiesta 6 Main Room	Fiesta 1-4 Breakout Rooms
8:00 - 9:00	Keynote Breakfast in Coronado Ballrooms — Sponsored by Lilly Diabetes				
9:00 - 10:00	Check In & Meet New Friends	Icebreakers & Big Group Games		Icebreakers	
10:00 - 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
10:45 - 12:00	Visit Sports Central	What's Your Story With Special Guests	What's Your Story With Special Guests	Get Moving With Harold	
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC				
1:30 - 2:45	Crafts & Shirt Decorating	Nutrition & Get Moving with Harold Kristen Seiz, MS, RD		FFL: Food for Life Susan Weiner, MS, RDN, CDE, CDN	
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
3:30 - 4:45	Movie & Rest Time	Scavenger Hunt		Problem Solving Ages 9-10 Julie Gettings, PhD	<p><b>Orange &amp; Green Discussions</b> Ages 11-12</p> <p><b>Green Team</b> Intissar Ben Halim, MSS Fiesta 3-4</p> <p><b>Orange Team</b> Jessica Kichler, PhD, CDE Fiesta 1-2</p>
6:30 - 8:30	Family and Friends Banquet — Sponsored by Novo Nordisk 6:30 - 8:30 in Coronado HJKL				
8:30 - 10:30	Music and Dancing Following the Banquet — Sponsored by Novo Nordisk 8:30 - 10:30 pm in Coronado HJKL				



Youth Program for Thursday, July 12, 2018		
Teen Program — Ages 13-17		
	Coronado L Main Room	Coronado M-T Breakout Rooms
8:00 - 9:00	Keynote Breakfast in Coronado Ballrooms — Sponsored by Lilly Diabetes	
9:00 - 10:00	<b>T1 Tips and Tricks</b> Adam Brown	<b>Risky Business Panel</b> Rachel M. Wasserman, PhD, Brian Grant, BSN, RN, CDE, Hannah Lambert, BSN, RN, Alyssa Kylo, & Mike Avery Coronado MNP  <b>Orange Team: Minute to Win It</b> Jessica Kichler, PhD, CDE with Orange Team Staff Coronado QRST
10:00- 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC	
10:45 - 12:00	<b>Building Strengths and Overcoming Challenges</b> Teen Staff with Jill Weissberg-Benchell, PhD, CDE	
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC	
	<b>Concurrent Half Sessions — Teens Attend Two Sessions</b>	
1:30 - 2:45	<b>Diabetes Jeopardy</b> Alyso Kylo & Mike Avery Coronado L  <b>High School FAQ</b> Korey Hood, PhD Coronado M  <b>T1D, Bruh?</b> Brian Grant, BSN, RN, CDE, & Kevin Covais Coronado N	<b>Diabetes Hot Shots</b> Coronado P  <b>Adventure Trekking</b> Connected in Motion Coronado Q  <b>Future of Diabetes</b> Bruce Buckingham, MD Coronado R  <b>T1: She</b> Rachel M. Wasserman, PhD, Hannah Lambert, BSN, RN, Hannah Opdenaker, & Kerri Sparling Coronado S  <b>The Face of Diabetes</b> Coronado T
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC	
	<b>Concurrent Half Sessions — Teens Attend Two Sessions</b>	
3:30 - 4:45	<b>Diabetes Jeopardy</b> Alyso Kylo & Mike Avery Coronado L  <b>Impossibolus: Advanced Fat and Protein</b> Susan Weiner, MS, RDN, CDE, CDN Coronado M  <b>Ill, Advised</b> Brian Grant, BSN, RN, CDE Coronado N	<b>Graduating from FFL High: What to Expect</b> Matt Point Coronado P  <b>Managing Data Overload</b> Jamie Wood, MD Coronado S  <b>Be the Change</b> Christel Marchand Aprigliano Coronado Q  <b>Raising Your Parents</b> Jill Weissberg-Benchell, PhD, CDE Coronado T  <b>#Adulging</b> Sarah Corathers, MD, Christina Roth, Anna Floreen, MSW, CDE, & Malissa McQuillan Coronado R
6:30 - 8:30	Family and Friends Banquet — Sponsored by Novo Nordisk 6:30 - 8:30 in Coronado HJKL	
8:30 - 10:30	Music and Dancing Following the Banquet — Sponsored by Novo Nordisk 8:30 - 10:30 pm in Coronado HJKL	



# Youth Program of Events and Sessions

Youth Program for Friday, July 13, 2018						
Time	Childcare Ages 0-5	Elementary Program Ages 6-8		Tween Program Ages 9-12		Teen Program Ages 13-17
	Monterrey 1-3	Fiesta 5 Main Room	Fiesta 1-4 Breakout Rooms	Fiesta 6 Main Room	Fiesta 1-4 Breakout Rooms	
8:00 - 9:00	Breakfast on Your Own					<b>Teen Off Site at Animal Kingdom</b>
9:00 - 10:00	Toys, Games, & Stories  Orange Team Visits	Sports Central		Diabetes VIPs	Diabetes VIPs In Fiesta 3 & 4	Meet in Veracruz Foyer Outside of Exhibition Hall for 7:30 am departure
10:00- 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
10:45 - 12:00	Scavenger Hunt	Green Team Intissar Ben Halim, MSS	Orange Team Jessica Kichler, PhD, CDE	Insulin & Beyond		<b>DO NOT BE LATE</b>  Breakfast is at Animal Kingdom
12:00 - 1:00	Lunch Buffet in Coronado Ballrooms HJK					Teens Due Back by 5:00 pm
1:00 - 2:00	Dedicated Exhibit Hall Hour — Exhibit Hall Closes at 4:00					
2:00 - 3:15	Exercise Time with Harold	The Elementary Tournament		Transition to Teens Ages 11-12 Julie Gettings, PhD	Green & Orange Discussions Ages 9-10  Green Team Intissar Ben Halim, MSS Fiesta 3-4  Orange Team Jessica Kichler, PhD, CDE Fiesta 1-2	
3:15 - 4:00	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
4:00 - 5:00	Movie & Rest	What Makes You Happy? Craft Time		Sports Central		
Evening	Family Movie Night 7:30 - 9:30 pm in Coronado H Sponsored by Dexcom			Dessert and Posters with the Faculty 9:00 pm - 11:00 pm in Veracruz Pre-Function Sponsored by Ascensia		



## Program for Saturday, July 14, 2018

Time	Event and Location		
Early Morning	<b>Diabetes Advocacy Issues: FFL Town Hall</b> George Huntley & Stewart Perry  Come hear how CWD is involved in Diabetes Advocacy. Ask questions on the issues important to you. Our advocacy experts will field your questions on medication pricing, non-medical switching, access to care, etc. Come learn what is happening today, how it impacts you, and how to make your voice heard!  <b>9:00 - 10:00 am in Durango 2</b>		<b>Veracruz A Sports Central</b>  <b>Sponsored by Novo Nordisk</b>  Open Gym 10:00 am to 2:00 pm
	Morning Break on Your Own		
Late Morning	<b>Panel Discussion: Being A Couple and Making it Work</b>  For Adults with Type 1 and Their Significant Others  Facilitated by Korey Hood, PhD & Diana Naranjo, PhD  With Jimmy Dodson & Liz Dodson, Sam Billetdeaux & Grace Grande-Cassell, and Brian Grant, BSN, RN, CDE & Matt Point  <b>10:30 - 11:30 am in Fiesta 1</b>	<b>Parents and Teens Discussion</b>  For Parents and Teens  Facilitated by Jill Weissberg-Benchell, PhD, CDE  <b>10:30 - 11:30 am in Fiesta 2</b>	<b>Kara and the (not so) Dire Beastie</b> <i>An animated series and Q&amp;A with the creators</i>  Angelina Bernier, MD, & Alan Caudel  The animated series follows young Kara, recently diagnosed with T1D, as she embarks on a quest to restore balance to a magical kingdom and help manage the Dire Beastie. Kara travels the kingdom in search of allies such as the fabled knight, Sir Rynge, to help her.  <b>10:30 - 11:30 am in Durango 1</b>
	Lunch on Your Own		
Afternoon	<b>Celebrate!</b>  First Ever Kids Diaversary and Birthday Celebration!  For FFLs ages 8-12 Fun Activities Mickey Ice Cream Treats  <b>Pre-Registration Required</b> <b>Sponsored by Logan Merwin</b>  <b>1:00 - 2:30 in Coronado K</b>		
Evening	<b>Family Fun Night Super Heroes!</b> Dress as your favorite super hero!  7:00 - 10:00 pm Coronado H  All Ages Welcome	<b>Tween Social</b>  7:00 - 10:00 pm Fiesta 5  Ages 9-12 Dress Nicely	<b>Teen Dance</b> Sponsored by Medtronic  8:00 - 11:00 pm Fiesta 6  Ages 13-17 Red Carpet Party Dress Nicely

## Program for Sunday, July 15, 2018

Time	Event and Location
8:00 - 10:00	Farewell Breakfast Coronado HJ  Join your new friends for life for a farewell breakfast. All families welcome.



# Social Events

## Wednesday, July 11

3:45 - 5:45 pm

**First Timers Orientation**  
Coronado H — Sponsored by **Dexcom**

6:00 - 9:00 pm

**Grand Opening Reception in Exhibit Hall**  
Veracruz B and C

9:00 - 10:00 pm

**Amanda Jo and Billy Lee in Concert**  
Fiesta 5 — Sponsored by **Tandem Diabetes Care**

## Thursday, July 12

6:30 - 8:30 pm

**Family and Friends Banquet**  
Coronado HJKL — Sponsored by **Novo Nordisk**

8:30 - 10:30 pm

**Music and Dancing**  
Coronado HJKL — Sponsored by **Novo Nordisk**

## Friday, July 13

6:30 - 8:30 pm

**Young Adults Dinner**  
Durango 1-2 — Sponsored by **Omnipod**  
Pre-registration required

7:30 - 9:30 pm

**Family Movie Night**  
Coronado H — Sponsored by **Dexcom**

8:00 pm - Midnight

**Adults with Type 1 Evening Event**  
Fiesta 5-6 — Sponsored by **Omnipod**

9:00 - 11:00 pm

**Dessert with the Faculty**  
Veracruz Pre-Function — Sponsored by **Ascensia**

## Saturday, July 14

7:00 - 10:00 pm

**Family Fun Night**  
Coronado H

7:00 - 10:00 pm

**Tween Social**  
Fiesta 5

8:00 - 11:00 pm

**Teen Dance**  
Fiesta 6 — Sponsored by **Medtronic**

## Sunday, July 15

8:00 - 10:00 am

**Farewell Breakfast**  
Coronado HJ



## Moms Meet Ups

Moms Meet Ups		
Tuesday, July 10	What	Where
7:00 am	Morning Walk Around the Lake	Meet at the Laguna Bar outside of the Pepper Market If it's raining, grab a drink and meet us in the Pepper Market by the exit
9:00 - 10:00 am	MOFFLs and Waffles	Pepper Market—Look for the <b>MOFFL</b> sign
3:00 - 4:00 pm	Moms and Margaritas	Meet by the Laguna Bar outside of the Pepper Market
Wednesday, July 11	What	Where
7:00 am	Morning Walk Around the Lake	Meet at the Laguna Bar outside of the Pepper Market If it's raining, grab a drink and meet us in the Pepper Market by the exit
8:15 - 9:00 am	MOFFLs and Waffles	Pepper Market Near the Exit - Look for the <b>MOFFL</b> sign
3:00 - 4:00 pm	Mom's Margaritas	Meet at the Laguna Bar outside of the Pepper Market If it's raining, grab a drink and meet us in the Pepper Market by the exit
Saturday, July 14	What	Where
7:00 am	Morning Walk Around the Lake	Meet at the Laguna Bar outside of the Pepper Market If it's raining, grab a drink and meet us in the Pepper Market by the exit
8:15 - 9:00 am	MOFFLs and Waffles	Pepper Market—Look for the <b>MOFFL</b> sign

## Dads Meet Ups

Dads Meet Ups		
Tuesday, July 10	What	Where
8:00 - 9:00 am	FFL Scrambled Dads and Eggs	Pepper Market—Look for the <b>Dads Meet Up</b> sign
4:00 - 5:00 pm	Dads and Suds Happy Hour	Meet by the Laguna Bar outside of the Pepper Market
Wednesday, July 11	What	Where
7:30 - 8:15 am	FFL Scrambled Dads and Eggs	Pepper Market—Look for the <b>Dads Meet Up</b> sign
Saturday, July 14	What	Where
4:00 - 5:00 pm	Dads and Suds Happy Hour	Meet by the Laguna Bar outside of the Pepper Market

## Dual Home Families Meet Ups

Dual Home Families Meet Ups		
Saturday, July 14	What	Where
9:00 - 10:00 am	Breakfast	Meet at the entrance of the Pepper Market



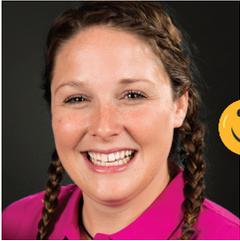
# The Elementary Faculty



## Sunshine Abel, LPN

**Sunshine Abel, LPN**, is the mother of Sierra and Sailor. She attended her first Friends for Life® Conference with her family in 2002, after Sailor was diagnosed with type 1 diabetes at age 2. Sunshine immediately knew she had found a new family and a new home where kids were experiencing the same thing as Sailor. She then made it her mission to involve her whole family. Sunshine is continuing her education working toward her RN degree. Sunshine has been working as a nurse and leader in the Friends for Life® youth programming since 2006.

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## Jen Hanson, BKin, BEd, MEd, 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 has degrees in kinesiology and education and specializes in outdoor and experiential health education. Jen is the Executive Director of Connected in Motion, a Toronto-based charity providing outdoor adventure and sport opportunities for people living with type 1 diabetes.

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## Monica Lanning

**Monica Lanning** is 24 years old and has had diabetes for 22 years. She is a clinical research coordinator at Stanford University focusing on improving quality of life in people with type 1 diabetes and barriers to diabetes device use. She is also currently finishing a Master's in Medical Sciences through Boston University. Monica loves to do crafts, bake, hike, and travel. She has been to every Friends for Life Orlando conference (all 19!) as well as many regionals. She calls her CWD friends "family" and is excited for this year's "family reunion!"

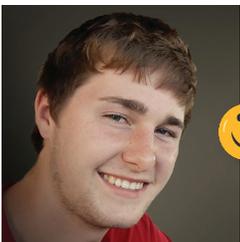
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## Timothy Hitchcock

**Timothy Hitchcock** recently graduated with degrees in Physics and Astrophysics at the University of Cincinnati. His older sister Marissa was diagnosed with type 1 in 1989. He began working with the elementary program in 2013 and loves everything about it.

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## Dylan Boone

**Dylan Boone** is from Lexington, Kentucky and is an undergraduate at the University of Kentucky. He was diagnosed with type 1 diabetes in 2007, and attended the Friends for Life Orlando Conference in 2009 through 2013. Dylan continued to be active after he was diagnosed. He grew up playing sports and recently got his certification for recreational scuba diving. He made some life-long friendships at the FFL conferences he attended and is very excited to be a part of the FFL elementary staff.

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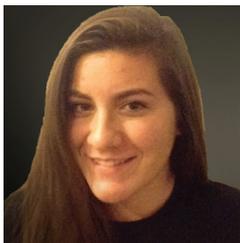
## Colton Brunsen

**Colton Brunsen** is 23 and lives in Calhan, Colorado. He has participated in Friends for Life since 2014 with his girlfriend, who has type 1 and also volunteers in the Friends for Life Youth Program. Colton attends Pikes Peak Community College. He is working towards a degree in Mechanical Engineering and currently works as a mechanic. He is excited to be part of the staff this year!

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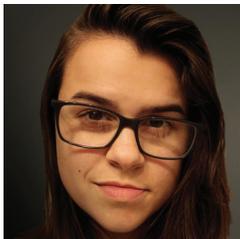
Denotes faculty member with diabetes



## Lilliana Calero

**Lilliana Calero** has attended Friends for Life for the past seven years, supporting her sister, and she states that she has 'loved each year even more than the last'. Lilliana is a sophomore at Florida State University, majoring in Biology with the hope to one day be a veterinarian. She can't wait to make others fall in love with CWD like she did!

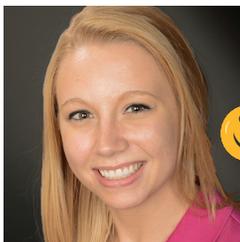
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## Sasha Chunchukov

**Sasha Chunchukov**, 18, is from Nashville, Tennessee. She participated in Friends for Life in 2017 and decided right then that she wanted to help out with the youth program in 2018. Sasha will attend Ave Maria University in September to study literature and education. She loves children and has worked with children's groups in her church community.

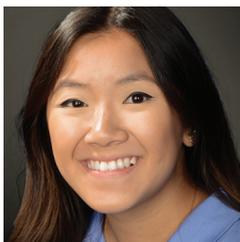
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## Adrienne Cornette

**Adrienne Cornette** is a fourth year student at the University of Cincinnati. She's been attending CWD since 2008 and can't wait to be on staff this year! She aspires to be a pediatric endocrinologist and loves to work with kids. Here's to another year of great memories!

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## Michelle Dao, BSN

**Michelle Dao, BSN**, is 23 years old and has recently graduated from the University of Cincinnati with a BSN in Nursing. She attended her first Friends for Life Orlando in 2015 as staff and can't wait to work with her Elementary family again!

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## Christy Fry

**Christy Fry** is from Virginia Beach, Virginia. She holds a Bachelors Degree in Criminal Justice and Homeland Security though she's currently a Nutrition Care Coordinator for enteral therapy at Infusion Partners, a Bioscrip company. When she's not working, she likes to dirt bike and participate in other outdoor sports with her boyfriend, Trevor, who has had type 1 diabetes since he was 13. This will be Christy's first year helping with the Friends for Life conference and she could not be more excited.

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# The Elementary Faculty



## Kara Hunsche

**Kara Hunsche** has been living with type 1 diabetes since February 23, 2001. She attended her first Friends for Life Orlando conference in 2003 where she found true Friends For Life. Kara is proud to say she was the first child at Cincinnati Children's to go untethered. She is so excited to work with the FFL elementary kid

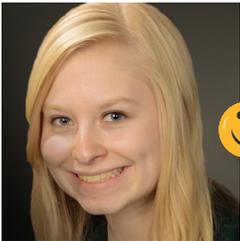
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## Hannah Klippel

**Hannah Klippel** was diagnosed with type 1 at the age of eight and attended her first Friends for Life Conference four months later. This will be her 10th year participating in Friends for Life Conferences! Hannah is an undergraduate student at the University of Florida majoring in Elementary Education and is excited to be a part of the Elementary Staff at Friends for Life! She is forever grateful for the resources CWD has provided her and her family. They have had a major impact on her daily life with type 1. Hannah considers her friends made through CWD her family, and she truly can't imagine her life without them. She hopes to give back to the Friends for Life family, as much as they have given her!

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## Katelyn Littlefield

**Katelyn Littlefield** was diagnosed with type 1 diabetes at the age of nine in 2005, and has been attending the Friends for Life Orlando conference every year since 2006. She is currently attending University of Colorado at Colorado Springs and is studying Psychology and Counseling, while also working towards becoming a dog trainer. CWD has given her so much love and support, and has made such an impact on her. She is very excited to be a part of the elementary staff this year.

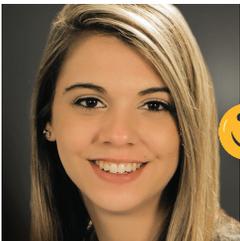
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## Rebekah Macon, RN

**Rebekah Macon, RN**, is mom to three rather wonderful people (in her admittedly biased view). She earned a Bachelor of Science in Psychology and Child Psychology, and recently completed an RN degree. She enjoys providing patient care in a local hospital. She was thrust into the world of T1D when her eldest son was diagnosed at age four, and has been volunteering/attending Friends for Life since 2008. Her family agrees that making invaluable connections at Friends for Life is a definite silver lining for grappling with this disease!

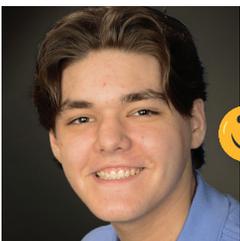
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## Sarah Martin

**Sarah Martin** is 20 and was diagnosed with type 1 diabetes at age 11 in July 2009. Her first Friends for Life Orlando Conference was exactly one year later in 2010 and she has been attending ever since. Sarah is attending Niagara University to study nursing, specifically pediatric nursing. She is looking forward to applying what she learns as a volunteer this year to her future career. Sarah is thankful to FFL for the many friends she has made and for giving her the opportunity to learn and grow. She is excited to work with the elementary kids this year to pass along the knowledge she has gained and her commitment to perseverance.

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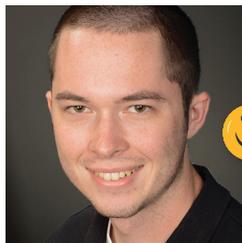


## Ethan Mattingly

**Ethan Mattingly** is 20 and from Louisville, Kentucky. He was diagnosed with type 1 diabetes when he was 10 months old. Ethan and his family attended the first conference in 2000 when he was two years old. He and his family have been to all the Friends for Life Orlando conferences and Ethan has attended many of the regionals. He started in childcare and moved through elementary, tween and teen programs. He will be a junior at the University of Kentucky next Fall. Ethan is very excited to volunteer on the elementary staff and be with his CWD family and friends.

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## Jeremy Meredith

**Jeremy Meredith**, 24, has had type 1 diabetes for 18 years; he was diagnosed in May of 2000 when he was six years old. Jeremy has been attending Friends for Life Orlando conferences since 2003; this will be his 14th. He received his Associates of Science in Criminal Justice Technology in 2016 and attends St. Petersburg College, working towards his BAS in Public Safety Administration. Jeremy is excited to be elementary staff and to be with his CWD family.

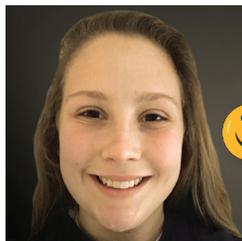
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## Kayla Pawlowski

**Kayla Pawlowski** has three siblings — two with type 1 — and has been attending CWD conferences and Friends for Life Orlando since 2003. Kayla graduated in 2017 from Marquette University with a degree in Elementary Education and Communication Studies. She is currently a Middle School teacher in Milwaukee, WI. She is very excited to be a part of the CWD Youth Program Staff and to have the opportunity to work with the elementary-aged children at Friends for Life.

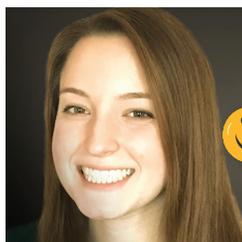
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## Hannah Peach

**Hannah Peach** is 18 and has been attending Friends for Life Orlando since 2005. She was diagnosed with type 1 diabetes at the age of four. She will be attending Ave Maria University in the fall and will be majoring in Nursing. She loves attending the conference and has made friends for life.

---



## Ashley Pitt

**Ashley Pitt**, 18, has been attending conferences since she was diagnosed in 2003. CWD has gifted her with a love for learning and volunteering, and it was here that she made her life-long friends. This fall, Ashley will begin the path to her BSN by studying biochemistry. She plans to continue doing what she loves: working with children! She cannot wait to create amazing memories this year!

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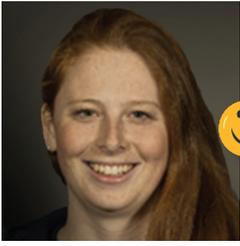


Will you be my FFL?

Friends for Life®  
Flashback  
2015



Denotes faculty member with diabetes



## Lauren Salko

**Lauren Salko** lives in Park City, Utah and is graduate of Saint Anselm College. Lauren is professional skier who competes around the world in SkiCross. When she is not skiing, Lauren loves mountain biking and doing triathlons. As a person with diabetes, Lauren is very passionate about working with children with diabetes and could not be more excited to be a part of the elementary staff this year!

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## Tina Sartori

**Tina Sartori** has been rocking the world living with type 1 diabetes for 25 years. 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, where she tries to get on every outdoor field trip as possible, and lives in the city with her husband Kary and nine-year-old son. Together they share a passion for fishing and baseball.

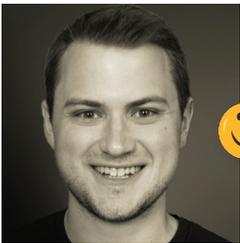
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## Daniel Spatz

**Daniel Spatz**, 18, has been a part of the orange bracelet community for three years and has loved attending Friends for Life. He enjoys working with children, and spends much of his time in the water teaching swim lessons to kids. This fall, he intends to study computer science. Daniel is excited to continue to be a part of the CWD family!

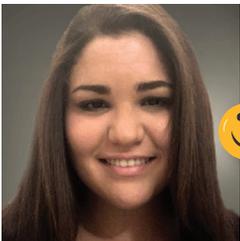
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## Troy Todd

**Troy Todd** is excited to be a part of the Friends for Life Orlando staff once again. Troy graduated from Penn State University in 2016 with a Bachelor's degree in nuclear engineering. He currently works as a test engineer for Newport News Shipbuilding in Virginia, and works aboard Aircraft Carriers supporting the U.S. Navy.

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## Megan Wolosky

**Megan Wolosky** is a junior at The University of North Florida, where she is majoring in Criminal Justice. She has had type 1 diabetes since she was four years old and has been attending Friends for Life in Orlando since she was nine. In her free time, Megan practices the Israeli Self Defense system called Krav Maga. Megan is very grateful for what FFL has offered her, with the many role models and friends she made throughout the years. She is looking forward to being on the Elementary team this year and hopes to share the knowledge she learned throughout the years to others.

---



## Kiraina Young

**Kiraina Young** is 25 years old and has had type 1 diabetes for 13 years. She was diagnosed in April 2005, shortly after moving from the Bahamas. She has attended Friends for Life Orlando for the last five years and is looking forward to another wonderful year with the elementary staff. Kiraina enjoys reading, playing video games, and hanging out with friends and family!

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# Siblings Staff — Orange Team



## Sierra Abel

**Sierra Abel** is the older sister to Sailor Abel, who was diagnosed with type 1 diabetes in 2001. Sierra attended her first Friends for Life conference with her family in 2002, where she was in the elementary group. She has now worked her way through all the programs, graduating from the teens at Friends for Life Orlando 2011. Sierra is excited to be a leader of the siblings group and be reunited with some of her best friends she calls “family.” She is now working on her masters in Social Work and hopes to become a Certified Diabetes Educator in the near future.

---



## Yaseen Elarbi

**Yaseen Elarbi** attended his first Friends for Life conference at age four, after his older sister Maryam was diagnosed with type 1 diabetes. Having experienced the full youth program, and having survived Harold’s fitness sessions, he is very excited to come back to FFL as a staff member. Yaseen will attend Rosemont College where he looks forward to his studies and playing for the soccer team.

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## Zakariyya Elarbi

**Zakariyya Elarbi** started attending CWD conferences more than a decade ago, after his twin sister Maryam was diagnosed with type 1 diabetes. He knew then that diabetes would forever play an important role in his life. After years of attending conferences as a tween and teen, Zak is thrilled to give back to the CWD community as a leader on the Siblings Staff. Zak currently works in Healthcare IT, allowing him the opportunity to travel and try new foods in his free time.

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## Sarah Lanning

**Sarah Lanning** is a Chemical and Biomolecular Engineering student at the Georgia Institute of Technology. She attended her first Friends for Life conference at the age of four and has been to almost every FFL since. Sarah loves traveling, playing guitar, cake decorating, crafting and biking. Sarah is ecstatic to give back to the CWD community and continue growing our family.

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## Garren LaPlante

**Garren LaPlante** has attended Friends for Life conferences since 2010. His younger brother, Ben, was diagnosed with type 1 in 2009. Garren was a tween at his first Friends for Life conference. He now is excited to give back and join the Siblings staff - Team Orange! Garren attends Elon University as a marketing and finance double major, and he plays club soccer there as well.

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## Erin Randall, RN, CDE

**Erin Randall, RN, CDE**, was first introduced to diabetes in 1986 when her sister, at the age of five, was diagnosed with type 1. She has been involved with Camp Huronda, a summer camp for children with diabetes in Ontario, where she met her husband (who happens to have type 1 diabetes). Her passion for giving back has led her to work with an amazing team at Markham Stouffville Hospital in the paediatric diabetes clinic. Erin combines her love of the outdoors and helping others as an ambassador for Connected in Motion.

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## James Stroud

**James Stroud** has worked as a patient sales representative for Dexcom since 2015, but his experience in helping children and their siblings overcome the obstacles of diabetes goes back much further. James has been part of the FFL family ever since his older brother Ben was diagnosed with type 1 over 20 years ago. He can’t wait to see old friends and meet new ones at this year’s FFL Conference. James currently lives in the United Kingdom where he is employed with Dexcom.

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Prevention  
**1 billion**

vaccine doses are made available  
by Sanofi Pasteur each year

**382 million**

people worldwide suffer from  
diabetes

Present in

**100  
countries**

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Delphine, France,  
with type 1 diabetes

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**SPEAKING OF SANOFI**

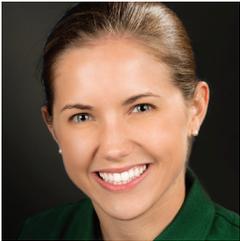
[blog.sanofi.us](http://blog.sanofi.us)



## Mary Babin, BSN, RN, CDE

**Mary Babin, RN, BSN, CDE**, has served as the Child Care Coordinator since the very first Friends for Life® conference. Mary leads a team of Certified Diabetes Educators providing care and fun in a safe environment for kids under age five with and without diabetes. Providing this service alleviates the concerns of many parents of kids with diabetes – allowing them to attend the sessions with peace of mind knowing that their children are cared for by skilled professionals. This supports Mary's belief that education is the key to successful diabetes management. Mary has devoted her career to the world of medicine. As a graduate of Eastern University and Presbyterian School of Nursing, Mary currently works as a pediatric endocrine specialty nurse and has been a Certified Diabetes Educator over 20 years! This busy mom and devoted professional has been involved with Children with Diabetes® since 2001. You can spot her at the conferences—she's the one with the trail of kids behind her!

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## Helen Rodenheiser

**Helen Rodenheiser**, wife of Kenny Rodenheiser, is a first grade teacher at Folsom Elementary School in New Jersey. She has been attending Friends for Life conferences as a Childcare staff member since 2011. She brings the knowledge and resources she learns from CWD to help any and all children affected by diabetes in her school. Helen is currently working towards earning her Masters in Special Education.

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## Alex Stroud

**Alex Stroud** has attended the Friends for Life Orlando conference for the last eight years and she is excited to work in Childcare again! Alex is a graduate from Chico State University, where she participated on the women's golf team and received her Bachelor's degree in Psychology and Child Development. She has experience as a representative for Dexcom and is currently living in the United Kingdom with her husband James Stroud, who works with Dexcom.

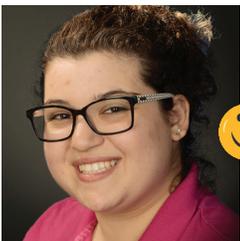
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## Sailor Abel

**Sailor Abel** was diagnosed with type 1 diabetes at the age of two. Sailor attended her first Friends for Life conference in 2002 at the age of three. She has worked her way through all of the age groups learning and absorbing all the information she can about type 1 diabetes. Now preparing to attend college, Sailor is so grateful for everything she has experienced growing up through CWD and will take all she has learned with her to help with her day to day diabetes management while away at school. She has made the very best of friends who have become her family through CWD.

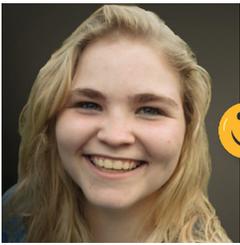
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## Alexa Brenner

**Alexa Brenner** was diagnosed with diabetes in 1997, and has been attending Friends for Life Orlando conferences since 2006 with her mom, Georgia. Aside from letting her appreciate her inner Disney princess well into her teens, the conferences have allowed her to make some of the best friends for life she could ever hope to have. Alexa is planning on getting her BSN followed by an MPH. She's excited to be on staff and give back to CWD, which has given her so much.

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## Ella-Mae Campling

**Ella-Mae Campling** from Brighton, England, was diagnosed with type 1 diabetes at age four. She attended her first CWD UK conference in 2010, her first CWD Orlando in 2011, and has greatly enjoyed each conference she has attended. Ella-Mae just finished her last year of Performing Arts at Sussex Downs College in Lewes, UK. She is also a JDRF T1 Youth Ambassador and doesn't let type 1 slow her down. In her free time, she works with kids aged 4-18 in performing classes as well as enjoying reading and training animals. Ella-Mae loves the support and relationships CWD has helped create and is so excited to work with the kids this year!

---



## Rebecca DeLong

**Rebecca DeLong** is 19 years old and has had diabetes for 14 years. She is an undergraduate student at the University of Alabama. Rebecca attended her first conference in 2007 in La Jolla, California and has been attending conferences all over the country since then. Rebecca cannot thank FFL enough for helping her build life-long friendships and an amazing diabetic community. She is excited to be able to join the youth program staff this year!

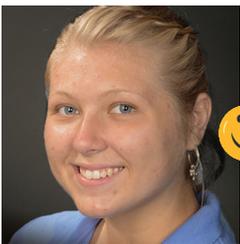
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## Maura Emery, RD, LDN, CDE

**Maura Emery, RD, LDN, CDE**, has happily been a FFL Childcare staff member since 2004. Maura has been a CDE for 20 years. She has been able to make her passion for helping people with diabetes a reality by working at Animas for over 15 years. She is currently the Director of Clinical Services, responsible for patient education and training. Maura does not have family members with T1 - but many close friends! Her son, Aidan, was recently diagnosed with celiac disease and the FFL family has already provided tons of support. Maura is looking forward to another inspirational week at FFL.

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## Emilee Fairchild

**Emilee Fairchild** is a 21 year old soccer player who was diagnosed with type 1 diabetes at age seven. Her first FFL conference was in 2006. Since diagnosis, Emilee has traveled to Washington, DC, as the Kentucky Delegate for JDRF Children's Congress. She is also a JDRF youth ambassador and recently participated in her first JDRF Ride to Cure cycling event. Emilee has made so many special friends at FFL and she loves seeing them again each year. She enjoys being part of the elementary staff! Emilee says, "I love CWD and all they do for me and so many others, and I can't imagine a summer that doesn't include this conference!" Emilee graduated high school with a certification in nursing and is currently a full time college sophomore majoring in nursing and pre-med.

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## Parker Grand

**Parker Grand** is excited to be on the Friends for Life staff this year as CWD has given him so much support and friendship over the years. Parker has attended every Friends for Life conference since his diagnosis at the age of three in 2002. Parker lives in California where he attends college full-time. He is employed by the California State Parks where he coordinates youth programs, leads guided tours and develops new programs to teach children an appreciation for the history and ecology of the parks. Parker loves working with children of all ages. In his free time, you can find him biking, golfing, and volunteering.

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## Shelley Grand

**Shelley Grand**, mom to Parker, diagnosed in 2002, resides in Southern California. Shelley and her family have been attending Friends for Life Orlando conferences since 2003, and they attribute Parker's success in managing his type 1 to the knowledge, support and friendship that they have received over the years from attending the FFL conferences. Shelley has been a preschool teacher/director for the past 30 years. She states, "We look forward to attending FFL every year and enjoy being able to give back to a community that has given so much to our family."

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## Molly Joynes

**Molly Joynes**, 19, was diagnosed with diabetes when she was six. She attended her first Friends for Life conference four months later and has been attending FFL and CWD regional conferences ever since. Molly is the second oldest of four siblings and is a sophomore majoring in music production with a minor in biology at California Lutheran University. Molly is excited to be working with kids at the conference who share the same challenges she's faced for the past 13 years. She can't wait to spend time with FFLs both old and new.

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## Ashlee Lewis

**Ashlee Lewis** is the big sister to Madyson, dx 2010. She and her family attended their first conference three months later and never looked back. She loves all the friends she's made through Friends for Life and can't wait to be back this year!

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## Teresa Littlefield, MSN, RN, RNC-MNN, CLC

**Teresa Littlefield, MSN, RN, RNC-MNN, CLC**, is mom to Katelyn, diagnosed at age nine, and her sister Jessica. She has been attending conferences since 2006. She started out as a participant, then as a volunteer for many years and became a member of staff in 2013. Teresa currently works with at-risk first time moms and their babies. She also teaches in the clinical setting at a local university. Teresa also volunteers with patients with diabetes in her local community as well as online as part of the Online Diabetes Support Team of JDRF. She plans to earn her CDE credential in the future. Friend for Life offers a lot of support for parents, too, and she is super excited to be back again this year!

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## Lisa Pitt, RN

**Lisa Pitt, RN**, is mom to four beautiful daughters: Ashley, Alyssa, Annalise and Ava. Ashley was diagnosed with type 1 diabetes at age three in 2003, and her family soon attended their first Friends for Life conference. Ashley is now preparing to start her college career this fall. Lisa has been volunteering with the childcare staff since 2010 and loves seeing her "extended family" (CWD) every summer. Lisa is a busy full-time mom and full-time cardiac nurse in the acute care setting. She believes ongoing education is the key to the successful management of any chronic illness.

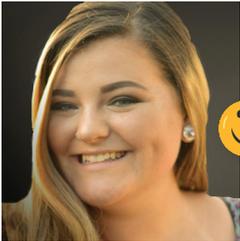
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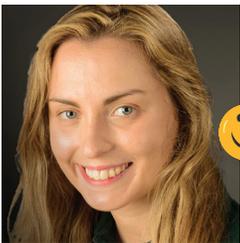
## Kalyn Schmidt

**Kalyn Schmidt** is 22 years old and was diagnosed with diabetes at age 15. She has been coming to Friends for Life Orlando conferences ever since. Kalyn will be entering her junior year of college at Youngstown State University. When she is not at school, she lives in Ohio and loves doing whatever she can to be a positive role model for children living with diabetes. She is excited for the Friends for Life conference this year and can't wait to work with the kids in childcare!



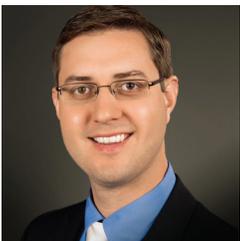
## Rhiannon Schmidt

**Rhiannon Schmidt**, 19, attends Louisiana State University, majoring in Anthropology. She also plays the trumpet in The Golden Band from Tiger Land. Rhiannon attended her first Friends for Life conference when she was four years old, and she and her family have been attending them ever since. Rhiannon has been insulin resistant for 11 years. She looks forward to being staff for a second year and making new Friends for Life!



## Rebekah Sutherland

**Rebekah Sutherland** was diagnosed with type 1 diabetes in 1998, aged 3. She attended her first Friends for Life UK Conference in 2010, her first Friends for Life Orlando Conference in 2013, has attended both ever since and joined the childcare team at both in 2014. Bex graduated from Aberdeen College in Social Science in 2016 and is continuing her studies at Open University majoring in psychology with counseling with a view to becoming a diabetes psychologist and educator. She is a JDRF T1 Youth Ambassador, and, since aged 13, has delivered many speeches on life with diabetes at business lunches, fundraising balls, oil industry events, fund-raising events, school assemblies and since 2015 has been invited to speak to the second year medical students at Aberdeen University during their lectures on diabetes. She also talks to parents of newly diagnosed T1s to show them that despite T1 you can still achieve your dreams and ambitions. In her spare time, Bex plays competitive netball, is a swimming teacher, loves reading books, going to the gym, swimming, spending time with her dogs, doting on her nephew Aaden, keeping up with her friends wherever they are in the world and enjoys relaxing with a vanilla latte.



## Adam Town, BSN, RN

**Adam Town, BSN, RN**, is a Registered Nurse who graduated with a Bachelors of Science in nursing from the University of Cincinnati. Adam is a husband to Marissa, who has had type 1 diabetes since she was two, and father to Connor and Everly. He has always enjoyed being a mentor and role model for children and loves to help families, caregivers and significant others of people with diabetes at Friends for Life® conferences.

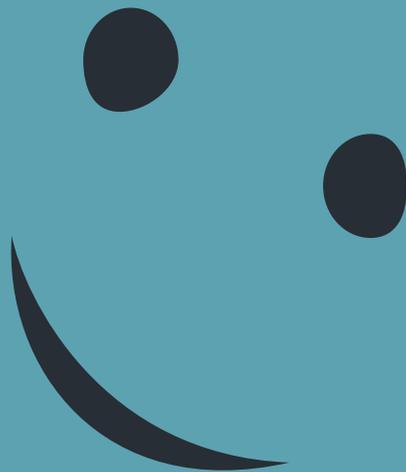


Eric Paslay rocked FFL

Friends for Life®  
Flashback  
2016  
<<



Denotes faculty member with diabetes



# Children with Diabetes® Friends for Life®

## Friends for Life® Conferences 2018

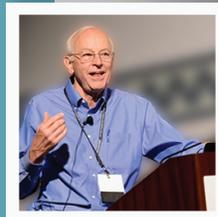
**May 4-6, 2018**  
Disneyland® Hotel  
Anaheim, California

**July 10-15, 2018**  
Disney's Coronado Springs Resort  
Orlando, Florida

**October 19-21, 2018**  
Fairview Park Marriott  
Falls Church, Virginia

**October 26-28, 2018**  
Crieff Hydro Hotel  
Crieff, Perthshire, Scotland

**November 2-4, 2018**  
Marriott on the Falls  
Niagara Falls, Ontario, Canada



# Better Together.

23 years ago, Children with Diabetes® was born out of our own personal and family experiences with T1.

Today, Children with Diabetes® and our Friends for Life® Conferences bring together those who live with T1 and the amazing people who support them.

Join this incredible group of world-renowned clinicians, researchers, physicians, T1 adults, children and families to learn more about current ideas for care and support.

Friends for Life® Conferences offer a full range of programs for kids, teens, tweens, parents, grandparents and adult T1s, including:

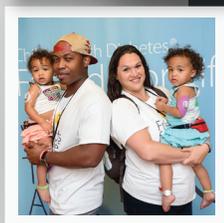
- World-Class Science
- Discussion Groups
- Kids Activities
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- Kid-Focused Learning Groups
- Sessions for Parents/Caregivers
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- and much more.

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 Children with Diabetes®





8:00 - 9:00

Breakfast on Your Own

9:00 - 10:15

Parent + Adult Sessions

## Focus Group: That Influence Diabetes Care

**Company:** Novo Nordisk  
**Audience:** Caregivers of children with T1D  
**Location:** Coronado A

Help us understand the factors that influence your diabetes care.

## Glucagon Training

**Company:** Lilly Diabetes  
**Audience:** Everyone  
**Location:** Coronado C

Join experts from Lilly Diabetes and learn how to use the glucagon emergency kit. Sessions are 30 minutes and begin at 9:00 and 9:45.

## Focus Group: Your Journey, Your CGM

**Company:** Dexcom  
**Audience:** Parents and kids with T1D  
**Location:** Coronado D

Dexcom invites parents and children with T1D currently using Dexcom CGM and Dexcom CLARITY to join us for an interactive session to help us design next-generation app features. We want to learn more about your experiences as a family managing diabetes together, so that we can better understand what problems we might be able to help you solve. We are particularly interested in talking to Dexcom CGM users who are also regular users of the retrospective features of the Dexcom CLARITY app. We'll start by exploring your day-to-day challenges and triumphs. Then we'll work together to review new feature concepts, identify the most compelling opportunities, and refine them to best suit your needs.

## Hands On Pump, Pens, Glucagon, and Meter Training and Review

**Presenters:** Janet Rodriguez, BSN, RN, CDE & Grandparents Faculty  
**Audience:** Everyone  
**Location:** Coronado EF

Join Janet Rodriguez, BSN, RN, CDE and the Grandparents Faculty for a review of the tools we use to care for type 1 diabetes, including insulin pumps, insulin pens, blood glucose meters, continuous glucose monitors, and glucagon. Stop by for a bit or stay for the full session.

## Welcome to FFL For Newly Diagnosed Families

**Presenters:** Jill Weissberg-Benchell, PhD, CDE, Marissa Town, BSN, RN, CDE, Kenny Rodenheiser, BSN, RN, CDE, & Brian Grant, BSN, RN, CDE  
**Audience:** Parents of newly diagnosed kids with type 1 diabetes  
**Location:** Coronado H

Diabetes can seem a bit overwhelming at first. And Friends for Life Orlando can also be a bit overwhelming (but in a good way). If you're newly diagnosed, join Jill, Marissa, Kenny, and Brian, for a low key discussion about getting the most from Friends for Life..

## Focus Group

**Company:** Capillary Biomedical  
**Audience:** Tubed Pump Users  
**Location:** Coronado M

Please join us for a discussion on current infusion set issues and how we can improve on them. If you are a current infusion set user (not an OmniPod user) we would love to talk with you. We welcome adult pumpers as well as pumpers under 18 with a parent. An honorarium and snacks will be provided. Pre-registration preferred, and given priority. Walk-ins welcome.

## Focus Group: Omnipod DASH System

**Company:** Insulet  
**Audience:** First timers, plus see below  
**Location:** Coronado N

The Omnipod DASH was recently approved by the FDA. Insulet cordially invites you to learn about the Omnipod DASH system and tell us what you think! We wish to speak with conference attendees who fit the following criteria: 1) first-time Friends-For-Lifers, 2) parents of kids with T1D or adults with T1D, 3) people who are currently take insulin via multiple daily injections (MDI). If you qualify, are selected, and complete the focus group, we are offering \$75 as a thank-you gift. To complete the screening process and reserve a spot, contact our research partner dQ&A. Please email Carolyn Jillson at carolyn.jillson@d-qa.com or call/text her at (216) 217-5680 between 9:00 am and 5:00 pm Eastern Time.

## Bolus and Barbells

**Presenter:** Rodney Miller  
**Audience:** Everyone  
**Location:** Fiesta 5

Bolus and Barbells presents Feats of Strength with type 1 diabetic Strongman Rodney Miller. Rodney will doing a variety of strongman lifts, including rolling frying pans with his bare hands! Listen to Rodney explain why he feels having type 1 diabetes is like having a super power.

## Docu-Diabetes IV

**Presenters:** Ben Stroud, Kevin Covais, Amanda Borges, & Tom Karlya  
**Audience:** Everyone  
**Location:** Fiesta 6

Phone videos are everywhere. Parents will be encouraged to send a (roughly) 1 minute phone-video in advance of the conference. The subject matter can be anything they want in the world of diabetes — from humorous to serious, real or made up, down-to-earth or absolutely crazy. The videos will be shown and discussed in this session. Portions of some might even be chosen to be shown at the banquet on Thursday evening. All are welcome but children must be accompanied by a parent.

## Glucose: The Good, the Bad, and the Ugly

**Presenter:** Kim Kelly, PharmD, BCPS, FCCP  
**Audience:** Parents and adults  
**Location:** Fiesta 7

Why do you have glucose in the blood in the first place? What happens to it? What happens when it is higher than it should be? Good, Bad and Ugly are dimensions of glucose that happen to people without diabetes and to people with diabetes. Learn what this fascinating molecule does FOR us, and also TO some of us when we are unable to control the levels in the body due to diabetes.



### Focus Group: AP Journey for Kids

**Company:** Roche Diagnostics  
**Audience:** Kids under 13 with their parents  
**Location:** Fiesta 8

Join our fun, interactive sessions to explore what the future could look like for families and individuals embarking on a closed-loop (AP) journey. Come share your experiences and wishes for products and service solutions in these co-creation sessions.

### CGM in the Cloud: Tomorrow's Solutions Today

**Presenter:** Nightscout Faculty  
**Audience:** Everyone  
**Location:** Fiesta 9-10

Join us for an overview of the fastest-growing T1D Facebook community and T1D technology group in the world. There are many ways to get your CGM in the cloud and enable remote monitoring—whether you need to monitor a child at school or simply want the convenience of viewing CGM data on a smart watch. Thanks to dedicated volunteer developers and engineers, the CGM in the Cloud group has created custom, no-cost solutions for PWD and caregivers of PWD. Explore the options (including Open Source and industry tools) and find out which solutions will work for you and how to get started. Come hear about the power of “Paying It Forward” and how the needs of one can become a solution for tens of thousands. Join us for an enjoyable session where you will see people helping people take back a portion of what was lost at diagnosis and find out why **#WeAreNotWaiting**.

### Accommodations in College for Parents and Teens

**Presenter:** Leigh Fickling, MEd, MS, JD  
**Audience:** Parents of children with type 1 who are preparing for or who are in college  
**Location:** Durango 1

As a college student with type 1 diabetes, you have a legal right to ADA accommodations in colleges and universities. Accommodations can include special housing, testing accommodations, meal plan modifications, and much more. Join us for an interactive session where we review your legal rights as a person with type 1 diabetes, compare K-12 504 and IEP plans with the college reasonable accommodation process, and develop action plans to seek accommodations in the higher education setting. Parents and teens welcome!

### Dimples and Diabetes

**Presenter:** Elle Shaheen  
**Audience:** Children ages 0-17 and their parents  
**Location:** Durango 2

Join Elle Shaheen, her diabetes-alert dog Coach, her mom Stefany, and one lucky conference attendee for a staged play-reading of the Kennedy Center for the Arts award-winning play that Elle wrote and published titled, *Dimples and Diabetes*. This one act play is about the experience of managing transitions while living with type 1. Listen to this one act play and participate in an engaging discussion about the challenges of growing up with type one. A freshman at Harvard College, Elle is in the middle of navigating life's latest transition with Coach by her side.

### Dancing for Diabetes/for Kids (Ages 6-11)

**Presenter:** Elizabeth Forrest  
**Audience:** Youth ages 6-11 and their parents  
**Location:** Yucatan 1-3

Dancing for Diabetes is dance movement for kids to spread awareness through the art of dance to better educate the community and inspire those with (and without) diabetes to live healthy and active lives. This session is for kids ages 6-11 (all kids welcome with and without diabetes). The children will be taught a routine and the parents, who must remain, will see the 'mini-dance-recital' toward the end of the session.

10:15 - 10:45 Coffee Break on Your Own

10:45 - 12:00 Parent + Adult Sessions

### Focus Group: That Influence Diabetes Care

**Company:** Novo Nordisk  
**Audience:** College aged young adults with T1D  
**Location:** Coronado A

Help us understand the factors that influence diabetes care for college aged young adults.

### Glucagon Training

**Company:** Lilly Diabetes  
**Audience:** Everyone  
**Location:** Coronado C

Join experts from Lilly Diabetes and learn how to use the glucagon emergency kit. Sessions are 30 minutes and begin at 10:45 am and 11:30 am.

### Focus Group: Your Journey, Your CGM

**Company:** Dexcom  
**Audience:** Parents and kids with T1D  
**Location:** Coronado D

Dexcom invites parents and children with T1D currently using Dexcom CGM and Dexcom CLARITY to join us for an interactive group session to help us design next-generation app features. We want to learn more about your experiences as a family managing diabetes together, so that we can better understand what problems we might be able to help you solve. We are particularly interested in talking to Dexcom CGM users who are also regular users of the retrospective features of the Dexcom CLARITY app. We'll start by exploring your day-to-day challenges and triumphs. Then we'll work together to review new feature concepts, identify the most compelling opportunities, and refine them to best suit your needs.



10:45 - 12:00

Parent + Adult Sessions

## Hands On Pump, Pens, Glucagon, and Meter Training and Review

**Presenters:** Janet Rodriguez, BSN, RN, CDE & Grandparents Faculty  
**Audience:** Everyone  
**Location:** Coronado EF

Join Janet Rodriguez, BSN, RN, CDE and the Grandparents Faculty for a review of the technology and tools we use to care for type 1 diabetes, including insulin pumps, insulin pens, blood glucose meters, continuous glucose monitors, and glucagon.

## Focus Group: Do It Yourself Closed Loop: Why Did You Do It?

**Presenters:** Diana Naranjo, PhD, & Korey Hood, PhD  
**Audience:** Users of DIY Closed Loop Systems  
**Location:** Coronado H

Are you currently using a do-it-yourself (DIY) automated insulin delivery system such as Loop or Open APS? Are you the parent of someone using a DIY system? We are conducting a focus group to discuss the impact of using a system like this on your daily life and navigating the health care system. Come discuss this with researchers at Stanford who are interested in improving the quality of life for those living with T1D.

## Focus Group: Improving CWD and FFL

**Company:** Children with Diabetes  
**Audience:** People who have been to an FFL conference before  
**Location:** Coronado M

Please join us to talk about your past experiences with FFL conferences so we can continue to improve conferences.

## Focus Group: Omnipod DASH System

**Company:** Insulet  
**Audience:** First timers, plus see below  
**Location:** Coronado N

The Omnipod DASH was recently approved by the FDA. Insulet cordially invites you to learn about the Omnipod DASH system and tell us what you think! We wish to speak with conference attendees who fit the following criteria: 1) first-time Friends-For-Lifers, 2) parents of kids with T1D or adults with T1D, 3) people who currently take insulin via a patch pump. If you qualify, are selected, and complete the focus group, we are offering \$75 as a thank-you gift. To complete the screening process and reserve a spot, contact our research partner dQ&A. Please email Carolyn Jillson at carolyn.jillson@d-qa.com or call/text her at (216) 217-5680 between 9:00 am and 5:00 pm Eastern Time. Thank you!

## Living With Diabetes, Not For Diabetes

**Presenter:** Chris Ruden  
**Audience:** Everyone  
**Location:** Fiesta 5

Learn to live WITH your diabetes not FOR your diabetes. Are you a "diabetic" trying to live life or do you choose to live life to the fullest and just so happen to have diabetes too? Using three daily strategies, Chris Ruden will help you reshape your mindset so you can stop living for diabetes and start living with diabetes. Your condition is not a limitation of your happiness and after this talk, you will see why.

## Policy Advocacy 101 Training Workshop

**Presenters:** Derek Flowers & Ryan Gough  
**Audience:** Anyone interested in advocacy  
**Location:** Fiesta 6

Are you interested in learning how to be an effective advocate for diabetes causes? Would you like to learn how to make the most of your visit to your elected officials? If so, then this session is for you. Join Derek Flowers and Ryan Gough from the Alliance for Patient Access for a boot camp on becoming an advocate.

## Parent/Young Adult Workshop: Parties and Picnics: Navigating the Hard to Bolus for Foods

**Presenter:** Alicia McAuliffe-Fogarty, PhD, CPsychol  
**Audience:** Parents and Young Adults  
**Location:** Fiesta 7

Do you or your child ever have difficulty bolusing for food at celebrations and parties or for food like pizza? Join a round table discussion and learn tips and tricks from others on how to navigate these tricky situations.

## Focus Group: AP Journey for Teens

**Company:** Roche Diagnostics  
**Audience:** Teens ages 13-17 and their parents  
**Location:** Fiesta 8

Join our fun, interactive sessions to explore what the future could look like for families and individuals embarking on a closed-loop (AP) journey. Come share your experiences and wishes for products and service solutions in these co-creation sessions.

## A Day in the Loop with Nightscout

**Presenter:** Nightscout Faculty  
**Audience:** Everyone  
**Location:** Fiesta 9-10

Managing T1D requires 24/7 awareness and monitoring. Thankfully, no-cost and easy-to-use technology solutions can help streamline your day and minimize the impact of T1D on daily life. Whether you are a PWD or a caregiver of a PWD, this session will give you an overview of Open Source tools that are already available to keep you in the loop until you are ready to close the loop. Learn about CarePortal, a cutting-edge solution that simplifies T1D record keeping and helps keep everyone that needs to know in the know while your child is away at school or daycare. CarePortal provides an easy, no-cost, no-risk open loop solution that can simplify life with T1D for everyone involved. We will also give an overview and demonstration of the next-generation project OpenAPS (as seen in *The Wall Street Journal*) and how it is helping families around the world close the loop because **#WeAreNotWaiting**.

## Panel Discussion for Teens: Preparing for College

**Moderators:** Christina Roth, Anna Floreen, & Malissa McQuillan  
**Audience:** Teens preparing for college  
**Location:** Durango 1

Join a team from the College Diabetes Network for a panel discussion about preparing for college with type 1 diabetes. Hear from FFL staff and learn about their successes and stumbles.



## Diabetes Connections: The Game Show

**Presenter:** Stacey Simms  
**Audience:** Everyone  
**Location:** Durango 2

Be part of a special episode taping on site at Friends for Life! Based on NPR's popular "Wait Wait, Don't Tell Me," host Stacey Simms puts FFL presenters and faculty members to the test. Audience members are eligible to win prizes and could become part of the show. (Diabetes Connections is a weekly podcast providing diabetes information and inspiration.)

## Dancing for Diabetes/for Kids (Ages 12-17)

**Presenter:** Elizabeth Forrest  
**Audience:** Youth ages 12-18 and their parents  
**Location:** Yucatan 1-3

Dancing for Diabetes is dance movement for kids to spread awareness through the art of dance to better educate the community and inspire those with (and without) diabetes to live healthy and active lives. This session is for kids ages 12-17 (all kids welcome with and without diabetes). The children will be taught a routine and the parents, who must remain, will see the 'mini-dance-recital' toward the end of the session.

12:00 - 1:30

Lunch on Your Own

1:30 - 2:45

Parent + Adult Sessions

## Focus Group: Automated Insulin Delivery: How We Develop Trust In These Systems

**Company:** Tandem Diabetes Care  
**Audience:** Everyone  
**Location:** Coronado B

As diabetes technology continues to innovate, advanced algorithms are becoming more common among diabetes devices. We invite you to participate in an interactive feedback session on how we learn to trust these systems.

## Focus Group

**Company:** Lilly Diabetes  
**Audience:** TBD  
**Location:** Coronado C

## Diabetes Basics for Significant Others

**Presenter:** Heather Speer, MPH, CCRC, CDE, & Janet Rodriguez, BSN, RN, CDE  
**Audience:** Spouses and significant others of adults with type 1  
**Location:** Coronado EF

Does your significant other have type 1 diabetes? Are you unsure about how much you know about diabetes and the tools used to manage it? If so, this session is for you. You'll receive a review of the basics of type 1 diabetes and have an opportunity to get hands-on with insulin pumps, glucose meters, continuous glucose monitoring systems, and glucagon.

## Focus Group: CWD Sustainability

**Company:** Children with Diabetes  
**Audience:** Everyone  
**Location:** Coronado M

Help us design a sustainability program to ensure that FFL is always there for families in need.

## Preventing T1D and its Recurrence

**Presenters:** Camillo Ricordi, MD, and Sonia Chritton  
**Audience:** Parents and adults  
**Location:** Fiesta 5

Today, when someone tests positive for islet autoantibodies or is newly diagnosed with type 1 diabetes, they are told there is nothing they can do to delay or prevent disease onset or stop further destruction of the beta cells. Many ongoing studies are investigating interventions to halt diabetes progression, however there is no single therapy that has been approved by the scientific community, particularly one that is safe for children. Ongoing case studies have provided anecdotal evidence that a combination of dietary supplements is showing some success in maintaining beta-cell function. Sonia Chritton will summarize her family's experience with a cocktail of supplements. Dr. Ricordi will explain that the DRI will be starting a clinical study to formally test this possibility in the form of the POSEIDON trial. This clinical trial will investigate if the use of high-dose Omega-3 fatty acids and vitamin D can prevent further progression of the disease in new onset patients and in those with longstanding type 1 diabetes.

## Focus Group: AP Journey for Young Adults

**Company:** Roche Diagnostics  
**Audience:** Young adults ages 18-23  
**Location:** Fiesta 8

Join our fun, interactive sessions to explore what the future could look like for families and individuals embarking on a closed-loop (AP) journey. Come share your experiences and wishes for products and service solutions in these co-creation sessions.

## Research with the Nightscout Data Commons: How Low Do You Go?

**Presenter:** Joyce Lee, MD  
**Audience:** Parents, adults, and young adults  
**Location:** Fiesta 9-10

Learn about and contribute to the first research study using the Nightscout Data Commons to evaluate the link between carbohydrates and time in range. This is an open science research study supported by the Nightscout Foundation and the University of Michigan.

## Workshop for Parents: Off to College with College Diabetes Network

**Moderators:** Christina Roth, Anna Floreen, & Malissa McQuillan  
**Audience:** Parents of teens preparing for college  
**Location:** Durango 1

Join a team from the College Diabetes Network for a discussion about preparing for college with type 1 diabetes. Hear from FFL staff and learn about their successes and stumbles. **This session is for parents only.**



1:30 - 2:45

Parent + Adult Sessions

## Building a Successful T1 Community

**Presenters:** Shana Baker and Susan Brennan

**Audience:** Parents and adults

**Location:** Durango 2

Are you interested in starting a support community back home, to continue the Friends for Life experience? Join a team from PADRE to learn how to start and sustain a vibrant diabetes support community at home. You'll learn from a team that has succeeded in building and running one of the country's best known groups.

## Dancing for Diabetes/for Adults (18+)

**Presenter:** Elizabeth Forrest

**Audience:** Adults

**Location:** Yucatan 1-3

Dancing for Diabetes is dance movement for kids and adults to spread awareness through the art of dance to better educate the community and inspire those with (and without) diabetes to live healthy and active lives. This session is for adults, with or without diabetes. In this session, adults will be taught a routine and will perform the 'mini-dance-recital' toward the end of the session.

2:45 - 3:15

Beverage break on Your Own

3:15 - 4:30

Parent + Adult Sessions

## Focus Group: Adulting with Diabetes

**Company:** JDRF

**Audience:** Adults with type 1 diabetes

**Location:** Coronado M

JDRF is exploring how to best serve adults living with T1D. Join us for a conversation about what adults need and want from JDRF and learn about ideas JDRF is considering.

## Conversations About Peer Support

**Presenter:** Christel Marchand Aprigliano

**Audience:** Adults with type 1 and their partners

**Location:** Fiesta 6

Where do you go to get support? Where would you start? How do you separate positive from negative peer support? How do you give healthy support? What role does peer support play in your life? This open discussion, for beginners and experienced supporters, will delve into this much needed part of daily diabetes management.

## Focus Group: Exploring a New Insulin Pump

**Company:** Roche Diagnostics

**Audience:** Everyone

**Location:** Fiesta 8

Join our fun, interactive sessions to explore what the future could look like for families and individuals embarking on a closed-loop (AP) journey. Come share your experiences and wishes for products and service solutions in these co-creation sessions.

## Nightscout Installation Workshop

**Presenters:** Nightscout Team

**Audience:** Everyone

**Location:** Fiesta 9-10

When it comes to getting your CGM in the cloud, there isn't a one-size-fits-all solution! There are many ways you can enable remote monitoring of blood glucose levels, and sorting through the options can be confusing. We can help! Please join us for one-on-one consultations to find out which solution is right for you. Whether the best approach for you is an off-the-shelf solution from the industry, an Open Source solution from the #WeAreNotWaiting community, or a combination that lets you enjoy a full spectrum of features, we can help you get started with a solution that fits your life and your lifestyle. During this workshop, those wishing to take advantage of Nightscout features can get expert assistance setting up.

## Parenting Your Teen

**Presenter:** Jill Weissberg-Benchell, PhD, CDE

**Audience:** Parents of teens (ages 13-17)

**Location:** Durango 1

Join Jill Weissberg-Benchell, PhD, CDE, for an introduction to the Teen Programming at Friends for Life®. This session is for parents of teens who will be participating in the Friends for Life® Orlando Teen Program (ages 13-17) and will help families of teens get the most out of FFL.

## Parenting Your Tween

**Presenter:** Jessica Kichler, PhD, CDE & Kenny Rodenheiser, BSN, RN, CDE

**Audience:** Parents of teens (ages 9-12)

**Location:** Durango 2

Join Jessica Kichler, PhD, CDE & Kenny Rodenheiser, BSN, RN, CDE for an introduction to the Tween Programming at Friends for Life®. This session is for parents of tweens who will be participating in the Friends for Life® Orlando Tween Program (teens ages 9 through 12) and will help families of tweens get the most out of Friends for Life.

3:45 - 5:45

First Timers Welcome Orientation  
Coronado H  
Sponsored by Dexcom

6:00 - 9:00

Grand Opening of the Exhibition Hall  
Veracruz BC  
Food is served

9:00 - 10:00

Amando Jo and Billy Lee in Concert  
Fiesta 5  
Sponsored by Tandem Diabetes Care

You screen their  
Internet access.

You screen their  
movies.

Have you  
screened their  
blood for  
increased risk  
of type 1  
diabetes?



A blood test can identify risk for type 1 diabetes up to 10 years before symptoms appear.  
This test is offered at no cost to people who have a relative with **type 1 diabetes**.  
Take the first step on the **Pathway to Prevention**.

## Get your family screened today.



For more information:  
US 1-800-425-8361  
Canada 1-866-699-1899

[www.DiabetesTrialNet.org](http://www.DiabetesTrialNet.org)

TrialNet Screening at  
Friends for Life Orlando 2018  
Tuesday through Friday 9:00-5:00  
Laredo Registration 1 & 2  
Pre-registration Not Required





8:00 - 9:00      **Keynote Breakfast**  
Coronado HJK  
Sponsored by Lilly Diabetes

9:00 - 10:00      **Parent + Adult Sessions**

## Richard Rubin Memorial Opening Keynote: What's Your Everest?

**Presenter:** Will Cross  
**Audience:** Parents and adults  
**Location:** Coronado HJK

In *What's Your Everest*, Will Cross takes his audience through his three-year journey to the top of Mount Everest and three other 8000 meter summits. Will seeks to get the message out that if he can control his diabetes in these conditions, no one should feel hindered by diabetes, and he encourages his audience to find the explorer within themselves. Will's participation is part of Tandem Diabetes Care's *Live Life in Full Color* speaker series.

10:00 - 10:45      **Coffee Break Outside of Exhibit Hall**  
Veracruz BC

10:45 - 12:00      **Parent + Adult Sessions**

## The Impact of Diabetes Technology on Our Life

**Presenter:** Korey Hood, PhD  
**Audience:** Parents and adults  
**Location:** Coronado H

Families living with type 1 diabetes eagerly look forward to artificial pancreas technology. We look forward to algorithms and sensors and insulin pumps taking over the very hard work of managing type 1 diabetes, minute by minute, throughout the day. But there is more to this advanced technology than you might think. Join Korey Hood, PhD, for a thoughtful exploration of the impact of these advances on how we feel about living with diabetes, and the implications on what matters most: how we live our lives.

## Closing the Loop: State of the Art

**Presenter:** Bruce Buckingham, MD  
**Audience:** Parents and adults  
**Location:** Coronado J

Teams of researchers around the world, as well as companies in several countries, are working hard to bring artificial pancreas technology to patients. Dr. Buckingham has served as principal investigator on studies of many artificial pancreas systems and will provide us with both background and the current state-of-the-art on this breakthrough technology.

## Sick Day Management

**Presenter:** Jamie Wood, MD  
**Audience:** Parents and adults  
**Location:** Coronado K

Illness, stress, and hospitalizations can cause enormous challenges for blood glucose management. Dr. Jamie Wood will present strategies for dealing with these challenges so that you or your child can come out ahead.

## Pregnancy Planning & Reproductive Health for Women With T1D

**Presenter:** Liz Robinson, MS, PA-C, CDE  
**Audience:** Women with type 1  
**Location:** Coronado AB

Pregnancy with type 1 diabetes doesn't have to be scary. There are many steps you can take to help achieve a healthy pregnancy. Join us as we review current medical guidelines and discuss a variety of women's health topics in a relaxed setting. Please note this session is for women only.

## Single Parents Discussion Group

**Presenter:** Marissa Hilliard, PhD  
**Audience:** Single parents  
**Location:** Coronado CD

Single parents face a unique set of challenges when raising a child with type 1 diabetes. Join Marisa Hilliard, PhD, for a thoughtful discussion group focusing strategies for success.

## Grandparents Guidelines

**Presenters:** Grandparents Faculty  
**Audience:** Grandparents  
**Location:** Coronado EF

Grandparents, aunts, uncles and other caregivers who want to share time and fun with a child living with diabetes can do so with confidence, as long as they have a few skills and tools at their fingertips. Whether your goal is to go into town for a movie or set off on a weeklong vacation, this session will show you what you need for a safe and enjoyable caregiver experience.

## Insurance for Young Adults

**Presenters:** Stewart Perry & Tom Boyer  
**Audience:** Emerging adults  
**Location:** Fiesta 7-8

For young adults embarking on their own, insurance can seem complicated. Join Stewart Perry, an experienced insurance agent and diabetes advocate, and Tom Boyer, diabetes advocate, for a discussion of the various kinds of insurance that you need to protect yourself.



## How to Get Support and Knowledge Using Apps, the Internet, and Social Media

**Presenter:** Kerri Sparling, Scott Johnson, & Michelle Auerbach  
**Audience:** Parents and adults  
**Location:** Yucatan 1-3

Life with type 1 diabetes can feel isolating, whether you have type 1 or care for someone who does. Today, a wide range of tools exist to help everyone living with type 1 diabetes, from web sites to blogs to apps. Join three experts in this area, Kerri Sparling (sixuntilme.com), Scott Johnson (scottsdabetes.com), and Michelle Auerbach (lovelightandinsulin.ca) for an exploration of the latest and greatest tools for knowledge and support.

## Advocacy 1: The Election Game and How to Help Diabetes Win

**Presenters:** Christel Marchand Aprigliano & Leyla Mansour-Cole, Esq.  
**Audience:** Parents and adults  
**Location:** Durango 1-2

Midterm elections will bring new players to Congress and state legislature - and we hold all the cards with our votes. While electing officials is serious business, we can at least make it fun while doing it! Learn about what we need to do to ensure diabetes is top of mind for candidates. Join DPAC (and special guests) for wild, zany, and informative games, including "Let's Make a Diabetes Deal," "Election Jeopardy" and "The Diabetes Dating Game - Government Edition!"

## Making Sense of Sensor Data

**Presenter:** Gary Scheiner, MS, CDE  
**Audience:** Parents and adults  
**Location:** Coronado K

Research has shown that continuous glucose monitoring (CGM) can improve glucose control and quality of life for people with diabetes, yet many are challenged to make effective use of this innovative technology. This program focuses on the practical aspects of CGM: overcoming their shortcomings, using CGM alerts and trending information to improve control and enhance safety in real-time, and performing analysis of CGM data to make adjustments to one's therapy.

## Accommodations in College, Graduate School, and Beyond

**Presenter:** Leigh Fickling, MEd, MS, JD  
**Audience:** Parents and adults  
**Location:** Coronado AB

Join us for this hands on workshop where we will work through the reasonable accommodation process in colleges, universities, and the workplace. We will review common accommodations and provide direct guidance about how best to request the services needed for your time on campus or in the work world. Participants will learn how to request updated and relevant documentation from their treatment providers and how to best work with college disability offices.

12:00 - 1:30

Lunch Buffet  
 Coronado HJK

1:30 - 2:45

Parent + Adult Sessions

## Positive Caregiving

**Presenter:** Marisa Hilliard, PhD  
**Audience:** Parents and adults  
**Location:** Coronado H

Join Dr. Marisa Hilliard in an exploration of approaches to provide motivational and positive support to the people with diabetes in your life -- and how to avoid being the Diabetes Police.

## Safe Zone for Significant Others

**Presenter:** Tamara Oser, MD  
**Audience:** Spouses and significant others of adults with type 1 diabetes  
**Location:** Coronado CD

This session is for significant others WITHOUT diabetes who are in a long-term relationship that involves diabetes. Share your concerns, fears, and questions about your relationship with your PWD and how diabetes impacts you both in this safe, closed setting. This group will address challenging situations in a way that fosters healthy discussions and positive actions at home.

**This session is for significant others of adults with type 1 diabetes only. No parents or teens are permitted.**

## Bigfoot is Real: Automating Insulin Delivery

**Presenter:** Jeffrey Brewer  
**Audience:** Parents and adults  
**Location:** Coronado J

Founded by a team of people with a direct connection to type 1 diabetes, Bigfoot Biomedical is a new kind of medical device company. Join Jeffrey Brewer, co-founder and CEO of Bigfoot (and former CEO of JDRF), as he shares our vision for optimizing insulin delivery in a way that's accessible for all people. Our investigational automated insulin delivery system and connected pen system in development are just the tip of the iceberg. Are you ready to be a Bigfoot believer?

## Grandparent Common Fears Discussion

**Presenters:** Grandparents Faculty  
**Audience:** Grandparents  
**Location:** Coronado EF

Fear is rational when you live with diabetes. It's also nearly universal. So, if you think you're alone in your fear, please attend this session and talk to others who have the same feelings. How have you dealt with your fears? What do we know that can help? Offer and receive support as well as practical advice for dealing with those common fears.



1:30 - 2:45

Parent + Adult Sessions

## Transition from Pediatric to Adult Care

**Presenter:** Sarah Corathers, MD

**Audience:** Emerging adults

**Location:** Fiesta 7-8

As young adults with diabetes transition into adulthood, they need to learn how to take responsibility for their diabetes care within the adult health care system, which is very different from their experiences with pediatric care. Dr. Sarah Corathers, who is trained in both pediatric and adult diabetes care, will walk you through what to expect — and what is expected — during this important transition.

## Puberty and Adolescence: Body and Mind

**Presenters:** Jamie Wood, MD, and Jill Weissberg-Benchell, PhD, CDE

**Audience:** Parents

**Location:** Yucatan 1-3

As parents know well, puberty and adolescence brings incredible changes to kids, many of which significantly impact type 1 diabetes. Jamie Wood and Jill Weissberg-Benchell explore the medical and psychosocial impact of puberty on our kids and offer explanations and guidance for helping them to do well through these turbulent years.

**This session is for parents of kids with type 1 diabetes only. No teens are permitted.**

## Advocacy 2: Hot Topics

**Presenters:** Christel Marchand Aprigliano & Leyla Mansour-Cole, Esq.

**Audience:** Parents and adults

**Location:** Durango 1-2

Frustrated with all the governmental gridlock in 2017? Want to know the diabetes policy issues that our community needs to advocate for in 2018? We'll cover important federal, state, and regulatory areas of concern as well as what to expect for midterm elections. Help focus your passion for diabetes policy advocacy through this highly-interactive session.

2:45 - 3:30

Snack Break Outside of Exhibit Hall  
Veracruz BC

3:30 - 4:45

Parent + Adult Sessions

## Preventing Type 1 Diabetes: Where Do We Stand?

**Presenter:** Desmond Schatz, MD

**Audience:** Parents and adults

**Location:** Coronado H

For many years, researchers throughout the United States and around the world have been searching for a way to prevent the onset of type 1 diabetes. Many major, international studies have recruited patients and tested many therapeutic strategies. To date, nothing has proven successful in preventing type 1 diabetes. However, with each failure more is learned about the underlying nature of type 1 diabetes. With that knowledge, new strategies are being tested. Join Dr. Desmond Schatz for a review of past trials, hints at success, and where science stands in preventing type 1 diabetes.

## iLet Update: The Bionic Pancreas

**Presenter:** Ed Damiano, PhD

**Audience:** Parents and adults

**Location:** Coronado J

Ed Damiano, PhD, will present the latest on his team's work to create and deliver a bi-hormonal Bionic Pancreas. Dr. Damiano will trace the beginnings of his research, his earliest participation at Friends for Life in 2007, and share the current status of the iLet, the name for the Bionic Pancreas system he and his team created. You'll see the latest results of real-world, clinical trials, see the current iLet, and learn about upcoming clinical trials that are designed to achieve FDA approval of this revolutionary diabetes care technology.

## Sugar Surfing Concepts

**Presenter:** Stephen Ponder, MD, FAAP, CDE

**Audience:** Parents and adults

**Location:** Coronado K

Workshop attendees will learn the process of Dynamic Diabetes Management by applying frequent pattern management. A simple system of recognizable shapes will be introduced with a detailed explanation on their interpretation. Myths about Sugar Surfing will be dispelled. Overall workshop objectives include:

- Identify basic blood sugar trendline patterns using an intuitive naming system
- Interpret the significance of patterns or groups of patterns at the time they are being observed or experienced
- Choose specific diabetes self-care action(s) based on prior experience and training and situational awareness
- Evaluate chosen actions by frequent review of subsequent trendline patterns aimed at measuring the effectiveness of prior self-care actions or omissions.

## Safe at School 101

**Presenter:** Crystal Woodward

**Audience:** Parents

**Location:** Coronado AB

Children with diabetes spend a great deal of time in school and daycare. Federal regulations mandate that these facilities provide a safe environment. This session will discuss these issues and will briefly cover how to implement a care plan for a child with diabetes. There will be lots of time for questions and discussion, so please bring your thoughts and be ready to share!

## The Emotional Burden of Diabetes

**Presenters:** Sean Oser, MD, MPH, and Tamara Oser, MD

**Audience:** Adults with type 1 and their significant others

**Location:** Coronado CD

Living with diabetes requires intense self-management and it is no wonder that people with diabetes report burnout, anxiety, and depression. This session will provide a safe outlet for discussion, support, and shared resources for dealing with these common conditions.

**This session is for adults with type 1 diabetes and their significant others only. No parents or teens are permitted.**



### Ask the Experts

**Presenters:** Grandparents Faculty  
**Audience:** Grandparents  
**Location:** Coronado EF

Everyone has questions about diabetes. Bring yours to this session and ask our Grandparents Faculty: doctor, nurse, dietitian and psychologist. Everything is fair game ... except cellular biology! Maintaining normal parenting, avoiding food fights, the frustration of variable blood sugars. If you can think of it, let's talk!

### We're Having a Baby! Pregnancy Planning for Couples

**Presenter:** Liz Robinson, MS, PA-C, CDE & Noor Alrahami  
**Audience:** Women with type 1 and their partners  
**Location:** Fiesta 7-8

Pregnancy is an exciting time, but can seem overwhelming when diabetes is part of the equation. Join us for an informal discussion about preconception planning, infertility, pregnancy and beyond. Discover ways to support each other as you await your bundle of joy.

**This session is for adults with type 1 and their significant others. No parents or teens are permitted.**

### Parenting Young Children: Managing Behavior and Diabetes

**Presenter:** Marisa Hilliard, PhD  
**Audience:** Parents  
**Location:** Yucatan 1-3

Parenting a young child with type 1 diabetes presents unique challenges, including separating behavior issues from diabetes issues (is she low or is she two?). Dr. Marisa Hilliard offers strategies for success for our parents of younger kids.

### Advocacy 3: Affordable Access to Insulin

**Presenter:** Stewart Perry and George Huntley  
**Audience:** Parents and adults  
**Location:** Durango 1-2

Insulin isn't a "nice-to-have" in type 1 diabetes management: it's a necessity. George Huntley and Stewart Perry will share a vision of advocacy for more affordable access to insulin and what actions you can take right now. George will present findings from the National Diabetes Volunteer Leadership Council's detailed investigation into the complex layers and different players that impact access to affordable insulin and Stewart will share a new advocacy action program aimed at employer based insurance plans. Together, they'll give you the knowledge and tools to advocate effectively for affordable access to insulin.

6:30 - 8:30 Family and Friends Banquet  
 Coronado HJKL  
 Sponsored by Novo Nordisk

8:30 - 10:30 Music and Dancing  
 Coronado HJKL  
 Sponsored by Novo Nordisk



## FFL Basket Auction



12 for \$20  
 25 for \$40  
 40 for \$60  
 80 for \$100\*

\* All purchases of the \$100 ticket option receive a free Golden ticket! The Golden ticket is valid for a bonus raffle for 3 amazing prizes, including a Disney Fireworks cruise sponsored by Diabetes Connections! Option to purchase 1 Golden ticket for a \$25 donation. More details will be available at the auction booth!

#### Here's How It Works:

- Auction Prizes will be located in the CWD area of the Exhibit Hall
- Each auction item will have a corresponding ticket container
- Write your name and phone number on the back of each ticket
- Put one or more tickets in the container of the item you want to win
- Drawing will be held at 12:00 pm on Friday, July 13 in the Exhibit Hall
- Prizes are available at 1:00 pm on Friday

#### Prizes Include:

Disney World tickets • American Girl • Ring Doorbell • Circle with Disney • Legoland • Hampton Inn • Sonos Speakers • Myabetic • Blue Apron • Lauren's Hope • Sports tickets • Attraction tickets • Restaurant Gift Cards and so much more! New this year is a "Made by Our People" section with homemade goods!

Suggested donation. T-1 Today is recognized by the IRS as a 501(c)(3) nonprofit organization. Taxpayer ID 46-3704802. Florida Department of Agriculture & Consumer Services Registration CH52203.





8:00 - 9:00

Breakfast on Your Own

9:00 - 10:00

Parent + Adult Sessions

## Preparing for High School & Beyond

**Presenters:** Henry Rodriguez, MD, and Diana Naranjo, PhD

**Audience:** Parents

**Location:** Coronado H

Kids face enormous challenges as they grow into the high school years and beyond. Type 1 diabetes adds to those challenges. Dr. Rodriguez and Dr. Naranjo will help parents prepare for and deal with these challenges, helping to ensure that their kids with type 1 thrive during these potentially turbulent years.

**This session is for parents only. No teens are permitted.**

## DRI Update: Advancing Research to Patients

**Presenter:** Camillo Ricordi, MD

**Audience:** Parents and adults

**Location:** Coronado J

The Diabetes Research Institute is solely focused on developing a biological cure for type 1 diabetes and doing so in the fastest, safest and most efficient way possible. Dr. Camillo Ricordi will discuss the DRI's BioHub strategy and the latest research progress that has led to the many new clinical trials on the horizon, the majority of which aim to tackle the immune system head on. Overcoming the significant immune system challenges – blocking autoimmunity and protecting islets without the need for anti-rejection drugs – is one of the three principal areas of the BioHub strategy, which also includes engineering a mini-endocrine pancreas in a site within the body and identifying an unlimited supply of insulin-producing cells.

## Sugar Surfing Workshop

**Presenter:** Stephen Ponder, MD, FAAP, CDE

**Audience:** Parents and adults

**Location:** Coronado K

In the Sugar Surfing Workshop, attendees will learn a new approach to steering their own glycemic trendlines based on careful analysis and interpretation of recurring glycemic patterns. A method to allow each attendee to individualize their technique will be revealed. The concepts of pivoting, taking the drop, interpreting inflections, and appreciating the difference of a shelf versus drift, will be discussed.

## Relationships and Diabetes From Every Angle

**Presenters:** Moira McCarthy

**Audience:** Parents

**Location:** Coronado L

Join well-known diabetes advocate Moira McCarthy for an exploration of how to make your relationships the best in the diabetes world – between you and your child, between your child and their friends, between you and your friends, and between you and your spouse. You'll leave energized and ready to make real changes in how you approach your life with T1D.

## Sleepovers, Stress Days, and Hospital Stays

**Presenter:** Jamie Wood, MD

**Audience:** Parents and adults

**Location:** Coronado AB

Sleepovers are a part of childhood today, but when your child has type 1 diabetes, sleepovers require extra planning and may bring extra stress. The same goes for stress day (think exams) and hospital stays. Join pediatric endocrinologist Jamie Wood for guidelines on making these days easier for everyone in your family.

## Your Legal Rights as a Person with Type 1: Encounters with Law Enforcement

**Presenters:** Cynthia Deitle, JD

**Audience:** Adults

**Location:** Coronado CD

As a person living with type 1 diabetes, have you ever thought about what would happen to you if you are stopped by police? If you are detained or arrested? If your child has T1D, do you feel that he or she is prepared for this encounter? While a surprise interaction with a law enforcement officer may never occur, it is essential to be prepared and know your rights. You must assume that the officer stopping you has never heard of type 1 diabetes and has no idea what you need to keep your blood glucose within range. This session will provide you with information on how to navigate the criminal justice system to protect yourself, or someone who love, from losing access to her insulin or diabetes supplies.

## Research Update for Grandparents

**Presenters:** Grandparents Faculty

**Audience:** Grandparents

**Location:** Coronado EF

Grandparents will hear about the latest in cure- and prevention-related research, as well as technological innovations that are changing how we care for people with type 1 diabetes.

## Exercise and Type 1 Diabetes

**Presenter:** Gary Scheiner, MS, CDE

**Audience:** Parents and adults

**Location:** Coronado PQR

People with type 1 diabetes engage (and excel!) in a variety of sports. Given that glucose control influences athletic performance, safety and well-being, this program focuses on strategies for optimizing blood sugar during exercise, general daily activity, and intense competition.

## Advocating for Yourself

**Presenters:** Laura Smith, PhD, & Kerri Sparling

**Audience:** Emerging adults

**Location:** Fiesta 7-8

Emerging adults are invited to join Laura Smith, PhD, and Kerri Sparling for a discussion of how to advocate for themselves to ensure that they receive the health care that they both want and need.



## diaTribe Panel Discussion

**Panel:** Adam Brown and Invited Guests  
**Audience:** Parents and adults  
**Location:** Yucatan 1-3

This panel will share useful diabetes tips and stories from experts! We'll touch on exciting new technology; best practices for living with T1D day-in, day-out; how to best work with your healthcare provider; best practices in different families; coping with frustration and burnout; and more. Come prepared with your toughest diabetes questions!

## You Want Me to Switch What? Again?

**Presenters:** Derek Flowers, Ryan Gough, & Stewart Perry  
**Audience:** Parents and adults  
**Location:** Durango 1-2

Join Derek Flowers and Ryan Gough from the Alliance for Patient Access and Stewart Perry for a discussion of forced non-medical switching -- the practice of your insurance provider forcing you to change from the medication you and your doctor prefer to one that they prefer. Bring your stories of forced non-medical switching and learn what is being done to stop this practice.

## Diabetes Tools and Apps - What's New, What Works, and What Do Patients Really Want?

**Presenter:** Adam Brown  
**Audience:** Parents and adults  
**Location:** Coronado K

What are some of the newest and most exciting diabetes devices and apps? diaTribe's Adam Brown will cover the latest in diabetes tech - pumps, CGM, automated insulin delivery, apps - and share tips for making the most out of technology, reducing frustration, and making devices sustainable. Come with your diabetes tech questions too!

## How Nutrition Influences Gut Permeability and Microbiome Composition Leading to Autoimmunity: The Type 1 Diabetes Paradigm

**Presenter:** Alessio Fasano, MD  
**Audience:** Parents and adults  
**Location:** Coronado L

Apart from genetic makeup and exposure to environmental triggers, three more elements have been recently identified being key players in the pathogenesis of a variety of chronic inflammatory diseases, including T1D. A third element is the inappropriate increase in intestinal permeability that regulates molecular trafficking between the intestinal lumen and the submucosa, leading to either tolerance or immunity to non-self antigens. This tolerance-immune response balance is influenced by the function of the immune system (both innate and adaptive immune response) as a fourth element involved in the pathogenesis of T1D. Finally, the composition of gut microbiome and its epigenetic influence on the host genomic expression has been identified as a fifth element in causing T1D. This new knowledge offers possible targets for innovative treatments and possible prevention of T1D.

10:00 - 10:45

Beverage Break Outside of Exhibit Hall  
Veracruz BC

10:45 - 12:00

Parent + Adult Sessions

## Avoiding and Overcoming Diabetes Burnout

**Presenter:** Korey Hood, PhD  
**Audience:** Parents and adults  
**Location:** Coronado H

The emotional side of diabetes is often overlooked, but it's so important because many people experience burnout. They are simply overwhelmed by the day-to-day demands of diabetes. Feeling overwhelmed makes it almost impossible to take good care of your diabetes. This session presents ways to prevent or overcome diabetes burnout and is applicable to all young adults with type 1 trying to make sense of it all.

## Safe at School Workshop

**Presenter:** Crystal Woodward  
**Audience:** Parents  
**Location:** Coronado AB

The Safe at School Workshop is a continuation of Safe at School 101. Here, Crystal Woodward will work with parents to identify specific issues and prepare documents to help their children succeed in school.

## Engineering a Biological Cure for T1D

**Presenter:** Timothy Kieffer, PhD  
**Audience:** Parents and adults  
**Location:** Coronado J

Cell based insulin replacement is a promising approach to treat diabetes and re-establish automatic insulin production. Dr. Kieffer will review the history and rationale behind islet cell transplant and the strategies being explored to develop an effective product, from pre-clinical laboratory research through to clinical testing in patients, as well as the remaining hurdles.

## Parenting with Type 1 Diabetes

**Presenters:** Sean Oser, MD, & Scott Johnson  
**Audience:** Adults with type 1 diabetes and their significant others  
**Location:** Coronado CD

Parenthood is the longest learning curve in the world (with diabetes as a close second, at times). Join this frank discussion about sharing snacks, explaining low blood sugars to your child, and dealing with diabetes from the perspective of parents who live with it.

**This session is for adults with type 1 diabetes and their significant others only. No parents or teens are permitted.**



## Reclaiming Sleepovers & Dealing with Diabetes Emergencies

**Presenters:** Grandparents Faculty

**Audience:** Grandparents

**Location:** Coronado EF

Sleepovers and get-aways — with friends, grandparents or other relatives — are often lost in the early days after diagnosis. But it's important to all concerned to reestablish those enjoyable old routines. Join this session to talk about strategies that can help you build the skills and confidence needed to get back in the game, recognize and overcome the very common fears of both parents and caregivers that are behind this problem, and make a plan to reclaim those special times.

## Meet the Sports Central Athletes

**Presenters:** Jimmy Dodson and the Sports Central athletes

**Audience:** Parents and adults

**Location:** Coronado PQR

Athletes from all over the US have come to FFL to meet our kids and share their stories. This is an opportunity for parents to meet these same athletes, ask questions about how they manage their diabetes and do some of the incredible things that they've accomplished!

## Your Legal Rights with T1D: Internships, Living Abroad, & Job Searching

**Presenter:** Leigh Fickling, MEd, MS, JD

**Audience:** Emerging adults

**Location:** Fiesta 7-8

Join us for an interactive discussion about seeking accommodations in far away places! Are you planning on studying abroad in the future? Will you be required to complete an internship as part of your academic program? How about completing volunteer hours in places of employment? This session will include tips for seeking accommodations and working with human resources departments and other agencies outside of your own educational institution.

## What You Should Know About DIY Closed Looping

**Presenter:** Dana Lewis

**Audience:** Parents and adults

**Location:** Yucatan 1-3

What does it mean to do-it-yourself (DIY) with a hybrid closed loop? What should you consider when evaluating closed loop "artificial pancreas" technology? Dana Lewis, one of the founders of the open source artificial pancreas system (OpenAPS) movement, will share the design behind OpenAPS, discuss what it's like to have worn a DIY closed loop for more than 30,000 hours, and provide tips for using either DIY or commercially available hybrid closed loop systems.

## Preventing and Managing Hypoglycemia

**Presenters:** Gary Scheiner, MS, CDE

**Audience:** Parents and adults

**Location:** Durango 1-2

Low blood sugar is the greatest limiting factor in intensive diabetes management. Not only are lows dangerous, they also detract for our daily quality of life. Given that hypoglycemia is not 100% avoidable, how much is really "too much"? This session focuses on strategies for minimizing the frequency and severity of hypoglycemia, as well as proper treatment for mild, moderate and severe forms.

12:00 - 1:00

Lunch Buffet  
Coronado HJK

1:00 - 2:00

Dedicated Exhibit Hall Hour  
Exhibit Hall Closes at 4:00  
Veracruz BC

2:00 - 3:15

Parent + Adult Sessions

## Family Teamwork Across Child and Adolescent Development

**Presenter:** Jill Weissberg-Benchell, PhD, CDE

**Audience:** Parents

**Location:** Coronado H

Every child with type 1 diabetes needs two strong teams: a family team and a diabetes health care team. Family and parent-youth teamwork around diabetes management is critical at every stage across child and adolescent development. Often, in order to 'keep the peace' and cope with anger in the family, unrealistic expectations for child or parent behavior with respect to diabetes management can develop. The goal of this session is to help parents understand the normal developmental tasks of parents and children and to learn strategies for maintaining appropriate involvement and support in diabetes management with strategies that minimize family conflict.

## JDRF Research Update

**Presenter:** Aaron Kowalski, PhD

**Audience:** Parents and adults

**Location:** Coronado J

JDRF's Aaron Kowalski, PhD, will provide an exciting research update on the incredible body of work funded by JDRF to improve care and find a cure for type 1 diabetes.

## Bright Spots and Landmines

**Presenter:** Adam Brown

**Audience:** Parents and adults

**Location:** Coronado K

Adam Brown's diabetes book, *Bright Spots & Landmines: The Diabetes Guide I Wish Someone Had Handed Me*, has reached over 50,000 people since publication last May ([diaTribe.org/BrightSpots](http://diaTribe.org/BrightSpots)). Come to hear interesting food, mindset, exercise, and sleep tips, along with Adam's Bright Spots & Landmines" approach to T1D. And if you've read the book already, come to share YOUR biggest Bright Spots & Landmines with the group!

## ATTD Update: Diabetes Technology

**Presenter:** Tadej Battelino, MD, PhD

**Audience:** Parents and adults

**Location:** Coronado L

Each year at the Advanced Technologies & Treatments for Diabetes (ATTD) conference, clinicians and researchers from around the world convene to learn about the latest in diabetes care technology. This year, Tadej Battelino, MD, PhD, one of the organizers of ATTD, will join us at Friends for Life Orlando to provide an update on the latest in technology and its impact on care, including time in range.



## The 10 Things I Get Asked Most in the Middle of the Night

**Presenter:** Jamie Wood, MD  
**Audience:** Parents and adults  
**Location:** Coronado AB

Why is it that problems caring for diabetes always seem to happen in the middle of the night? Join pediatric endocrinologist Jamie Wood for an educational and amusing look at things that go bump in the night when you live with type 1 diabetes.

## Diabetes Can Be Complicated

**Presenters:** Sean Oser, MD, Korey Hood, PhD, Kerri Sparling, & Scott Johnson  
**Audience:** Adults with type 1 and their significant others  
**Location:** Coronado CD

Diabetes complications aren't talked about because they are still associated with blame and shame. But diabetes-related complications need to be talked about, and dealt with, in order to remain as healthy as possible. Join Sean, Korey, Kerri, and Scott for a safe and open discussion about the fear and hope that comes with any additional diagnosis.

**This session is for adults with type 1 diabetes and their significant others only. No parents or teens are permitted.**

## Grandparents Wrap Up

**Presenters:** Grandparents Faculty  
**Audience:** Grandparents  
**Location:** Coronado EF

With the Grandparents Program nearly completed, here's your chance to bring up any remaining questions or concerns with the Grandparents Faculty and the other grandparents.

## Advanced Pumping

**Presenters:** Gary Scheiner, MS, CDE  
**Audience:** Parents and adults  
**Location:** Coronado PQR

There's a big difference between using an insulin pump and excelling with one. This session explores several key aspects of succeeding with insulin pump therapy: Fine-tuning basal and bolus insulin, making effective use of advanced pump features, and timely troubleshooting. The presenter has personally worn and trained patients on every make and model of insulin pump on the market since 1993 (28 in all)!

## Beyond the Numbers: Navigating the Nutrition Maze

**Presenters:** Susan Weiner, MS, RDN, CDE, CDN  
**Audience:** Emerging adults  
**Location:** Fiesta 7-8

Reading food labels while navigating the aisles of your local supermarket can be confusing and overwhelming! This session will help you successfully decipher food labels and health claims while cutting through the flashy and sometimes misleading marketing jargon. The "nutrition facts panel" provides an abundance of information in addition to "carbs" and fiber, yet some of the nutritional "facts" can be easily misinterpreted or ignored. We will explore the newly proposed food labels, untangle confusing product statements and separate fact from fiction. If you ever wanted to go food shopping with your own personal nutrition expert, this session is for you!

## Moms Discussion Group

**Facilitators:** Lauren Lanning & Leigh Fickling, MEd, MS, JD  
**Audience:** Moms  
**Location:** Yucatan 1-3

CWD moms have a lot on their minds and a lot to share by the end of the conference. Each year at Friends for Life, we hold the Moms Group, which breaks down into a number of topic-related or age-related discussions that are smaller in nature and easier to manage with so many participants. Please join us! Moms only, please.

## Dads Discussion Group

**Facilitators:** Tom Karlya and Scott Kyllö  
**Audience:** Dads  
**Location:** Durango 1-2

Back again by popular demand ... the Dad's Hour! Whether you're new to diabetes or have been at this a long time, there is always good information to be shared in a forum like this. Join your facilitators for some great interaction. Dads only, please.

3:15 - 4:00

Snack Break Outside of Exhibit Hall  
Veracruz BC

4:00 - 5:00

Parent + Adult Sessions

## Closing Keynote: Find Your Finish Line Vision

**Presenter:** Jay Hewitt  
**Audience:** Parents and adults  
**Location:** Coronado HJK

Living with diabetes is hard. It requires constant attention and impacts everything, and everybody in the family ... every day – eating, sleeping, activities, exercise and medication. It can be intimidating and dangerous, and make you want to give up. Jay Hewitt will take you on a journey of overcoming T1D to qualify and race on the US National Triathlon Team, balancing grueling physical training, work as an attorney and life as a husband and father. You will get tips on managing diabetes and motivation to reach your personal finish line. You will get there!

6:30 - 8:30

Young Adults Dinner — Durango 1-2  
Sponsored by Omnipod

7:30 - 9:30

Family Movie Night — Coronado H  
Sponsored by Dexcom

9:00 - 11:00

Dessert with the Faculty — Outside Veracruz  
Sponsored by Ascensia

8:00 - 12:00

Adults with Type 1 Evening Event — Fiesta 5-6  
Sponsored by Omnipod



# The Sports Central Staff



## Jimmy Dodson

Someone once asked Mike Singletary, former NFL Chicago Bears linebacker, what his favorite part of the game was. He answered, "The opportunity to play." Since his diagnosis in 1995, **Jimmy Dodson** has expanded his classic athletic background into various areas of endurance and adventures sports for both the physical and mental challenges, as well as to demonstrate that diabetes is merely a factor that can be managed. Whether it is ice climbing, racing mountain bikes, running the Goofy Challenge, or playing a pick-up game, there aren't many things he has not tried. Over the years, he has been actively involved with many diabetes groups, and has experiences as a guide, coach, and fitness instructor. Professionally, Jimmy is the Piedmont region biologist for NC State Parks & Recreation with duties as a certified wildlife biologist, registered forester, and wildland firefighter.

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## Liz Dodson

**Liz Dodson** loves running, lifting, sweating, and playing outside. Since becoming a part of the type 1 family nine years ago through her husband Jimmy, she has made exercise and activity a habit in her life, and is constantly inspired by her amazing diabetes family. She has completed a few half marathons, obstacle races, one triathlon, and charity cycling events. She is excited about actively working with all of the families at this year's Friends for Life conference.

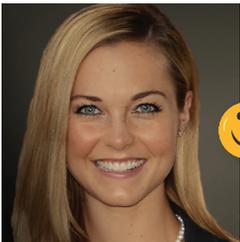
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## Garrett Cope, FF/EMT-Paramedic

**Garrett Cope, FF/EMT-Paramedic**, has been attending Friends for Life conferences since 2003 along with his younger sister, Hunter Cope, who has had type 1 diabetes for 15 years. Garrett is a Firefighter Paramedic with Flagler County Fire Rescue in Florida. He graduated from Miami Dade College, where he earned an A.S. degree in Emergency Medical Services. This will be Garrett's sixth year volunteering as Sports Central staff.

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## Courtney Duckworth

**Courtney Duckworth** is two-time Boston Marathoner, spokesperson for Abbott Global, and a professional cheerleader who has lived with type 1 diabetes for over 14 years. She is also the author of *The Marathon We Live: Training for a Personal Best in Life with Type 1 Diabetes*. Partial proceeds from the book support the Every Step Counts Scholarship Program she created to reward young adults for their efforts to live their healthiest lives with T1D. In August, she will attend the University of Virginia School of Medicine to continue her mission to give back to the medical community.

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## Zach Geren

**Zach Geren** graduated from the Marquette University Law School with his JD. He recently married Melissa Geren, who has been attending conferences since 2003. Zach attended his first Friends for Life® Orlando conference in 2014. He enjoys participating in many sports, working with children, and volunteering with many organizations.

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## Philip Hunsche

**Philip Hunsche** is the "little" brother of Kara Hunsche, 22, who has had type 1 diabetes since 2001. He is 19 and hasn't missed a conference since 2012. Philip is studying business management at Cincinnati State. He's excited to join the Sports Central staff at Friends for Life!

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## Betsy King, RN, BSN, MEd

**Betsy King, RN, BSN, MEd**, has over 30 years nursing experience since graduating from Villanova University. For the past 18 years of her career, she has worked as a certified school nurse for the Penn-Delco School District. She has additionally specialized in the areas of critical care nursing, working in the ER and Coronary Care Unit. Betsy is the Red Cross certified CPR/AED/First Aid trainer for the school district training faculty and support staff. She is an advocate for students with diabetes, and facilitates children through the school years as normal children who "happen to have diabetes." Her interest in healthy lifestyle and nutrition has always been important to her. Betsy is married to an athlete with type 1, Bill King; they have two children, Megan and Billy. They enjoy an active lifestyle of going to the gym and running together. Betsy attends many diabetes programs, camps, and conferences, focusing on diabetes technology, research, advanced pumping, and intensive management. You may remember Betsy from previous years attending Friends for Life Conferences, and she is thrilled to be back.

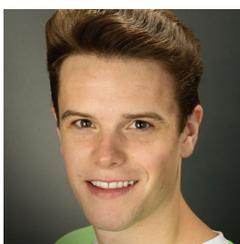
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## Bill King

**Bill King** grew up in a family of distance runners and became an elite marathon runner in his early twenties. He was diagnosed with type 1 in 1984 while training for his 4th marathon, working two jobs, attending college and dating. Bill continued competitive running, however concentrated on shorter distances. In 1988, he was entered the largest diabetes study ever conducted on type 1 diabetes, the Diabetes Control and Complications Trial (DCCT), and the results helped changed the protocol of diabetes intensive care for all people. Bill, like over 90% of the participants, is still being followed in the Epidemiology of Diabetes Interventions and Complications (EDIC). Bill began wearing an insulin pump in 1996 and as a result of better glucose management was able to train for and complete his 1st marathon with diabetes just a few months later. He ran fast enough to qualify for the Boston marathon, which he ran wearing a blood glucose meter on his wrist. He has gone on to complete 18 marathons since he began wearing an insulin pump and has been a coach and advocate for exercise with diabetes ever since. "Everyone has an athlete inside; don't let diabetes stand in your way!" Bill currently consults with several diabetes technology companies and is working as Director, Patient and Community Relations for Achieving Better Control, Inc., a diabetes self-management education company. This is Bill's 15th year at the Friends for Life Orlando conference.

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## Bill King

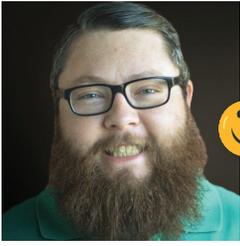
**Bill King** is a business student at Penn State who will receive his B.S. in Business Management and Marketing in the Fall. Bill has a passion for sports and is an avid basketball and tennis player. In his spare time, he enjoys traveling, being at the beach, attending social events, spending time with family and friends and staying fit and healthy. He is also learning to fly and is taking classes to become a private pilot. He has a passion for working with children with type 1 as he has been surrounded by it his entire life. Friends for Life is his family away from home, and he looks forward to another year in Sports Central!

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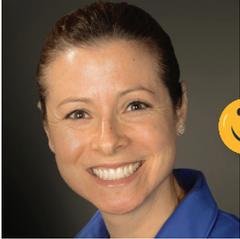
# The Sports Central Staff



## Rodney Miller

**Rodney Miller** has had type 1 diabetes for over 30 years. He competes in powerlifting and strongman, and uses strongman demonstrations as a way to portray type 1 diabetes in a positive light. He is the founder of Bolus and Barbells, a non-profit organization founded on bringing people with type 1 diabetes together while helping them to understand and implement resistance training into becoming healthier versions of themselves. So whether it's deadlifting cars, pulling fire trucks, or hosting Bolus and Barbells events, Rodney is spreading the message of strength both mental and physical to people with diabetes in the world.

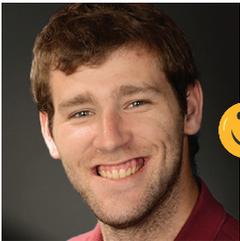
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## Jaime Molyneux

Philadelphia native **Jaime Molyneux** is celebrating eleven years of living healthy with type 1 diabetes. She was diagnosed at the age of 28, just two months after running the Boston Marathon. Post-diagnosis she has completed five more marathons and continues to live an active lifestyle. Jaime manages her diabetes using an insulin pump and continuous glucose monitor. She works at the University of Pennsylvania as the Director of International Risk Management. She is also a certified Zumba® instructor and has been teaching group fitness since 2009. Jaime is excited to return to Friends for Life Orlando after having a baby boy in the summer of 2017!

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## Jesse Nagel, BSN, RN

**Jesse Nagel, BSN, RN**, 26, was diagnosed with type 1 diabetes when he was 9 1/2 years old. He graduated from Nursing School at D'Youville College in Buffalo, and currently works in the neurology ICU at NYU Winthrop Hospital in Mineola, New York. He has traveled to Washington, DC, as an advocate with the JDRF Children's Congress and the ADA Call to Congress, and will continue meeting with his representatives until a cure is found. He has attended every FFL Orlando since 2003 as part of the elementary, tween, and teen groups. The last three years he has worked closely with the teen programming staff and cannot wait for FFL 2018 to start!

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## Shawn O'Dell

**Shawn O'Dell** is a Buffalo, NY native. His fiancé, CWD Dietitian Kristen Seiz, was diagnosed with type 1 diabetes at the age of 9. Shawn works as a mechanic at Erie County and owns Buffalo Bubble Soccer on the side. He's very active and loves football, kayaking, hunting and riding his motorcycle. He can't wait to be in Sports Central, running, jumping and having tons of fun with all the kids.

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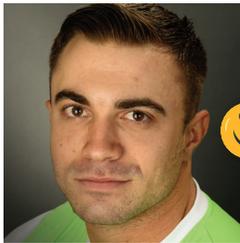


## Brianna Peach

**Brianna Peach** is 22 years old and is the big sister of Hannah Peach, 18, who has had type 1 diabetes since 2004. She has attended Friends for Life Orlando since 2005 and has never missed a conference. Brianna is a senior at Tennessee Tech University studying to become a physical therapist. She loves all of her friends here at FFL and has really made friends for life.

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## Chris Ruden

**Chris Ruden** is probably the only 7-fingered, type 1, record-holding powerlifter, speaker, and fitness consultant. Born with a disability, he struggled with limitations -- body image issues, bullying, and just being "different" than everyone else. When he faced extremely rough times, Chris learned that "limitations are self imposed," which empowered him to beat his disability, manage his diabetes, and inspire kids and adults around the world while teaching them how everyone is in control of their life. Chris has a degree in Exercise Science & Health Promotion and, in addition to speaking, runs an online fitness and nutrition consulting business, focusing on helping those with type 1 diabetes.

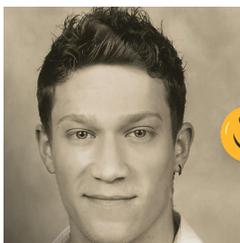
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## Harold Sanco, CPT

**Harold Sanco, CPT**, is a former National Aerobic Champion and two time bronze medalist at the National Step Challenge Competition. He has been voted Washington, DC's "Best Instructor" by *Washingtonian* magazine and *The Washington Post*. With more than 20 years of experience in youth physical education and coaching, he is an internationally acclaimed instructor and trainer who teaches across the United States, Canada and 15 countries for some of the top fitness conferences in the world. His popular "Urban Funk" class has been featured in *People*, *Allure*, and *W* magazines. He is AFAA certified and a Master Trainer for Lebert Training Systems. He is currently Director of Group Exercise at Sport & Health Club in Washington, DC.

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## Colt Scott

**Colt Scott**, age 23, competed last fall on the second season of the Netflix series *Ultimate Beastmaster*. Colt represented himself as the self-proclaimed "Diabadass" to show that despite his condition, he — and others just like him — are capable of greatness. Diagnosed with Type 1 Diabetes when he was only 18 months old, Colt understands the struggle of maintaining a healthy blood sugar day in and day out. He believes that this mentality of overcoming this obstacle gave him an edge when it came down to defeating "the Beast." His goal was to prove that even though the world may see you in a position of disadvantage, you have the power to turn that into an advantage.

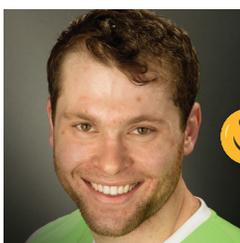
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## Trevor Tull

**Trevor Tull** was diagnosed at age 13, and his family quickly jumped with both feet right into Children with Diabetes and Friends for Life. Trevor has served on teen discussion panels, Sports Central, and the FFL Support Team. He races motocross, plays ice hockey, surfs, and snowboards. Previously a railroad worker, Trevor now works as a machinist/welder on submarines around the United States. He currently works in Seattle, but calls Virginia Beach 'home.' Trevor states, "I have never let diabetes make me someone different."

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## Ben Tzeel

**Ben Tzeel** is a certified strength and conditioning specialist who is currently pursuing a graduate degree at the University of North Carolina - Chapel Hill. His research entirely focuses on type 1 diabetes. He has been living with diabetes since 1999, and this will be his tenth Friends for Life Orlando conference. Committed to maintaining a healthy lifestyle, Ben can't wait to share his experiences managing athletics and diabetes with others!

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# Retinal Screening Staff



## Ben Szirth, PhD

**Ben Szirth, PhD**, is the Director of Applied Vision Research Laboratory at the New Jersey Medical School and the Program Director of the Ophthalmic Telemedicine Program, a community base outreach service addressing the homeless and low income families of New Jersey. His main research interest is in advanced imaging devices that can detect early signs of diabetes, glaucoma and age related macular degeneration. He holds three patents in the field of ophthalmology and has published over 50 peer review papers in the area of ocular imaging in English, Japanese, Spanish and French. Dr. Szirth has lectured in over 25 Countries in Hungarian (native language), English, French, Italian and Japanese.

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## Hunter Cope

A FFL attendee since 2003, **Hunter Cope** grew up through the CWD elementary, tween, and teen groups with her service dog, Diva, by her side. Hunter, who was diagnosed with type 1 fifteen years ago, has volunteered at each Friends for Life Orlando conference along with her family. She recently obtained her Emergency Medical Technician certificate and Registered Nurse degree from Santa Fe College. She looks forward to being part of the staff again this year.

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## Chris Delaney, BSN, RN

**Chris Delaney, BSN, RN**, attended her first Friends for Life Conference after her daughter Molly was diagnosed with diabetes in March 2005 at the age of six. She has been a pediatric emergency department nurse for 14+ years and loves working with kids. She is also mom to Andrew, Elizabeth and Benjamin who have grown up with CWD. Chris is excited to begin working with the retinal screening team this year!

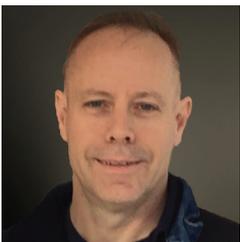
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## Kimball Dunlap, BSN, RN, CSN

**Kimball Dunlap, BSN, RN, CSN**, is the mother of four adult children; two have lived with type 1 diabetes for more than a twelve years each. She was inspired to pursue a mid-life career change and earned a Nursing degree following the families' first time attending Friends for Life. Kimball's interest in children's health lead her to earn her school nursing certification. When she is not working as school nurse in suburban Philadelphia she is an avid fan of Disney Parks.

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## Rob Freund, RN, EMT-P

**Rob Freund, RN, EMT-P**, is a career EMS lieutenant/paramedic for the Baltimore County Fire Department. He has also been in the field of emergency medical care for almost 20 years as an ER nurse. He attended his first Friends for Life Orlando conference in 2012 and was greatly impressed with the educational programs offered.

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## Belinda Peach

**Belinda Peach** is mom to Hannah (18) and Brianna (22). Hannah was diagnosed with type 1 diabetes in August 2004 at the age of four, and they attended their first Friends for Life conference in 2005. During the lunch break on the first day of the conference, Hannah, then five, asked "when am I getting my pump?" It was great timing! Hannah started pumping that fall, just a couple weeks after starting kindergarten. Belinda knew after that first conference, given all the friends they'd made and all that they'd learned, that their family would be at every FFL conference. Belinda and her family live in Nashville, Tennessee. Belinda is an Oracle database administrator for the Hospital Corporation of America (HCA).

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## Brandy Schmidt

**Brandy Schmidt** is a mother of two, Brandon, dx'd 1997, and Rhiannon, dx'd 2009. When Brandon was diagnosed, Brandy came home from the hospital and found the CWD page and chat room on the first search. Brandy has been addicted to CWD from the very beginning. She has been an advocate for all military families dealing with diabetes and other special needs. Brandy is currently enrolled in college hoping to eventually make it through nursing school. Brandy lives in Coastal North Carolina with her husband, Jeffrey after he retired from the Marine Corps. They currently have four dogs.

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## Jim Stroud, CRNA, MSNA

**Jim Stroud, CRNA, MSNA**, is first and foremost a servant of his wife, Joanne. He is also Dad to Ben, diagnosed at age 10 in 1998. Jim was thrilled to coach the CWD Western Hemisphere Soccer Team on its tour of Italy in 2004. When not doing whatever Joanne, Jeff, Laura, and everyone else listed above tell him to do, Jim gives anesthesia and is an adjunct professor of Nurse Anesthesia in San Diego, California.

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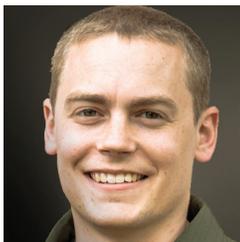
# The Nightscout Faculty



## Christine Deltrap

**Christine Deltrap** is a Software Programmer and D-Mom to the most amazing 8 year old son, who happens to have Type 1 Diabetes since the age of one. Software programmer by trade and using those skills to help families and loved ones around the world with T1D. Also a member of the diabetes board at the local children's hospital, helping newly diagnosed children and families transition to the new reality of a world with Type One Diabetes. Finally, works full time in the telecommunications industry, and this experience is being leveraged through technology and networking into further helping this community.

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## Andrew Ditmer

**Andrew Ditmer** is a Senior App Innovation Global Black Belt at Microsoft and has been an active contributor to the Nightscout Community for the past two years. He has helped build a partnership between Microsoft and the Nightscout Foundation by getting the Foundation free credits for cloud computing resources. Most importantly, Andrew is a father of three: Lydia, Adam, and Ali. Lydia, seven years old, was diagnosed at age three and has been Looping for the past 18 months.

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## Help and Hugs for Families

We know that hearing “you have type 1 diabetes” is tough for everyone in the family. We at the American Diabetes Association® are here to support you, as you find your new normal.

We'd like to send you courage, wisdom, and hope from parents and kids who live with type 1 diabetes and from experts in treating type 1 diabetes. This special kit contains essential information and a few hugs for children newly diagnosed with type 1 diabetes, their siblings, and parents or guardians.

Families can order the **FREE KIT** by calling **1-800-DIABETES (800-342-2383)** or visiting [diabetes.org/newlyT1D](http://diabetes.org/newlyT1D).



**American  
Diabetes  
Association®**

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a contribution from Lilly.



## Jeff Hitchcock

**Jeff Hitchcock** is the Founder, President, editor, and webmaster of Children with Diabetes®. After earning a degree in computational mathematics in 1981, Jeff worked in high tech and traveled the world, meeting Brenda, who would become his wife, in Africa. He worked in defense related industries until 1995, when he started a small Internet company and launched Children with Diabetes®. He subsequently worked at LEXIS-NEXIS and Pearson plc on Internet initiatives, and now works full time bringing Children with Diabetes® to you.

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## Laura Billetdeaux

A finicky connoisseur of hotel meeting space, cappuccino, and kid-friendly cheese and fruit platters, **Laura Billetdeaux** is CWD's VP of Education and Programs. Since 2000, Laura has organized every single Friends for Life® conference, always keeping in mind the true purpose of Children with Diabetes® — education and support of families with type 1, and always keeping in mind why it all works – the efforts of so many dedicated individuals. Laura lives in Manchester, Michigan with her husband Neal. They are parents of Sam and Carolyn who both serve as youth faculty at Friends for Life® conferences as time allows.

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## Noor Alramahi

**Noor Alramahi** was diagnosed with type 1 diabetes at the age of six and is the proud mother of three-year-old old twin boys, Rakan and Kareem. She served as a volunteer at her local hospital in the United Arab Emirates, helping newly diagnosed children and their families. Since moving to the San Francisco Bay area in 2012, she has volunteered with the American Diabetes Association in San Jose and works with an organization called Carb DM, that provides support and education for people and families living with type 1 diabetes. She is also part of a local Bay Area type 1 diabetes group called Sugar Mommas that offers support for women in the family planning, pregnancy and motherhood phases. Noor has attended Friends for Life Orlando® for ten years and counting!

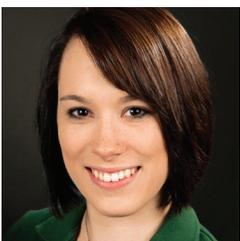
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## Carolyn Billetdeaux, MBA

**Carolyn Billetdeaux, MBA**, has worn almost every 'hat' in her 18 years with CWD – from youth attendee to volunteer to staff to Tween & Siblings program leader – and played a key role in developing the Siblings youth programming track. She most recently took a year off to pursue her MBA at IE Business School in Madrid, Spain, where she focused on strategy and entrepreneurship while mastering her Spanish. Carolyn is extremely excited to be back with her CWD family this year. She looks forward to putting her new skills to use in acting as a mentor for new program leaders and working behind the scenes to help CWD continue to grow and thrive for the next generation.

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## Chelsea Carr

**Chelsea Carr** has grown up around diabetes; her brother Jeremy was diagnosed in 2000. She attended her first Friends for Life conference with her family in 2003 and has been to many CWD regional and annual conferences since that time. It was through the FFL conferences that she first met her husband, Martyn. Chelsea now lives in Glasgow and recently completed her masters degree in history at the University of Edinburgh. She loves working with kids and has worked as a dance and acrobatics teacher for young children. She is also an aerialist and spends all of her free time hanging from the rafters on a trapeze!

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## Cynthia M. Deitle,

**Cynthia M. Deitle, JD**, is the Programs and Operations Director for the Matthew Shepard Foundation, a non-profit organization striving to replace hate with understanding, compassion, and acceptance, and empowering individuals to embrace human dignity and diversity through outreach and advocacy. Prior to her joining the Foundation, she served as a Special Agent with the Federal Bureau of Investigation from 1995 - 2017. During her career with the FBI, she focused her efforts on investigating violations of federal civil rights statutes including police brutality and misconduct, hate crimes, human trafficking, and abortion extremism. Deitle earned her Bachelor of Arts degree from The Ohio State University, her Juris Doctor degree from New England Law Boston, and a Master of Laws degree from both the George Washington University National Law Center and the New York University School of Law. She is a licensed attorney in Tennessee, Florida, Massachusetts and the District of Columbia and is an Adjunct Professor at Roane State Community College in Harriman, TN. Deitle was featured in a February 2011 episode of *60 Minutes* dealing with an unsolved Civil Rights Cold Case investigation in Mississippi, and she appeared in the first season of Investigation Discovery's series, *The Injustice Files* in 2011. After her two year old son was diagnosed with type 1 diabetes in 2013, Deitle and her wife joined the Juvenile Diabetes Research Foundation, and attended their first Children With Diabetes Friends for Life (FFL) conference in Orlando. Deitle and her wife, Kristina L. Norris, joined the staff of FFL in 2016 and Deitle joined the FFL faculty in 2017 to address the legal needs of young adults with Type 1 diabetes. She currently serves as the President of the East Tennessee Chapter of the JDRF. Deitle and her family live in Knoxville, Tennessee.



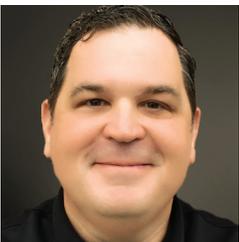
## Nabil Elarbi

**Nabil Elarbi**, father of four wonderful children, resides in King of Prussia, PA. He became involved with diabetes in December 2003, when his daughter Maryam was diagnosed with diabetes at age 10. He spent his first night at the hospital searching the internet for information on his laptop and stumbled onto the CWD website. It was then that he decided that his family was going to attend the 2004 Friends for Life conference in California. The entire family has been hooked ever since and look forward to it as the highlight of their year. Nabil has always had a special touch working with youth and young adults. He enjoys reading, traveling, and promoting health education in under-served communities. Nabil owns a small Healthcare IT consulting firm.



## Paula Fairchild

**Paula Fairchild** is a government agency criminal investigator and criminal justice instructor by profession, but her passion is diabetes advocacy and education. She attended her first FFL conference in 2006 after her daughter Emilee's 2004 T1D diagnosis, and quickly knew FFL is where they need to be each and every summer. Paula's sister and both uncles were diagnosed prior to Emilee's diagnosis, and FFL has provided them with invaluable education, resources, and friendships over the years. Paula is a volunteer regional Advocacy leader for JDRF, and mentors newly diagnosed families. She enjoys spending time with her daughter Emilee and family, and their chocolate lab/lap dog. Her favorite place to be (aside from FFL!) is the beach, and she enjoys running and exercising. She participates in the annual JDRF Ride to Cure 100 mile cycling events, helping to raise research funding and awareness for T1D.



## Jimmy Fickling

**Jimmy Fickling**, also affectionately known as Jimbo, is the dad to rambunctious twins, Ava and Davis. Ava was diagnosed with type 1 diabetes when she was three years old. When he's not serving juice boxes or replacing insulin pump batteries, Jimmy enjoys playing golf and coaching Davis's baseball team. Jimmy served for 20 years as a Deputy Sheriff in Charleston, South Carolina in the Special Operations Unit before moving with his wife, Leigh, to Durham, North Carolina in 2010. Jimmy is currently a Criminal Investigator with the Duke University Police Department where he specializes in threat assessment, threat management, and pharmaceutical drug diversion.



## Ashley Head

**Ashley Head** is husband to Shayne and dad to Jake (28) and Phoebe (22, Dx T1D 2001). He is Director of an International Event Logistics company, owns Lewes FC and organises an off-road marathon - The Moyleman - in Lewes, East Sussex. He has volunteered at Friends For Life in the USA since 2009 and was part of the team to help CWD set up the first FFL UK at Beaumont House. Ash takes care of the Sponsor/ Exhibit space at the conferences and works on the move-in and move-out crew. Ash is also a trustee of T1 Today UK.





## Brenda Hitchcock

**Brenda Hitchcock** is mom to Marissa (dx'd at 24 months), Kathryn, and Tim. She's worked side by side with her husband Jeff on Children with Diabetes® since it began in 1995. Brenda brings a mom's perspective to diabetes care, is editor of the "Ask the Diabetes Team" section of the Children with Diabetes® website, helps to manage the Children with Diabetes® Forums, and helps out in countless ways at Friends for Life® conferences.

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## David Jarcho

**David Jarcho** has been a CWD Dad since 2011. His son was diagnosed at age 12 in 2010. Like most dads, David attended his first Friends for Life Orlando conference to support his son and family and learn all he could about type 1 diabetes. The experience was life-changing and he has volunteered at Friends for Life ever since. You can find David at the First Timers area (near Registration), welcoming new families to the Friends for Life community.

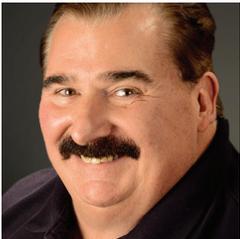
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## Marie Jarcho

**Marie Jarcho** is mom of Max, (dx'd 2010) who is a sophomore in college, and wife to David. They live in Ridgefield, Connecticut. At their first Friends for Life conference they saw how impactful all the support would be to living well with Type 1, and the family has been helping out there ever since. Marie works for a home building company in Connecticut, and volunteers for the FFL First Timers/Buddy Program and the conference Registration desk, as well as the Diabetes Research Institute Foundation.

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## Tom Karlya

**Tom Karlya**, Vice President of the Diabetes Research Institute Foundation, is known throughout the diabetes community as Diabetes Dad. He's the creator/author of [www.diabetesdad.org](http://www.diabetesdad.org), a daily syndicated column. His daughter, Kaitlyn, was diagnosed at age 2 in 1992. In 2009, his son Rob was also diagnosed, at age 13. Tom has been introduced to the NY State Capitol, testified in Washington, D.C., and has lectured globally about being a DiabetesDad. With Kim May, a dMom from Texas, he created the website and FB page; [www.GetDiabetesRight.org](http://www.GetDiabetesRight.org), a grassroots effort spreading awareness about the detection/understanding of t1 diabetes. He received numerous commendations for his work in the Diabetes Community from Hurricane Katrina to advocacy initiatives. Tom was awarded *The Jeff Hitchcock Distinguished Service Award* from CWD in 2008; among many other awards from groups and organizations. For 12 years, as an actor, he starred in the New York Production of Tony 'N Tina's Wedding and also at The Kennedy Center, Washington, D.C., in Summer of the 17th Doll. His film, *lbs.*, was at the Sundance Film Festival, and he appeared in *Unsolved Mysteries*, *Spin City*, *The Cosby Show*, *NYPD Blue*, *Law and Order*, *America's Most Wanted*, *Entertainment Tonight*, *Access Hollywood*, and numerous commercials. He won 13 Telly Awards, a FREDDIE Award, and was nominated for an Emmy Award while Executive Producer of *dLife* on CNBC. His mantra; just "Don't do Nothing", is well known throughout the diabetes community. Tom will tell you that above everything else, he's just a CWD Dad.

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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."

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## 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!

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## Lauren Lanning

**Lauren Lanning** is mom of Monica, 24, dx 8/96 and Sarah, 22. Lauren became involved with CWD shortly after her daughter was diagnosed in 1996. She has been involved in the conferences since the very first gathering in Orlando in 2000, where she volunteered to make name badges. Since then, she ran Registration and then the Elementary program. This year Lauren is excited to continue with the Mom's Meet Ups track in Orlando.

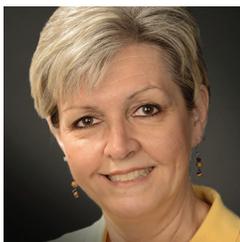
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## Hannah Mattingly

**Hannah Mattingly** is 22 and the older sister to Ethan Mattingly, who was diagnosed with type 1 diabetes in 1998. Hannah and her family have been to all 18 Friends for Life Orlando conferences, and many of the regional conferences. Hannah started in childcare at four years old and has moved through all the youth programs. She will be in her fourth year at Spalding University in Louisville Kentucky majoring in Health Science & Health Care Management. Hannah is so excited to help in registration this year and reconnect with all her Friends for Life.

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## Julia Mattingly

**Julia Mattingly** is mom to 22 year old Hannah and 20 year old Ethan, who was diagnosed with type 1 diabetes at age 10 months and started pumping when he was three. Julia has been to every Friends for Life® conference and most of the regionals as well. Julia coordinates registration at each conference, and you can always find her when you need a smile and a "Hi Y'All!" Julia loves coordinating registration and being able to meet and talk to everyone who walks in the door. Her best Friends for Life® memory is from 2000 when she met all of her CWD email moms in Orlando for the first time. She also loves to see the smiles on her children's faces when they re-connect with their CWD friends each summer.

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## Carolyn Meredith

**Carolyn Meredith** is mom to Chelsea, Jeremy, and Bailey and wife to Rich. Jeremy was diagnosed with diabetes in May 2000 at the age of six. He started on an insulin pump in October 2002. Carolyn and her family attended their first Friends for Life conference in 2003 and have been involved with CWD ever since. They have also attended several regional conferences. When not running mom's taxi service, Carolyn works in the office at an elementary school in St. Petersburg, Florida. She enjoys meeting and sharing with other CWD families.

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## Rich Meredith

**Rich Meredith** is dad to Jeremy (dx'd 2000), Bailey, and Chelsea. He has been involved in CWD since the family attended their first conference in 2003. His day job is working in IT but on the side he makes "big bowls," hand thrown pottery pieces which have been found at diabetes and community art related fund raising auctions. Rich can often be found snapping photos at the conferences and now helps coordinate load in, load out, and the Exhibit Hall volunteer staff.

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## 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 will volunteer 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.

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## Betty Parker

**Betty Parker**, a CWD grandma who lives in Manning, South Carolina, has been coming to Friends for Life conferences since 2004. She has four grandchildren, including Joshua who was diagnosed with type 1 diabetes in October 2003. Betty has also attended three regional conferences in Marco Island and the Quilt for Life display in Washington D.C. Betty enjoys spending time with her children and grandchildren, playing tennis, exercising, reading and traveling. She is very happy to volunteer with the registration staff this year.

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## Chris Pawlowski

**Chris Pawlowski** is Mom to Melissa, Sarah, Kayla, and Matthew, wife to Dave and lives in Wisconsin. Melissa and Matthew both have type 1 diabetes. Melissa was diagnosed at age four and Matthew at age two. Chris enjoys figure skating and is the director of the Manitowoc County Figure Skating Club. The family started attending Friends for Life conferences in 2003 and have been to every one since. Chris has learned a lot from the conferences and now enjoys working with the Exhibit Hall Staff. She is looking forward to seeing everyone this summer in Orlando!

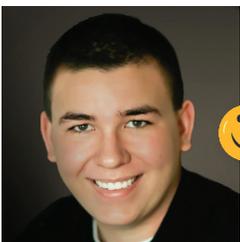
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## Dave Pawlowski

**Dave Pawlowski** is married to Chris and Dad to Melissa, Sarah, Kayla, and Matthew who are all members of the CWD FFL Staff. Dave and his family first attended Friends for Life in 2003 and have been every year since, both as attendees and volunteers. When not working as an attorney in Manitowoc, Wisconsin or spending time at home with family, Dave is an avid fan of the Green Bay Packers and Milwaukee Brewers.

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## Matthew Pawlowski

**Matthew Pawlowski** was diagnosed with type 1 diabetes in 2002. He will attend the University of Wisconsin – Green Bay, majoring in Accounting and Supply Chain Management. Matthew has been coming to Friends for Life since 2003 and is proud that he has gone through the entire FFL education program. He has three sisters: Melissa (dx'd 2/95), Sarah, and Kayla, who are all on FFL staff. He is excited to join the exhibit hall staff in Orlando!

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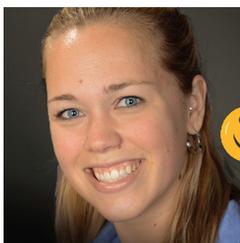




## Deb Ruppert

**Deb Ruppert** looks forward to meeting and being inspired by FFL attendees at each conference. Her dad has had diabetes for nearly three decades and she enjoys being a part of his support team, sharing her FFL learnings with him. Outside of Children with Diabetes, she is a strategic marketing consultant for health and wellness companies and enjoys cooking, college basketball and football, and her four-legged fur baby.

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## 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 CWD 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!

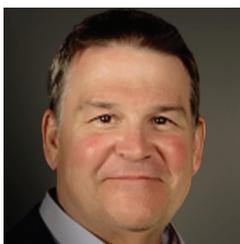
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## Kylee Smith

**Kylee Smith**, age 20, is the sister to Joshua Smith, age 18, who was diagnosed with type 1 at the age of three in 2003. From the day Josh was diagnosed, Kylee has always been actively involved with Joshua's diabetes care. During the one and only seizure Josh had, Kylee played a huge part in making sure mom and dad had his Glucagon and getting the EMTs to the house. Kylee participated as a sibling at the CWD conferences from 2004-2013 and made lifelong friends. She has missed the past few conferences to pursue her dream of obtaining a scholarship to play softball in college, which she successfully accomplished. She is a sophomore at the University of North Georgia studying International Affairs with a minor in French. Kylee is very excited to finally be back at FFL. She looks forward to putting on her orange bracelet, reconnecting with her friends and making many more friends for life.

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## Randy Smith

**Randy Smith** has been involved with Children with Diabetes since 2004, following the diagnosis of his son Josh, in October of 2003. Randy, his daughter Kylee, and Josh's mother all volunteer as Staff at Friends for Life, along with Josh's grandmother, Betty Parker. Randy has participated in events and conferences in California, Washington, DC, and Orlando, with the primary intent of being a better caregiver and dad. CWD is at the heart of medical support as well as the much needed human support side of this equation. We look forward to continued improvement and therapies until such time as diabetes has been resolved and our children can live a diabetes free life. Until that time, we will be ever diligent with support to the medical community and CWD.

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## Tracey Smith

**Tracey Smith** is mom to Kylee and Joshua, and they live in Suwanee, Georgia. Joshua was diagnosed with type 1 diabetes in October 2003 at the age of three. With all of the overwhelming information given to her as a newly diagnosed mom, Tracey found comfort in the Children with Diabetes website. In 2004, the entire Smith family including Mimi, Betty Parker, attended their first Friends For Life conference in Los Angeles, California. That was all it took to realize that this is where her family needed to be every summer to make life a little easier on everyone. Tracey has since volunteered at every Friends for Life conference. Tracey has gone back to work as the Controller of Haven Design Works, an interior design firm, in Suwanee, Georgia. Her favorite time of the year is the Children With Diabetes conference where she reconnects with friends and greets everybody as they check in at the Registration Desk.

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## Joanne Stroud, MHA, FACHE

**Joanne Stroud, MHA, FACHE**, is first and foremost a CWD Mom. Her son Ben was diagnosed in 1998 at the age of 10 and Children with Diabetes® quickly became their lifeline. She attended her first Friends for Life® conference in 2003 and instantly became hooked, telling Laura she'd do anything (within reason of course!) she could to assist Children with Diabetes®. Both Ben and his brother James are now 'giving back' as Friends for Life® staff. When not hanging with her FFLs, Joanne is a Training Specialist for Kinnser Software. She and Jim, a CRNA, have one other son, Kyle who lives in Portland, with his wife Sarah.

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## David Sutherland

**David Sutherland** is husband to Gwen and dad to Jamie (32), Gemma (30), Sarah (28) and Rebekah (22, Dx T1D in 1998) and now doting Grandpa to Aaden (born in May 2016). David attended his first CWD Conference in 2010 and is on the CWD Staff not only in the UK but also in Orlando, which he finds very rewarding. He is a criminal defence lawyer in Aberdeen, running his own business, and when not in court enjoys working out in the gym, cycling, trying to play golf, and watching sport.

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## Gwen Sutherland

**Gwen Sutherland** is a volunteer on both sides of the Pond having attended her first UK Friends of Life Conference in 2010 after being encouraged to attend when daughter Rebekah (Dx T1D 1998 aged 3) was receiving her pump training. In 2013, Gwen and Bex attended their first Orlando Conference and she has been on the registration team ever since. Gwen is an avid supporter of JDRF, organising several fundraising events along with Bex, and was a member of the Scottish Ball Committee, helping to raise over £1 million during this time. Gwen lives in Aberdeen, with husband David; they have four children – Jamie, Gemma, Sarah and Rebekah and are now doting grandparents to Aaden, who was born in May 2016. Gwen is also a trustee and Chairperson of T1 Today UK.

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## 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.

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## Martin Yaravitz

**Martin Yaravitz** lives in Rochester, NY. He is father to Hannah, who was diagnosed in 2015 at the age of seven. As luck should have it, the family discovered Children with Diabetes that year and attended their first Friends for Life conference that summer. The experience at Friends for Life was almost as life changing as the diagnosis itself. Martin owns and operates an IT consulting company in the upstate NY area. He and his family are large champions of Friends for Life and encourage any T1D family to check it out and get involved in some way.

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type 1 diabetes (T1D) and its complications.

We know that living with T1D can feel like a constant balancing act—involving a lot of stress and sleepless nights. That’s why JDRF continues to drive scientific progress to deliver new treatments to take the worry out of dealing with this disease. We want to keep everyone with T1D healthier, longer—until a cure is found.

With your support, we can help ensure that no one else ever has to deal with the many everyday pressures of living with this disease.

**Get involved with JDRF at [jdrf.org/get-involved](https://jdrf.org/get-involved).**



## 2018 Fellow Mentors



Lindsay Anderson, **MA**

**Lindsay Anderson, MA**, is currently a pediatric psychology intern at the Children's Hospital of Philadelphia and will be starting her clinical psychology fellowship at Ann & Robert H. Lurie Children's Hospital of Chicago in July 2017 with a focus in diabetes. She is completing her PhD at Duke University, where she has studied interventions to promote adherence, cognitive functioning, and quality of life among youth and adolescents with chronic illness. Lindsay is particularly interested in the family and individual factors that promote adaptive functioning and the ways in which we can use innovative technology to help further support adherence, illness self-management, and overall quality of life. Lindsay is thrilled to be joining the Friends for Life® conference this year in Orlando to participate as a fellow.



Melanie Batchelor, **MHS, RD, LDN, CDE**

**Melanie Batchelor, MHS, RD, LDN, CDE**, currently works with a mid-sized school system in Western North Carolina where she is the Nutrition Supervisor and works with students and staff to manage diabetes. Over her career, Melanie has made many contributions to her field. She volunteers for AADE, is a member of the American Diabetes Association, sits on the North Carolina Diabetes Advisory Committee Workgroup, and works with several insulin pump companies. Melanie really enjoys educating people with diabetes and their families. She is excited for this amazing opportunity to learn more from the families at Children with Diabetes Friends for Life Orlando conference.



Giovanna Beauchamp, **MD**

**Giovanna Beauchamp, MD**, is a pediatric endocrinologist practicing at the University of Alabama in Birmingham (UAB) since the fall of 2017. Diagnosed at age eight, Dr. Gio has been living with type 1 diabetes for more than 20 years and it has fueled her desire to work with children, adolescents, and young adults with type 1 diabetes. Gio was born and raised in San Juan, Puerto Rico. She received a B.S. in Social Sciences from Boston College, attended medical school at the University of Puerto Rico School Of Medicine, and did her residency at Jackson Memorial Hospital in Miami. She completed fellowship training in pediatric endocrinology at the University of Florida in the summer of 2017. Her publications include "Can we prevent type 1 diabetes?", a review paper on the current and past studies about type 1 diabetes prevention and a paper, published in Diabetes Care, on her research regarding the screening guidelines for diabetic retinopathy. She also participated in a tele-mentoring project for young adults with T1D. She lists diabetes camp as one of her favorite things and moving forward, she'll be exploring the transition of diabetes from pediatric to adult care. She joined the FFL Family in 2016, returned in 2017, and is thrilled to come back as a mentor this year!



Laura Jacobsen, **MD**

**Laura Jacobsen, MD**, is a third year pediatric endocrinology fellow at the University of Florida. Laura is a native Floridian and completed her undergraduate degrees and medical school at the University of Florida before going to the University of North Carolina in Chapel Hill for pediatric residency. She is planning a career as a physician scientist—taking care of pediatric endocrine and diabetes patients and doing type 1 diabetes research. Laura's research interests include intervention and prevention clinical trials in type 1 diabetes in addition to translational research and technology trials such as the artificial pancreas. She also works with the Network for Pancreatic Organ Donors with Diabetes (nPOD) at the University of Florida searching to understand better what causes type 1 diabetes. Laura has been involved with many amazing organizations and research consortiums related to type 1 diabetes including TrialNet, TEDDY, and the T1D Exchange. In her time as a fellow she has published three first-author manuscripts and six overall in the field of type 1 diabetes and she is also currently studying a retinal camera to improve screening for diabetic retinopathy. She is a member of the American Diabetes Association and the International Society for Pediatric and Adolescent Diabetes and has enjoyed volunteering at the Florida Diabetes Camps.

### About the CWD Fellows Program

The CWD Fellows Program at Friends for Life® Orlando gives health care professionals who are beginning their careers an opportunity to see what type 1 diabetes is really like by spending a week with Friends for Life® families. By exposing our Fellows to every aspect of life with type 1, from morning highs and lows to exercise-induced hypos to the emotional impact of a blood glucose reading that doesn't match expectations, we hope to help them bring greater understanding and compassion to the families who they will serve in their career. Our deepest thanks to Dexcom, Insulet, Lilly Diabetes, Novo Nordisk, Sanofi, and Senseonics for their inspired support for this transformational program.



**Jagjit Padda, MD**

**Jagjit Padda, MD**, was born in Victoria, B.C., and raised in Vancouver. She trained in Internal Medicine and Endocrinology and Metabolism. During her training, she has been to various institutions across the US and was involved heavily in research leading to many publications in the areas of endocrine disorders. Jagjit is currently providing care for patients with emphasis in areas of diabetes, thyroid conditions, bone health, lipids and obesity, women's and men's reproductive health, as well as pituitary and adrenal disorders in Canada. She is looking forward to meeting with the growing Friends for Life family. She also hopes to help other future health care providers obtain unique insight into life with diabetes. Jagjit hopes to translate her experiences at Friends for Life to her practice in Canada.

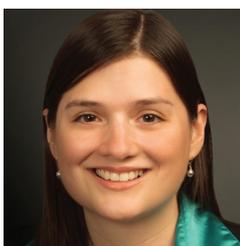
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**Anthony Vesco, PhD**

**Anthony Vesco, PhD**, is currently a clinical psychology fellow at Ann & Robert H. Lurie Children's Hospital of Chicago. He received his PhD from The Ohio State University in 2016. Anthony has specific interests in mood disorders in children and adolescents with type 1 diabetes and is particularly interested in research and clinical programs that emphasize family-based models of treatment. Anthony enjoys working with families in building their support networks for diabetes and in helping families to communicate more openly and effectively about diabetes as a means of lessening the likelihood of argument and conflict regarding diabetes. Anthony is excited to be participating in the Friends for Life Orlando conference this year as a fellows' mentor.

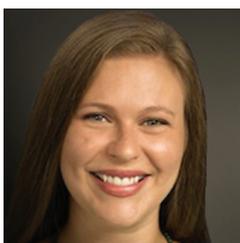
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## 2018 Fellows

**Monica Bianco, MD**

**Monica Bianco, MD**, is a second year pediatric endocrinology fellow at Lurie Children's Hospital of Chicago. She received her B.A. from Princeton University and her M.D from Loyola Stritch School of Medicine. Her interest in endocrinology started when she was taking care of patients with type 1 diabetes as a medical student. In residency, she presented her research on the effects of vitamin D levels on insulin requirement in patients with type 1 diabetes and continuous glucose monitors at PAS/PES in San Diego and ESPE in Barcelona. Now as a pediatric endocrinology fellow she had the opportunity to attend a type 1 diabetes symposium in Dallas sponsored by Endocrine Fellows Foundation. Her quality improvement project will focus on the treatment of complications associated with diabetes. And she has been fortunate to participate in the Illinois diabetes camps. She hopes to focus on pediatric diabetes post-fellowship.

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**Brittany Bruggeman, MD**

**Brittany Bruggeman, MD**, is a first year pediatric endocrinology fellow at the University of Florida. She is a native Floridian and completed her undergraduate, medical school, residency, and now fellowship at UF- Go Gators! She has been involved in Type 1 Diabetes research for the past nine years and now continues in this exciting field as a fellow. Her experience in T1D research has ranged from animal models all the way to the clinic. In undergraduate, she studied the development of a bioartificial pancreatic construct in animal models. In medical school she performed clinical research comparing three fast-acting insulins at mealtime. In residency, she participated in a mentorship project pairing type 1 diabetic college mentors with teenage mentees and is currently studying the prevalence of retinopathy in children with T1D using a retinal camera. She has been a camp counselor at the Florida Diabetes Camp since 2012 and loves working with this population of amazing kids. She is very excited to participate in the Friends for Life Fellows Program for the first time this year.

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**Nicole Coles, MD, FRCPC**

**Nicole Coles, MD, FRCPC**, is a third year Paediatric Endocrine Fellow at the Hospital for Sick Children in Toronto, Canada. She is also currently completing a Master's degree researching the impact of maternal gestational diabetes on insulin resistance in their offspring. She has an interest in quality improvement initiatives and development of patient education materials for children and families with type 1 diabetes. Nicole grew up in Toronto and completed her Bachelor of Science degree at McGill University. She finished medical school at the University of Toronto and her pediatric residency at the Hospital for Sick Children in Toronto, Canada. She will finish her fellowship and transition to independent practice in July 2018. This is her first year participating in the Friends for Life Fellowship program and is excited about the opportunity.

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Denotes CWD Fellow with diabetes



## 2018 Fellows



Kathryn Gibbons, MD

**Kathryn Gibbons, MD**, is a second year pediatric endocrine fellow at Yale in New Haven, CT. She has been lucky enough to participate in several clinical research studies involving novel approaches to type 1 diabetes, including inhaled insulins and multiple different artificial pancreas studies, and to train with Dr. William Tamborlane, the "Father of the Insulin Pump." As such, Dr. Gibbons is very interested in incorporating ever-advancing technology into diabetes care. She is a native New Yorker, and received a BA from SUNY Binghamton, and an MD from St. George's University.



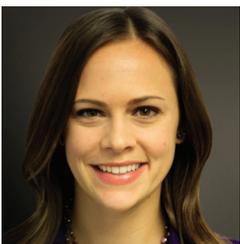
Rayhan Lal, MD

**Rayhan Lal, MD**, is a fourth year adult and pediatric endocrine fellow at Stanford. Rayhan grew up in the California bay area. He has had type 1 diabetes for over 25 years. His two sisters were enrolled in DPT-1, and were found to be antibody positive. He studied electrical engineering and computer science at the University of California, Berkeley. During this time, his two younger sisters developed type 1 diabetes. To help all his brothers and sisters with diabetes, he decided to pursue clinical medicine at the University of California, Davis. Rayhan could not decide whether to take care of children or adults with diabetes and so did both. He completed a four year residency in internal medicine and pediatrics at the University of Southern California, working at Los Angeles County Hospital. While there he wrote a carb counting app for underserved families lacking confidence in their abilities and performed a randomized controlled trial to test its efficacy. As an engineer and physician-scientist with diabetes, his primary research interest is the design, development and testing of new diabetes technology and therapies. To that end, Rayhan is currently working with Dr. Bruce Buckingham at Stanford on a number of projects. He is also a fervent supporter of #wearenotwaiting.



Nick Messinger, PharmD, BCPS, BCACP, CDE, BC-ADM

**Nick Messinger, PharmD, BCPS, BCACP, CDE, BC-ADM**, is an Assistant Professor in the Division of Pharmacy Practice and Administrative Sciences at the University of Cincinnati James L. Winkle College of Pharmacy in Cincinnati, Ohio. He is also a Clinical Pharmacist with the Family Medicine Residency at St. Elizabeth Healthcare in Edgewood, Kentucky. Dr. Messinger earned his Doctor of Pharmacy degree from the University of Cincinnati James L. Winkle College of Pharmacy. He completed a PGY1 Pharmacy Residency at the University of Cincinnati Medical Center in Cincinnati, Ohio, and a PGY2 Ambulatory Care Pharmacy Residency at Five Rivers Health Centers in Dayton, Ohio. At the University of Cincinnati, Dr. Messinger serves as the content expert for the endocrine and diabetes pharmacotherapy courses. He also coordinates an elective course for PharmD students, "Comprehensive Diabetes Care." In the course, students complete the American Pharmacists Association (APhA) Certificate Training Program, "The Pharmacist & Patient-Centered Diabetes Care." At St. Elizabeth Healthcare, his role on the interprofessional team is to assist with medication management and train student pharmacists. With the high prevalence of type 2 diabetes, significant time is dedicated educating the team, patients, and their caregivers about diabetes. Dr. Messinger has participated as medical staff at the American Diabetes Association (ADA) Camp Korelitz in Clarksville, Ohio since 2016. Dr. Messinger was recognized by Mount St. Joseph University with the Future Five Award in 2016, by Be Well UC (employee wellness program) as a Wellness Champion in 2017, and received Faculty Excellence Awards from the University of Cincinnati James L. Winkle College of Pharmacy in 2016 and 2017. Dr. Messinger looks forward to the learning experience at Friends for Life® Orlando!



Jackie Papadakis, PhD

**Jackie Papadakis, PhD**, is currently a clinical child psychology intern at Ann & Robert H. Lurie Children's Hospital of Chicago. She received her PhD in Clinical Psychology from Loyola University Chicago this summer, where she studied resilience and diversity-related factors among families of youth with chronic illnesses. Starting this July, she will begin a new role as the diabetes psychology fellow at Lurie Children's Hospital. Jackie is interested in personal and family adjustment to pediatric chronic illness, including type 1 diabetes, and using family-based approaches to support self-management and quality of life. She is very excited to attend the Friends for Life® conference for this first time this summer as a fellow.





  
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## Kristen Schroeder, **BSN-RN, CHES, CDE**

**Kristen Schroeder, BSN-RN, CHES, CDE**, currently practices as a Certified Diabetes Educator, Registered Nurse at Holy Cross Hospital in Fort Lauderdale, Florida. She received her Bachelors of Science in Health Education from the University of Florida in 2013 and her Bachelors of Science in Nursing from Florida Atlantic University in 2014. She became a Certified Diabetes Educator in 2017. She is an active member of the American Association of Diabetes Educators (AADE) and volunteers on the AADE Coordinating Board of Florida as the Technology Chair. She also volunteers for the American Diabetes Association (ADA) and is a member of the Diabetes Coalition of Palm Beach County. Kristen is excited to attend and participate as a fellow in the Children with Diabetes Friends for Life Conference.

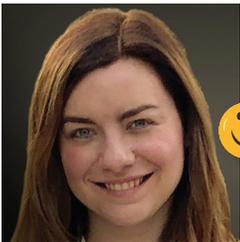
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## Sonalee Ravi, **MD**

**Sonalee Ravi, MD**, is a third year pediatric endocrinology fellow at the University of Colorado completing her training at the Children's Hospital of Colorado and the Barbara Davis Center for Childhood Diabetes. Sonalee is originally from St. Louis, Missouri and completed her undergraduate degree at Washington University in St. Louis and her medical school and pediatric residency at Saint Louis University. She is currently planning a clinical career in pediatric endocrinology and diabetes. Sonalee's research interests center around patient and family education in type 1 diabetes. She has worked on a quality improvement project to improve family knowledge and confidence in home sick-day management to avoid ED visits and hospitalizations for DKA. Her main fellowship project is a reeducation project to see if teens change knowledge and self-care practices after receiving interactive text messages. She is a member of the American Academy of Pediatrics, the American Diabetes Association, the Endocrine Society, and the Pediatric Endocrine Society and also serves on the education committee of the Pediatric Endocrine Society in the diabetes education sub-committee. She has also enjoyed volunteering for the ADA Camp Colorado 2017 as a member of the senior medical staff.

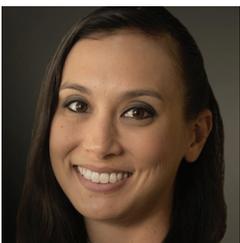
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## Sarah Westen, **PhD**

**Sarah Westen, PhD**, is a pediatric psychology fellow in the Department of Clinical and Health Psychology at the University of Florida (UF), where she also completed her doctoral training and psychology residency specializing in pediatric chronic illnesses with an emphasis on type one diabetes research and clinical care. Dr. Westen was diagnosed with type 1 diabetes at the age of 14 and has devoted her career to diabetes research and intervention. She is a fellowship recipient of the Juvenile Diabetes Research Foundation's 2018-2019 National Diabetes Psychology Fellowship Program and is the 2018 recipient of the American Psychological Association's Drotar-Crawford Postdoctoral Fellowship Research Grant in Pediatric Psychology. She is interested in the biopsychosocial aspects of chronic illness in children, young adults, and families (e.g., adherence, coping, family management, transition from pediatric to adult care, treatment of comorbid mental health conditions). Clinically, Dr. Westen sees patients for intervention services in the UF Psychology Clinic and the multidisciplinary UF Pediatric Endocrinology Diabetes Clinic. She served a three-year term as an elected Board Member within the Diabetes Special Interest Group of the Society of Pediatric Psychology (American Psychological Association Division 54) and is currently involved in several multi-site working groups regarding type one diabetes treatment in the context of interdisciplinary care. Dr. Westen is thrilled to participate in the Friends for Life® conference.

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## Jessie J. Wong, **PhD**

**Jessie J. Wong, PhD**, is a postdoctoral fellow at Stanford University's Lucile Packard Children's Hospital. She received his PhD in clinical psychology from Arizona State University and completed her predoctoral internship at Phoenix Children's Hospital. Jessie's research and clinical interests focus on the intersection of physical and mental health among children and adolescents with chronic medical conditions as well as preventive interventions and treatments that target ongoing mental health needs. Jessie has a particular passion for working with children and adolescents with diabetes to reinforce their coping abilities and to help families serve a support system for diabetes management. Jessie is excited to join in the Friends for Life Fellows Program this year.

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## Kenneth Moritsugu, MD, MPH, FACPM, Rear Admiral, USPHS (Retired)

**Chairman of the Board**

**Kenneth Moritsugu, MD, MPH, FACPM, Rear Admiral, USPHS (Retired)**, Chairman of the Board of Children with Diabetes®, is a retired Rear Admiral with the U.S. Public Health Service, who has twice been the Surgeon General of the United States. After a 37 year career in public service in uniform, he was the Vice President of Global Strategic Affairs for Diabetes; and WorldWide Chairman of the Johnson & Johnson Diabetes Institutes, a global network of educational facilities focused on providing health providers the knowledge, skills, and tools to help them better serve people with diabetes. He retired from Johnson and Johnson in 2013, and has been the President and Chief Executive Officer of First Samurai Consulting, LLC, a firm specializing in health policy and programs, bridging the public and private sectors.

In addition to being the Chair of T-1 Today, doing business as Children with Diabetes®, he is a member of the board of the American Association of Diabetes Educators, the Physician Assistant Foundation, and the National Council of Asian and Pacific Islander Physicians. He has been a member of the board of the National Kidney Foundation, the American Diabetes Association Research Foundation, and the American Dietetic Association, among several others. He is a member of the Board of Regents of the Uniformed Services University of the Health Sciences, America's health university; and vice chair of the Dean's Council for the George Washington University Milken School of Public Health.

He has had Type 1 diabetes (LADA) for 15 years, and has been closely associated with and supportive of Children with Diabetes® for over a dozen years, in faculty and leadership roles. In November 2014, he was the JDRF's Hope Gala Honoree at its black tie event in Washington, DC.

His older daughter, Erika Moritsugu is an Assistant Secretary in the US Department of Housing and Urban Development; his younger daughter, Emily, is in middle school in the Japanese Immersion program in Fairfax County; and his wife, Lisa Kory, is an appointed Commissioner for the Fairfax County Commission on Organ Donation and Transplantation. He and his family reside in Great Falls, Virginia.



## Jeff Hitchcock

**Founder, President, and Board Member**

**Jeff Hitchcock** is the Founder, President, editor, and webmaster of Children with Diabetes®. After earning a degree in computational mathematics in 1981, Jeff worked in high tech and traveled the world, meeting Brenda, who would become his wife, in Africa. He worked in defense related industries until 1995, when he started a small Internet company and launched Children with Diabetes. He subsequently worked at LEXIS-NEXIS and Pearson plc on Internet initiatives, and now works full time bringing Children with Diabetes® to you.



## Joan Bardsley, MBA, RN, CDE, FAADE

**Board Member**

**Joan Bardsley, MBA, RN, CDE, FAADE**, is the assistant vice president of nursing and research integration at MedStar Health Research Institute and MedStar Corporate Nursing. She has over 40 years experience in healthcare with a specialty in diabetes self management education. Ms. Bardsley has worked for MHR for 25 years where her previous positions included responsibility for special projects and core scientific services. She is the MHR representative to the CNO Council. She is currently co-investigator for the NIH supported inpatient diabetes education project as well as the AHRQ funded We Want to Know Project, which support the Interdisciplinary Model of Care (IMOC). At corporate nursing she is responsible as the executive liaison for administration of the Nursing Collaborative Governance Councils and the MedStar Leader of the future Green team. Ms. Bardsley has published articles and book chapters on many aspects of diabetes self management and is an invited speaker both nationally and internationally on this topic. She holds an undergraduate degree in nursing from Boston College and a Masters in Business Administration from The George Washington University. Ms. Bardsley is the past President of the American Association of Diabetes Educators, current chair of the National Certification Board of Diabetes Educators, and Board member of Children with Diabetes.



## Vaneeda Bennett

**Board Member**

A non-profit management and fund-raising professional with over 30 years experience, **Vaneeda Bennett** founded V. Bennett Advisors, LLC, to provide executive level strategic services to associations and non-profit organizations. Vaneeda is a member of the Board of Directors of the Adelphi Foundation in Latrobe PA, and until recently on the Boards of Directors of MedStar Health Research Institute in Hyattsville MD. She was featured as the cover story for Fundraising Success magazine, a national publication and strategy guide for fundraising professionals. Vaneeda held executive positions with the Arthritis Foundation, the American Diabetes Association and the Epilepsy Foundation. Ms. Bennett holds a Bachelor of Arts degree from Carlow University in Pittsburgh, PA. She also attended the University of Pittsburgh School of Business, and completed certificate programs at the Institute for Charitable Giving and The Center on Philanthropy at Indiana University.





## Lynda K. Fisher, MD

### Board Member

**Lynda K. Fisher, MD**, Associate Professor of Pediatrics, The Keck School of Medicine of the University of Southern California, Associate Head, The Center for Endocrinology, Diabetes and Metabolism at Children's Hospital Los Angeles, is the Treasurer of the International Society for Adolescent and Pediatric Diabetes. She has served on the Board of Directors of the American Diabetes Association as well as many ADA national committees and task forces (especially those focused on youth and advocacy). She has been very active in advocacy for children with diabetes on the local, state, national and international arenas. She spends time each summer as a medical director at diabetes camps in California.

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## Audrey Greenfield

### Board Member

**Audrey Greenfield** is the Executive Vice President of Sales, Marketing, and Clinical Support for Aspire Bariatrics. Since March 2009, she served as Worldwide Vice President of Advocacy and Professional Relations for LifeScan and Animas Corporation, both part of the Johnson & Johnson Family of Companies. Prior to that, she was the Executive Vice President of Clinical & Government Affairs for LifeScan and Animas beginning May 2006. Previously, Audrey was the Executive Vice President - Marketing, Sales, and Clinical Affairs of Animas Corporation from May 2003. From November 1998 to April 2003, she served as the Vice President of Marketing and Clinical Affairs. Prior to this position, Audrey was Director of Clinical Affairs at Luxar Corporation, and subsequently at ESC Medical Systems, which acquired Luxar.

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## George Grunberger, MD, FACP, FACE

### Board Member

**George Grunberger, MD, FACP, FACE**, is the chairman of Grunberger Diabetes Institute in Bloomfield Hills, Michigan. Dr. Grunberger, is also Clinical Professor of Internal Medicine and of Molecular Medicine & Genetics at Wayne State University School of Medicine, Professor of Internal Medicine at Oakland University William Beaumont School of Medicine as well as Visiting Professor at First Faculty of Medicine at Charles University in Prague (Czech Republic).

Before establishing GDI in 2002, Dr. Grunberger was Director of the Diabetes Program at the Detroit Medical Center for 16 years and the Medical Director of Wayne State University's Morris J. Hood Comprehensive Diabetes Center. Dr. Grunberger held tenured Full Professor appointments at the University in Department of Internal Medicine and in the Center for Molecular Medicine and Genetics since 1986. Between 1997 and 2001 he was Henry L. Brasza Director of the Center for Molecular Medicine and Genetics. Prior to that Dr. Grunberger served as interim Chairman of the Department of Internal Medicine and Physician-in-Chief of the Detroit Medical Center. Dr. Grunberger came to Detroit from the Diabetes Branch (at NIDDK) of the National Institutes of Health in Bethesda, MD. Dr. Grunberger received his internal medicine training at Case Western Reserve University in Cleveland, OH, his medical (M.D.) training at the New York University School of Medicine and his bachelor's degree (in biochemistry) at Columbia College of Columbia University, also in New York City.

Dr. Grunberger has published over 150 peer-reviewed manuscripts as well as review articles, abstracts and book chapters. His research interests have spanned the spectrum of subjects related to diabetes and its complications, from basic studies on molecular underpinning of insulin action and insulin resistance to clinical research studies on many aspects of diabetes and its management.

Dr. Grunberger has been an active member of many professional organizations where he has held elected positions of leadership. He is currently the Past President of American Association of Clinical Endocrinologists and President Elect of the American College of Endocrinology. He is a co-editor of two international diabetes journals. Dr. Grunberger has served as an educator of medical students, interns, residents, endocrinology fellows, master's and Ph.D. candidates, and junior faculty over the past 35 years.

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## George Huntley

**Treasurer, Board Member**

**George Huntley** is the Chief Operating Officer and Chief Financial Officer of Theoris Group, Inc., a professional services and software company based in Indianapolis, IN with offices throughout the US and Europe. He has been living with type 1 diabetes since 1983 and has been an active volunteer in the fight against diabetes since 1986. George has held many leadership roles with the American Diabetes Association including Chair – National Board of Directors 2009, Chair – Legislative and Regulatory Subcommittee 2012-2015, Chair – CEO Search Committee 2007, Chair – Finance Committee 2005, Chair – Affiliate Associations Committee 1996-1998, Chair – Indianapolis Leadership Council 2002-2006, Chair – Maryland Affiliate 1994-1995, and Chair – Baltimore Chapter – 1993-1997. George received ADA's Addison B. Scoville Award for Outstanding Volunteer Service in 2002. George is a founding member and current officer of the National Diabetes Volunteer Leadership Council, a 501c3 organization dedicated to patient advocacy to improve the quality of life for people living with diabetes.

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## Paul Madden, MEd

**Board Member**

**Paul Madden, MEd**, has served as Friends for Life faculty for the past 17 years and joined the board of T-1 Today in 2014. Paul is an accomplished author and speaker serving in numerous leadership roles on national and international boards including the American Association of Diabetes Educators, the Diabetes Exercise and Sports Association, the International Diabetes Federation, the American Diabetes Association, the Joslin Diabetes Center, the Young Leaders in Diabetes/IDF, and the JDRF. Paul developed and served in numerous new leadership roles at Joslin Diabetes Center a Harvard Medical School Affiliate including Special Assistant to the President, behavioral medicine, corporate development, advocacy, exercise, and camp administrator/director. Creating new winning solutions that create value and growth for organizations and the people being served is what Paul does best. He empowers, educates and inspires people to explore and adopt healthier lifestyles. Paul touches the soul of the people he works with enabling them to address the challenges of life more fully and positively! Paul is the Managing Director of Diabetes & Behavioral Health for the American Diabetes Association, developing and refining pilots for people living with diabetes that can be translated into sustainable programs with optimal partners. He has had type 1 diabetes for over 50 years.

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## Stewart Perry

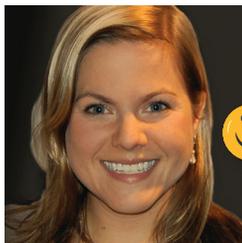
**Board Member**

**Stewart Perry** grew up in Lexington, Kentucky. Since 1983 he has been the co-owner of Perry & Perry State Farm Insurance, one of the largest State Farm Insurance agencies in the state of Kentucky and is a Diabetes Consultant and Advocate. Stewart's family has been dramatically affected by diabetes. His son has type 1 diabetes, both parents, and sister have all had diabetes during their lifetime. He has lost an uncle, grandfather and great grandmother to complications of diabetes. Stewart was diagnosed with type 2 diabetes in 1990. Since that time, he has been actively involved in the American Diabetes Association. Stewart was the Chairman of the National Board of Directors and Chair of the National Advocacy Committee for five years, He was Chair Bluegrass Chapter for a number of years and helped organize many of the fundraising events still in existence. He served as the Kentucky Affiliate Board of Vice-Chair and was Chair-Elect when it became a part of the Southern Region where he served as the Chair of the Southern Region. He also is a former member of the National Board of Directors. He is the State of Kentucky State Advocacy Chair for ADA. Stewart is a member of the Kentucky Diabetes Network and a founding member of the Fayette County Diabetes Collation. Stewart was appointed by two different Governors of Kentucky to the GET FIT KY Board and The Diabetes Research Trust Fund Board where he currently still serves. Stewart is one of the founders of the National Diabetes Volunteer Leadership Council and currently serves as an officer of that organization. Where he has been instrumental in passing Diabetes Action Plan legislation in 18 states over the past four years. Stewart serves on the board of Children with Diabetes.

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Denotes Board member with diabetes



## Kerri Sparling

**Secretary, Board Member**

**Kerri Sparling** has been living with type 1 diabetes since 1986, diagnosed at the age of seven. She manages her diabetes and lives her life by the mantra "Diabetes doesn't define me, but it helps explain me." Kerri is an internationally recognized diabetes advocate. She is the creator and author of *Six Until Me*, established in 2005 and remains one of the most widely-read diabetes patient blogs, reaching a global audience of patients, caregivers, and industry. She has been featured on NPR, *US News and World Report*, CBNC, Yahoo! Health, *LA Times*, *The Lancet*, *Whole Living*, Disney's *Family.com*, and *Family Circle*, among other national outlets. In addition to her writing, Kerri is a highly-rated speaker and has presented the patient perspective to audiences around the world. She works to raise awareness for diabetes, patient advocacy, and the influence of social media on health outcomes. Her first book, *Balancing Diabetes* (Spry Publishing), looks at type 1 diabetes in the context of "real life." Kerri and her husband live in Rhode Island, USA with their two children.



## Mike Swearingen

**Board Member**

**Mike Swearingen** is an experienced leader in healthcare. Retiring as the World Wide Director of Professional Relations from Johnson & Johnson in 2013. Mike joined Johnson & Johnson in 2006 as the Director of Government and Professional Relations for Animas Corporation. A year later, he was promoted to Director of Professional Relations, Global Strategic Affairs, managing national and international relationships with major healthcare societies, and key opinion leaders for the Johnson & Johnson Diabetes Care Franchise.

Known for helping to create and drive strategic initiatives, Mike has been a catalyst for passage of several state legislative measures involving healthcare. Most recently, he was a key advocate instrumental in the passage of a state licensure requirement for Diabetes Educators in the states of Kentucky and Indiana. In 1999, Mike was made an honorary "PA" in the state of Indiana, and in October 2014, was named the recipient of the Diabetes Care Education (DCE) National Champion Award.

Mike has worked with numerous companies, elected officials, government agencies, professional medical associations and academies to create major enduring initiatives such as, "Diabetes Awareness Days", state and federal advocacy training workshops, national and international medical education conferences, and national sales and management meetings.

Mike's broad background in healthcare includes 20 years with Eli Lilly & Co., and seven years with Johnson & Johnson. In addition, for a year, he served as the Executive Director of the non-profit Nurse Practitioner Healthcare Foundation. In this role, he developed the strategic business plan, which launched the NPHF and ensured its success. Mike has served on the national foundation boards for the American Academy of Family Physicians, the American Academy of Physician Assistants, and the American Association of Diabetes Educators Research and Education Foundation. Currently, he is a Trustee of the Nurse Practitioner Healthcare Foundation, and Board member of T-1 Today Inc. (d/b/a Children with Diabetes®).

Born in Shelbyville, Indiana, Mike received a Bachelor of Arts in Philosophy from Indiana University and completed work in the USC School of Pharmacy & Business Management Program.



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## **504 Plan**

A 504 Plan is a written document developed to ensure that a child who has a disability identified under the law and is attending an elementary or secondary educational institution that receives federal funds receives accommodations that will ensure their academic success and access to the learning environment.

## **Autoimmunity**

Immune responses of a person against his or her own healthy cells and tissues. T1D develops when an individual's own immune system attacks the insulin producing beta cells in the pancreas.

## **Basal**

Background insulin that is given whether or not a person is eating. This can be administered through a pump (basal rate) or through an injection (basal insulin).

## **Beta cell**

Beta cells are found in the pancreatic islets of the pancreas and store and release insulin. Beta cells also make other hormones including c-peptide and amylin. T1D is caused when the immune system destroys the beta cells.

## **Bihormonal pump**

A pump that can deliver both insulin and glucagon which are stored in separate chambers.

## **Biosimilar**

A biosimilar is a biologic medical product which is almost an identical copy of an original product that is manufactured by a different company. Examples include Basaglar (made by Lilly, similar to Sanofi's Lantus) and Admelog (made by Sanofi, similar to Lilly's Humalog).

## **Bolus**

Insulin given when a person is about to eat or to bring a blood glucose level down when it is outside of range.

## **Cannula**

A thin tube inserted under the skin (or into the peritoneal cavity for an implantable pump) used to deliver insulin or glucagon.

## **Cartridge/reservoir**

The pump part holding the hormone that is to be delivered.

## **Celiac disease**

An autoimmune disease that is triggered by ingesting gluten (found in wheat, barley, and rye). The long-term response can lead to damage in the small intestines and malnutrition. A strict gluten-free diet must be followed.

## **CGM**

Continuous glucose monitor. A device that measures glucose from interstitial tissue and then transmits that glucose data usually wirelessly to a receiver and/or a smartphone. The interstitial glucose is usually measured at 5-minute intervals and reported as discrete values every 5 minutes. Some CGM devices measure the interstitial glucose every 1 minute and then sends the data a 5-minute average not as a discrete level.

## **Closed loop**

A closed loop device consists of a CGM, a program containing a mathematical formula (algorithm) that decides how much insulin (or other hormone) is required which is then automatically delivered by the pump with little to any need for human intervention when eating.

## **CMS**

Centers for Medicare & Medicaid Services is a U.S. governmental agency tasked with overseeing many federal health programs, including: Medicare, Medicaid, and CHIP. The agency falls under Health & Human Services (HHS).

## **Correction bolus**

A dose of rapid-acting insulin (Novolog, Humalog, Apidra, Fiasp) that is given either by injection or insulin pump to lower an above target glucose level back to target.

## **Dawn Phenomenon**

The term used to describe a rise in glucose levels in the early morning hours. This is caused by a normal increase in hormones at this time including cortisol and glucagon.

**DKA**

Diabetic ketoacidosis can develop when the ketones are high enough to make the blood acidic and lower the pH of the blood. DKA can happen at diagnosis of T1D or can happen after diagnosis if a person is not getting enough insulin. Episodes of DKA can usually be prevented with monitoring of ketones with hyperglycemia and illness and applying the

**DPP-4**

An enzyme responsible for inactivating hormones in the gut called incretins. Incretin hormones cause the pancreas to produce more insulin and the liver to stop producing glucose. Oral medications for Type 2 diabetes called DPP-4 inhibitors promote higher levels of incretins for post-meal better blood glucose levels.

**FDA**

Federal Drug Administration is responsible for protecting the public health by ensuring the safety, efficacy, and security of human and veterinary drugs, biological products, and medical devices; and by ensuring the safety of our nation's food supply, cosmetics, and products that emit radiation.

**FFL**

Friends for Life, also pronounced "fiffle."

**GLP-1**

GLP-1 is one of several naturally occurring incretin compounds that affect the body after they are released from the gut during digestion. GLP-1 agonists are medications that help lower blood glucose levels, slow absorption of glucose in the gut, and decrease appetite. These medications are injectable and are available for individuals with Type 1 and Type 2 diabetes.

**Glucagon**

A hormone made by the alpha cells of the pancreas that raises glucose levels in the blood by releasing stored glucose (glycogen) from the liver and muscle into the bloodstream. Glucagon is also a medication that can be given to a person with T1D to raise glucose levels when they are low.

**Glycemic variability/Glucose variability**

This means the way blood glucose levels change from one value to another. In individuals without diabetes blood glucose levels vary throughout the day within a narrow range. In diabetes, glucose varies in a wider range. These swings can be from "normal" high, or from "normal" to low or from high to low and back up again.

**HbA1c**

Glycated hemoglobin – A blood test that is measured every 3 months to identify the three-month average plasma glucose concentration. The HbA1c is measuring the percent of hemoglobin that is glycosylated (glucose attached to the molecule), so that as the average glucose increases so does the HbA1c. Somebody without diabetes has a HbA1c under 6%, and the goal for a person living with T1D is 7% if you are an adult and it's 7.5% if you are a child.

**Honeymoon period**

The period of time shortly following diabetes diagnosis when the pancreas is still able to produce a significant amount of insulin resulting in lower insulin requirements and less variable blood glucose levels.

**Human insulin**

Insulin that is manufactured using recombinant DNA for human insulin. It is created by placing the DNA into bacteria or yeast cells, then purified. There are two types of human insulin currently available in the U.S.: Regular and NPH. These can be purchased over the counter for under \$30/vial over the counter without a prescription (except for Indiana). This type of insulin is different from insulin analogs. Always consult your diabetes team if you change to human insulin.

**Hybrid closed loop**

A semiautomatic system where delivering insulin for food or correction is done manually (or announced) by the wearer or caregiver, while between meals and overnight basal insulin is automatically calculated by the algorithm and delivered

**Hyperglycemia**

When blood glucose levels are elevated above target.

**Hypoglycemia**

When blood glucose levels are below target, typically defined as less than 70 mg/dL.

**Infusion set**

An infusion set connects the cannula to the insulin pump.



## **Insulin pump**

Device consisting of a reservoir holding insulin, a mechanism delivering the insulin under the skin or into the peritoneal space and a computer that can be programmed to calculate the amount of insulin required for basal (background) insulin and bolus insulin (acute) insulin needed for food or to lower an elevated glucose level.

## **Insulin Sensitivity Factor or Correction Factor**

A ratio that many people with type 1 diabetes use to calculate how much insulin to give to lower an elevated glucose back to target. For example, if a person has an insulin sensitivity factor of 50, they would give 1 unit of insulin to lower their glucose by 50 points.

## **Insulin to carb ratio**

A ratio that many people with type 1 diabetes use to calculate how much insulin to give at meal time. The ratio is the number of grams of carbohydrate one unit of insulin covers. For example, an insulin to carb ratio of 1:15 means that the person takes 1 unit of insulin for every 15 grams of carbohydrate they eat.

## **IOB (Insulin on Board)**

Amount of insulin delivered remaining after an insulin bolus is given.

## **Islets of Langerhans**

The regions of the pancreas that contains groups of cells that make hormones important for the regulation of glucose metabolism. Alpha cells make glucagon, beta cells make insulin and amylin, delta cells make somatostatin, PP cells make pancreatic polypeptide and epsilon cells make ghrelin.

## **Ketones**

The substance that is made when our bodies cannot use carbohydrate for energy, either because not enough carbohydrates are consumed or there is not enough insulin to convert the carbohydrate into energy. Ketones are formed when the body uses fat for energy instead of carbohydrates. People with T1D should check their ketone levels in the urine or blood when they are ill or when the glucose levels are elevated.

## **Lipoatrophy**

Lipoatrophy is the local loss of fat tissue at the site of insulin injections or infusion.

## **Lipohypertrophy**

This is a lump under the skin caused by accumulation of extra fat at the site of many subcutaneous insulin injections, or from subcutaneous insulin infusions from insulin pumps. It can improve or resolve by not using that site (area) for months or longer. It can often be prevented by proper rotation of insulin injection or infusion sites.

## **MAGE (Mean Amplitude of Glycemic Excursion)**

This is one measure of glycemic (glucose) variability used to gauge the degree of glucose fluctuations. In one study MAGE was found to be between 20 and 60 mg/dL in individuals without diabetes, 60 to 82 in stable diabetes and 119 to 200 mg/dL in "unstable" diabetes.

## **MDI**

Multiple Daily Injections. An insulin regimen that includes one or two injections per day of a long-acting basal insulin (Lantus, Basaglar, Levemir, Tresiba, Toujeo) and multiple injections of rapid-acting insulin (Novolog, Humalog, Apidra, Fiasp, Admelog) with meals/snacks and to treat episodes of hyperglycemia.

## **Nephropathy**

Nephropathy is a complication of diabetes that affects the kidneys (renal glands) and is also called diabetic kidney (renal) disease. It is the chronic loss of kidney function which can lead to kidney failure and the need for dialysis or kidney transplantation.

## **Neuropathy**

Neuropathy is a complication of diabetes that leads to damage of peripheral nerves. It can cause weakness, numbness and pain usually in the hands, legs and feet but can also affect other areas of the body. It is also known as diabetic nerve pain.

## **Occlusion**

An occlusion (or a block) occurs when a clot or clog prevents the flow of insulin or glucagon through the infusion set or cannula.

## **PBM**

Pharmacy Benefits Managers act as the middleman between manufacturers and insurance companies to coordinate prescription drug coverage with the intent to lower costs to the insurers.

## **Post-prandial/pre-prandial**

Post and pre-prandial refer to the time periods after and before a meal, respectively.

**Rage Bolus/Stacking**

Taking additional insulin to bring down a stubborn and frustrating high blood sugar, overriding initial correction bolus instructions. This may lead to hypoglycemia.

**Rebound**

An increase in blood glucose level outside of target range due to previous hypoglycemia.

**Receiver**

The part of the CGM that gets the glucose data and organizes it in a graph and also displays it as a number with usually a directional arrow indicating the direction the glucose is heading.

**Retinopathy**

Retinopathy is a complication of diabetes that affects the eyes which can also be called diabetic eye disease. Retinopathy is a disease of the retina that can lead to vision impairment and loss. It is caused by damage to the blood vessels of the light-sensitive tissues at the back of the eye (retina). There are different stages of retinopathy.

**Sensor**

The part of a CGM inserted under the skin that measures the interstitial (fluid in tissue) glucose

**SGLT-2**

The SGLT-2 protein helps to reabsorb glucose in the kidney. SGLT-2 Inhibitor oral medication prevents the reabsorption and pushes excess glucose out through the kidneys. While currently FDA approved this for Type 2 diabetes, this oral medication may become approved for Type 1 diabetes in the near future.

**Sharps container**

A receptacle to place used syringes, lancets, or other needles in order to dispose of these sharp objects safely.

**Sick day rules**

The guiding principles of how to manage type 1 diabetes at times of illness or increased stress aimed to prevent episodes of hypoglycemia, prolonged hyperglycemia, ketone formation, dehydration, diabetic ketoacidosis, Emergency Department visits and hospitalization.

**SMBG**

Self Monitored Blood Glucose

**Target range**

This is the range of glucose levels that are is the goal to achieve. The target range can be different during different ages, or activities or individuals.

**TrialNet**

The largest international network of T1D researchers in the world with a mission to find a way to prevent T1D. They offer screening to relatives of people with T1D to detect the disease in its earliest stage. They are learning about how T1D develops and testing new ways to maintain insulin production before and after diagnosis.

**Transmitter**

The part of a CGM that sends the data to the receiver (separate device) or smartphone.

Thanks to Lynda Fisher, MD, Jamie Wood, MD, and Christel Marchand Aprigliano for preparing the FFL Glossary.









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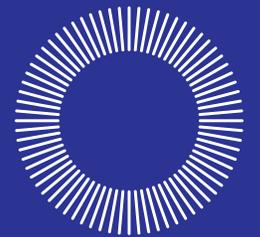


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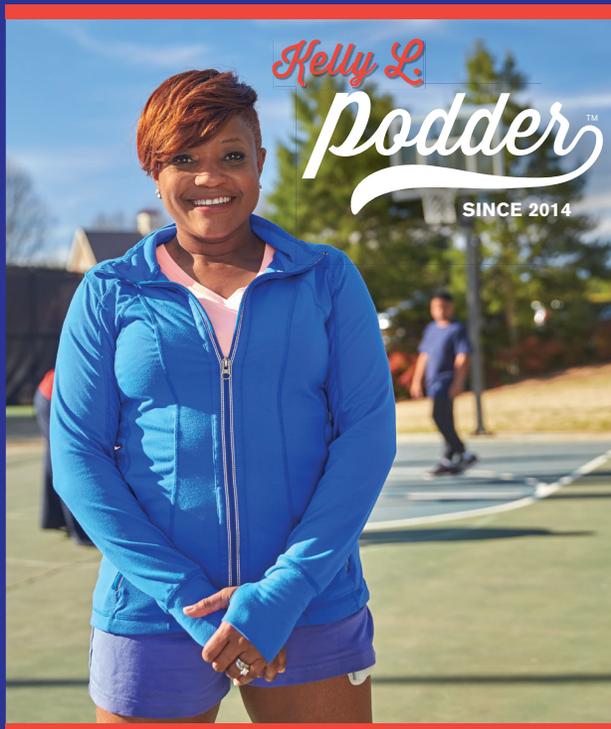


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