

What Type Am I?
Fearless.



Isabella, Age 8
Diagnosed
August 28, 2012

Children with Diabetes® Friends for Life®

July 16-21, 2019
Disney's Coronado Springs Resort
Orlando, Florida

#FFLOrlando19



putting our values into action

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☺ Children with Diabetes®



Welcome to Friends for Life® Orlando 2019

Welcome! ★

We once again gather in Orlando to enjoy the sun and warmth that it offers each July and to meet Our Tribe – our Friends for Life – and experience the indescribable bond expressed in the green and orange bands we wear. We gather to recharge, to share, to laugh, to cry, and to learn from each other and from our wise faculty.

On December 20, 2006, the United Nations passed Resolution 61/225 to establish World Diabetes Day and adopted the blue circle as its symbol. Here, we see the real blue symbol of living with type 1 diabetes—there is a small sliver cut out. That cut out represents the time in the year that we spend with our diabetes care team, perhaps eight out of the 8,760 hours in a year—less than one-hundredth of one per cent of a year. For the rest of the time, we are on our own. ★

Sometimes, on our own means reaching out to others who also live with diabetes. As you look through the program, know that there is a hidden wealth of knowledge that lives within each of us—the wisdom of our collective lived experience with diabetes. One guest, Richard, brings more than 73 years with type 1. Six people bring over 50 years. Seven bring between 40 and 50 years. Twenty-four bring between 30 and 40 years. Forty-seven bring between 20 and 30 years. One hundred bring between 10 and 20 years. Two hundred and forty one are in their first decade. A few are in their first weeks. In all, those with green bracelets bring over 9,000 years of experience with type 1 diabetes. This is truly amazing. And it is from these people, who have lived, year after year, essentially on their own, from whom we will learn what it really means to thrive with type 1 diabetes.

And don't overlook the experience of those wearing orange bracelets – our parents, siblings, spouses, and children. They bring their own wisdom and experience and are here to help.

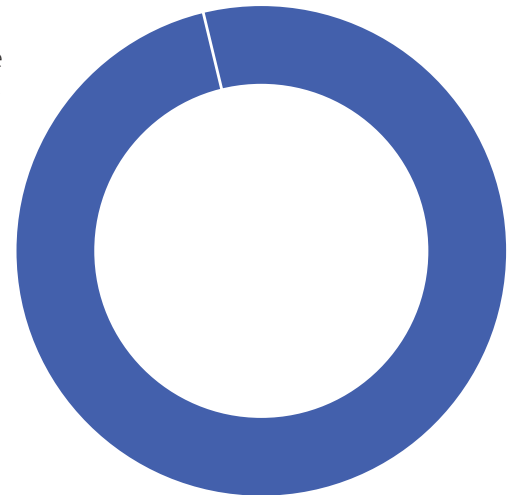
If you ever wonder why we gather here in Orlando, it is because we need each other to thrive. While we are responsible for our care 99.97% of the year, there is no reason we need do it without our Friends for Life.

Sincerely, ★



Jeff Hitchcock

Founder and President
Children with Diabetes
jeffh@childrenwithdiabetes.com



CONGRATULATIONS TO CWD FOR AN AMAZING 20 YEARS!

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Welcome!

July 2019

Dear Family and Friends,



Welcome to the 20th Anniversary of Friends for Life Orlando!

Wow, twenty years.



Let's see... in 1999, Sam had been diagnosed with type 1 for less than a year. He was 9 years old, Carolyn was 12, Neal and I were 40. I had ventured into this new realm called the Internet, and had found the Children with Diabetes community. Sonia Cooper, Ellen Ullman, and Lauren Lanning were my first CWD mom friends, and Jeff and Brenda Hitchcock were my idols. They knew everything. My new lifelines were all those moms and dads who answered my first post on the Friends listserv, when I simply typed: I am so scared. Every single person wrote the same response: You are going to be okay.



Isn't that what everyone needs to hear on their first night home from the hospital? It was the only thing that sank into my tired, scared brain. All of those moms and dads who helped me that night became my Friends for Life, my FFLs, although that term didn't yet exist.

As a parent, I grew up with CWD and Friends for Life. I was a young parent when Sam was diagnosed. Now, I'm... old. My kids are adults now. I'm thinking about retirement (and that new camper!).

And it seems to me that we have turned a very significant corner.

In late April, Debra posted in the FFL Orlando Facebook group: *Hello, I am a type 1 diabetic adult. I was diagnosed at age 10 in 1973. I have never attended FFL, but I am wondering if this might be appropriate for me. Am I too old?*

Richard responded: *I am 79 and diagnosed in 1945 at age 6. I'll be there.*

Nancy responded, too: *I'm in my 50s (diagnosed at age 4 in the 1960s) and this is the best T1D event out there; I wouldn't miss it for the world! In fact, even if they found a cure, I'd come back for "former T1D" reunions!*



Cora replied: *The conference for us 'old timers' is fantastic (dxd 1966). Tons of amazing information and support and views of things to come.*

Sean summed it up: *Come meet your tribe. You're never too old!*

This is what we – the FFL tribe – have built together. The orange and green bands – an international community for people of all ages. We used to be Children with Diabetes. Now we are oh so much more.

Thanks for spending this week with us.

Friends for life,



Laura Billetdeaux

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



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The simple-to-use t:slim X2™ insulin pump with Basal-IQ® technology integrates with the Dexcom G6 continuous glucose monitor to predict and help prevent lows with zero fingersticks*. So you can spend less time worrying about lows and have more freedom and confidence to pursue your dreams.



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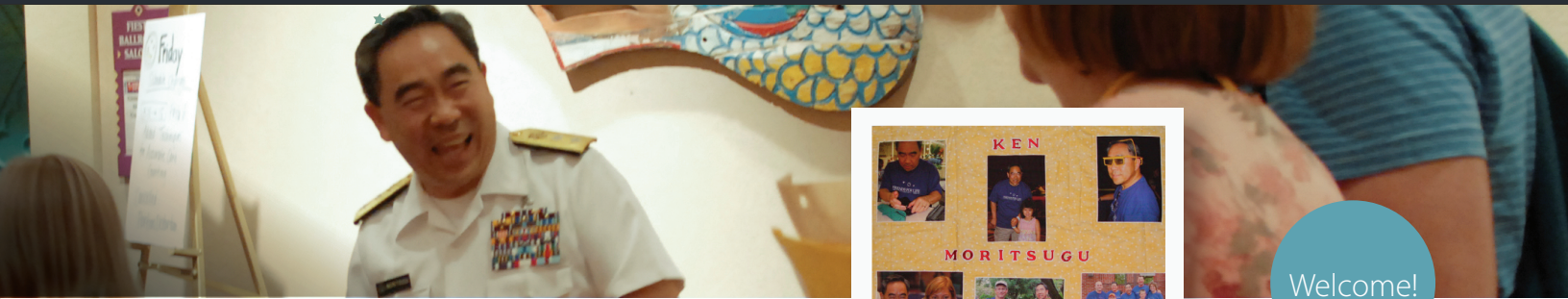


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😊 From Our Chairman



Dear Friends,

As Chairman of the Board of Directors of Children with Diabetes®, welcome to **Friends for Life® Orlando 2019**.

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 type 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

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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:

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- Diabetes Education and Camps

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Arthur Ainsberg

Arthur Ainsberg is a writer and a Wall Street executive. A veteran of the financial services industry, Mr. Ainsberg has served in senior management and consulting roles at Oppenheimer, Odyssey Partners, and Morgan Stanley. Mr. Ainsberg is also a scholar on the Endurance, the early 20th century expedition to Antarctica by Sir Ernest Shackleton. In 2008, he published his first book, *Shackleton: Leadership Lessons from Antarctica*, which highlights the most important leadership lessons to be learned from Shackleton's story. Mr. Ainsberg speaks and lectures frequently on the lessons of Shackleton's nearly 17 months at sea, including nearly 15 months stranded on an ice island.

Mr. Ainsberg has experienced his own medical challenges, having been diagnosed in 1975 at the age of twenty-eight with Hodgkin's Disease. At the time of his diagnosis, doctors had only recently developed a method of treatment that could cure the disease. His interest in medicine, born from personal experience, combined with his love of history, set him on the path to writing his book: *BREAKTHROUGH: Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle*, which St. Martin's Press published in September 2010.

Mr. Ainsberg continues to work in the financial sector. He is currently a member of the Board of Directors of Medley Capital Corp. and AG Mortgage Investment Trust. In 2009, Mr. Ainsberg was named the Chief Operating Officer for the Lehman Brothers Inc., In Liquidation Bankruptcy, which represents the largest and most complex bankruptcy in American history. A widely recognized securities expert witness, Mr. Ainsberg has testified in a number of securities fraud cases on issues involving due diligence, regulatory compliance, suitability, valuation, and securities damages.

Mr. Ainsberg received his BBA and MBA degrees in accounting and finance, respectively, from Baruch College and was a member of its Board of Trustees from 1995-2011. An avid traveler, Mr. Ainsberg has visited all fifty states and seventy-four countries on seven continents. He has also visited every baseball stadium and presidential museum in America. He currently resides in New York City, where he was born, educated, and has spent his entire career.

Wednesday	1:30 - 2:45	Fiesta 7-8	Elizabeth Hughes, the Discovery of Insulin,
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Anastasia Albanese-O'Neill, PhD, ARNP, CDE

Anastasia Albanese-O'Neill, PhD, ARNP, CDE, is a clinical assistant professor of pediatrics at the University of Florida, College of Medicine. She transitioned from a career as a marketing executive at Southwest Airlines to one in diabetes research and clinical care in order to fulfill a promise to her daughter, who was diagnosed with type 1 diabetes in 2002. Anastasia conducts research on the role of technology in type 1 diabetes management, and her interests include mobile (mHealth) diabetes education and artificial pancreas technologies. She has co-authored manuscripts published in academic journals including *Diabetes Care* and *The Diabetes Educator*, and is a board certified diabetes educator and pediatric nurse practitioner. Anastasia has long been an active diabetes advocate, and has provided briefings at U.S. Senate meetings, at the White House, and at the National Press Club. She holds BSN, MSN and PhD degrees in nursing science from the University of Florida, and BA and MA degrees in political science from UCLA. Anastasia lives in Gainesville, Florida, with her husband and two children, and intends to retire the moment a cure for type 1 diabetes is discovered, but not a moment earlier.

Wednesday	1:30 - 2:45	Coronado C	Exploring the T1D Toolkit
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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 four-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!

Friday	10:45 - 12:00	Coronado CD	Parenting with Type 1 Diabetes
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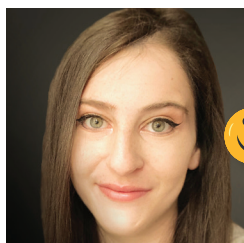
The Conference Faculty



Lorraine Anderson, RD, CDE

Lorraine Anderson, RD, CDE, is a Registered Dietitian and Certified Diabetes Educator. She has had the privilege of presenting workshops across Canada to both health care professionals and families who live with type 1 diabetes. When not at work, she is a busy mom and stepmom to six teenagers/"young adults" and two golden retrievers. Lorraine celebrated her 30 year "diaversary" in March of 2018 and understands firsthand the ups and downs of daily life with diabetes.

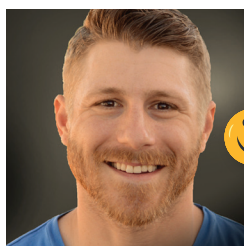
Friday	9:00 - 10:00	Durango 1-2	Trends in Nutrition
Friday	10:45 - 12:00	Coronado EF	Pumping Tips and Tricks
Friday	2:00 - 3:15	Coronado L	Diabetes Technology Update



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.

Thursday	1:30 - 2:45	Yucatan 1-3	Finding Your Tribe: Support & Knowledge in Social Media
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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.

Wednesday	9:00 - 10:15	Fiesta 9	Bringing FFL Home: Building a Local Support Community
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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 lives in Brooklyn with his girlfriend Grace - who leads the Tween program - and enjoys the proximity of many CWD friends for life. He enjoys running, 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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Denotes faculty member with diabetes

#FFLorlando19



Katharine Bisordi, MS, MGC, CGC

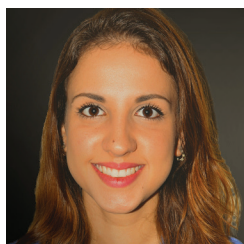
Katharine Bisordi, MS, MGC, CGC, is a genetic counselor at the University of Maryland School of Medicine. Katharine earned a Bachelor of Arts degree in Biology with a double concentration in Pre-Medicine and Biology Psychology from the College of the Holy Cross in Worcester, MA in 2006. She earned a Master of Science in Medical and Molecular Genetics at the Indiana School of Medicine in Indianapolis, IN in 2011. After graduating, she worked as a Genetic Specialist in the research department at the Indiana Hemophilia and Thrombosis Center, Inc. before moving to Baltimore, MD to pursue her career in genetic counseling. In 2014, she earned a Master in Genetic Counseling degree from the University of Maryland Baltimore, where she studied factors that influence parental decision to disclose carrier status to daughters in families with hemophilia. She is certified by the American Board of Genetic Counseling. After graduating, she joined the genetics team in the UMSOM Department of Pediatrics. Katharine's clinical activities focus on adult oncology, pediatric hematology/oncology, general pediatric and adult genetics, and telegenetics. Research activities include working on various projects with diverse topics such as monogenic diabetes, human disease ontology, and telegenetics program expansion and training site development. Katharine also remains active in the UMSOM Master's in Genetic Counseling Program as a faculty member, instructor, student thesis committee member, and student supervisor. Katharine is the Secretary of the Maryland and DC Society of Genetic Counselors (MDCGC, Inc.), a professional genetic counseling organization for the state of Maryland and Washington DC, and enjoys working with the Muscular Dystrophy Association as a volunteer and advisory board member for both the MDA Baltimore Teen Group and MDA Maryland Summer Camp.

Wednesday

3:15 - 4:30

Coronado C

An Introduction to Monogenic Diabetes



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

10:45 - 12:00

Durango 2

Docu-Diabetes V



Tom Boyer

Possessing over 25 years of professional experience in health care government relations activities focused on diabetes, **Tom Boyer** currently serves as Director, Government Affairs for Novo Nordisk Inc. The focus of his work involves handling government affairs issues for the company before elected officials and regulators in the western half of the United States. 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 Bill Clinton and Speaker Newt Gingrich of the need 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 including then Congressman, now Governor, Jay Inslee (WA) and the Bush Administration to create, pass and implement laws providing coverage for diabetes needs within Medicare Part D the prescription drug insurance program for America's senior citizens.

Friday

9:00 - 10:00

Coronado CD

Careers and Insurance Issues for Adults with T1D



Denotes faculty member with diabetes



The Conference Faculty



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 diabetes 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, and has served on several committees such as ADA, and JDRF. 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	9:00 - 10:15	Fiesta 9	Bringing FFL Home: Building a Local Support Community
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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 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, Adam's Corner, which has brought actionable diabetes tips to over 1,00,000 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, *Bright Spots & Landmines: The Diabetes Guide I Wish Someone Had Handed Me*, was published by The diaTribe Foundation in Spring 2017.

Thursday	10:45 - 12:00	Fiesta 7-8	Finding the Balance
Friday	9:00 - 10:00	Yucatan 1-3	diaTribe Panel Discussion
Friday	2:00 - 3:15	Coronado H	Learnings from diaTribe



Constance Brown-Riggs, MSED, RD, CDE, CDN

An award-winning registered dietitian, certified diabetes educator, and chair of the Diabetes Care and Education Practice Group of the Academy of Nutrition and Dietetics, **Constance Brown-Riggs, MSED, RD, CDE, CDN**, is the author of the Diabetes Guide to Enjoying Foods of the World and The African American Guide to Living Well With Diabetes, which received the Favorably Reviewed designation from the American Association of Diabetes Educators. Learn more about her work at www.constancebrownriggs.com and follow her on Twitter and Instagram @eatingsoulfully and FB @LivingWellWithDiabetes.

Thursday	3:30 - 4:45	Coronado AB	Carbohydrate Controversies: How Low Should You Go?
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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	9:00 - 10:00	Coronado L	Tech Talk (Teen Program)
Thursday	10:45 - 12:00	Coronado J	Closing the Loop: State of the Art
Friday	9:00 - 10:00	Yucatan 1-3	diaTribe Panel Discussion





Douglas Cairns

In 1989, **Douglas Cairns** was a Royal Air Force jet pilot and instructor at the age of 25 when he was diagnosed with type 1 diabetes and consequently lost his flying career. In 2000 he regained the freedom to fly in the USA as a licensed private pilot, and in 2003 Douglas went on to complete Diabetes World Flight, a round-the-world flight. Since 2009 Douglas has run "Flying With Diabetes," an initiative to raise positive awareness for pilots with diabetes, by setting solo and group aviation world records including "Diabetes Polar Flight" in 2011 to the North Pole and landing on the polar ice. Douglas is a co-founder of "Pilots With Diabetes," an aviation policy advocacy group for pilots with insulin-treated diabetes. Douglas is passionate about raising positive awareness of diabetes and gives regular talks to conferences and meetings, highlighting that diabetes need not limit the scope of people's dreams and ambitions.

Wednesday	9:00 - 10:15	Fiesta 7-8	Pilots With Diabetes: The Sky Is Not The Limit
Thursday	10:45 - 12:00	Fiesta 5	What's Your Story (Elementary Program)
Thursday	3:30 - 4:45	Coronado P	Diabetes VIPs (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 Friends for Life again after making his first FFL appearance in 2006.

Wednesday	10:45 - 12:00	Durango 2	Docu-Diabetes V
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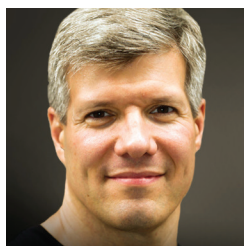
CWD families met for the first time at Orlando 2000

Friends for Life®
Flashback
2000
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The Conference Faculty



Ed Damiano, **PhD**

Edward Damiano, PhD, is Professor of Biomedical Engineering at Boston University (BU) and President & CEO of Beta Bionics. His educational training is in the areas of biomedical and mechanical engineering as well as applied mathematics. Over the years, his lab at BU, and at the University of Illinois before that, has been engaged in basic scientific research that combines 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 (T1D). Ever since his 20-year-old son, David, was diagnosed with T1D in infancy, he has set his sights on creating and integrating autonomous, intelligent systems for automatically regulating blood glucose levels in diabetes and with a vision of building a bihormonal (insulin and glucagon) bionic pancreas that David could have in college. He and his engineering team at BU began conducting experiments testing an early prototype 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 2013–2018, his team at BU and clinical collaborators conducted over a dozen home-use clinical trials in adults and children with diabetes (and other chronic conditions of glycemic dysregulation) testing a mobile version of their bionic pancreas, which ran on an iPhone and wirelessly controlled one or two insulin pumps. With nearly \$2.5 million in donations from over 1,000 gifts from the T1D community in 2014 and 2015, his engineering team at BU, along with their contract manufacturers, began building the first fully integrated bihormonal bionic pancreas that does not rely upon smartphone technology. They called their device the iLet, in homage to the pancreatic islets of Langerhans. At the end of 2015, the iLet and associated technology was licensed to Beta Bionics, Inc., a Massachusetts Public Benefit Corporation that plans to commercialize the bionic pancreas for people with diabetes and other disorders of glycemic dysregulation. The first home-use clinical trial of the iLet was conducted in adults and children with T1D between May and October 2018. Three additional home-use clinical trials testing the iLet have been conducted in 2019. In collaboration with Damiano's lab at BU, and 16 clinical sites across the US, Beta Bionics plans to begin final clinical (Phase 3) trials testing the iLet in 2020 and seek FDA approval of the device for commercial distribution in the US in late 2020.

Thursday

1:30 - 2:45

Coronado J

iLet Update: The Bionic Pancreas



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

Cynthia M. Deitle, JD, LLM, is the Programs and Operations Director for the Matthew Shepard Foundation. The Foundation envisions a world where hate is erased and replaced with empathy and acceptance through law enforcement hate crime trainings, outreach to the LGBTQ community, and support of worldwide productions of The Laramie Project. Prior to 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 laws including police brutality and misconduct, hate crimes, and human trafficking. Ms. 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 an attorney licensed to practice law in Tennessee, Florida, Massachusetts and the District of Columbia and is an Adjunct Professor at Roane State Community College in Harriman, TN. Ms. Deitle was featured in a 2011 episode of *60 Minutes* dealing with an unsolved Civil Rights Cold Case, and she appeared in the first season of Investigation Discovery's series, "The Injustice Files." After her two year old son was diagnosed with type 1 diabetes in 2013, Ms. Deitle and her wife attended their first Children with Diabetes Friends for Life conference in Orlando. "The conference saved us. We found a community who embraced our family and not only gave us information about type 1 diabetes and how to better manage the disease, but gave us the confidence that one day there will indeed be a cure." Ms. Deitle and her wife 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. Deitle and her family live in Knoxville, Tennessee.

Wednesday

1:30 - 2:45

Fiesta 4

Your Legal Rights: Encounters with Law Enforcement



Jane K. Dickinson, **RN, PhD, CDE**

Jane K. Dickinson, RN, PhD, CDE, is a nurse and certified diabetes educator. She has been living with type 1 diabetes since 1975. Jane is the Program Director/Lecturer for the Diabetes Education and Management (DEDM) Masters Program at Teachers College, Columbia University. Jane served as the Director of Clinical Services and Education at the Barton Center for Diabetes Education prior to moving to Colorado in 1998. She developed, implemented, and oversaw a hospital-based outpatient diabetes education program until 2011, when she began her current position at Teachers College, Columbia University. She continues to provide diabetes education to patients, families, and community members. Jane is passionate about the language of diabetes and the impact messages have on people living with diabetes. She has published articles, frequently speaks about, and conducts research on the impact of language on people with diabetes. Jane was the lead author on the joint paper, The Use of Language in Diabetes Care and Education, published by AADE and ADA in late 2017, and she was named 2019 Diabetes Educator of the Year by the American Association of Diabetes Educators. Jane maintains a blog about everyday diabetes topics, and participates in diabetes-related social media. She lives in northwest Colorado with her husband and teenage son and daughter.

Thursday

3:30 - 4:45

Coronado H

Language Matters





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 CWD, Adventures for the Cure, Mountains for Active Diabetics, IDEA 2000, Insulindependence, Hope on 2 Wheels, JDRF Ride to Cure, 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

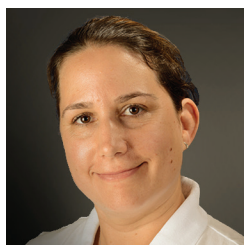
Friday	10:45 - 12:00	Durango 1-2	Meet the Sports Central Athletes
Saturday	10:30 - 11:30	Fiesta 1	Panel Discussion: Being a Couple and Making it Work



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.

Saturday	10:30 - 11:30	Fiesta 1	Panel Discussion: Being a Couple and Making it Work
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Kate Farnsworth

Kate Farnsworth volunteers in Design, Programming and Tech Support in the Nightscout/CGM in the Cloud community. Kate is the mother of four daughters, the oldest of whom lives with type 1 diabetes. As a Digital Media Designer and IT Specialist she seeks out ways to use technology and effective design solutions to make life easier for those who live with type 1 diabetes and the people that care for them. She has been advocating for the Canadian Diabetes community since 2012 and recently joined the Nightscout Foundation Board as a Director.

Wednesday	9:00 - 10:15	Fiesta 10	How to DIY Loop
Wednesday	10:45 - 12:00	Fiesta 10	How to DIY Loop
Wednesday	1:30 - 2:45	Fiesta 10	Loop Build Workshop



DRI transplanted islets into a Teddy Bear

Friends for Life®
Flashback
2001
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Denotes faculty member with diabetes



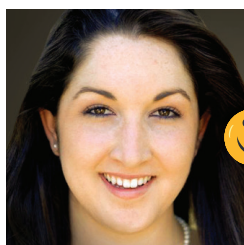
The Conference Faculty



Leigh Fickling, MEd, MS, JD

Collector of orange and green Wristbands, **Leigh Fickling** is the Executive Director of the Disability Management System at Duke University and Health System. With over 20 years of higher education administration experience, Leigh is an expert in college and workplace accommodations for individuals with disabilities. As a former solo legal practitioner, Leigh's law firm specialized in education law, disability law, and family law. Leigh is the mom to twins, Ava (green band) and Davis (orange band), and can most often be found in the FFL hallways shouting, "SLOW DOWN!" Leigh feels that FFL is the number one most important tool in her diabetes tool kit and can't imagine trying to dia-beat-this without the strong support from her friends for life. FFL Conferences are the highlight of the year for the Fickling family and they can't wait to welcome new and returning families into their circle of friends! #greenandorange4forlife

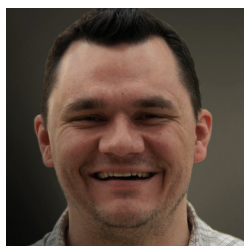
Wednesday	10:45 - 12:00	Fiesta 4	Type AU-SOME
Wednesday	3:15 - 4:30	Fiesta 7-8	Inspiration & Encouragement: Stories from FFL
Thursday	1:30 - 2:45	Coronado AB	Accommodations in College, Graduate School: Workshop
Friday	10:45 - 12:00	Fiesta 7-8	Standing Up for Yourself
Friday	2:00 - 3:15	Yucatan 1-3	Moms' Discussion Group



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. 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	Coronado L	Dancing for Diabetes for Teens
Wednesday	10:45 - 12:00	Fiesta 6	Dancing for Diabetes for Tweens
Wednesday	3:15 - 4:30	Fiesta 5	Dancing for Diabetes for Elementary



Ryan J. Gagnon, PhD

Ryan J. Gagnon, PhD, is an Assistant Professor in the Department of Parks, Recreation, and Tourism Management at Clemson University. His research focuses on out-of-school programs as contexts for youth thriving and development, and the factors that influence these outcomes including staff (e.g., implementation quality) and parents (e.g., helicopter parenting).

Wednesday	3:15 - 4:30	Coronado EF	The Impact of Camp on Kids with T1D...and Their Parents
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Kajal Gandhi, DO, MPH

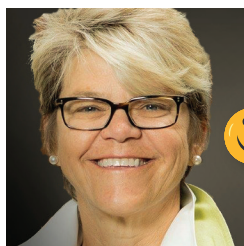
Kajal Gandhi, DO, MPH, is an assistant professor of pediatrics and pediatric endocrinology at Nationwide Children's Hospital/The Ohio State University in Columbus, OH. She is board certified in pediatrics and pediatric endocrinology, and completed her training in pediatric endocrinology from Texas Children's Hospital/Baylor College of Medicine. Her primary research interests include medical education, improving diabetes care and outcomes through quality improvement programs, as well as investigating ethnic/racial disparities in type 1 diabetes, to ultimately create a culturally sensitive diabetes education curriculum for medical providers and patients/families.

Wednesday	10:45 - 12:00	Fiesta 9	Listen Up Doc: Getting Involved in Your Clinic
Thursday	10:45 - 12:00	Coronado K	Diabetes Basics for Families New to Type 1 Diabetes
Thursday	3:30 - 4:45	Yucatan 1-3	Advocating for Yourself



Denotes faculty member with diabetes

#FFLOrlando19



Claudia Graham, PhD, MPH

Claudia Graham, PhD, MPH, is the former Senior Vice President of Global Access at Dexcom, Inc. Claudia joined Dexcom as Vice President of Marketing in 2008 and was instrumental in the early success of Dexcom. Globally recognized as a thought leader in access to diabetes technologies, Claudia became Vice President of Global Access in early 2013. In this role, she has navigated the complexities of the healthcare system and health economics to define a strategy for reimbursement and has made significant inroads to improving access to CGM for patients and physicians both domestically and internationally through government relations, health economics and outcomes work, and advocacy initiatives. Her work to achieve coverage of CGM by Medicare was a milestone for her career. Prior to Dexcom, she was Vice President of Marketing & Product Development at MiniMed, and subsequently served as Vice President of Global Access Therapy at Medtronic Diabetes. Claudia has also been a member of various national and local advisory boards serving the diabetes and medical community, and remains very committed to the diabetes community having published and presented numerous articles at scientific conferences, and consulting on a wide variety of projects. She received her bachelor's degree and her PhD from the University of Southern California. In addition, she received her Master of Public Health from the University of California, Los Angeles.

Friday

10:45 - 12:00

Coronado J

A History of Diabetes Device Innovation



Grace Grande-Cassell

Grace Grande-Cassell is very excited to be staffing her ninth year of Friends for Life conferences! She has grown up with a connection to type 1 diabetes because of her late grandfather, who lived with it for over 70 years. Grace currently lives in New York City where she works in digital marketing strategy. She is so happy to be back in Orlando with the Tween dream team!

Saturday

10:30 - 11:30

Fiesta 1

Panel Discussion: Being a Couple and Making it Work



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.

Saturday

10:30 - 11:30

Fiesta 1

Panel Discussion: Being A Couple and Making it Work



CWD's Traveling Rufus and Ruby bears made a stop

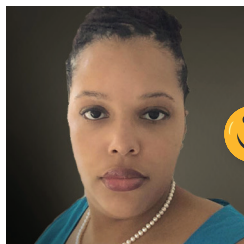
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2002
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Denotes faculty member with diabetes



The Conference Faculty



Nia Grant

Nia Grant has been living with type 1 diabetes since 2007, and has been living her best life every step of the way. Having worked in several professions and traveling the world, Nia has gained a wealth of experience in living life with chronic illness. She plans to continue living adventurously and helping others with diabetes learn to advocate for and navigate through their own adventurous lives.

Friday

10:45 - 12:00

Fiesta 7-8

Standing Up For Yourself: Legal Rights & Self-Advocacy



George Grunberger, MD, FACP, FACE

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.

Friday

10:45 - 12:00

Coronado L

Time in Range: Moving Beyond Just HbA1c

Friday

2:00 - 3:15

Coronado K

Everything You Wanted to Know About Insulin



Michael Haller, MD

Michael Haller, MD, is a pediatric endocrinologist with a passion for patient care, teaching, and research. Mike is a Gainesville native and a proud graduate of the University of Florida's College of Medicine, Pediatrics Residency, and Pediatric Endocrinology Fellowship Programs. In addition to serving as the Pediatric Endocrinology Chief and Fellowship director, Dr. Haller coordinates an active research team focused on the prediction, prevention, and reversal of type 1 diabetes. Dr. Haller is an active investigator in the NIH funded Type 1 Diabetes TrialNet, the NIH TEDDY study, and the T1D Exchange. Mike serves as the Co-PI of the University of Florida TrialNet Clinical Center, as the Chair of the Clinical Implementation Committee for the TEDDY study, Vice-Chair for the T1DExchange Biobank, and as Vice-President of the Florida Camp for Children and Youth with Diabetes. Dr. Haller was the PI of "first in man" studies aimed at using autologous umbilical cord blood stem cells as a potential therapy for type 1 diabetes and more recently led a groundbreaking pilot study demonstrating the efficacy of Thymoglobulin and Neulasta in patients with established type 1 diabetes. Dr. Haller now serves as the PI of a major TrialNet study aimed at confirming the efficacy of Thymoglobulin and Neulasta in new-onset type 1 diabetes patients. Dr. Haller has published over 200 peer reviewed manuscripts and book chapters and in the last 5 years has received over \$8.5 million dollars in research funding. Mike has received the Henry Kokomor award, the Douglas Barrett award, the Pediatric Endocrine Society Clinical Scholar award, and the JDRF Early Career award. In 2008, Dr. Haller, and his colleagues Dr. Desmond Schatz and Dr. Mark Atkinson received the JDRF's highest award, the Mary Tyler Moore and S. Robert Levine Excellence in Clinical Research Award, for their team approach to developing therapies for type 1 diabetes.

Wednesday

3:15 - 4:30

Durango 1

University of Florida Research Update

Wednesday

4:30 - 6:00

Durango 1

University of Florida Reception





Zach Hall

Zach Hall was diagnosed with type 1 diabetes when he was 13 years old. After diagnosis, Zach became an active patient advocate through ADA and JDRF and became involved with the College Diabetes Network as a college student. After graduating in 2018 from Albion College, Zach joined the CDN staff full time as a Program Assistant. At CDN, Zach manages a profile of Chapters on college campuses, manages the NextGen and Young Professionals program, and oversees the coordination of the many events that CDN hosts throughout the year.

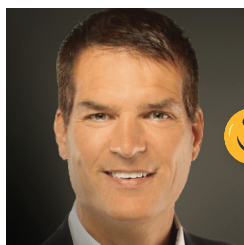
Wednesday	1:30 - 2:45	Fiesta 9	Workshop for Parents: Off to College with CDN
Thursday	1:30 - 2:45	Coronado P	#Adulthood (Teen Program)



Anna Hewitt

Anna Hewitt is an advocate for diabetes awareness for families and children, leading the Beyond Type-1 T1D/DKA Awareness Campaign in South Carolina. She was Miss South Carolina USA-2003 and Miss United States 2005 and leader of the Millie Lewis Modeling School in Greenville, SC, creating programs for building strong self-esteem in children, teens, and adults. She enjoys exercise, healthy living and learning about diabetes and other auto-immune diseases, while spending time with her family. She will be co-leading the Safe Zone For Significant Others session, drawing from her sixteen years of lived experience with husband Jay Hewitt (T1D) and multiple years attending CWD FFL conferences in Florida, Virginia, and the UK.

Thursday	1:30 - 2:45	Coronado CD	Safe Zone for Significant Others
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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 the 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.

Thursday	1:30 - 2:45	Coronado EF	Virtual Diabetes Clinics: Are They the Future?
Friday	10:45 - 12:00	Coronado CD	Parenting with Type 1 Diabetes



Anja and Marie from Denmark finish the run

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Denotes faculty member with diabetes



The Conference Faculty



Lester Hightower

Lester Hightower is the father of a teenage son with type 1 diabetes. Professionally, Lester is an information technologist and software engineer who leads the technology department of a rail and truckload ground transportation provider. Personally, Lester has been married for twenty-two years and is the father of two children. His son, Andrew, was diagnosed with T1D in 2010, at the age of five, and has followed Dr. Richard K. Bernstein's diabetes management regimen since his diagnosis. Lester is an ardent student of, and advocate for, low-carb eating and Dr. Bernstein's diabetes management regimen, and he is a founding board member of the not-for-profit Rivere Foundation, that does most of its advocacy work through its Let Me Be 83 trademark. Lester holds a bachelor's degree in Economics from Florida State University.

Friday

2:00 - 3:15

Coronado AB

Success With a Low Carb Regimen in Children Aged 5 to 14



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.

Saturday

9:00 - 10:15

Durango 1-2

Diabetes Advocacy Keynote



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

1:30 - 2:45

Yucatan 1-3

Finding Your Tribe: Support & Knowledge in Social Media

Friday

10:45 - 12:00

Coronado CD

Parenting with Type 1 Diabetes

Friday

2:00 - 3:15

Coronado CD

Diabetes Can Be Complicated



Jake Johnston

Jake Johnston is the President of the Johnston Group, a federal lobbying firm based in Seattle, Washington and operating in Washington, D.C. Jake has worked as a federal lobbyist and public affairs consultant for fifteen years after working in Congress for nearly a decade. Jake is a co-founder of ConnectT1D, a nonprofit organization serving the social and emotional needs of people impacted by type 1 diabetes. ConnectT1D partners with Camp Leo to operate year-round programs for people with T1D in the Pacific Northwest, including an adult retreat in June, an annual Family Camp in October and overnight summer camps. Jake Johnston has lived with T1D for 44 years after getting diagnosed at the age of three. He's also the father to a 13-year old daughter with T1D and thus connects to living with T1D from two distinct perspectives. He believes that having connections to other people with T1D is the reason he's healthy and happy so many years into this adventure.

Thursday

10:45 - 12:00

Durango 1-2

Hot Topics in Diabetes Advocacy: 2019 Edition

Thursday

1:30 - 2:45

Durango 1-2

From Passion to Action: Experiences for Advocacy





Manmohan Kamboj, MD

Manmohan Kamboj, MD, is the Section Chief and Interim Division Chief of the Section of Endocrinology in the Department of Pediatrics at Nationwide Children's Hospital and a Clinical Professor of Pediatrics at The Ohio State University College of Medicine, Columbus, Ohio. Dr. Kamboj is a Pediatric Endocrinologist with expertise in clinical management of diabetes as well as multiple endocrine disorders. She is actively involved in medical education and quality improvement, and is the Director of Quality Improvement for the section. Dr. Kamboj works with a team of dedicated providers at nationwide Children's Hospital to care for patients and families with diabetes mellitus. Their goal is to empower families to successfully manage their diabetes and enable them to lead a normal, healthy, happy life.

Wednesday

10:45 - 12:00

Fiesta 9

Listen Up Doc: Getting Involved in Your Clinic



Norma Sue Kenyon, PhD

Norma Sue Kenyon, PhD, is the Martin Kleiman Professor of Surgery, Microbiology and Immunology and Biomedical Engineering at the Diabetes Research Institute. Utilizing clinically relevant transplant models, Dr. Kenyon and her team have focused on ways to transplant insulin producing islet cells without the need for life-long anti-rejection drugs, including the incorporation of stem cells into transplant protocols to enhance islet engraftment and survival. Her current research is focused on the immunomodulatory and graft promoting effects of mesenchymal stem cells (MSCs) on islet allografts. Dr. Kenyon has served as Chair for Immunology in the NIH funded Type 1 Diabetes TrialNet and the Clinical Islet Transplant consortiums. She was a member of the National Advisory Allergy and Infectious Disease Council and recently finished service as a member of the NIH Council of Councils. In addition, Dr. Kenyon has served as a scientific advisor to the Food and Drug Administration. She is currently Chief Innovation Officer and Director of the Wallace H. Coulter Center for Translational Research at the Miller School of Medicine, as well as Vice Provost for Innovation for the University of Miami.

Friday

2:00 - 3:15

Coronado J

DRI Research Update: The State of Cell Therapy



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

Fiesta 4

Parenting Your Tween

Thursday

1:30 - 2:45

Fiesta 1-2

Orange Team (Tween Program)

Thursday

3:30 - 4:45

Coronado R

Stress and Burnout (Teen Program)

Friday

10:45 - 12:00

Fiesta 5

Orange Team (Elementary Program)

Friday

4:00 - 5:00

Fiesta 6

Orange Team (Tween Program)



Hamish Richardson made didges for our sponsors

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Denotes faculty member with diabetes



The Conference Faculty



Andrew Koutnik

Andrew Koutnik is a researcher, has type 1 diabetes, and is a patient advocate at University of South Florida Morsani College of Medicine studying the influence of nutrition and metabolism on health, disease, and performance. He originally began his research path at Florida State University in the Exercise Science studying the influence of nutrition, exercise, supplementation, and environmental extremes on health-based outcomes in normal and clinical populations resulting in a number of original research publications. From Florida State University, he was awarded the Presidential Fellowship to undergo Biomedical Research with the Metabolic Medicine Lab at University of South Florida Morsani College of Medicine with a focus on studying metabolism and metabolic therapies for health, disease, and performance outcomes resulting in numerous research publications and additional in review. While at his time at USF, Andrew also developed and implemented multiple research projects on NASA NEEMO 22 as a part of USF and IHMC research team. In 2018, Andrew was selected to participate in TEDxUSF event where he presented on Nutrition and type 1 diabetes. Personally, Andrew Koutnik has used exercise, nutrition, and lifestyle factors to manage type 1 diabetes for over 12 years. Type 1 diabetes has and continues to give an incredible in-depth personal journey into the world of our metabolism, how it works, how day-to-day life (sometimes moment-by-moment choices) influences it, and how these changes on metabolism can have far reaching effects over other aspects of our physiology. This combination of researching nutrition and exercise, but also dealing with its benefits and consequences daily with type 1 diabetes, created a strong appreciation for the metabolic role nutrition and lifestyle can play into disease prevention and management.

Thursday

10:45 - 12:00

Yucatan 1-3

Low Carbohydrate Nutrition for T1D



Lauren Lanning

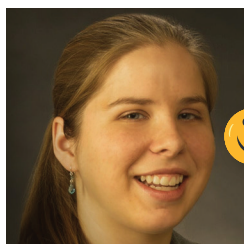
Lauren Lanning is mom of Monica, 25, dx 8/96 and Sarah, 23. Lauren became involved with CWD shortly after her daughter was diagnosed in 1996. She has been involved in the conferences since the very first gathering in Orlando in 2000, where she volunteered to make name badges. Since then, Lauren has run 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



Dana Lewis

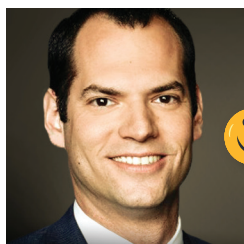
Dana Lewis was diagnosed with type 1 diabetes in 2002 as a freshman in high school and is now most known for building her own DIY "artificial pancreas" (automated insulin delivery system, or hybrid closed loop) and founding the open source artificial pancreas movement. She is working with the OpenAPS 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



Oren Liebermann

Oren Liebermann is a CNN International Correspondent based in Jerusalem. Oren was diagnosed with T1 Diabetes in Nepal while backpacking around the world with his wife. After a brief trip home to recover and learn more about diabetes care, Oren resumed his trip in Thailand. He considers this the most important decision he ever made about living with diabetes: never let it slow you down. He aims to inspire other people with diabetes to live full, adventurous lives without limitations. Oren is the author of the recently published book, *The Insulin Express: One Backpack, Five Continents, and the Diabetes Diagnosis That Changed Everything*.

Wednesday

10:45 - 12:00

Fiesta 7-8

Travel is the Answer, Even if Diabetes is the Question

Wednesday

3:15 - 4:30

Coronado L

One Backpack, Five Continents (Teen Program)





Howard Look

Howard Look is founder, President and CEO of Tidepool, an open source, not-for-profit effort to make diabetes data more accessible, actionable, and meaningful by liberating data from diabetes devices, supporting researchers, and providing great, free software to the diabetes community. Tidepool is also developing Tidepool Loop, a hybrid closed loop system for iPhone. Previously, Howard was on the founder's team at TiVo where he was VP of Software and User Experience. He was also VP of Software at Pixar, where he led the team developing Pixar's proprietary film-making system, and at Amazon's consumer electronics subsidiary, Lab126. Howard received his BS in Computer Engineering from Carnegie Mellon University. Howard's daughter was diagnosed with T1D at age 11.

Friday

9:00 - 10:00

Coronado J

On the Shoulders of Giants: Tidepool Loop



Mary Lucas

Mary Lucas was diagnosed with type 1 in 1998 at the age of seven and has been active in the type 1 community ever since. A dedicated philanthropist, Mary and her family have raised over \$15 million for type 1 diabetes efforts. She started at Beyond Type 1 in July 2015 as the Community Manager, and became head of Influencer Engagement in September 2018. In her role, Mary loves connecting Beyond Type 1 ambassadors and influencers to their programs and efforts. She also oversees the Global Ambassador Council, working with each member on projects and initiatives. She has run the 2017 + 2018 TCS New York City Marathon with Beyond Type Run, raising over \$16K. Mary attended Parsons the New School for Design in New York where she studied fashion design with a focus in Childrenswear, and studied abroad at Central Saint Martins College of Art and Design. Prior to Beyond Type 1, Mary was a freelance designer and photographer, working most notably with Myabetic and Refinery29. She has also worked at Women's Wear Daily, Fashionista, and Mel Ottenberg Studio. She is passionate about living well with T1D, finding a cure, growing Beyond Type 1, and her French Bulldog Lola! Check out more from Mary on her Instagram @MaryAlessandra.

Thursday

1:30 - 2:45

Yucatan 1-3

Finding Your Tribe: Support & Knowledge in Social Media



Trang Ly, MBBS, FRACP, PhD

Trang Ly, MBBS, FRACP, PhD, serves as Senior Vice President and Medical Director at Insulet Corporation. Dr. Ly leads the Omnipod Horizon Automated Glucose Control clinical program. Dr. Ly is a leading expert in artificial pancreas and diabetes technologies. Most recently, she served as Clinical Assistant Professor in the Division of Pediatric Endocrinology, Stanford University School of Medicine. Prior to her time at Stanford, Dr. Ly was Pediatric Endocrinologist in the Department of Endocrinology and Diabetes at Princess Margaret Hospital for Children in Perth, Australia. Dr. Ly holds a Bachelor of Medicine and Surgery and a PhD in Pediatrics from the University of Western Australia. She is also a fellow of the Royal Australasian College of Physicians, with specialist qualification in Pediatric Endocrinology.

Wednesday

1:30 - 2:45

Durango 2

Omnipod Product Theater with Insulet's Medical Director



Dr. Marco Songini brought a group from Itlay

Friends for Life®
Flashback
2005
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Denotes faculty member with diabetes



The Conference Faculty



Kristin Maloney, MS, MGC, CGC

Kristin Maloney, MS, MGC, CGC, is a board-certified genetic counselor and faculty member in the Division of Endocrinology, Diabetes & Nutrition and Program for Personalized Medicine at the University of Maryland School of Medicine (UM-SOM). Her current position involves clinical, research, and laboratory genetic counseling responsibilities. She has advised on study design, developed informed consent documents, and generated patient and provider information sheets for the Personalized Diabetes Medicine Project (PDMP) at the UM-SOM, and is involved in a project that is analyzing the psychosocial impact of a monogenic diabetes diagnosis and barriers patients have had obtaining this information. Kristin is a member of the ClinGen Monogenic Diabetes Expert Panel, where she curates genetic variants in common monogenic diabetes genes. She also provides pre- and post-test genetic counseling to PDMP study participants as well as adult patients in the UMMC Center for Genetics and Personalized Medicine. She co-authored a manuscript on genetic counseling for diabetes and is on the National Society of Genetic Counselors' Practice Guidelines Committee for Monogenic Diabetes.

Wednesday	3:15 - 4:30	Coronado C	An Introduction to Monogenic Diabetes
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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 Diabetes UnConference; 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.theperfectd.com.

Thursday	10:45 - 12:00	Durango 1-2	Hot Topics in Diabetes Advocacy: 2019 Edition
Thursday	1:30 - 2:45	Durango 1-2	From Passion to Action: Experiences for Advocacy
Thursday	3:30 - 4:45	Durango 1-2	Advocating for Affordable Access to Insulin



Justin Masterson

Justin Masterson is a strategist and designer heavily rooted in the pursuit of deep human insight. His career began as a news anchor and feature producer for NPR, where he learned that every story is a human story, and that even the most complex problems are, at their core, human problems. He was thrilled to find out that the business world had a place where you could not only tell the stories of complex human issues, but actually innovate to solve them. His decade-long career with Seek has been hallmarked by success after success in leading the research, ideation, strategy and storytelling processes for more than a hundred Fortune-500™ brands. Chronic pediatric disease became a part of Justin's life story when his daughter was diagnosed with type 1 diabetes on her fifth birthday. Since then, he has turned his attention to innovating in health care, focusing on system design and quality improvement that puts the human story at the center of health care systems. Today, he is helping health care networks and global health care brands innovate from the patient and stakeholder perspectives, and break through problems that desperately need to be solved.

Friday	9:00 - 10:00	Coronado EF	Caring for Kids in Multiple Households
Friday	2:00 - 3:15	Durango 1-2	Dads' Discussion Group

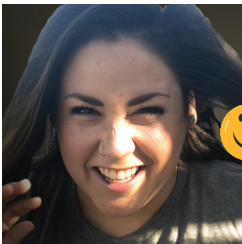




Moira McCarthy

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.

Wednesday	3:15 - 4:30	Yucatan 1-3	Wait Wait Don't Poke Me! The Diabetes Game Show
Thursday	1:30 - 2:45	Coronado H	Join the Culture of Yes! How to Live Well Despite Diabetes
Friday	4:00 - 5:00	Coronado HJK	Putting It All Together with Two Dope D-Moms



Nicole McGreevy

Nicole McGreevy was diagnosed with type 1 in 2006 at the age of 11. Since her diagnosis, Nicole has spoken at schools, events and just about anyone who will listen and learn about type 1 diabetes. She hopes to continue educating and advocating for as long as she can. Graduating from Kent State University in Human Development and Family Studies and Non Profit Studies, she is now the Community + Social Media Manager at Beyond Type 1. When she is not in the office she is on an outdoor adventure with her dog, Monte, or hanging out with friends.

Thursday	1:30 - 2:45	Yucatan 1-3	Finding Your Tribe: Support & Knowledge in Social Media
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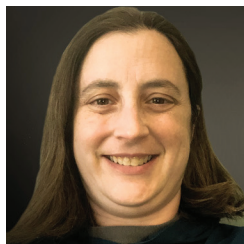
Former NBA player Chris Dudley joined us

Friends for Life®
Flashback
2006
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The Conference Faculty



Samantha Merwin, **MPA**

Samantha Merwin, MPA, has worked in the insurance industry for the past 24 years and holds a license in CT. Her primary role focuses on health care strategy and troubleshooting for large clients. From her experience working direct with consumers she has a unique perspective on "insurance speak" and aims to simplify open enrollment choices wherever possible for her friends and family. Her son Logan was diagnosed with type 1 diabetes in 2008 at 17 months old. Since then, her degree and experience have been very helpful in navigating diabetes supply orders, formularies and authorizations. When Samantha is not working or functioning as a full time pancreas she enjoys volunteering and fundraising for diabetes nonprofits, especially Friends for Life. She has made lifetime friends from the past 5 years of attending and looks forward to every interaction with the community. In fact, the community is so strong, a program at FFL Anaheim inspired a grant request to build a stronger community to support type 1 families in CT. She took a sabbatical to work on this ongoing project with JDRF in spring 2019. Most of all, the Merwin family doesn't let type 1 stop them from enjoying life!

Thursday	3:30 - 4:45	Fiesta 7-8	Insurance 101 for Young Adults
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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	Durango 2	Bolus and Barbells
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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 interested in working with adolescents and young adults and their diabetes care providers to facilitate a smooth transition from pediatric to adult diabetes care.

Wednesday	3:15 - 4:30	Fiesta 9	Parenting Your Teen
Thursday	1:30 - 2:45	Fiesta 1-2	Orange Team (Tween Program)
Thursday	3:30 - 4:45	Coronado Q	Faces of Diabetes (Teen Program)
Friday	10:45 - 12:00	Fiesta 5	Orange Team (Elementary Program)
Friday	4:00 - 5:00	Fiesta 6	Orange Team (Tween Program)



Peter Nerothin, **MA**

Peter Nerothin, MA, (type 1 since 2000) is a managing partner at Adventure Consulting Group and PhD student at the University of San Diego. He holds a master's degree in Applied Psychology and Adventure Education from Prescott College. Peter has worked locally and internationally as a wilderness guide and outdoor field instructor, with 10+ years of experience working with individuals with diabetes. This summer he will be guiding Connected in Motion's Adventure team in Alaska and British Columbia. His current focus is rock climbing in Southern California. Peter surfs or runs trails every day with his wife Blair (also type 1 since 2000).

Thursday	10:45 - 12:00	Coronado AB	T1D and Risk: Management through the Lens of Adventure
Friday	7:30 - 8:30	Coronado L	Management Through the Lens of Sport and Adventure



Denotes faculty member with diabetes

#FFLorlando19



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.

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



Louis from Australia joined days after his diagnosis

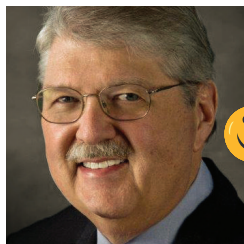
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2007
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Denotes faculty member with diabetes



The Conference Faculty



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. Stewart serves on the board of Children with Diabetes.

Thursday	1:30 - 2:45	Durango 1-2	From Passion to Action: Experiences for Advocacy
Friday	9:00 - 10:00	Coronado CD	Careers and Insurance Issues for Adults with T1D
Saturday	9:00 - 10:15	Durango 1-2	Diabetes Advocacy Keynote



Matthew Point, MS

Matthew Point, MS, is a Development Manager for the Eastern PA Chapter of JDRF International. Prior to joining JDRF International, Matt worked in higher education administration and, he holds a Bachelor's in Spanish and a Master's in Higher Education. As part of his role on campus, he managed special accommodations for housing and dining plans for students with disabilities or dietary restrictions, and he was also responsible for all on-campus emergency management. Matt began attending CWD events in 2013 to support his partner, Brian, who has type 1 diabetes. Matt looks forward to attending every conference, specifically to see all of his "type 3" friends (significant others of people with type 1) and to learn about new technology.

Saturday	10:30 - 11:30	Fiesta 1	Panel Discussion: Being a Couple and Making it Work
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Toni Pollin, MS, PhD, CGC

Toni Pollin, MS, PhD, CGC, is a human geneticist, board certified genetic counselor, and leader of a PhD/MS graduate program in Human Genetics at the University of Maryland Baltimore. She educates graduate, medical, and genetic counseling students as well as practicing providers about the genetics of diabetes and other common, complex diseases. She has authored or co-authored over 100 publications, and her current research program consists of three main areas: (1) using analytical tools to identify genes and genetic variants involved in susceptibility and response to treatment and preventive intervention for type 2 diabetes and related traits in the Amish, the Diabetes Prevention Program (DPP) and Treatment Options for Type 2 Diabetes in Adolescents and Youth (TODAY) Study; (2) elucidating the function of apolipoprotein C-III and cardioprotective and metabolic effects of its deficiency through deep phenotyping of carriers of the first known null mutation in the APOC3 gene which she discovered in 2008; and (3) integration of genomic medicine into health care, particularly with respect to monogenic diabetes. In this latter area, she led the Personalized Diabetes Medicine Program (PDMP), an NHGRI-funded IGNITE (Implementing Genomics in Practice) Network Project designed to develop, disseminate and evaluate a sustainable approach to the detecting, genomically diagnosing and promoting individualized therapy for individuals with monogenic forms of diabetes and a cross-NHGRI payer/stakeholder engagement effort. She now works with patients, providers, and researchers to work toward universal access to diagnosis and individualized treatment for monogenic diabetes in the Monogenic Diabetes Research and Advocacy Project (MDRAP). She also leads the NICHD-funded ClinGen Genomic Clinical Variant Expert Curation Panel for Monogenic Diabetes, which complements the PDMP in addressing the underdiagnosis of highly genetic forms of diabetes in which a molecular diagnosis is critical for receiving appropriate treatment. Finally, she is a co-investigator in RADIANT, the NIDDK-funded Rare and Atypical Diabetes NeTwork.

Wednesday	3:15 - 4:30	Coronado C	An Introduction to Monogenic Diabetes
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William Polonsky, PhD, CDE

William Polonsky, PhD, CDE, is President and Founder of the Behavioral Diabetes Institute, the world's first organization wholly dedicated to studying and addressing the unmet psychological needs of people with diabetes. He is also Associate Clinical Professor in Psychiatry at the University of California, San Diego. Dr. Polonsky received his PhD in clinical psychology from Yale University and has served as Senior Psychologist at the Joslin Diabetes Center in Boston, faculty member at Harvard Medical School and Chairman of the National Certification Board for Diabetes Educators. An active researcher in the field of behavioral diabetes, Dr. Polonsky has served on the editorial boards of *Diabetes Care*, *Diabetes Forecast*, *Clinical Diabetes*, *Diabetes Self-Management*, and *Diabetes Health*. His most recent research projects have focused on quality of life in diabetes, diabetes-related distress and depression, hypoglycemic fear, adherence to cardiometabolic medications, glucose monitoring behavior and attitudes in people living with diabetes, physician and patient attitudes towards insulin and oral medications, group-based behavior change programs, group-based behavior change programs, the influence of continuous glucose monitoring on quality of life, and emotional and behavioral responses to the diagnosis of diabetes. A licensed clinical psychologist and certified diabetes educator, Dr. Polonsky has also authored several books for the lay audience (e.g., *Diabetes Burnout: What to Do When You Can't Take it Anymore*) and co-edited several others for health care professionals (e.g., *A CORE Curriculum for Diabetes Education*).

Thursday	10:45 - 12:00	Coronado H	Positive Caregiving, or How Not to be the Diabetes Police
Thursday	1:30 - 2:45	Coronado CD	Safe Zone for Significant Others
Thursday	3:30 - 4:45	Coronado CD	The Emotional Burden of Diabetes
Friday	10:45 - 12:00	Coronado H	Avoiding and Overcoming Burnout
Friday	2:00 - 3:15	Coronado CD	Diabetes Can Be Complicated



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 1, 1966. He is the creator of Sugar Surfing™, a paradigm shifting approach to managing diabetes. His book *Sugar Surfing* (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.

Wednesday	9:00 - 10:15	Yucatan 1-3	Sugar Surfing Concepts
Wednesday	10:45 - 12:00	Yucatan 1-3	Sugar Surfing Workshop



Sebastien Sasseville shared his Everest gear

Friends for Life®
Flashback
2008
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The Conference Faculty



Liz Robinson, **MS, PA-C, CDE**

Liz Robinson, MS, PA-C, CDE, is a physician assistant at Tower Health in southeastern 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 the age of four. Liz takes great pride in using both her clinical skills and personal experience to help her patients achieve healthy, happy pregnancies.

Thursday	10:45 - 12:00	Coronado CD	Pregnancy Planning & Reproductive Health for Women w T1
Thursday	3:30 - 4:45	Coronado S	T1:She (Teen Program)



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 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 credential in 2015 and currently works as a diabetes educator for Children's Hospital of Philadelphia.

Wednesday	3:15 - 4:30	Fiesta 4	Parenting Your Tween
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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.

Friday	9:00 - 10:00	Coronado H	Preparing for High School and Beyond
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Janet Rodriguez, **BSN, RN, CDE**

Janet Rodriguez, BSN, RN, CDE, a former Pediatric ICU nurse, leads the Diabetes Technology Education group at the USF Diabetes and Endocrinology Center in Tampa, FL. She is an insulin pump and CGM specialist and a certified diabetes educator, caring for pediatric and adult patients. She is a certified trainer for all commercially available insulin pumps and continuous glucose monitors and she coordinates research in adoption of diabetes technologies and hybrid closed-loop insulin pump systems. She actively participates in diabetes education of school personnel and she is a longtime supporter of diabetes camps.

Wednesday	9:00 - 10:15	Coronado EF	Hands On Pump, Pens, Glucagon, and Meter Training
Wednesday	10:45 - 12:00	Coronado EF	Hands On Pump, Pens, Glucagon, and Meter Training
Wednesday	1:30 - 2:45	Coronado EF	Diabetes Basics for Significant Others

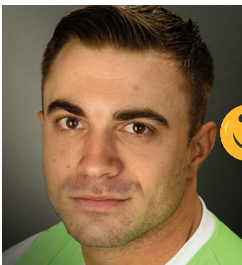




Christina Roth

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	1:30 - 2:45	Fiesta 9	Workshop for Parents: Off to College with CDN
Thursday	1:30 - 2:45	Coronado P	#Adulting (Teen Program)



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	Durango 1	Living with, Not For, Diabetes
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George Canyon played at the banquet

Friends for Life®
Flashback
2009
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Denotes faculty member with diabetes



The Conference Faculty



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 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.

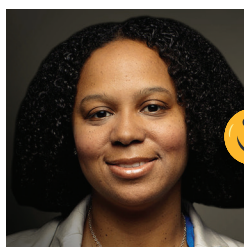
Thursday	9:00 - 10:00	Coronado HJK	Keynote: Progress Toward a Cure
Thursday	3:30 - 4:45	Coronado K	Preventing Type 1 Diabetes: Where Do We Stand?



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 EF	Virtual Diabetes Clinics: Are They the Future?
Thursday	3:30 - 4:45	Coronado J	Making Sense of Sensor Data
Friday	9:00 - 10:00	Coronado PQR	Exercise and Type 1 Diabetes
Friday	10:45 - 12:00	Coronado PQR	Preventing and Managing Hypoglycemia



Cherise Shockley

Cherise Shockley was diagnosed with LADA (Latent Autoimmune Diabetes in adults) June 2004. She is the founder of Diabetes Social Media Advocacy (#dsma), creator of the Blue Fridays initiative and WOCDiabetes (Women of Color living with Diabetes). Cherise is a subject matter expert in diabetes social media, online communities, and peer support. She is a wife, mother, and veteran.

Thursday	1:30 - 2:45	Yucatan 1-3	Finding Your Tribe: Support & Knowledge in Social Media
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ever to take part
in type 1 diabetes
research



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Join the T1D Exchange Registry
from your mobile device or computer

Go to registry.t1dplatform.org to join



The Conference Faculty



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	3:15 - 4:30	Yucatan 1-3	Wait Wait Don't Poke Me! The Diabetes Game Show
Friday	9:00 - 10:00	Coronado L	World's Worst Diabetes Mom
Friday	4:00 - 5:00	Coronado HJK	Putting It All Together with Two Dope D-Moms



Kristin Skiados

Kristin Skiados was diagnosed with type 1 diabetes at the age of 5 in 1980 and was re-diagnosed with MODY-13 (Mature Onset Diabetes of the Young) in 2018. As a child and teen Kristin volunteered for the American Diabetes Association. Since becoming a mother to Ava (diagnosed with type 1 diabetes at age one and re-diagnosed with MODY-13 at age nine) and Nathan, she and her husband, Mike, raise money annually to support the JDRF through the One Walk. She is also a member of MDRAP (Monogenic Diabetes Research and Advocacy Project) through the University of Maryland, School of Medicine. MDRAP promotes the correct diagnosis of types of diabetes caused by genetic mutations known as monogenic types of diabetes. Kristin is a middle school science teacher in southern Maryland. She earned her bachelor's degree in Biology from Wilkes University and her Master's degree in Curriculum and Instruction from McDaniel College. She enjoys traveling and spending time with her family and friends.

Wednesday	3:15 - 4:30	Coronado C	An Introduction to Monogenic Diabetes
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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 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.

Thursday	1:30 - 2:45	Fiesta 7-8	Mental Health in Your Twenties
Thursday	3:30 - 4:45	Yucatan 1-3	Advocating for Yourself
Friday	2:00 - 3:15	Fiesta 7-8	Navigating Relationships

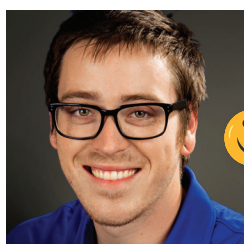




Kerri Sparling

Kerri Sparling has been living with type 1 diabetes since 1986, diagnosed at the age of seven. She 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, which from May 2005 to May 2019 was 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. You can follow her writing and the release of her next projects at KerriSparling.com.

Wednesday	3:15 - 4:30	Fiesta 7-8	Inspiration & Encouragement: Stories from FFL
Thursday	10:45 - 12:00	Fiesta 7-8	Finding the Balance
Thursday	1:30 - 2:45	Yucatan 1-3	Finding Your Tribe: Support & Knowledge in Social Media
Thursday	3:30 - 4:45	Yucatan 1-3	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. Ben currently resides in Brooklyn, New York.

Wednesday	10:45 - 12:00	Durango 2	Docu-Diabetes V
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CWD kids posed with Indy Car driver Charlie Kimball

Friends for Life®
Flashback
2010
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Denotes faculty member with diabetes



The Conference Faculty



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.

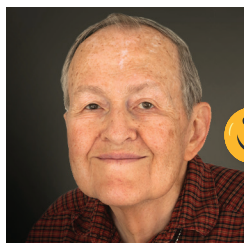
Wednesday	3:15 - 4:30	Fiesta 9	Parenting Your Teen
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Miriam S. Udler, **MD, PhD**

Miriam S. Udler, MD, PhD, is an endocrinologist at Massachusetts General Hospital (MGH) and an instructor at Harvard Medical School. Dr. Udler sees patients with all forms of diabetes in the MGH Diabetes Clinical Center and is the founding director of the MGH Diabetes Genetics Clinic, which provides genetic testing, counseling, and management to patients with monogenic forms of diabetes. Dr. Udler is also a post-doctoral research fellow at the Broad Institute of MIT and Harvard, and an NIH-funded researcher. Her research focuses on genetic contribution to diabetes risk and clinical applications of genomic data, including cluster analysis to identify disease pathways and genetic subtypes. Additionally, she serves on ClinGen's expert panel for Maturity Onset Diabetes of the Young (MODY) and lectures nationally on monogenic diabetes.

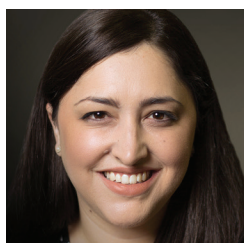
Wednesday	3:15 - 4:30	Coronado C	An Introduction to Monogenic Diabetes
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Richard Vaughn

Richard Vaughn was diagnosed with type 1 diabetes in 1945 at the age of 6. He has lived with type 1 diabetes for 73 years, and does not have any of the serious diabetes complications. Communicating online, and in person, with other diabetics is one of his favorite things to do. Richard is very pleased to have the opportunity to have a session at the Friends For Life conference.

Wednesday	3:15 - 4:30	Durango 2	73 Years with Type 1 Diabetes
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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	10:45 - 12:00	Coronado QRS	Diabetes Empathy & Videos (Teen Program, ages 13-17)
Thursday	1:30 - 2:45	Fiesta 1-2	Orange Team (Tween Program, ages 9-10)
Thursday	3:30 - 4:45	Coronado S	T1:She (Teen Program, ages 13-17)
Friday	10:45 - 12:00	Fiesta 5	Orange Team Fun (Elementary, ages 6-9)
Friday	4:00 - 5:00	Fiesta 6	Orange Team Fun (Tween program, ages 11-12)





Wynola N. Wayne, BSN, RN

Wynola N. Wayne, BSN, RN, is a Diabetes Nurse Clinician/Educator at Nationwide Children's Hospital, Columbus, Ohio. As a Diabetes Nurse Clinician/Educator for more than 35 years, she provides education in both inpatient and outpatient setting for both newly diagnosed and previously diagnosed patients and their families as well as extended family members. In the community, she has provided diabetes education in the schools, day care centers, group homes, diabetes camps and church health programs. Wynola believes diabetes is a "family affair" and also believes in empowerment, giving people the information and tools to become self-care managers assist in promoting healthy children and families. She is currently a member of AADE and several specialty practice group. She has several family members with diabetes and can appreciate the struggles many individuals have with daily self-care.

Thursday	10:45 - 12:00	Coronado K	Diabetes Basics for Families New to Type 1 Diabetes
Friday	9:00 - 10:00	Coronado K	What Matters Most: Learnings from 50 Years of Caring



James Wedding

James Wedding is the President of the Board of Directors of the Nightscout Foundation, a non-profit seeking to deliver open-source tools to live a life less impacted by type 1 diabetes. In February of 2011, James' daughter was diagnosed with type 1 diabetes, and he began searching for technology solutions to the challenges ahead. Years later, discovering a quickly growing community of patients and caregivers that have given up on the industry and on the FDA, James has become part of a worldwide movement to free health care from the current rules. A rallying cry of #WeAreNotWaiting has catalyzed over 23,000 to adopt an open-source solution for a portion of type 1 diabetes care, and has spurred new conversations across the entire industry.

Wednesday	9:00 - 10:15	Fiesta 10	How to DIY Loop
Wednesday	10:45 - 12:00	Fiesta 10	How to DIY Loop
Wednesday	1:30 - 2:45	Fiesta 10	Loop Build Workshop



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 was the 2017 co-chair of the Advanced Practice Communities of Interest of the AADE. 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.

Friday	9:00 - 10:00	Fiesta 7-8	Healthy Eating on a Budget, or Parfait Time!
Friday	10:45 - 12:00	Coronado K	Read it Before You Eat It: Deciphering Food Labels
Friday	2:00 - 3:15	Fiesta 6	FFL: Food for Life (Tween Program)



Crystal Crismond Woodward

Crystal Crismond Woodward is the Director of the American Diabetes Association (ADA)'s Safe at School initiative. Crystal is considered a national authority on the rights of students with diabetes and has spoken at conferences and forums throughout the world on how to 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. She 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.

Friday	9:00 - 10:00	Coronado AB	Safe at School 101
Friday	10:45 - 12:00	Coronado AB	Safe at School Workshop



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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, a former Pediatric ICU nurse, leads the Diabetes Technology Education group at the USF Diabetes and Endocrinology Center in Tampa, FL. She is an insulin pump and CGM specialist and a certified diabetes educator, caring for pediatric and adult patients. She is a certified trainer for all commercially available insulin pumps and continuous glucose monitors and she coordinates research in adoption of diabetes technologies and hybrid closed-loop insulin pump systems. She actively participates in diabetes education of school personnel and she is a longtime supporter of diabetes camps.



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.





It takes a team, and Lilly Diabetes is on yours!

DISCOVER MORE AT BOOTH 500

In the Lilly Diabetes booth, you'll find plenty of inspiring experiences created just for your family.

Meet Nashville recording artist Crystal Bowersox

When: Thursday, July 18,
10am - noon and 2-3pm

Meet author Carlos Hernandez and receive a free, autographed copy of "Sal and Gabi Break the Universe." Sal Vidón, the main character, has type 1 diabetes. Learn more about Sal in this exciting adventure.

When: Friday, July 19,
11am - noon and 2-3pm

Disney creations – See the new "A Message To My Team" videos, watch audio books of Coco, and pick up copies of the Coco and teen books

LD&Me – Sign up to receive interesting and new information from Lilly Diabetes

Caricatures – Get a personalized and humorous memento of yourself to download

Racing Simulation Video Game – Put the pedal to the metal and test your skills

Virtual Reality Basketball – Step up and pop a shot!

Learn about Lilly's history of innovative solutions for those with T1D and see the Lilly Diabetes Journey AwardsSM 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.



Protect times like this by preparing for severe low blood sugar

When severe low blood sugar (severe hypoglycemia) occurs, your child may be physically unable to eat or drink a quick source of sugar and may lose consciousness. When this happens, your child will need emergency treatment.

Attend the Lilly Product Theater and visit booth 601 to learn what you can do.

Focus Sessions

What: Prepare for severe low blood sugar

When: Wednesday, July 17, 9:00am – 10:15am or 10:45am – 12:00pm

Where: Coronado M

Lilly Product Theater

What: Prepare for severe low blood sugar

When: Wednesday, July 17, 1:30pm – 2:45pm

Where: Yucatan 1-3





Platinum Sponsors



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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.



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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**.

*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.



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**.





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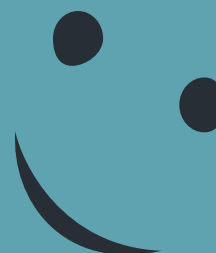
TANDEM
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Tandem Diabetes Care, Inc., is a medical device company dedicated to improving the lives of people with diabetes through relentless innovation and revolutionary customer experience. The company takes an innovative, user-centric approach to the 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.



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.





Bronze Sponsors

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.

SANOFI

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.



Xeris Pharmaceuticals, Inc., headquartered in Chicago, IL, is dedicated to unlocking the potential of glucagon. We believe that easier-to-use medicines can have a profound impact on the lives of patients and their families. That's why we are studying ready-to-use liquid glucagon, but that's just the beginning. We are also studying how our formulation technology can impact patients with other conditions. We have a persistent drive to pursue advancement that have the potential to change lives – get to know us and see how our technology is unlocking the potential of today's medicines at www.xerispharma.com.



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Come to our
Parent Workshop on
Wednesday at 1:30 or our
#adulting session on
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Friends of CWD



Every day more than 4,000 people are newly diagnosed with diabetes in America. Nearly 115 million Americans have diabetes or prediabetes and are striving to manage their lives while living with the disease. The **American Diabetes Association** (ADA) is the nation's leading voluntary health organization fighting to bend the curve on the diabetes epidemic and help people living with diabetes thrive. For nearly 80 years the ADA has been driving discovery and research to treat, manage and prevent diabetes, while working relentlessly for a cure. We help people with diabetes thrive by fighting for their rights and developing programs, advocacy and education designed to improve their quality of life. Diabetes has brought us together. What we do next will make us Connected for Life. To learn more or to get involved, visit us at diabetes.org or call 1-800-DIABETES (1-800-342-2383). Information is available in English and Spanish. Join the fight with 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 commercializing and disseminating the iLet®, a 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 and @BetaBionics on social media.



Founded in February 2015, **Beyond Type 1** created and funds a portfolio of programs, technologies and innovations that those living with type 1 diabetes need to manage, live and thrive. Our goal is to highlight the brilliance of those fighting this disease every day while always working toward ensuring a cure is on its way. By establishing a supportive community via powerful social media, people are connected on a global scale in a new way. Our Instagram campaign "**Living Beyond**," showcases the age, range and variance of those living their best life with T1D, and our website and social media platforms provide education and support. High profile collaborations and carefully curated special events will provide education and awareness, affording a greater capacity for strategic fundraising. Because our Founders + Founding Friends pay all operational and fundraising expenses, 100% of every dollar raised directly supports the most promising global efforts and programs working to educate, advocate and cure type 1 diabetes. We aim to be provocative, inclusive and disruptive: putting a face on this disease, clearing up misunderstandings about who is affected by T1D and eradicating the stigma that comes from living with a chronic disease. We recognize there is a different narrative to be told: that of a strong empowered community living a powerful life beyond the diagnosis. We also recognize a future free of T1D is possible and we are here to make certain that future materializes. We are here to disrupt diabetes.



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 or call 800-321-3437.



Friends of CWD



With a vision to create a world without limits for people with diabetes, **LifeScan** is a world leader in blood glucose monitoring – globally more than 20 million people depend on OneTouch brand products to help them manage their diabetes. For over 35 years, LifeScan has had an unwavering commitment to improving the quality of life for people with diabetes by developing products defined by simplicity, accuracy, and trust. For more information, visit www.LifeScan.com and www.OneTouch.com.



MannKind Corporation (NASDAQ:MNKD) focuses on the development and commercialization of inhaled therapeutic products for patients with diseases such as diabetes, and pulmonary arterial hypertension. MannKind is currently commercializing Afrezza® (insulin human) Inhalation Powder, the company's first FDA-approved product and the only orally inhaled ultra rapid-acting mealtime insulin in the United States, where it is available by prescription from pharmacies nationwide. MannKind is headquartered in Westlake Village, California, and has a state-of-the art manufacturing and research facility in Danbury, Connecticut. The company also employs field sales and medical representatives across the U.S. For further information, visit www.mannkindcorp.com.



Senseonics is a medical technology company focused on the design, development and commercialization of transformational glucose monitoring products designed to help people with diabetes confidently live their lives with ease. Our CGM systems, Eversense® and Eversense® XL, include a small sensor inserted completely under the skin that communicates with a smart transmitter worn over the sensor. The glucose data are automatically sent every 5 minutes to a mobile app on the user's smartphone. In the U.S., the Eversense System is indicated for continually measuring glucose levels in persons age 18 and older with diabetes for up to 90 days. The system is indicated for use to replace fingerstick blood glucose (BG) measurements for diabetes treatment decisions. Fingerstick BG measurements are still required for calibration twice per day, and when symptoms do not match CGM information or when taking medications of the tetracycline class. The sensor insertion and removal procedures are performed by a health care provider.



T1D Exchange is a nonprofit, research organization dedicated to accelerating therapies and improving care for people affected by type 1 diabetes. T1D Exchange actively supports discovery and innovation through its biobank and patient data. At the same time, the organization understands that evidence gathered in the "real world" can help bridge the gap between discovery in research settings and impact in people's lives. T1D Exchange model uses cutting-edge tools, research methods, and a robust IT platform to gather evidence from the real-world and clinical experiences of people living with type 1 diabetes. The goal is to connect biological samples, medical data, and patient insights to all stages of research and development, expediting the development of therapies and better care for everyone affected by type 1 diabetes.



The Teen Faculty



Brian Grant, BSN, RN, CDE

Teen Program Leader

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.



Alanna Landry, RN, CDE

Teen Program Leader

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



Marissa Town, BSN, RN, CDE

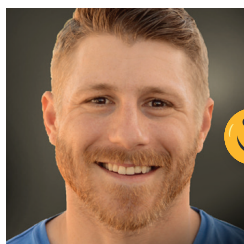
Teen Program Leader

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.



Justin Abel

Justin Abel attended his first Friends For Life conference in 2002, six months after his daughter Sailor was diagnosed with type 1 diabetes when she was two years old. Once Justin, his wife and two daughters started attending more FFL conferences, he knew he wanted to get more involved by volunteering and giving back. Justin has been volunteering at FFL conferences every year since 2005, in many different age groups.



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.





Chris Birri

Chris Birri graduated from the University of Cincinnati with a degree in mechanical engineering. He works as a design engineer in the Cincinnati region. In his spare time he enjoys hiking and camping with his dog, Norbert, and girlfriend Kathryn. This will be his third year in the teen program and he looks forward to seeing old friends and meeting new ones.



Hannah Cope, **BSN, RN**

Hannah Cope, BSN, RN, age 26, received her nursing degree from Quinnipiac University and works at Advent Health Daytona Beach 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 because of the positive impact it has had on her life. Hannah grew up on the east coast of Florida and loves traveling, photography, and helping others. CWD means the absolute world to her and in 2014 she met Garrett Cope who is now her husband. This is her fourth year volunteering with the teens and she is very excited to be back!



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 Friends for Life again after making his first FFL appearance in 2006.



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.



Crystal Bowersox sang, sporting a green bracelet

Friends for Life®
Flashback
2011
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Denotes faculty member with diabetes



The Teen Faculty



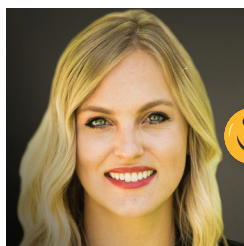
Kathryn Hitchcock, **MS, RD**

Kathryn Hitchcock, MS, RD, sister of Marissa (dx'd at 2 years old), earned her Master's in Nutritional Science degree at the University of Cincinnati in the summer of 2018 and her RD in May 2019. Kathryn 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 is passionate about nutrition, especially related to diabetes, and hopes to work in pediatric clinical nutrition. Kathryn says, "CWD is my ever-expanding family that has my back, and I want to share that support and connection with every person I meet that is affected by type 1 diabetes."



Russ Johnston

Russ Johnston has three 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. For him, the best part of Friends for Life is helping teens connect to other teens across the country with whom they can relate.



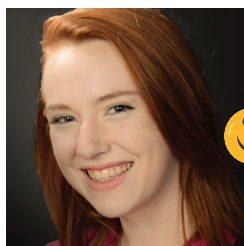
Samantha Lange, **BSN, RN, CDE**

Samantha Lange, BSN, RN, CDE, graduated from the University of Wyoming with a Bachelor of Science in Nursing, and is currently pursuing a Master degree as a Family Nurse Practitioner from the University of Colorado. Samantha is a Certified Diabetes Educator and has had type 1 diabetes for 15 years. She is currently a research nurse at the Barbara Davis Center on the Artificial Pancreas Research team in Colorado. Samantha enjoys working with families of children with type 1 diabetes and wants to give back to the diabetes community in any way she can. She is excited to be attending this year's Friends for Life conference as a first time attendee. Samantha currently lives in Colorado with her husband and her dog Finnigan.



Tayler Michaelson

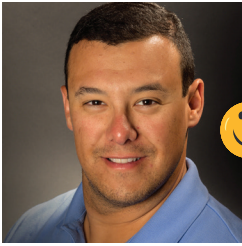
Tayler Michaelson was diagnosed with type 1 diabetes at the age of 10 years old. He currently attends the University of Ontario, Institute of Technology for Communications and Digital Media Studies. Tayler spends the majority of his time on the volleyball court, playing this past season with the Durham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



Hannah Opdenaker

Hannah Opdenaker was diagnosed with type 1 diabetes at age three in 1999, and has been attending CWD conferences since 2001. She is a stage actress with a focus in dance and contemporary movement. After graduating with her degree in theatre, she now teaches acting and theatre history in Philadelphia, Pennsylvania. She is a dog mom to Ruby, loves to travel, and hike. Hannah loves attending and volunteering with the Friends for Life conference because it is the one week a year she is with her "people." She loves having one week a year where she never feels alone in her journey with type 1, and she hopes to instill the same feeling in recently diagnosed families.





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.



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 youth programming staff this year!



James Stroud

James Stroud has worked as a representative for Dexcom continuous glucose monitors 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 London with his wife, fellow CWD staff member Alexandra, where he is employed with Dexcom UK.



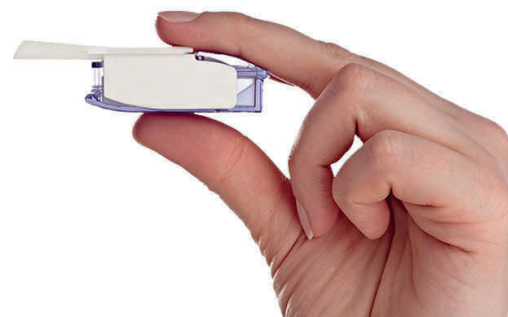
Some crazy shirts raised money for scholarships

Friends for Life®
Flashback
2012
<<



Denotes faculty member with diabetes

INHALED INSULIN RESEARCH STUDY



CLINICAL STUDY IN CHILDREN WITH TYPE 1 DIABETES

This is a research study designed to test an investigational inhaled insulin product, in children with Type 1 diabetes.

Study Purpose

- To assess how a child's body absorbs inhaled insulin powder to lower blood glucose

Who is potentially eligible to participate?

- Children ages 4-12 years with Type 1 diabetes who have been using insulin for at least 1 year
- Not currently using an insulin pump, or willing to discontinue pump therapy prior to study start and for the duration of the study
- No history of asthma or other serious lung conditions

What are some of the study activities?

- Participants will use inhaled insulin to replace mealtime injectable insulin doses and will continue to use their normal basal insulin
- The study lasts 6 to 8 weeks and includes clinic visits and phone calls with study staff
- Participants will be asked to monitor their blood sugar frequently using study-provided meter, testing supplies and smartphone application
- Study-related exams and procedures are provided at no cost, and include physical exams, pulmonary function testing, blood test, or urine tests



FOR MORE INFORMATION ABOUT THE STUDY AND SITE LOCATIONS

PLEASE REFER TO CLINICAL TRIAL LISTING AT:

[HTTPS://CLINICALTRIALS.GOV](https://clinicaltrials.gov)

TRIAL IDENTIFIER: NCT02527265

OR CALL: 877-298-4186



A future without T1D starts with **you.**

What is TrialNet T1D Risk Screening?

TrialNet screening is unique. A simple blood test can identify up to five autoantibodies that signal an increased risk of type 1 diabetes (T1D). These autoantibodies may show up years before symptoms appear.

TrialNet T1D Risk Screening is Free

TrialNet screening is free, easy, and the results are super important. If you have a history of type 1 diabetes in your family, you may be eligible for T1D risk screening at no charge to you:



Anyone between the ages of 2.5 (age 3 in UK) and 45 with a sibling, child or parent with type 1 diabetes.

• • • or • • •



Anyone between the ages of 2.5 (age 3 in UK) and 20 with a sibling, child, parent, cousin, uncle, aunt, niece, nephew, grandparent or half-sibling with type 1 diabetes.

TrialNet screening is available at this event, but if you can't make it, we can schedule an appointment or mail a test kit to you. For more information, contact Annie Abraham at University of Florida, phone at 352.294.5762 or email abraa@peds.ufl.edu

Event Details

Children with Diabetes Friends
 for Life Conference Screening

July 16-19, 2019
 9:00 AM - 5:00 PM

Disney's Coronado Springs Resort
 Laredo Registration 1
 Pre-registration not required

Why get screened?

- T1D family members have a 1 in 20 risk of developing the disease. That's a 15x greater risk than the general population risk of 1 in 300.



- TrialNet screening reveals if you or your child are in the early stages of T1D.
- The ability to screen for risk of T1D provides an opportunity to participate in research that aims to prevent disease progression.
- Participants receive close monitoring; their risk of being diagnosed in diabetes ketoacidosis (DKA) decreases from 30% to less than 4%.



The Tween Faculty



Melissa Geren

Tween Program Leader

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.



Grace Grande-Cassell

Tween Program Leader

Grace Grande-Cassell is very excited to be staffing her ninth year of Friends for Life 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.



Sarah Melcher

Tween Program Leader

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 lead the Tween Program at Friends for Life Canada in 2018. She will be volunteering in Orlando and Canada again this year as she enjoys the educational and fun environment that is provided for the youth at CWD conferences. Sarah is a secondary school teacher, specializing in physical education. She has attended and worked at a diabetes summer camp in Ontario where she met many of her friends with diabetes.



Sarah Melendez, BSN, RN

Tween Program Leader

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.



Kenny Rodenheiser, BSN, RN, CDE

Tween Program Leader

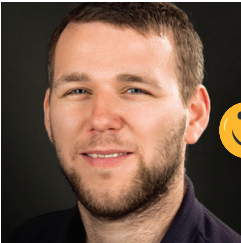
Kenny Rodenheiser, BSN, RN, CDE, was diagnosed with diabetes in 2003. Through his involvement with CWD, ADA, JDRF and other organizations, he realized his passion is to help people with diabetes learn about their disease and how to cope with it. He earned his Bachelors of Science in Nursing from Ramapo 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.





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.



Martyn Carr, BSc, RN

Martyn Carr, BSc, RN, lives in Scotland and was diagnosed with type 1 diabetes when he was five years old. Martyn earned his Bachelor of Science in Nursing from The University West of Scotland and currently works with different age groups with diabetes. He would like to become a Diabetes Specialist Nurse (DSN). Martyn met his wife Chelsea at the Friends for Life Conference in Orlando. He has participated in the Friends for Life conferences both in United States of America and the UK for many years, working within the Elementary, Tween and Teen age groups where he loves helping out and being with his friends at CWD conferences.



Paul Chalmers

Paul Chalmers is a Niagara Falls Canada native, diagnosed with type 1 diabetes on June 6, 2000. Since then, he has been on MDI, ACCU-CHEK Combo pump, Animas Vibe pump, and now the Medtronic 670g. Paul works full-time for U-Haul. He also is completing his BA in Business Management. Paul loves snowboarding, reading and speaking to other T1Ds about diabetes. He is a mentor for people with diabetes in the Niagara area. In 2016, Paul received Niagara's 40 under 40 business award for young leaders in the Niagara area.



Sherry Chroniger

Sherry Chroniger, from Hanover, PA, is a CWD mom who has been a teacher for 24 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



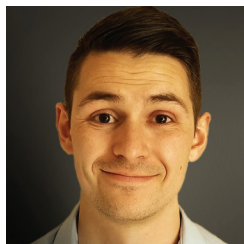
Linda Clapp, RN, BSN, CDE

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.





The Tween Faculty



Aaron Cordell

Aaron Cordell is a 28-year old Middle School Teacher living in Philadelphia, PA with his girlfriend, Hannah, and their dog, Ruby. He teaches at-risk kids at a residential placement school outside of Philadelphia. In his spare time, Aaron enjoys hiking, bike riding, travelling, and being outside. This will be Aaron's second Friends for Life conference, and the first as a staff member. He got involved with FFL because his girlfriend, Hannah, has type 1 diabetes and has been coming to the conference for nearly 20 years. Aaron is extremely excited to be working on the Tweens Staff this year and hopes it's the first year of many.



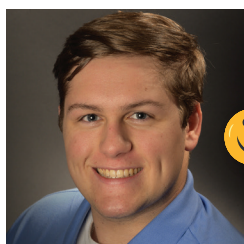
Michelle Dao, BSN, RN

Michelle Dao, BSN, RN, earned her Bachelors of Science in Nursing from the University of Cincinnati. She currently works in the Neonatal Intensive Care Unit at Cincinnati Children's Hospital Medical Center. She attended her first Friends for Life Orlando in 2015 and is excited to work with the Tween program this year! CWD has brought so many lifetime friends into her life and looks forward to meeting new FFL!



Emilee Fairchild

Emilee Fairchild is a 22 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 college senior, hoping to attend pharmacy school or to become a nurse practitioner.



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 Tween staff again 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 and on the gator Emergency Medical Response Unit. John says, "CWD means to me a place where I can relax and simultaneously forget about diabetes for awhile but also learn so many new things about living with type 1 diabetes."



Tina Ghosn

Tina Ghosn is mother to three children with diabetes. Her oldest is attending college and her two youngest are active teens navigating high school and diabetes while eating everything in the house as teen boys often do. Friends For Life 2019 will be her eighth Orlando conference since her youngest son was diagnosed in 2007. Tina says, "Friends For Life is about more than learning new technology or the most recent cure research, it's more than hearing about how people with diabetes summit mountains, race cars, win extreme challenge courses, become pro-athletes, or write and perform music. Friends For Life is about the powerful feeling in your chest as you hear the words 'Me Too,' and chat with strangers who are just like you, and meet kids who are just like yours, and in those moments the universe feels smaller and more manageable. Plus all the food is carb counted for you!"





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 is glad to be part of the youth programming.



Dennis Holterman

Dennis Holterman, 22 has lived with type 1 diabetes for 14 years now. Currently, Dennis is attending Southeast Missouri State University achieving his BFA in Performing Arts. Dennis says, "Friends for Life is a home for people diabetes to feel accepted and like they fit in. That's why FFL means so much to me."



Brianne Jeske, RN

Brianne Jeske, RN, is a registered nurse, working in the Cardiovascular ICU in Hudson, Florida. Her brother was diagnosed with type 1 when he was five. He is now almost 15. 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 this is her third year on staff and is very excited to return to conference this year! Friends For Life is a great place for the newly diagnosed, those who have had diabetes for years, and for their supporters to learn about new technologies and ways of living with diabetes, but best of all form bonds that last for years, because the people at this conference truly become your Friends For Life.



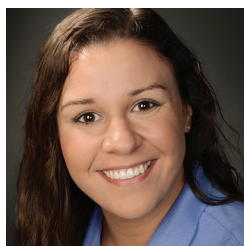
The Triplets enjoyed their Mickey Bars

Friends for Life®
Flashback
2013
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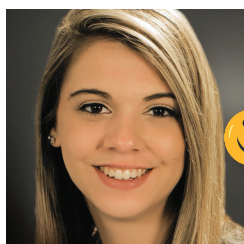


The Tween Faculty



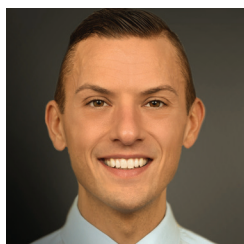
Sarah Johnston

Sarah Johnston has three siblings, two with type 1, all four siblings are staff at Friends For Life! Sarah graduated from Marquette University with a degree in Elementary Education as well as Psychology and now teaches middle school STEM in Milwaukee, WI. Spending a week at Friends for Life each summer is a huge part of her family's life. Since the age of 10, Sarah spends a week where everyone understands diabetes and all that comes with type 1. Friends for Life is filled with amazing people who bring out the best in one another. Sarah is so excited to work with the Friends for Life tweens and continue to be a part of the staff this year!



Sarah Martin

Sarah Martin is 22 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 tweens this year to pass along the knowledge she has gained and her commitment to perseverance.



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

Nick Messinger, PharmD, BCPS, BCACP, CDE, BC-ADM, is an Assistant Professor at the University of Cincinnati College of Pharmacy in Cincinnati, Ohio. He coordinates and teaches the endocrinology topics for the Doctor of Pharmacy (PharmD) program. He also offers an elective course for PharmD students, "Comprehensive Diabetes Care." Nick maintains a clinical practice at the St. Elizabeth Physicians Regional Diabetes Center in Covington, Kentucky. He has participated as medical staff at the American Diabetes Association (ADA) Camp Korelitz in Clarksville, Ohio since 2016. Nick participated in Children with Diabetes – Friends for Life as a fellow in 2018 and looks forward to joining the Tween Program Staff in 2019!



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.



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!





Lizzie Poe

Lizzie Poe was diagnosed with type 1 diabetes when she was 19 and attended her first CWD conference four months later. She came away filled with so much hope and a sense of belonging that she has only missed 1 conference in the past 10 years. Friends for Life is her absolute favorite week of the year! The other 51 weeks of the year, Lizzie is a Vision Therapist in Houston, TX. She is active in her local JDRF chapter and in her spare time, Lizzie enjoys mastering temp basal rates while she runs.



Erica Smith

Erica Smith, 22, was diagnosed with type 1 diabetes in January 2004. Erica attended her first Friends for Life conference in 2004 with her family and has only missed one conference since, which she thoroughly regrets. She just graduated from Texas A&M University with a Health Education degree and just recently got married at the end of May as well. She says that CWD conferences are the best part of her year and she is very grateful for all the friends she has made at Friends for Life. Erica is extremely excited to work with the tweens and have the opportunity to be on staff once again.



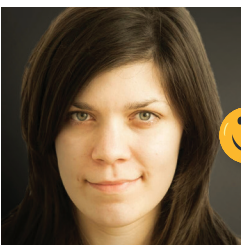
Shelby Smith

Shelby Smith was diagnosed with type 1 diabetes at age six in 2003. This will be her 14th Friends for Life Orlando conference. She is currently attending Florida Gulf Coast University pursuing her Masters in Business Administration. FFL is her favorite part of the year and she has made the best friendships from these conferences. Shelby hopes to continue her outreach for advocacy for CWD and type 1 diabetes. In her spare time, her favorite activities include traveling, playing guitar, basketball, and Skyping her CWD friends. She looks forward to another year of fun, laughs, and memories on FFL staff again.



Jim Stone

Jim Stone attended his first Friends for Life Conference in 2004. His son, Andrew, was diagnosed with type 1 in 1998 at 20 months of age. Jim, his wife Julia, and Andrew have been active in diabetes advocacy since his diagnosis, with a focus on diabetes accommodations at school. Jim, a retired Army officer, lives in Modesto, California and works as a Public Works manager. He has been a Boy Scout leader for many years, and enjoys working with the Tweens.



Becky Thomson

Becky Thomson was diagnosed with type 1 diabetes in 2009 at the age of 24. She is a writer, director and actor who posts far less frequently than she would like on her blog, Instructions Not Included. Over the last nine years, she has been privileged to work with new pump users during their start up and take her one woman show about diagnosis and life with type 1 to northern audiences and medical students in Leeds, United Kingdom. In her day job she works in university accommodation services with a focus on students with additional medical needs and requirements. She is currently learning to play Roller Derby despite being fairly terrible at it. She has attended three Orlando Friends For Life conferences and is thrilled to have the opportunity to assist with the tweens this year.





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BREATHING FRESH AIR INTO DIABETES EDUCATION



2019 EVENTS CALENDAR

PEER BASED PROGRAMS FOR ADULTS WITH TYPE 1 DIABETES

MAY 31-JUN 2 | NORTHEASTERN SLIPSTREAM | MAINE
JUNE 14-16 | 5.5ER SLIPSTREAM | ONTARIO
JULY 4-7 | ANNUAL CANOE TRIP | ONTARIO
JULY 5-7 | WESTERN SLIPSTREAM | ALBERTA
JUL 11-14 | 5.5ER CANOE TRIP | ONTARIO

JUL 27-AUG 5 | ADVENTURE TEAM TREK | CHILKOOT TRAIL
AUG 9-11 | HIKING WEEKEND | ONTARIO
AUG 16-18 | COLORADO SLIPSTREAM | COLORADO
SEP 6-8 | SOCAL SLIPSTREAM | CALIFORNIA
SEP 27-29 | ONTARIO SLIPSTREAM | ONTARIO
NOV 8-10 | FRIENDS FOR LIFE CONFERENCE | ONTARIO

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Children with Diabetes® Friends for Life®

SPECIAL GUESTS 2019



JC ARAGONE

PROFESSIONAL
TENNIS PLAYER



CRYSTAL
BOWERSOX

COUNTRY MUSIC
STAR



DOUGLAS
CAIRNS

FIGHTER PILOT
AVIATOR



ELIZABETH
FORREST

DANCER



JAY
HEWITT

IRONMAN
TRIATHLETE



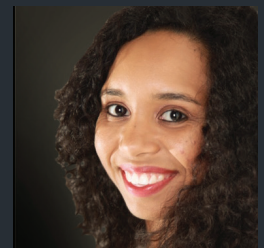
SONIA
HUTMACHER

ARCHEOLOGIST



OREN
LIEBERMANN

CNN
CORRESPONDENT



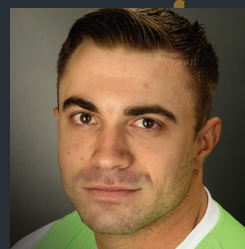
CHRISTINA
MARTIN

DANCER



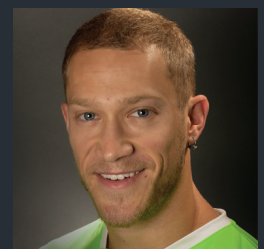
RODNEY
MILLER

STRONGMAN



CHRIS
RUDEN

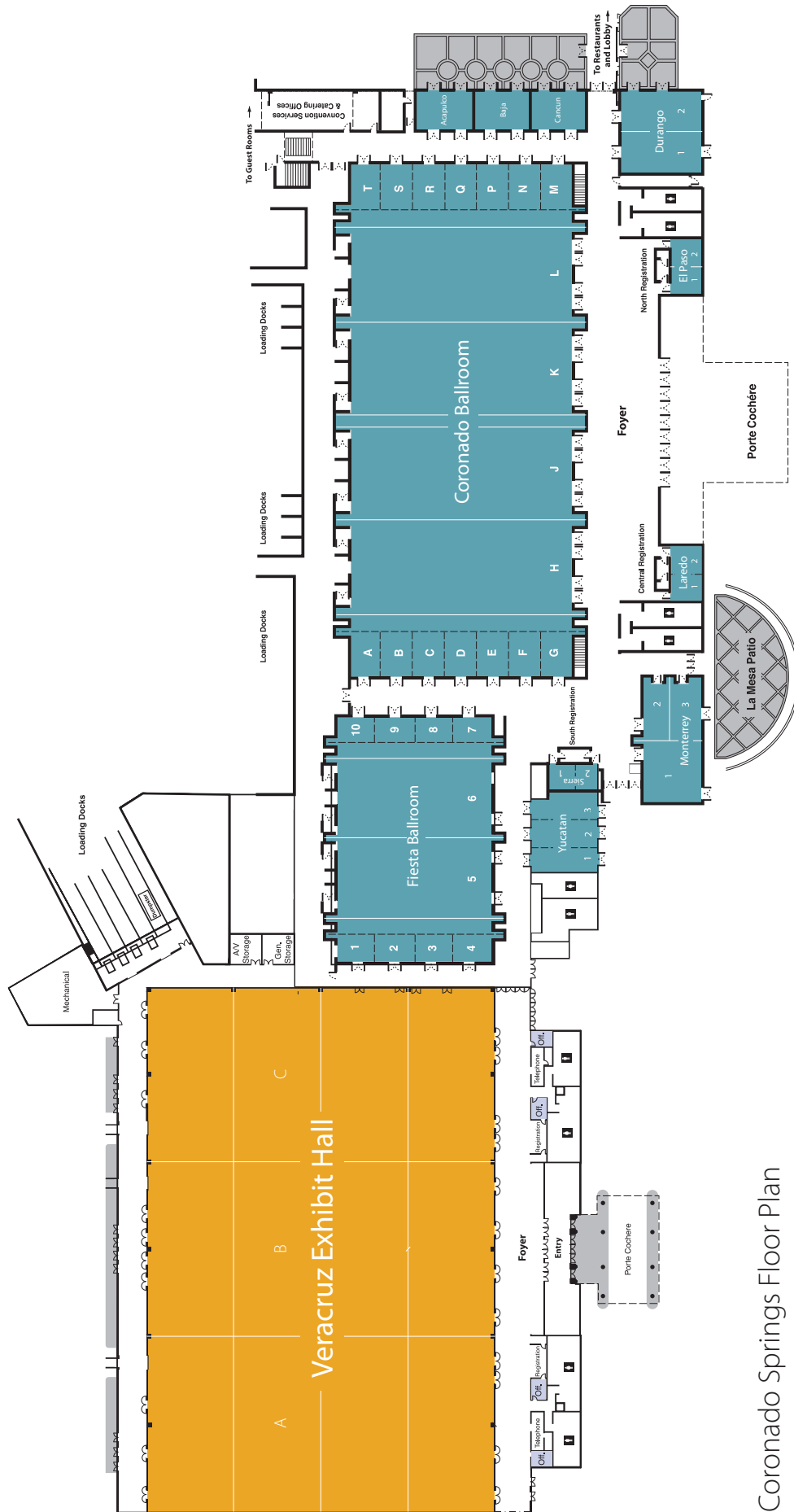
POWERLIFTER



COLT
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Map of the Convention Center



Coronado Springs Floor Plan



Program for Tuesday, July 16, 2019

South Registration	Veracruz North Registration	Acapulco / Baja / Cancun	Central Registration Laredo 1	Veracruz A
Attendee Registration 9:00 am - 4:00 pm Through Friday 12:00 pm	Sponsor & Exhibitor Registration 9:00 am - 4:00 pm Through Wednesday Afternoon	Retinal Screening 8:00 am - 5:00 pm Pre-Registration Required Screening Through Friday	TrialNet Screening 9:00 am - 5:00 pm Walk-Ins Welcome Pre-Registration Not Required Screening Through Friday	Sports Central Open Gym Hours 11:00 am - 3:30 pm Sponsored by Novo Nordisk

Attendee Registration Hours — South Registration

Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
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


Sports Central Open Gym Hours — Veracruz A

Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 am to 3:30 pm	9:00 am to 5:00 pm 8:00 to 10:00 pm	8:00 pm to 10:00 pm	12:00 pm to 2:00 pm	11:00 am to 2:00 pm



Ain't never had an FFL like me!

Friends for Life®
Flashback
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Program of Events and Sessions

Program for Wednesday, July 17, 2019							
Time	Coronado A	Coronado B	Coronado C	Coronado D	Coronado EF	Coronado M	Coronado N
7:00 - 9:00	Breakfast On Your Own						
9:00 - 10:15	First Timers Orientation for Parents and Adults Youth Attend Youth Programming Coronado H — Sponsored by Dexcom						
9:00 - 10:15		Dexcom Filming By Appointment Only	Omnipod Focus Group What's on the Horizon <i>Omnipod Users</i> <i>Pre-Registration Required</i>	Senseonics Focus Group Long-term Implantable CGM: Hear from Users & Help us Plan the Future.	Hands-On Pump, Pens, Glucagon, and Meter Training Janet Rodriguez, BSN, RN, CDE	Lilly Diabetes Prepare for Severe Low Blood Sugar	Roche Focus Group Taking the Mystery out of Insurance and Pumping <i>Pre-Registration Required</i>
10:15 - 10:45	Coffee Break On Your Own						
10:45 - 12:00	Sanofi Focus Group You be the boss: Moving towards Integrated Care: An open discussion on connected devices	Dexcom Filming By Appointment Only	Omnipod Focus Group What's on the Horizon <i>MDI Users</i> <i>Pre-Registration Required</i>	Tandem Diabetes Care Focus Group How Might Life Change With an Uninterrupted Night of Sleep? Dream Big!	Hands-On Pump, Pens, Glucagon, and Meter Training Janet Rodriguez, BSN, RN, CDE	Lilly Diabetes Prepare for Severe Low Blood Sugar	Roche Focus Group Sound off on a New Patch Pump Coming Soon <i>Pre-Registration Required</i>
12:00 - 1:30	Lunch Break On Your Own						
1:30 - 2:45	LifeScan, Inc. Focus Group Tell us what you want, what you really, really want....with CGM.	Dexcom Filming By Appointment Only	Exploring the T1D Toolkit Anastasia Albanese-O'Neill, PhD, ARNP, CDE	Dexcom Focus Group Help Design Next-Generation CGM Alerts <i>Dexcom Users</i> <i>Pre-Registration Required</i>	Diabetes Basics for Significant Others Janet Rodriguez, BSN, RN, CDE	Medtronic Focus Group Separation anxiety! When the kids with T1D are away	Roche Focus Group Sound off on a New Patch Pump Coming Soon <i>Pre-Registration Required</i>
2:45 - 3:15	Coffee Break On Your Own						
3:15 - 4:30	Omnipod Focus Group Omnipod DASH Advocacy for Access	Dexcom Filming By Appointment Only	An Introduction to Monogenic Diabetes Toni Pollin, MS, PhD, CGC, Miriam Udler, MD, PhD, Kristin Maloney, MS, MGC, CGC, Kristin Skiados & Katharine Bisordi, MS, MGC, CGC	<i>Reserved for Meetings</i>	The Impact of Camp on Kids with T1D...and Their Parents Ryan Gagnon, PhD	<i>Reserved for Meetings</i>	Roche Focus Group Help us to help you! Explore new ideas to save you time and money with your pump therapy. <i>Pre-Registration Required</i>
6:00 - 9:00	Grand Opening Ceremony and Reception in Exhibit Hall 6:00 - 9:00 pm in Veracruz B and C						

Program of Events and Sessions



Program for Wednesday, July 17, 2019							
Time	Fiesta 4	Fiesta 7-8	Fiesta 9	Fiesta 10	Durango 1	Durango 2	Yucatan 1-3
7:00 - 9:00	Breakfast On Your Own						
9:00 - 10:15	First Timers Orientation Coronado H — Sponsored by Dexcom						
9:00 - 10:15	CWD Focus Group Help us make CWD and FFL Better	Pilots With Diabetes: Setting Records Straight, The Sky Is Not The Limit Douglas Cairns	Bringing the FFL Experience Home: Building a Local Support Community Susan Brennan & Mike Avery	How to DIY Loop Nightscout Faculty	Approaches to Managing Severe Low Blood Sugar Sponsored by Xeris	Bolus and Barbells Rodney Miller	Sugar Surfing Concepts Stephen Ponder, MD, FAAP, CDE
10:15- 10:45	Coffee Break On Your Own						
10:45 - 12:00	Type AU-SOME Leigh Fickling, MEd, MS, JD	Travel is the Answer, Even if Diabetes is the Question Oren Liebermann	Listen Up Doc: Getting Involved in Your Clinic and Making it Better Manmohan Kamboj, MD, & Kajal Gandhi, DO, MPH	How to DIY Loop Nightscout Faculty	Living With, Not For, Diabetes Chris Ruden	Docu-Diabetes V Ben Stroud, Kevin Covais, & Amanda Borges	Sugar Surfing Workshop Stephen Ponder, MD, FAAP, CDE
12:00 - 1:30	Lunch Break On Your Own						
1:30 - 2:45	Your Legal Rights with T1D: Encounters with Law Enforcement Cynthia Deitle, JD, LLM	Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle Arthur Ainsberg	Workshop for Parents: Off to College with CDN Christina Roth & Zach Hall	Loop Build Workshop Nightscout Faculty	Senseonics Focus Group Long-term Implantable CGM: Hear from Users & Help us Plan the Future.	The Future is Now—Omnipod Product Theater with Insulet's Medical Director Trang Ly, MBBS, FRACP, PhD	Lilly Product Theater
2:45 - 3:15	Coffee Break On Your Own						
3:15 - 4:30	Parenting Your Tween Jessica Kichler, PhD, CDE & Kenny Rodenheiser, BSN, RN, CDE	Inspiration & Encouragement: Stories From the FFL Community Leigh Fickling, MEd, MS, JD & Kerri Sparling with FFL Community Members	Parenting Your Teen Maureen Monaghan, PhD, CDE & Marissa Town, BSN, RN, CDE	MannKind Focus Group Tired of Switching Your Pump Sites or Mealtime Injections? Come Help Shape the Future of Inhaled Insulin	University of Florida Research Update Michael Haller, MD Reception to Follow	73 Years with Type 1 Diabetes Richard Vaughn	Wait Wait Don't Poke Me! The Diabetes Game Show Stacey Simms & Moira McCarthy
6:00 - 9:00	Grand Opening Ceremony and Reception in Exhibit Hall 6:00 - 9:00 pm in Veracruz B and C						



Program of Events and Sessions

Program for Thursday, July 18, 2019					
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 Music by Crystal Bowersox Sponsored by Lilly Diabetes				
9:00 - 10:00	Richard Rubin Memorial Opening Keynote Sponsored by Lilly Diabetes Progress Toward a Cure Desmond Schatz, MD				
10:00 - 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
10:45 - 12:00	Positive Caregiving, or How Not to be the Diabetes Police Bill Polonsky, PhD, CDE	Closing the Loop: State of the Art Bruce Buckingham, MD	Diabetes Basics for Families New to Type 1 Diabetes Kajal Gandhi, DO, MPH, & Wynola Wayne, BSN, RN	T1D and Risk: Everyday Management Through the Lens of Adventure Peter Nerothin, MA	Pregnancy Planning & Reproductive Health for Women with T1D Liz Robinson, MS, PA-C, CDE
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC				
1:30 - 2:45	Join the Culture of 'Yes!' How to Live Life Well Despite Diabetes Moira McCarthy	iLet Update: The Bionic Pancreas Ed Damiano, PhD		Accommodations in College, Graduate School, and Beyond: Workshop Leigh Fickling, MEd, MS, JD	Safe Zone for Significant Others Tamara Oser, MD, Bill Polonsky, PhD, CDE, & Anna Hewitt
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
3:30 - 4:45	Language Matters Jane Dickinson, RN, PhD, CDE	Making Sense of Sensor Data Gary Scheiner, MS, CDE	Preventing Type 1 Diabetes: Where Do We Stand? Desmond Schatz, MD	Carbohydrate Controversies: How Low Should You Go? Constance Brown-Riggs, MSEd, RD, CDE, CDN	The Emotional Burden of Diabetes Tamara Oser, MD, Sean Oser, MD, MPH & Bill Polonsky, PhD, CDE
6:30 - 8:30	Friends for Life 20th Anniversary Banquet and Ball Sponsored by Novo Nordisk 6:30 - 8:30 in Coronado HJKL				
8:30 - 10:30	Music and Dancing Sponsored by Novo Nordisk Following the Banquet 8:30 - 10:30 pm in Coronado HJKL				



Program for Thursday, July 18, 2019					
Time	Coronado EF	Fiesta 7-8 Young Adults (18-26) 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	Grandparent Guidelines Grandparents Faculty	Finding the Balance Kerri Sparling & Adam Brown	Low Carbohydrate Nutrition for Type 1 Diabetes: Patient and Research Perspective Andrew Koutnik	Hot Topics in Diabetes Advocacy: 2019 Edition Christel Marchand Aprigliano & Jake Johnston	Veracruz A Sports Central Sponsored by Novo Nordisk
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC				
1:30 - 2:45	Virtual Diabetes Clinics: Are They the Future? Gary Scheiner, MS, CDE, & Jay Hewitt	Mental Health in Your Twenties Laura Smith, PhD, CDE	Finding Your Tribe: Support & Knowledge in Social Media Kerri Sparling, Scott Johnson, Cherise Shockley, Mary Lucas, Nicole McGreevy, & Michelle Auerbach	From Passion to Action: Powerful Messages and Shared Experiences for Advocacy Christel Marchand Aprigliano, Jake Johnston, Stewart Perry, & DPAC Champions	Veracruz BC Exhibit Hall & Quilt for Life Open 10:00 am - 12:00 pm and 1:00 - 4:00 pm
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
3:30 - 4:45	Grandparent Common Fears Discussion Grandparents Faculty	Insurance 101 for Young Adults Samantha Merwin	Advocating for Yourself Kajal Gandhi, DO, MPH, Laura Smith, PhD, CDE, & Kerri Sparling	Advocating for Affordable Access to Insulin Christel Marchand Aprigliano	
6:30 - 8:30	Friends for Life 20th Anniversary Banquet and Ball Sponsored by Novo Nordisk 6:30 - 8:30 in Coronado HJKL				
8:30 - 10:30	Music and Dancing Sponsored by Novo Nordisk Following the Banquet 8:30 - 10:30 pm in Coronado HJKL				



Program of Events and Sessions

Program for Friday, July 19, 2018						
Time	Coronado H	Coronado J	Coronado K	Coronado L	Coronado AB	Coronado CD Adults with T1D Sponsored by Omnipod
	Breakfast On Your Own Special Early Morning Presentation: Everyday Management Through the Lens of Sport and Adventure JC Aragone and Peter Nerothin, MA 7:30 - 8:30 in Coronado L Sponsored by Tandem Diabetes Care					
9:00 - 10:00	Preparing for High School and Beyond Henry Rodriguez, MD & Jessica Kichler, PhD, CDE	On the Shoulders of Giants: How Tidepool Loop Is Building on the #WeAreNotWaiting Movement Howard Look	What Matters the Most: Learnings from 50 Years of Caring for Youth with T1D Wynola Wayne, BSN, RN	World's Worst Diabetes Mom Stacey Simms	Safe at School 101 Crystal Woodward	Careers and Insurance Issues for Adults with Type 1 Diabetes Tom Boyer & Stewart Perry
10:00 - 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
10:45 - 12:00	Avoiding and Overcoming Burnout Bill Polonsky, PhD, CDE	A History of Diabetes Device Innovation and A Look into the Future Claudia Graham, PhD, MPH	Read it Before You Eat it: Deciphering Food Labels Susan Weiner, MS, RDN, CDE, CDN	Time in Range: Moving Beyond Just HbA1c George Grunberger, MD	Safe at School Workshop Crystal Woodward	Parenting with Type 1 Diabetes Sean Oser, MD, MPH, Scott Johnson, Noor Alramahi, & Jay Hewitt
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	Learnings from diaTribe Adam Brown	DRI Research Update: The State of Cell Therapy Norma Kenyon, PhD	Everything You Wanted to Know About Insulin but Didn't Know Who to Ask George Grunberger, MD	Diabetes Technology Update Lorraine Anderson, RD, CDE	Success with a Low Carb Regimen in Children Ages 5 to 14 Lester Hightower	Diabetes Can Be Complicated Sean Oser, MD, MPH, Bill Polonsky, PhD, CDE, Kerri Sparling, & Scott Johnson
3:15 - 4:00	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
4:00 - 5:00	Closing Keynote Putting It All Together with Two Dope D-Moms Stacey Simms & Moira McCarthy					
Evening	Family Movie Night Sponsored by Dexcom 7:30 - 9:30 pm in Coronado H			Dessert and Posters with the Faculty Sponsored by Omnipod 9:00 pm - 11:00 pm in Veracruz Pre-Function		

Program of Events and Sessions



Program for Friday, July 19, 2018						
Time	Coronado EF	Coronado PQR	Fiesta 7-8 Young Adults (18-26) Sponsored by Omnipod	Yucatan 1-3	Durango 1-2	Veracruz ABC
9:00 - 10:00	Caring for Kids in Multiple Households Justin Masterson	Exercise and Type 1 Diabetes Gary Scheiner, MS, CDE	Healthy Eating on a Budget, or Parfait Time! Susan Weiner, MS, RDN, CDE, CDN	diaTribe Panel Discussion Adam Brown & Invited Guests	Trends in Nutrition Lorraine Anderson, RD, CDE	Veracruz A Sports Central Sponsored by Novo Nordisk Open Gym 12:00 - 2:00 pm
10:00- 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
10:45 - 12:00	Pumping Tips and Tricks Lorraine Anderson, RD, CDE	Preventing and Managing Hypoglycemia Gary Scheiner, MS, CDE	Standing Up for Yourself: A Crash Course in Legal Rights & Self-Advocacy for Daily Life Leigh Fickling, MEd, MS, JD & Nia Grant	What You Should Know about DIY Closed Looping Dana Lewis	Meet the Sports Central Athletes Jimmy Dodson	
12:00 - 1:00	Lunch Buffet in Coronado Ballrooms HJK					
1:00 - 2:00	Dedicated Exhibit Hall Hour — Exhibit Hall Closes at 4:00					Veracruz BC Exhibit Hall & Quilt for Life
2:00 - 3:15	Reclaiming Sleepovers and How to Avoid Diabetes Emergencies Grandparents Faculty		Navigating Relationships Laura Smith, PhD, CDE, with Young Adult Staff	Moms’ Discussion Group Lauren Lanning & Leigh Fickling, MEd, MS, JD	Dads’ Discussion Group Facilitated by Justin Masterson	Open 10:00 am - 12:00 pm and 1:00 - 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 — DASH-off, Dance off Sponsored by Omnipod 8:00 pm - Midnight in Fiesta 5-6		



Program of Events and Sessions

Program for Saturday, July 20, 2019

Time	Event and Location		
Early Morning	Wake Up and Celebrate! Second Annual Kids Diaversary and Birthday Celebration! For Tween FFLs ages 9-12 Fun Activities and Mickey Ice Cream Treats Pre-Registration Required • Limited to the first 150 children to register Sponsored by Logan Merwin 8:30am-10:00am in Yucatan 1-3		Advocacy Keynote: Affordable Access to Insulin & Other Things that Keep You up at Night George Huntley & Stewart Perry 9:00 - 10:15 am in Durango 1-2
	Morning Break on Your Own		
Late Morning	Panel Discussion: Being A Couple and Making it Work For Adults with Type 1 and Their Significant Others With Jimmy Dodson & Liz Dodson, Sam Billetdeaux & Grace Grande-Cassell, and Brian Grant, BSN, RN, CDE & Matt Point, MS 10:30 - 11:30 am in Fiesta 1	Parents and Teens Discussion For Parents and Teens 10:30 - 11:30 am in Fiesta 2	Sports Central Sponsored by Novo Nordisk Open Gym 11:00 am to 2:00 pm in Veracruz A
	Lunch on Your Own		
Afternoon			
Evening	Family Fun Night Beach Party 7:00 - 10:00 pm Coronado H All Ages Welcome Sponsored by Medtroinc	Tween Social Safari Party 7:00 - 10:00 pm Fiesta 5 Ages 9-12 Dress Nicely	Teen Dance Black Light Dance Party 8:00 - 11:00 pm Fiesta 6 Ages 13-17 Dress Nicely

Program for Sunday, July 21, 2019

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.



Youth Program for Wednesday, July 17, 2019					
	Kiddie Kove Ages 0-2	Kiddie Kove Ages 3-5	Elementary Program Ages 6-8	Tween Program Ages 9-12	Teen Program Ages 13-17
Time	Monterrey 2-3	Monterrey 1	Fiesta 5 Main Room	Fiesta 6 Main Room	Coronado L Main Room
Early	Breakfast On Your Own				
9:00 - 10:15	Check In & Meet New Friends	Check In & Meet New Friends	It's All Fun and Games	Fairy Tale Dress Up & Ice Breakers	Dancing for Diabetes Elizabeth Forrest
10:15 - 10:45	Coffee Break On Your Own				
10:45 - 12:00	Exploring the Outdoors	Outside Play	Let's Go to The Movies	Dancing for Diabetes Elizabeth Forrest	First Timer Teens Orientation & Buddy Program Ice Breakers
12:00 - 1:30	Lunch On Your Own				
1:30 - 2:45	Music and Dancing	Painting Camp Shirts	Fort-Building	Diabetium	Ice Breakers for All Jen Hanson & CIM Team
2:45 - 3:15	Coffee Break On Your Own				
3:15 - 4:30	Movie & Rest Time	Movie & Rest Time	Dancing for Diabetes Elizabeth Forrest	Podding Up with Diabetes	One Backpack, Five Continents Oren Liebermann
6:00 - 9:00	Grand Opening Ceremony and Reception in Exhibit Hall 6:00 - 9:00 pm in Veracruz B and C				



Youth Program of Events and Sessions

Youth Program for Thursday, July 18, 2019				
Time	Kiddie Kove Ages 0-2	Kiddie Kove Ages 3-5	Elementary Program Ages 6-8	Tween Program Ages 9-12
	Monterrey 2-3	Monterrey 1	Fiesta 5 Main Room	Fiesta 6 Main Room
8:00 - 9:00	Keynote Breakfast in Coronado Ballrooms — Sponsored by Lilly Diabetes			
9:00 - 10:00	Check In	Binoculars and Bugs	Icebreakers & Big Group Games	Icebreakers
10:00 - 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC			
10:45 - 12:00	Playtime	Campfire Time	What's Your Story With Special Guests	Tech Talk
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC			
1:30 - 2:45	Visit Sports Central	We're Going on a Bear Hunt! Visit Sports Central	Scavenger Hunt	Tweens Ages 9-10 Green Team Fiesta 3-4 Orange Team Fiesta 1-2 Transition to Teens Tweens Ages 11-12
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC			
3:30 - 4:45	Movie & Rest Time	Movie & Rest Time	Fueling for Fun Harold Sanco	Sports Central
6:30 - 8:30	Friends for Life 20th Anniversary Banquet and Ball — 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 18, 2019			
	Teen Program - Ages 13-17		
	Coronado L Main Room	Coronado M-S Breakout Rooms	
8:00 - 9:00	Keynote Breakfast in Coronado Ballrooms — Sponsored by Lilly Diabetes		
9:00 - 10:00	Tech Talk Bruce Buckingham, MD		
10:00- 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC		
10:45 - 12:00	Risky Business Panel Type 1 Ages 15-17 Marissa Town, BSN, RN, CDE, Brian Grant, BSN, RN, CDE, & Hannah Cope, BSN, RN	Navigating Parents and Peers Panel Type 1 Ages 13-14 Alanna Landry, RN, CDE & Jess Forster, MSW, RSW Coronado MNP	Diabetes Empathy & Videos Orange Team Ages 13-17 Rachel Wasserman, PhD Coronado QRS
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC		
1:30 - 2:45	Concurrent Half Sessions — Teens Attend Two Sessions		
	Obstacle Course Jeopardy Hannah Cope, BSN, RN, & Mike Avery Coronado L	#Adulting Christina Roth & Zach Hall Coronado P	Exercise & Insulin Ben Tzeel, Bill King, & Jimmy Dodson Coronado R
	Sick Days and Hangovers Brian Grant, BSN, RN, CDE Coronado M	Navigating High School Alanna Landry, RN, CDE & Hannah Opdenaker Coronado Q	Food Apps Kathryn Hitchcock, MS, RD Coronado S
	Tech Stress Marissa Town, BSN, RN, CDE Coronado N		
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC		
3:30 - 4:45	Concurrent Half Sessions — Teens Attend Two Sessions		
	Obstacle Course Jeopardy Hannah Cope, BSN, RN, & Mike Avery Coronado L	Diabetes VIPs Coronado P	Stress & Burnout Jessica Kichler, PhD, CDE Coronado R
	Thinking Traps: Snakes & Ladders Jess Forster, MSW, RSW Coronado M	The Face of Diabetes Maureen Monaghan, PhD, CDE Coronado Q	T1: She Rachel Wasserman, PhD , Liz Robinson, MS, PA-C, CDE Coronado S
	Mindful Eating Marilyn Fry, RD, CDE Coronado N		
6:30 - 8:30	Friends for Life 20th Anniversary Banquet and Ball — 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 19, 2019

	Kiddie Kove Ages 0-2	Kiddie Kove Ages 3-5	Elementary Program Ages 6-8	Tween Program Ages 9-12	Teen Program Ages 13-17
Time	Monterrey 2-3	Monterrey 1	Fiesta 5 Main Room	Fiesta 6 Main Room	
8:00 - 9:00	Breakfast on Your Own				Teens Off Site at Epcot Center
9:00 - 10:00	Check In	Packing for a Camping Trip with the Orange Team	Sports Central	Meet the Special Guests	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				DO NOT BE LATE
10:45 - 12:00	Music & Dancing	Rock Painting	Orange & Green Team Fun	Get Moving with Harold	Breakfast is at Epcot Center Teens Due Back by 5:00 pm
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	Exercise Time with Harold	Exercise Time with Harold	Games of Elementary	FFL: Food for Life Susan Weiner, MS, RDN, CDE, CDN	
3:15 - 4:00	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
4:00 - 5:00	Movie & Rest	Movie & Rest	Express Yourself Craft Time	Tweens Ages 9-10 Mindfulness Fiesta 6 Tweens Ages 11-12 Orange & Green Team Fun Fiesta 1-4	
Evening	Family Movie Night Sponsored by Dexcom 7:30 - 9:30 pm in Coronado H			Dessert and Posters with the Faculty Sponsored by Omnipod 9:00 pm - 11:00 pm in Veracruz Pre-Function	



Program for Saturday, July 20, 2019

Time	Event and Location		
Early Morning	Wake Up and Celebrate! Second Annual Kids Diaversary and Birthday Celebration! For Tween FFLs ages 9-12 Fun Activities and Mickey Ice Cream Treats Pre-Registration Required · Limited to the first 150 children to register Sponsored by Logan Merwin 8:30am-10:00am in Yucatan 1-3		Advocacy Keynote: Affordable Access to Insulin & Other Things that Keep You up at Night George Huntley & Stewart Perry 9:00 - 10:15 am in Durango 1-2
	Morning Break on Your Own		
Late Morning	Panel Discussion: Being A Couple and Making it Work For Adults with Type 1 and Their Significant Others With Jimmy Dodson & Liz Dodson, Sam Billetdeaux & Grace Grande-Cassell, and Brian Grant, BSN, RN, CDE & Matt Point 10:30 - 11:30 am in Fiesta 1	Parents and Teens Discussion For Parents and Teens 10:30 - 11:30 am in Fiesta 2	Sports Central Sponsored by Novo Nordisk Open Gym 11:00 am to 2:00 pm in Veracruz A
	Lunch on Your Own		
Afternoon			
Evening	Family Fun Night Beach Party 7:00 - 10:00 pm Coronado H All Ages Welcome Sponsored by Medtronic	Tween Social Safari Party 7:00 - 10:00 pm Fiesta 5 Ages 9-12 Dress Nicely	Teen Dance Black Light Dance Party 8:00 - 11:00 pm Fiesta 6 Ages 13-17 Dress Nicely

Program for Sunday, July 21, 2019

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 17

9:00 - 10:15 am

First Timers Orientation

For Parents and Adults - Youth attend Youth Program
Coronado H — Sponsored by **Dexcom**

6:00 - 9:00 pm

Grand Opening Ceremony and Reception in Exhibit Hall

Veracruz B and C

Thursday, July 18

6:30 - 8:30 pm

Friends for Life 20th Anniversary Banquet and Ball

Coronado HJKL — Sponsored by **Novo Nordisk**

8:30 - 10:30 pm

Music and Dancing

Coronado HJKL — Sponsored by **Novo Nordisk**

Friday, July 19

6:30 - 8:30 pm

Young Adults Dinner

Durango 1-2 — Sponsored by **Omnipod**

7:30 - 9:30 pm

Family Movie Night

Coronado H — Sponsored by **Dexcom**

8:00 pm - Midnight

Adults with Type 1 Evening Event — DASH-off, Dance off

Fiesta 5-6 — Sponsored by **Omnipod**

9:00 - 11:00 pm

Dessert and Posters with the Faculty

Veracruz Pre-Function — Sponsored by **Omnipod**

Saturday, July 20

7:00 - 10:00 pm

Family Fun Night — Beach Party

Coronado H — Sponsored by **Medtronic**

7:00 - 10:00 pm

Tween Social — Safari Party

Fiesta 5

8:00 - 11:00 pm

Teen Dance — Black Light Party

Fiesta 6

Sunday, July 21

8:00 - 10:00 am

Farewell Breakfast

Coronado HJ



Moms Meet Ups

Tuesday, July 16	What	Where
7:00 am	Morning Walk Around the Lake	Meet at the Laguna Bar outside of the Mercado
9:00 - 10:00 am	MOFFLs and Waffles	Mercado—Look for the MOFFL sign
3:00 - 4:00 pm	Moms and Margaritas	Meet by the Laguna Bar outside of the Mercado
Wednesday, July 17	What	Where
7:00 am	Morning Walk Around the Lake	Meet at the Laguna Bar outside of the Mercado
8:15 - 9:00 am	MOFFLs and Waffles	Mercado Near the Exit - Look for the MOFFL sign
3:00 - 4:00 pm	Moms and Margaritas	Meet at the Laguna Bar outside of the Mercado
Saturday, July 20	What	Where
7:00 am	Morning Walk Around the Lake	Meet at the Laguna Bar outside of the Mercado
8:15 - 9:00 am	MOFFLs and Waffles	Mercado—Look for the MOFFL sign
3:00 - 4:00	Moms and Margarita	The Three Bridges Bar in the center of the lake

Dads Meet Ups

Tuesday, July 16	What	Where
8:00 - 9:00 am	FFL Scrambled Dads and Eggs	Mercado—Look for the Dads Meet Up sign
4:00 - 5:00 pm	Dads and Suds Happy Hour	Meet by the Laguna Bar outside of the Mercado
Wednesday, July 17	What	Where
7:30 - 8:15 am	FFL Scrambled Dads and Eggs	Mercado—Look for the Dads Meet Up sign
Saturday, July 20	What	Where
4:00 - 5:00 pm	Dads and Suds Happy Hour	Meet by the Laguna Bar outside of the Mercado

Dual Home Families Meet Up

Saturday, July 20	What	Where
9:00 - 10:00 am	Breakfast	Meet at the entrance of the Mercado

Young Adults (Ages 18-25) Meet Up

Wednesday, July 17	What	Where
5:30 pm	Young Adult Meet & Greet Meet-Up	Veracruz Porte Cochere, outside of exhibit hall



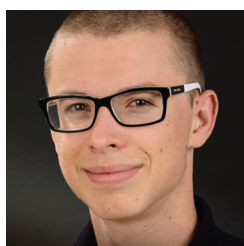
The Elementary Faculty



Sunshine Abel, LPN

Elementary Program Leader

Sunshine Abel, LPN, is the proud mother of Sierra and Sailor. She attended her first Friends for Life Conference with her family in 2002, after her daughter Sailor was diagnosed with type 1 diabetes when she was 2 years old. After attending that conference, Sunshine immediately knew she had found a new family and a new home. It was where kids with type 1 can look around and see other kids just like themselves checking their blood sugars and giving insulin. She then made it her mission to get her whole family involved anyway she could, to give back. Sunshine started volunteering in 2005 and has been working as a nurse and lead HCP in the Friends for Life youth programming since 2006. "To FFL First Timer families: At diagnosis, my husband and I thought what in the world do we do now. How will this disease ever be part of our everyday lives. It turned our lives upside down. Finding CWD and attending that first FFL, we realized this is where our T1D journey begins. It is where we gain knowledge that is golden and given irreplaceable tools to help better manage our lives now that we are living it with type 1. It is where we learn how to better educate those around us in our everyday lives. It's therapy for ourselves as a parent trying to navigate through the emotions. But most of all, FFL is where we turn to for support when we need it and to give it, to the parent who just can't get their child's blood sugar up at 3 am. Having a child with type 1 diabetes makes me feel like I can conquer anything."



Timothy Hitchcock

Elementary Program Leader

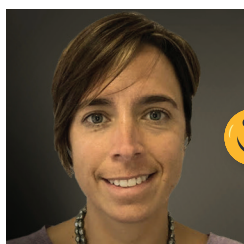
Timothy Hitchcock recently graduated with degrees in Physics and Astrophysics from the University of Cincinnati. His older sister Marissa was diagnosed with type 1 in 1989. He began working with the elementary program in 2013 and loves everything about it.



Monica Lanning

Elementary Program Leader

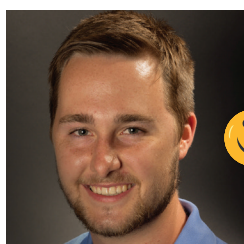
Monica Lanning is a clinical research coordinator at Stanford University focused on improving quality of life in people with type 1 diabetes. She has had diabetes since she was two years old and has been to every single Friends for Life Orlando conference as well as many regionals. Monica loves to do crafts, bake, hike, and travel. She is excited to re-connect with her tribe and continue learning from the FFL family!



Tina Sartori

Elementary Program Leader

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.



Dylan Boone

Dylan Boone is from Lexington, Kentucky and is a senior 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 got his certification for recreational scuba diving. He's made some life-long friendships at the FFL conferences he's attended and is excited to make some more this summer.





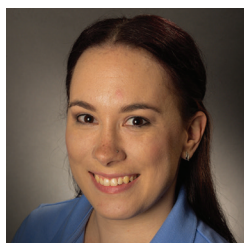
Emma Bragg

Emma Bragg is a junior at Creighton University studying Elementary Education and Psychology. She was diagnosed with type 1 diabetes in 2009 and attended her first Friends for Life Orlando Conference in 2012. Emma is so excited to be part of the staff this year. She has made so many memories throughout her years at FFL. She hopes to help create the comforting feeling of acceptance, understanding, and hope that makes FFL a special place.



Colton Brunsen

Colton Brunsen has been attending the Friends for Life conferences since 2014 with his girlfriend, Katelyn, who has type 1. He is currently going to college for a degree in mechanical engineering, and works as a mechanic. He has really enjoyed going to the conferences, and is excited to be part of the staff again!



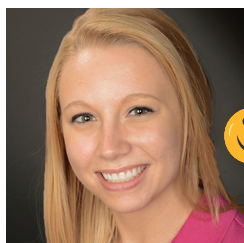
Chelsea Carr

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 conferences since that time. It was through the FFL conferences that she first met her husband, Martyn. Chelsea now lives in Glasgow and having completed her Masters Degree in History at the University of Edinburgh, works as a data analyst for Vodafone UK. She is also an aerialist and spends all of her free time hanging from the rafters on a trapeze in various venues around the UK! Chelsea says, "FFL represents the closest friends and family you can have. Everyone you meet understands the experience of T1D and its role in everyday life: for those with diabetes and those who love them."



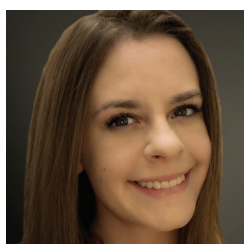
Sasha Chunchukov

Sasha Chunchukov, 20, 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, and she's back in 2019. Sasha attends Ave Maria University to study literature and education. She loves children and has worked with children's groups in her church community.



Adrienne Cornette

Adrienne Cornette was diagnosed with type 1 diabetes on March 27, 2007. She attended her first Friends For Life conference in 2008 and has been coming ever since. Adrienne just completed her first year of medical school at the University of Kentucky. She is interested in becoming an endocrinologist, preferably for both children and adults! FFL has been a very important part of her life, giving her a place that makes her feel at home and a place to connect with other diabetics. FFL was one of the reasons Adrienne decided to pursue a career in medicine. Adrienne has been volunteering with the Elementary staff since 2014 and is looking forward to another year with the kids!



Shannon Culloty

Shannon Culloty, 21, is from Philadelphia and works full time as a Dental Assistant. She first attended the conference last year and is excited to be a part of the elementary staff this conference. Shannon has a passion for working with children and is looking forward to creating a bond with more FFLs this year!



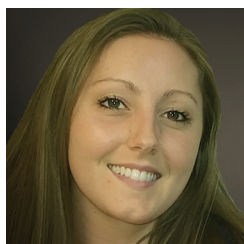


The Elementary Faculty



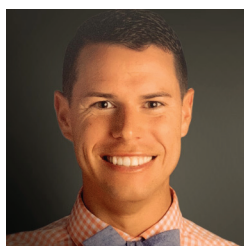
Marisa Fox, **BSN, RN**

Marisa Fox, BSN, RN, is a graduate of East Texas Baptist University with a Bachelor of Science in Nursing. She is now an acute care nurse in Portland, Oregon. She is the oldest sibling to two sisters, Jessica and Erica, both living with type 1 diabetes. Marisa attended her first Friends for Life Orlando conference in 2005 and has enjoyed being able to attend many since.



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 second year helping with the Friends for Life conference and she could not be more excited.



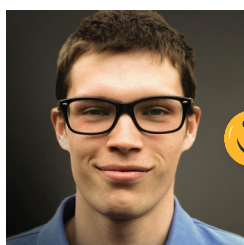
Jordan Henry

Jordan Henry is a second grade teacher at Mariemont Elementary in Cincinnati, Ohio. He is currently pursuing a Master's degree in Transformative Education, with a concentration in social justice and equity, at Miami University (OH). When not working with kids, Jordan enjoys traveling and meeting new people. He is excited to join the Friends for Life staff and support Children with Diabetes in the elementary programming!



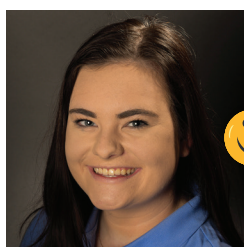
Kara Hunsche

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. FFL has changed her life in the best ways and has made her more confident in handling her diabetes in her everyday life outside of the conference. Friends for Life to Kara actually means Family for Life because that is what her friends and other staff members from the conference have become to her. She is so excited to work with the FFL elementary kids every summer to help the kids have a great and memorable time just like she does every conference.



Alex Kaar

Alex Kaar was diagnosed with type 1 diabetes in February 2000 when he was 18 months old. Four months later he attended the very first CWD conference with his family! He's attended multiple FFL conferences since then, and it is his honor and privilege to now work as a youth group leader in the very same settings that he knew as a child. When Alex isn't working as a landscaper along the beautiful Connecticut shoreline, he can be found tearing up the basketball court or cheering on his favorite Boston Red Sox.



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!





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 conferences yearly since 2006. She has a bachelors degree in psychology with a minor in counseling, and is a dog trainer. CWD is like a second family with so much love and support. She says it is so nice to give back to a community that's left such an impact on her.



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!



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 part of the CWD Youth Program staff this year because it is a place where everyone just "gets it." It truly is a great opportunity to work with the elementary-aged children to continue the culture of not being alone at Friends for Life.



Hannah Peach

Hannah Peach is 19 and from Nashville TN. She has been attending Friends for Life Orlando since 2005. She was diagnosed with type 1 diabetes at the age of four. Hannah attends Ave Maria University in southern Florida and is majoring in Nursing. Hannah feels attending the conference has given her the confidence and knowledge to do anything despite diabetes. She loves attending the conference and has made friends for life.



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Denotes faculty member with diabetes



The Elementary Faculty



Ashley Pitt

Ashley Pitt has been attending Friends for Life conferences since she was diagnosed in 2003. CWD has gifted her with a love for helping others, and it was here that she made life-long friends. While currently in nursing school for her BSN, Ashley plans to continue doing what she loves: working with children! She cannot wait to create amazing memories this year!



Daniel Spatz

Daniel Spatz, 19, 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!



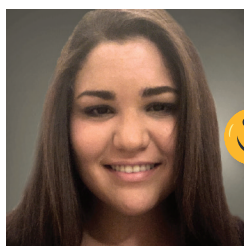
Rebekah Sutherland

Rebekah Sutherland, aka "Bex," was diagnosed with type 1 diabetes in 1998 at the age of three. She attended her first Friends for Life UK conference in 2010 and her first Friends for Life Orlando conference in 2013. She has attended both conferences ever since, and in 2014 she joined the CWD staff on both sides of the pond, initially working in Childcare and now on the Elementary Faculty. Bex graduated from Aberdeen College with a degree in Social Science in 2016 and is continuing her studies at The Open University, majoring in Psychology with Counseling, in hopes of becoming a diabetes psychologist and educator. Since the age of thirteen, she has delivered many speeches on life with diabetes to business lunches, fundraising balls, oil industry events, fundraising events, and school assemblies. In 2015, Bex was invited to speak to the 2nd year medical students at Aberdeen University during their lectures on diabetes and continues to speak there today. She has also worked as a consultant and a colleague to create an app for adults living with type 1 diabetes. Bex speaks to parents of newly-diagnosed people with diabetes to show them that, despite T1D, dreams and ambitions can still be achieved. In her spare time, she plays competitive netball as well as coaching the U15 team, is a swimming teaching, 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 relaxing with a vanilla latte.



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.



Megan Wolosky

Megan Wolosky is a senior at The University of North Florida where she is majoring in criminal justice. She is graduating in April and plans to go on to grad school to get her masters in social work. She has had type 1 diabetes since she was four years and has been going to CWD since she was nine. She is currently interning at the Women's Center of Jacksonville and volunteers at JDRF North Florida every week. Megan is very grateful for CWD for giving her friends and role models that she has met throughout the years and can't wait to share the knowledge she has learned through the years to others while at CWD!



Kiraina Young

Kiraina Young is 26 years old and has had type 1 diabetes for 14 years. She was diagnosed in April 2005, shortly after moving from the Bahamas to sunny Florida where she is a lover of all things Disney. She has attended Friends for Life Orlando for the last 7 years and is looking forward to another magical year with the elementary staff. She enjoys reading, playing video games, and hanging out with friends and family!





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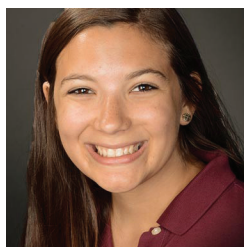
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* Compared to a result without color. In a study that assessed responses of patients with diabetes to a series of BGM results with or without a color range indicator (ColorSure® technology) based on a series of simulations. Study conducted in the UK with 103 patients (47 Type 1 & 56 Type 2) in Dec. 2015 and Feb. 2016. 65% of 94 insulin using patients agreed with the statement that showing a result with color made it easier to know when to act.
† Do not make immediate treatment decisions based on the Range Indicator feature. Treatment decisions should be based on the numerical result and healthcare professional recommendation and not solely on where your result falls within your range limits.

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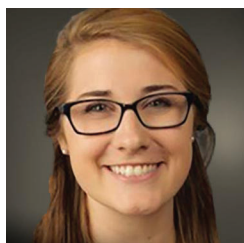
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Sierra Abel

Orange Team Leader

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 worked her way through all the programs, graduating from the teens at FFL Orlando 2011. Sierra is excited to be a leader of the Orange Team. She is now working on her masters in Social Work and hopes to become a CDE. FFL is a place Sierra calls her second home and be reunited with some of her best friends she calls "family." FFL helped changed her future and impacted her in ways she is forever grateful for.



Sarah Lanning

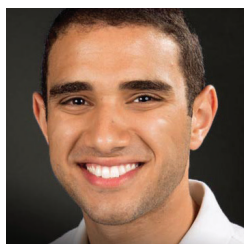
Orange Team Leader

Sarah Lanning has attended Friends for Life since the first conference in 2000. Having grown up through the program, she loves to give back as an Orange Team leader. Sarah graduated from Georgia Tech with a BS in chemical engineering and currently works as a process engineer in biotech consulting. FFL is a second family to Sarah and she loves to see all the new faces and seeing the impact this organization makes in the lives of staff and attendees.



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.



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 member of the Orange Team. Zak currently works in Healthcare IT, allowing him the opportunity to travel and try new foods in his free time.



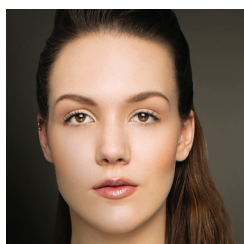
Garren LaPlante

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 an exercise science major and pre-physical therapy student. In addition, he plays club soccer and volunteers for autism speaks.



Brianna Peach

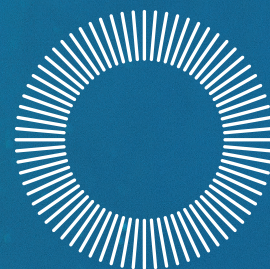
Brianna Peach is 24 years old and is the big sister of Hannah Peach, 20, who has had type 1 diabetes since 2004. She has attended Friends for Life Orlando since 2005 and has never missed a conference. Brianna is a senior at Tennessee Tech University studying to become a physical therapist. She loves all of her friends here at FFL and has really made friends for life.



Rubianne Wagner

Rubianne Wagner attended her first Friends for Life conference at age 12 after her younger sister Karina Wagner was diagnosed with type 1 diabetes in 2011. She worked her way through the program gaining knowledge and incredible friendships along the way and is happy to be back as a CWD staff member for this incredible organization.

Giuliana P.
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INSULIN MANAGEMENT SYSTEM



HEY PODDERS™! We're looking for people who currently use the Omnipod® System to feature on our web site, on social media and more! Come see us in **Coronado S** on **Friday, July 19** between **10am–4pm** and share your story!

Insulet Corporation | 100 Nagog Park | Acton, MA | myomnipod.com

*The Pod has an IP28 rating of up to 25 feet for 60 minutes. The PDM is not waterproof.

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The Kiddie Kove Faculty



Mary Babin, **BSN, RN, CDE**

Kiddie Kove Leader

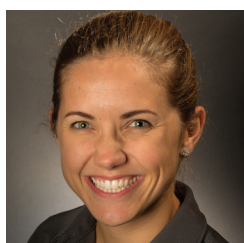
Mary Babin, RN, BSN, CDE, has served as the Child Care Coordinator since the very first Friends for Life conference. Mary leads a team of Certified Diabetes Educators providing care and fun in a safe environment for kids under age five with and without diabetes. Providing this service alleviates the 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!



Shelley Grand

Kiddie Kove Leader

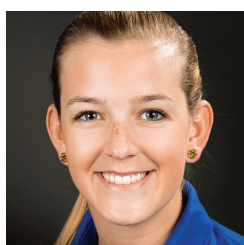
Shelley Grand, mom to Parker, diagnosed in 2002, resides in Southern California. Shelley and her family have been attending Friends for Life Orlando conferences since 2003, and they attribute Parker's success in managing his type 1 to the knowledge, support and friendship that they have received over 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."



Helen Rodenheiser, **MEd**

Kiddie Kove Leader

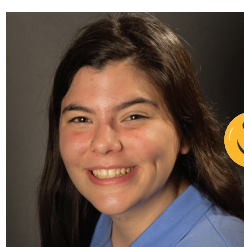
Helen Rodenheiser, MEd, is a kindergarten teacher with a masters degree in special education. She loves working with the little ones each year! She has been attending Friends for Life conferences with her husband Kenny Rodenheiser (T1) since 2011. Helen loves coming to FFL each year for the sense of community and belonging. "It's nice to be in a place where other people just get it."



Alex Stroud

Kiddie Kove Leader

Alex Stroud has attended the Friends for Life Orlando conference for the last nine years and she is excited to work in Childcare again! Alex keeps coming back to FFL because of the diabetes education and technology, the positive atmosphere, the support for families, and the fun in childcare! 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 working at Insulet International in London, UK where she resides with her husband James Stroud, who works with Dexcom.



Sailor Abel

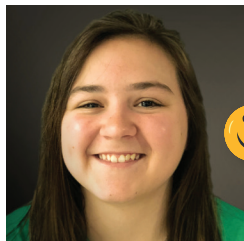
Sailor Abel was diagnosed with type 1 diabetes at the age of two. Sailor attended her first Friends for Life conference in 2002 at the age of three. She has worked her way through all of the age groups learning and absorbing all the information she can about type 1 diabetes. Now she is preparing to enter her third year of college using all the resources and information she has gained from CWD. Sailor is so grateful for everything she has experienced growing up through CWD. She has made the very best of friends who have become her family through CWD.





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.



Erica Chroniger

Erica Chroniger was diagnosed with type 1 diabetes when she was 12 years old in 2011. She is a student at Shenandoah University studying public health, with the goal to become a certified diabetes educator. Helping at Friends for Life this year will be a great step in the right direction. This will be Erica's eighth conference and she is excited to join the staff and learn even more than she did over the past eight years. Erica says, "Friends for Life has become like a second home for me and I am so grateful for everyone that I have met through this conference!"



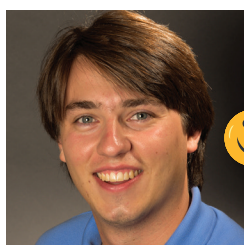
Rebecca DeLong

Rebecca DeLong is 20 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 diabetes community. She is excited to return to the youth program staff this year!



Maura Emery, RD, LDN, CDE

Maura Emery, RD, LDN, CDE, has happily been a FFL Childcare staff member since 2004. Maura has been able to make her passion for helping people with diabetes a reality by working in the insulin pump industry for over 20 years, first with Animas and now with Tandem Diabetes Care as a Clinical Diabetes Specialist in the Philadelphia area. Maura does not have family members with T1D – but many close friends! She is looking forward to another inspirational and rewarding week at FFL.



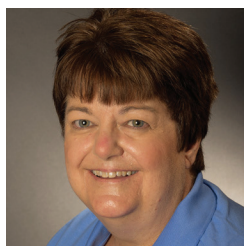
Parker Grand

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.



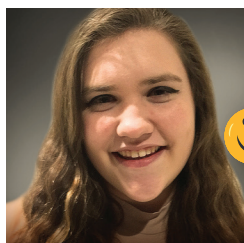


The Kiddie Kove Faculty



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 23 years has now moved on to working with adults and their families in long term care. Jane says she is "thrilled to be able to give back to CWD families for all that has been given to us." "Friends For Life has been life changing for us. It allowed Kara to feel like she was not alone and to make friends who just 'get it' The education and support we received surpasses any we receive locally and we have made true Friends for life!



Molly Joynes

Molly Joynes, age 20, 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 14 years. She can't wait to spend time with FFLs, both old and new.



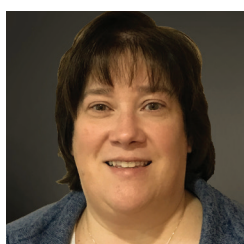
Ashlee Lewis

Ashlee Lewis is the big sister to Madyson, diagnosed in 2010. She and her family attended their first conference three months after her sister's diagnosis 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!



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

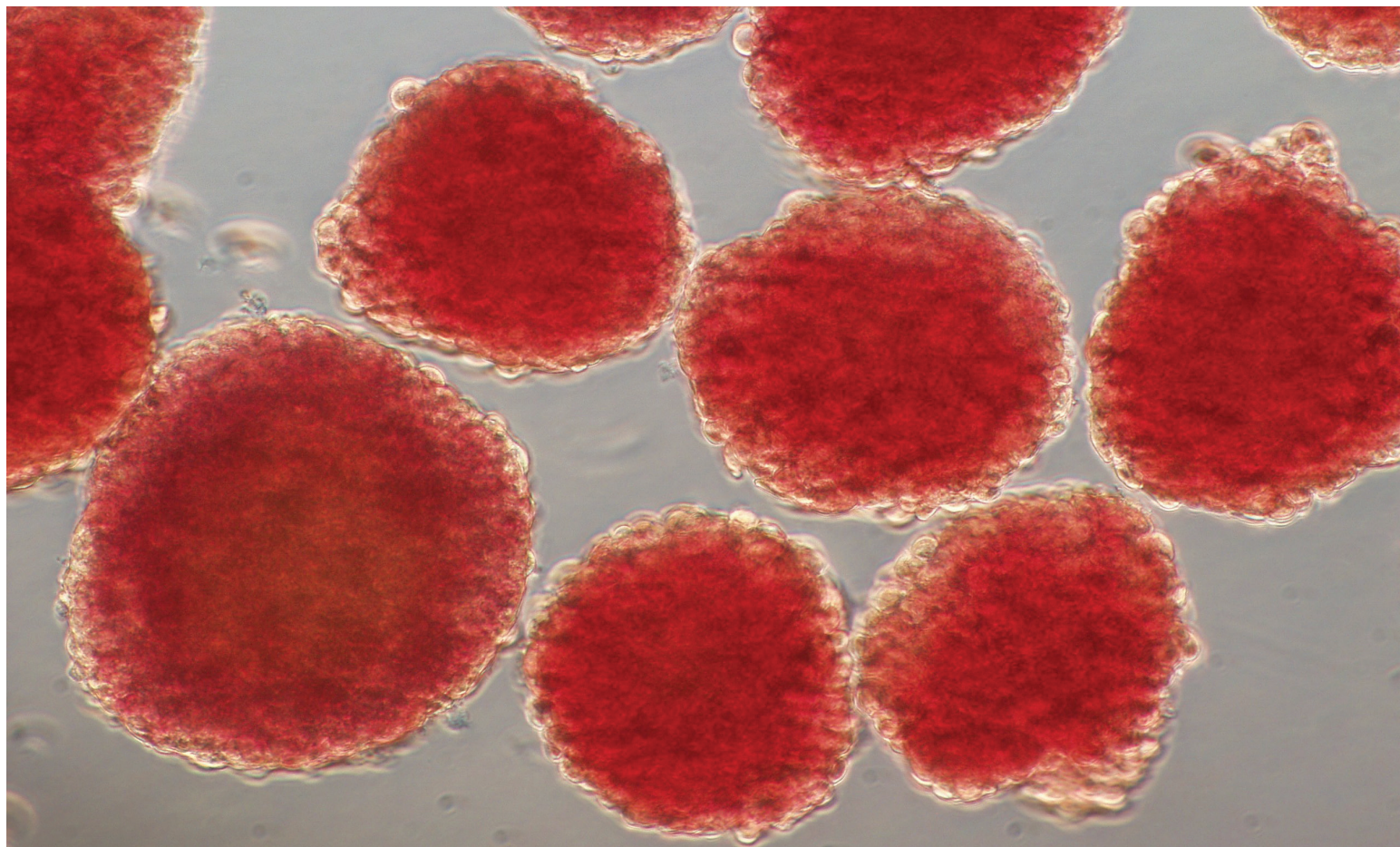
Teresa Littlefield, MSN, RN, RNC-MNN, CLC, is mom to Katelyn, diagnosed at age nine, and Jessica. She has been attending conferences since 2006. Teresa currently works with at-risk first time moms and their babies, and is also a clinical nursing instructor at her local university. Teresa volunteers with patients with diabetes in her local community and 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! If asked why someone should come to FFL, she says, "It's because these are your people and the only ones who truly understand you, whether you are a person with diabetes or their caregiver."



Colleen O'Connell, **RN**

Colleen O'Connell, RN, is wife to Bob, mom to Kaileigh, age 16 (dx. 1/2007), and Meg, age 11. Colleen and family have attended FFL conferences every two years since 2008. She works as an RN in a Newborn Intensive Care Unit in Boston. Colleen recalls, "At our first FFL conference, we met Sunshine Abel (also a nurse and mom to child with type 1) in childcare. We were nervous to leave Kaileigh; she was young and newly diagnosed. But, I remember the confidence we had when we met Sunshine and the staff." Colleen hopes that by volunteering in Kiddie Kove this year, she is able to make another family comfortable leaving their children, so that they can attend seminars and gain knowledge and support in caring for their child and family.





Commemorating 20 years of participation at the Friends for Life 20th Anniversary!

The past two decades have brought exciting new discoveries aimed at developing a biological cure for type 1 diabetes.

Learn about the advancements in the field of cell therapy from DRI Deputy Director **Dr. Norma Kenyon**, and hear why she's so encouraged by the progress so far.

JOIN US...

Friday, July 19 | Coronado J | 2 - 3:15 p.m.



Visit our hands-on booth and become a #DRILabKid! Dress like a scientist. Conduct experiments. Learn about research for a cure. Then, share your photos on social media with #DRILabKid.

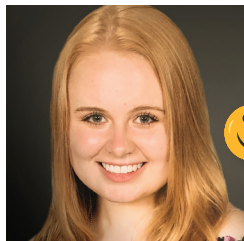


The Kiddie Kove Faculty



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 three years old in 2003, and her family attended their first Friends for Life conference that summer. They have been attending every summer since. Ashley has just completed her first year of college and is already accepted into nursing school starting 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 mom and full-time cardiac nurse in the acute care setting. She believes on-going education is the key to the successful management of any chronic illness.



Agnes Prosser

Agnes Prosser is 18 years old and is from Cleveland, Ohio. She plans to study biology with a pre-med track in college. Agnes has had type 1 diabetes since she was 5 years old, but never let that stop her. She loves skiing, hiking, and being involved in her youth group.



Kelly Regan

Kelly Regan is 20 and was diagnosed with type 1 diabetes at the age of nine in October 2008. Her first Friends for Life Conference was in 2011, and she has attended every year since. She is a junior at George Mason University studying Criminology with the goal of going to Law School for Criminal Law. CWD means so much to Kelly, it has done so much for her and her family, and she has truly made friends for life at the conference. She will always be grateful for CWD because it has given her a community and opportunities that have made a huge impact on her. Kelly is so excited to be on staff for the first time and be with her FFLs!



Kalyn Schmidt

Kalyn Schmidt is 23 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 Kiddie Kove.



Rhiannon Schmidt

Rhiannon Schmidt, age 20, 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 12 years. She looks forward to being staff for a third year and making new Friends for Life!





Jordana Singer

Jordana Singer is 21 and was diagnosed with type 1 diabetes at the age of four. She attended her first FFL conference when she was 8 years old. Jordana currently attends the University of Ottawa, where she is pursuing Civil Law LL.L. Jordana has many interests, including singing, yoga, spinning, photography and nutrition. She has been a singer at multiple JDRF events in Canada. She is looking forward to volunteering this year at FFL as a Kiddie Kove staff!



Emily Swenarton

Emily Swenarton attended her first Friends for Life conference in 2014 only months after her brother, Sean, was diagnosed with type 1 diabetes. Since then, Emily has been involved in supporting families with type 1, including participating in JDRF walks as well as raising money for a cure. Emily encourages friends and families to attend Friends for Life because of the valuable knowledge and life-long friends that she has made over the past six years. Emily is a student at the University of Scranton studying Occupational Therapy and is very excited to begin her first year as member of the CWD staff.



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®

2019 Friends for Life® Conferences

March 29-31, 2019

Renaissance Seattle Hotel
Seattle, Washington

July 16-21, 2019

Disney's Coronado Springs Resort
Orlando, Florida

October 4-6, 2019

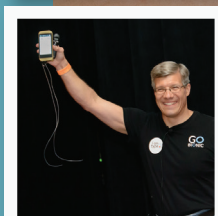
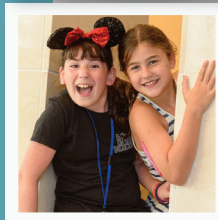
Fairview Park Marriott
Falls Church, Virginia

October 25-27, 2019

Staverton Estate
Daventry, Northamptonshire, UK

November 8-10, 2019

Sheraton on the Falls
Niagara Falls, Ontario, Canada





Better Together.

Children with Diabetes® was born 25 years ago out of our personal and family experiences with T1D.

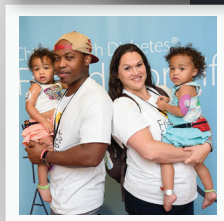
Today, Children with Diabetes® and our Friends for Life® Conferences bring together those who live with T1D and the amazing people who support them.

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 adults, including:

- World-Class Science
- Discussion Groups
- Kids Activities
- Carb-Counted Meals (including Gluten-Free)
- Group Activities
- Kid-Focused Learning Groups
- Sessions for Parents/Caregivers
- State-of-the-Art Technologies
- and much more.

This Is A
Conference
You Won't
Forget!



To learn more about Friends for Life® Conference dates and details, visit:

ChildrenwithDiabetes.com

☺ Children with Diabetes®



8:00 - 9:00

Breakfast on Your Own

9:00 - 10:15

Parent + Adult Sessions

9:00 - 10:15

First Timers Welcome Orientation
Coronado H
Sponsored By Dexcom

Dexcom Filming

Company: Dexcom
Audience: Parents and kids with T1D
Location: Coronado B

Dexcom is looking for a few dozen kids ages 4-9 who can tell us what they're passionate about, what makes them tick, what they'd like other kids to know about them. It could be a skill, a hobby, a special trip they took, a thing they know. We are only requesting a half hour of their time. If they want to bring something that shows what they're talking about – a picture, a small object, a prop relating to their hobby, feel free! But it's not necessary. To enter, please submit your child's name, date of birth, a recent photo or short video, and a sentence explaining what your child would want other kids to know about them (in their own words).

By appointment only. Continues all day in Coronado B.

Focus Group: What's on the Horizon

Company: Omnipod
Audience: Omnipod users
Location: Coronado C

The Omnipod® Team is looking for both adults and parents of children with T1D to participate in two focus groups to gather insights for shaping their next-generation automated insulin delivery product, the Omnipod HORIZON™ System. For this group we are looking to talk to adults or parents of kids with T1D who take Multiple Daily Injections. To register, visit <https://tinyurl.com/dQAFocusGroups>.

Focus Group: Long-term Implantable CGM: Hear from Users & Help us Plan the Future.

Company: Senseonics
Audience: Adults and parents
Location: Coronado D

The newest diabetes technology, the Eversense CGM system, is now available in the U.S. Hear from current users about their journey – from the insertion process to the removable transmitter to the on-body vibe alert to the sensor removal and re-insertion. Try one of our adhesive patch and see if gentle enough for your skin. Then help us design the next generation system for an even better experience. All adults with diabetes and parents of children with diabetes are encouraged to join in this interactive experience.

Hands-On Pump, Pens, Glucagon, and Meter Training

Presenters: Janet Rodriguez, BSN, RN, CDE
Audience: Everyone
Location: Coronado EF

Join Janet Rodriguez, BSN, RN, CDE 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.

Focus Group

Company: Lilly Diabetes
Audience: Everyone
Location: Coronado M

Prepare for severe low blood sugar.

Focus Group: Taking the Mystery out of Insurance and Pumping

Company: Roche Diabetes Care
Audience: Parents and kids with T1D
Location: Coronado N

Are you ever frustrated with the insurance process for pumps? Want to help change the way things are? Roche Diabetes Care, Inc. cordially invites **caregivers of kids and adults (18 years+)** who are **experienced pump users or new to pump therapy** to join an interactive group session to help design the ideal journey for going through the process of getting an insulin pump. We'll start by exploring your recent challenges and triumphs. Then we'll work together to identify the most compelling opportunities, and refine them to best suit your needs.

Pre-registration required.

Focus Group:

Company: Children with Diabetes
Audience: Everyone
Location: Fiesta 4

Join us for an exploration of ways to make Children with Diabetes and Friends for Life conference better for the families we serve.

Pilots With Diabetes: Setting Records Straight, The Sky Is Not The Limit

Presenter: Douglas Cairns
Audience: Everyone
Location: Fiesta 7-8

Douglas will talk about his world record-setting flying exploits, including his round-the-world flight and a recent 24-hour World Record non-stop to visit 29 US States. Douglas will also highlight the latest developments in the USA for aspiring and existing private and commercial pilots with type 1 diabetes.



Bringing the FFL Experience Home: Building a Local Support Community

Presenters: Susan Brennan and Mike Avery

Audience: Parents and adults

Location: Fiesta 9

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 local support groups.

How to DIY Loop

Presenter: Nightscout Faculty

Audience: Everyone

Location: Fiesta 10

Are you tired of waiting for a user friendly closed loop? Join the Nightscout faculty as we give an overview of the many DIY closed loop solutions from our #WeAreNotWaiting community, and even show you how to build your own closed loop in our afternoon DIY Closed Loop build session. In case you missed it, earlier this year our community developers released 'DIY OmniPod Loop' enabling you to create a DIY closed loop without any tubing. If you have children involved in dance, swimming or sports, and like the idea of sleeping through the night, you will find our session both informative and empowering. You do not need high end technical skills to build your own DIY closed loop, join the thousands of formerly sleep deprived parents that have improved the quality of life for their children and themselves by deciding to not wait, because in our worldwide community of 66,000 families and individuals, #WeAreNotWaiting.

Approaches to Managing Severe Low Blood Sugar

Presenter: Xeris Pharmaceuticals

Audience: Parents and adults

Location: Durango 1

Join Xeris Pharmaceuticals in a discussion on severe low blood sugar. Hear from a Clinical Diabetes Educator as she discusses the prevalence and impact of severe hypoglycemia, as well as glucagon and its role in blood sugar control. The program will also feature a panel discussion with caregivers and a young adult with diabetes. Listen as they share their journey with diabetes and how they have managed severe low blood sugar.

Bolus and Barbells

Presenter: Rodney Miller

Audience: Everyone

Location: Durango 2

Bolus and Barbells presents "Feats of Strength" with type 1 diabetic Strongman Rodney Miller. Rodney will be 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.

Sugar Surfing Concepts

Presenter: Stephen Ponder, MD, FAAP, CDE

Audience: Parents and adults

Location: Yucatan 1-3

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.

10:15 - 10:45

Coffee Break on Your Own

10:45 - 12:00

Parent + Adult Sessions

Focus Group: You be the boss: Moving towards Integrated Care: An open discussion on connected devices

Company: Sanofi

Audience: Everyone

Location: Coronado A

What would be your ideal connected ecosystem in the near future? Let's have an open discussion on the features and customized characteristics that could make a difference.

Focus Group: What's on the Horizon

Company: Omnipod

Audience: MDI Users

Location: Coronado C

The Omnipod® Team is looking for both adults and parents of children with T1D to participate in two focus groups to gather insights for shaping their next-generation automated insulin delivery product, the Omnipod HORIZON™ System. For this group we are looking to talk to adults or parents of kids with T1D who use an Omnipod pump and a CGM. To register, visit <https://tinyurl.com/dQAFocusGroups>.

Focus Group: How Might Life Change With an Uninterrupted Night of Sleep? Dream Big!

Company: Tandem Diabetes Care

Audience: Parents and kids with T1D

Location: Coronado D

Attendees of this session will leave with new tips and tricks for navigating nocturnal landscapes. Tandem will share how t:slim X2™ with Basal-IQ™ technology is reducing night time burden of living with diabetes. Join us to experience the impact of sharing stories with fellow parents.



10:45 - 12:00

Parent + Adult Sessions

Hands-On Pump, Pens, Glucagon, and Meter Training

Presenters: Janet Rodriguez, BSN, RN, CDE

Audience: Everyone

Location: Coronado EF

Join Janet Rodriguez, BSN, RN, CDE 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.

Focus Group

Company: Lilly Diabetes

Audience: Everyone

Location: Coronado M

Prepare for severe low blood sugar.

Focus Group: Sound off on a new patch pump coming soon!

Company: Roche Diabetes Care

Audience: Parents and kids with T1D

Location: Coronado N

Do you want to help define the next generation of diabetes care technologies and products? In this interactive session you'll get a sneak peek at some interesting stuff! Roche Diabetes Care, Inc. cordially invites **kids, accompanied by a caregiver, and adults taking multiple daily injections** to come learn about a new insulin patch pump coming to the market. In this session, we will show you the product, explain its features, and seek your feedback. Please join us and let us know what you think! *Pre-registration required.*

Type AU-SOME

Presenters: Leigh Fickling, MEd, MS, JD

Audience: Parents and children

Location: Fiesta 4

If you are a parent or grandparent of a child with ASD, join us for a deeper dive into Friends for Life. We'll review the conference agenda and share tips about which sessions might present sensory challenges. We will share places that you can go if you need to take a break and will provide visual schedules so that you can help to prepare your child for the best week ever! Session is appropriate for Type AU-SOME green wristbands (type 1) or orange wristbands (siblings).

Travel is the Answer, Even if Diabetes is the Question

Presenter: Oren Lieberman

Audience: Anyone interested in advocacy

Location: Fiesta 7-8

There's no sugarcoating diabetes. Everyone knows how difficult it can be. But that's no excuse to give up on your dreams. Oren Lieberman was diagnosed with diabetes in Nepal while backpacking around the world. It was Valentine's Day. After a month at home to recover and educate himself, Lieberman went back to traveling, visiting China, Japan, Iceland, and many more places. Today, he is a CNN international correspondent, and he keeps traveling!

Listen Up Doc: Getting Involved in Your Clinic and Making it Better

Presenters: Manmohan Kamboj, MD, & Kajal Gandhi, DO, MPH

Audience: Parents

Location: Fiesta 9

Join Drs. Kamboj and Gandhi from Nationwide Children's in Columbus, Ohio, for a discussion about getting involved in your clinic's quality improvement program. Learn how you and your family can make a difference. Nationwide Children's is part of a ten-center QI program supported by the T1D Exchange.

How to DIY Loop

Presenter: Nightscout Faculty

Audience: Everyone

Location: Fiesta 10

Are you tired of waiting for a user friendly closed loop? Join the Nightscout faculty as we give an overview of the many DIY closed loop solutions from our #WeAreNotWaiting community, and even show you how to build your own closed loop in our afternoon DIY Closed Loop build session. In case you missed it, earlier this year our community developers released 'DIY OmniPod Loop' enabling you to create a DIY closed loop without any tubing. If you have children involved in dance, swimming or sports, and like the idea of sleeping through the night, you will find our session both informative and empowering. You do not need high end technical skills to build your own DIY closed loop, join the thousands of formerly sleep deprived parents that have improved the quality of life for their children and themselves by deciding to not wait, because in our worldwide community of 66,000 families and individuals, #WeAreNotWaiting.

Living With, Not For, Diabetes

Presenter: Chris Ruden

Audience: Everyone

Location: Durango 1

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 on your happiness and after this talk, you will see why.

Docu-Diabetes V

Presenters: Ben Stroud, Kevin Covais, & Amanda Borges

Audience: Everyone

Location: Durango 2

Phone videos are everywhere. Parents will be encouraged to send a one 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.



Sugar Surfing Workshop

Presenter: Stephen Ponder, MD, FAAP, CDE

Audience: Parents and adults

Location: Yucatan 1-3

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.

Diabetes Basics for Significant Others

Presenter: 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.

12:00 - 1:30

Lunch on Your Own

1:30 - 2:45

Parent + Adult Sessions

Focus Group: Tell us what you want, what you really, really want...with CGM.

Company: LifeScan, Inc.

Audience: CGM users and those interested in CGM

Location: Coronado A

LifeScan recently announced their entrance into the CGM category and want to hear from CGM users and those interested in CGM. Tell us what is great, not so great and any needs or wants that may exist for CGM products. Limited space available.

Focus Group: Separation anxiety! When the kids with T1D are away

Company: Medtronic

Audience: Parents and kids with T1D (7-21/college aged)

Location: Coronado M

Sleepovers, school, and sleep, oh my. Medtronic wants to learn about how diabetes affects your family when parents are away from their kids with T1D. Help us understand how our innovations might help you find peace of mind, whether the kids are across the street or in another state.

Focus Group: Sound off on a new patch pump coming soon!

Company: Roche Diabetes Care

Audience: Parents and kids with T1D

Location: Coronado N

Do you want to help define the next generation of diabetes care technologies and products? In this interactive session you'll get a sneak peek at some interesting stuff! Roche Diabetes Care, Inc. cordially invites **kids, accompanied by a caregiver, and adults already using an insulin pump** to come learn about a new insulin patch pump coming to the market. In this session, we will show you the product, explain its features, and seek your feedback. Please join us and let us know what you think!

Pre-registration required

Exploring the T1D Toolkit

Presenter: Anastasia Albanese-O'Neill, PhD, ARNP, CDE

Audience: Parents and adults

Location: Coronado C

People with diabetes spend only about 300 minutes a year with their diabetes care team. That means they have to manage diabetes on their own for the other 525,300 minutes each year. The University of Florida Pediatric Diabetes care team has developed an online education resource called T1D Toolkit that is available 24/7/365. Please join us to review the T1D Toolkit site and provide your valuable feedback. This will help us to better meet the needs of children, adolescents, and young adults with type 1 diabetes and their family members.

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

Presenters: Cynthia Deitle, JD, LLM

Audience: Adults

Location: Fiesta 4

As a person living with type 1, have you ever thought about what would happen to you if you are stopped by police, 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 you love, from losing access to her insulin or diabetes supplies.

Focus Group

Company: Dexcom

Audience: Dexcom CGM users (pre-registration required)

Location: Coronado D

Dexcom invites parents, children, and young adults with T1D currently using Dexcom CGM for an interactive session to help us design next-generation CGM alerts. The purpose of our conversation is to learn about your preferences toward the various alert settings CGM devices have currently and those that may be added in the future. We will conduct an exercise to build your dream alert system, and have a group conversation about your ideas. This session is open only to current Dexcom CGM users and their family members. Parents are welcome to attend on their own or may bring the whole family. Children must be accompanied by an adult.



1:30 - 2:45

Parent + Adult Sessions

Breakthrough: Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle

Presenters: Arthur Ainsberg
Audience: Parents and adults
Location: Fiesta 7-8

Join author Arthur Ainsberg for an incredible journey back in time to the days before insulin was discovered to learn about Elizabeth Evans Hughes, daughter of the US Secretary of State, and her struggle to survive with type 1 diabetes. Elizabeth would be one of the first people in the world to be treated with the miracle of insulin.

Workshop for Parents: Off to College with College Diabetes Network

Moderators: Christina Roth & Zach Hall
Audience: Parents of teens preparing for college
Location: Fiesta 9

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.**

Loop Installation Workshop

Presenters: Nightscout Team
Audience: Everyone
Location: Fiesta 10

You do not need high end technical skills to build your own DIY closed loop, join the thousands of formerly sleep deprived parents that have improved the quality of life for their children and themselves by deciding to not wait, because in our worldwide community of 66,000 families and individuals, #WeAreNotWaiting.

Long-term Implantable CGM: Hear from Users & Help us Plan the Future.

Company: Senseonics
Audience: Adults and parents
Location: Durango 1

The newest diabetes technology, the Eversense CGM system, is now available in the U.S. Hear from current users about their journey – from the insertion process to the removable transmitter to the on-body vibe alert to the sensor removal and re-insertion. Try one of our adhesive patch and see if gentle enough for your skin. Then help us design the next generation system for an even better experience. All adults with diabetes and parents of children with diabetes are encouraged to join.

The Future is Now – Omnipod Product Theater with Insulet's Medical Director

Company: Insulet
Audience: Everyone
Location: Durango 2

Join Insulet's Medical Director, Trang Ly, and panel to learn about the Omnipod DASH™ Insulin Management System. Omnipod DASH is the foundation for all future innovation including the Omnipod® Horizon™ Hybrid-Closed Loop System.

Lilly Product Theater

Company: Lilly Diabetes
Audience: Parents and adults
Location: Yucatan 1-3

2:45 - 3:15

Beverage break on Your Own

3:15 - 4:30

Parent + Adult Sessions

Focus Group: Omnipod DASH Advocacy for Access

Company: Omnipod
Audience: Everyone
Location: Coronado A

All people living with diabetes should have affordable access to the latest medical advancements and cutting-edge technology. Learn more about AdvocacyforAccess.com and become an advocate for the change you want to see, for yourself and for future individuals living with type 1 or type 2 diabetes

An Introduction to Monogenic Diabetes

Presenters: Toni Pollin, MS, PhD, CGC, Miriam Udler, MD, PhD, Kristin Maloney, MS, MGC, CGC, Kristin Skiados & Katie Bisordi
Audience: Parents and adults
Location: Coronado C

Monogenic diabetes, or diabetes resulting from a change in a single gene, accounts for about 2% of diabetes but is often misdiagnosed as type 1 or type 2. This session will provide an introduction to monogenic diabetes and how it differs from other types of diabetes, how a diagnosis can change patients' treatment and lives, including examples, and how people learn if they have monogenic diabetes.

The Impact of Camp on Kids with T1D ... and Their Parents

Presenter: Ryan Gagnon, PhD
Audience: Parents and adults
Location: Coronado EF

Camps serving children with T1D offer a range of socioemotional, physical, and psychological benefits to youth and their families. This presentation will review what camps have to offer, some of the challenges these camps encounter with youth and their parents, and what the future of camping looks like for youth with chronic illness.



Focus Group: Help us to help you! Explore new ideas to save you time and money with your pump therapy

Company: Roche Diabetes Care
Audience: Parents and kids with T1D
Location: Coronado N

In this interactive session, you will explore what the future could look like for families and individuals embarking on or continuing an insulin pump journey. We'll discuss your ideas to alleviate the hassles of insulin pumping – things like pump supplies management, ordering (and re-ordering) supplies, dealing with distributors, and your thoughts around financial assistance solutions in this co-creation session!

Pre-registration required.

Focus Group: Tired of Switching Your Pump Sites or Mealtime Injections? Come Help Shape the Future of Inhaled Insulin

Company: MannKind
Audience: Parents and kids with type 1 diabetes
Location: Fiesta 10

MannKind is looking for both adults and parents of children with type 1 diabetes to participate in a focus group to gain insights on the potential of inhaled insulin therapy. We want to hear from you.

Please join us to provide feedback on the following topics:

- Challenges of mealtime control
- How does hypoglycemia impact day-to-day treatment decisions?
- How is technology changing the way you manage diabetes?
- Study design - How to optimize clinical trial participation
- Use of CGM combined with inhaled insulin

Parenting Your Tween

Presenter: Jessica Kichler, PhD, CDE & Kenny Rodenheiser, BSN, RN, CDE
Audience: Parents of teens (ages 9-12)
Location: Fiesta 4

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.

University of Florida Research Update

Presenter: Michael Haller, MD
Audience: Parents and adults
Location: Durango 1

Join Michael Haller, MD, Professor and Chief of Pediatric Endocrinology, for an informal talk about all of the cutting edge research at the University of Florida Diabetes Institute. Don't miss the opportunity to learn about everything going on right here in Florida. Topics will include TrialNet, TEDDY, nPOD, cell therapy, combination immune therapy, pancreatic imaging, and artificial pancreas systems. Dr. Haller welcomes questions from the audience for a fun and interactive discussion about improving the lives of children and families affected by T1D. Stay on for a reception with the UF Diabetes Institute Team for a casual hour of drinks and light hors d'oeuvres. Don't miss this unique opportunity to come ask questions one-on-one with our diabetes providers and researchers.

Inspiration & Encouragement: Stories from the FFL Community

Presenters: Leigh Fickling, MEd, MS, JD, & Kerri Sparling
Audience: Parents and adults
Location: Fiesta 7-8

The magic of Friends for Life is our community's ability to connect, share, and grow. Join us for this open discussion session about your experiences at Friends for Life and the power of our collective insight!

73 Years with Type 1 Diabetes

Presenter: Richard Vaughn
Audience: Parents and adults
Location: Durango 2

Richard Vaughn was diagnosed with type 1 diabetes in 1945 when he was just six years old. Join him for an inspirational reflection on a long life well lived with type 1 diabetes.

Parenting Your Teen

Presenter: Maureen Monaghan, PhD, CDE, & Marissa Town, BSN, RN, CDE
Audience: Parents of teens (ages 13-17)
Location: Fiesta 9

Join Maureen Monaghan, PhD, CDE, and Marissa Town, BSN, RN, 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 their FFL experience.

Wait Wait Don't Poke Me! The Game Show

Presenter: Stacey Simms & Moira McCarthy
Audience: Everyone
Location: Yucatan 1-3

Be part of a special episode taping on site at Friends for Life! Based on NPR's popular "Wait Wait, Don't Tell Me," hosts Stacey Simms and Moira McCarthy put FFL presenters and faculty members to the test. Audience members are eligible to win prizes and could become part of the weekly Diabetes Connections weekly podcast.

6:00 - 9:00

Grand Opening of the Exhibition Hall
Veracruz BC
Food is served



8:00 - 9:00

Keynote Breakfast
Coronado HJK
Sponsored by Lilly Diabetes

9:00 - 10:00

Parent + Adult Sessions

Richard Rubin Memorial Opening Keynote: Progress Toward a Cure

Presenter: Desmond Schatz, MD
Audience: Parents and adults
Location: Coronado HJK

Although a closed loop system is imminent, insulin is not a cure. Tremendous progress has been made in the past 30 years toward our understanding of the natural history of type 1 diabetes. Without prevention there is unlikely to be a cure. Extensive studies have been undertaken worldwide and some preservation of insulin-producing beta cells has now been demonstrated. Exciting studies are underway to create an endless supply of human insulin producing cells from stem cells as well as novel ways to prevent the immune system from destroying those cells.

10:00 - 10:45

Coffee Break Outside of Exhibit Hall
Veracruz BC

10:45 - 12:00

Parent + Adult Sessions

Positive Caregiving, or How Not to Be the Diabetes Police

Presenter: Bill Polonsky, PhD, CDE
Audience: Parents and adults
Location: Coronado H

Join world-renowned psychologist Dr. Bill Polonsky for 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.

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.

Diabetes Basics for Families New to Type 1 Diabetes

Presenter: Kajal Gandhi, DO, MPH, & Wynola Wayne, BSN, RN
Audience: Parents and adults
Location: Coronado K

When you're diagnosed with type 1, you are inundated with education, often more than you can remember. Join a team from Nationwide Children's for a refresher course on the basics of type 1 diabetes.

T1D and Risk: Everyday Management Through the Lens of Adventure

Presenter: Peter Nerothin, MA
Audience: Parents and adults
Location: Coronado AB

This session will explore the value of risk-taking as it relates to living successfully with type 1 diabetes. The presenter will introduce relevant theory used in research, and share anecdotes from nearly two decades of experience in the outdoor adventure education field. He will emphasize the wide-ranging possible impacts of diabetes (and other) technologies on healthy human development. Participants in the audience will be asked to work in groups as they consider the difference between perceived vs. objective risks, consequences that are unique to diabetes decision-making, and approaches to finding a healthy balance of risk and reward. We will conclude with a discussion of adventure opportunities currently available to youth and adults living with type 1 diabetes.

Pregnancy Planning & Reproductive Health for Women With T1D

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

Pregnancy with type 1 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.

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.

Finding the Balance

Presenters: Kerri Sparling & Adam Brown
Audience: Young adults
Location: Fiesta 7-8

Diabetes is already a full-time job - how do you balance it with school, activities, family, friends, and more? Fellow T1Ds Kerri Sparling and Adam Brown have some ideas! Join them for an honest discussion on how to juggle everything without driving yourself crazy.



Low Carbohydrate Nutrition for Type 1 Diabetes: Patient and Research Perspective

Presenter: Andrew Koutnick
Audience: Parents and adults
Location: Yucatan 1-3

Andrew Koutnik, a metabolic researcher with type 1 diabetes, will be discussing the evidence for and against low carbohydrate nutrition for type 1 diabetes, from both a patient and research perspective.

Hot Topics in Diabetes Advocacy: 2019 Edition

Presenters: Christel Marchand Aprigliano & Jake Johnston
Audience: Parents and adults
Location: Durango 1-2

This session will explore what's hot in diabetes policy advocacy - and why you need to advocate for policy changes! We'll cover exciting policy advances in non-medical switching, copay accumulator programs, and diabetes self-management training, as well as new issues impacting all of us: how rebate reform will help lower the amount we pay at the pharmacy counter.

12:00 - 1:30 Lunch Buffet
 Coronado HJK

1:30 - 2:45 Parent + Adult Sessions

Join the Culture of 'Yes!' — How to Live Well Despite Diabetes

Presenter: Moira McCarthy
Audience: Parents and adults
Location: Coronado H

When diabetes comes into life, it's easy to make our answers to life's events "No!" Fear, stress, exhaustion with planning all come into play. Join long-time diabetes mom Moira McCarthy to explore how YOU can join a "culture of yes" and embrace all the great things in life out there, despite diabetes. Feel free to come with your own challenges — we will figure them out!

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.

Accommodations in College, Graduate School, and Beyond

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

Hey, College Student! You've packed your bags and you're ready to tackle higher education. Before heading off on your own, have you made a plan for accommodations in the classroom or clinical setting? Have you met your team at student disability services? What about your prescriptions? Who will help with sick day management? What about your service animal? Do you need dining modifications? Join us for an interactive session where we will discuss college accommodations for people with diabetes and other health conditions.

Safe Zone for Significant Others

Presenter: Tamara Oser, MD, Bill Polonsky, PhD, CDE & Anna Hewitt
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.

Virtual Diabetes Clinics: Are They the Future?

Presenters: Gary Scheiner, MS, CDE, & Jay Hewitt
Audience: Parents and adults
Location: Coronado EF

Your diabetes care team will soon be local and virtual. There is a growing trend of diabetes care provided in the gap between doctor visits by virtual and digital means funded by health plans or individual patient pay, offering personalized, tech-enabled coaching by CDE's and other care providers, cellular enabled devices, and kits with unlimited test strips. Virtual diabetes care will soon be the norm and possibly even mandatory for patients as healthcare providers are required to meet quality measures and demonstrate improved patient outcomes. We will inform and discuss the pros and cons of virtual care, the companies that provide it, and how to use it and be prepared for the future.

Mental Health in Your Twenties

Presenter: Laura Smith, PhD, CDE
Audience: Young adults
Location: Fiesta 7-8

Managing type 1 diabetes as a young adult comes with unique challenges. Join Dr. Laura Smith, PhD, CDE, in a discussion about the unique mental health challenges faced by young adults. You'll have the chance to share your own personal experiences and learn strategies for tackling various issues related to diabetes distress, burnout, and relationships.

This is a unique session in the Young Adult stream welcoming ONLY individuals with type 1 diabetes to the conversation.



1:30 - 2:45

Parent + Adult Sessions

Finding Your Tribe: Support & Knowledge in Social Media

Moderator: Kerri Sparling

Panelists: Scott Johnston, Cherise Shockley, Mary Lucas, Nicole McGreevy, & Michelle Auerbach

Audience: Parents and adults

Location: Yucatan 1-3

The Internet is filled with opportunities to connect with PWD peers and share stories, challenges, and triumphs unique to life with type 1 diabetes. Join us for a panel discussion featuring prominent voices from the diabetes online community talking about places to connect online and how to get the most out of your online interactions.

From Passion to Action: Powerful Messages and Shared Experiences for Advocacy

Moderator: Christel Marchand Aprigliano

Panelists: Jake Johnston, Stewart Perry, & DPAC Champions

Audience: Parents and adults

Location: Durango 1-2

Furious at being denied a CGM or a pump or a medication? Frustrated at paying list price for a life-essential drug? Wanting to scream standing at the pharmacy counter (but you know it's not the pharmacist who deserves to hear it)? Learn from those who have taken their passions (and anger!) and turned it into effective advocacy. Hear from diabetes advocates - both professionals and volunteers - to learn how they got involved, how they avoid advocacy fatigue, and how they use their time and energy to help the community through policy advocacy.

2:45 - 3:30

Snack Break Outside of Exhibit Hall
Veracruz BC

3:30 - 4:45

Parent + Adult Sessions

Language Matters

Presenter: Jane Dickenson, RN, PhD, CDE

Audience: Parents and adults

Location: Coronado H

Language plays an important role for every person with diabetes. Judgmental and shame-based language can have a negative impact on people with diabetes and even their experience living with and managing the disease. In this session we will discuss how using strengths-based and person-centered messages can improve people's diabetes experience and possibly even health outcomes.

Making Sense of Sensor Data

Presenter: Gary Scheiner, MS, CDE

Audience: Parents and adults

Location: Coronado J

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.

Preventing Type 1 Diabetes: Where Do We Stand?

Presenter: Desmond Schatz, MD

Audience: Parents and adults

Location: Coronado K

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.

Carbohydrate Controversies: How Low Should You Go?

Presenter: Constance Brown-Riggs, MEd, RD, CDE, CDN

Audience: Parents and adults

Location: Coronado AB

Many people with type 1 diabetes believe total carbohydrate restriction is the only way to manage diabetes. Others believe low carbohydrate intake is the best way to improve glycemia and reduce insulin needs. Current nutrition guidelines for people with diabetes state there is no ideal amount of carbohydrate. In fact, the new *ADA Consensus Report on Nutrition Therapy for Adults with Diabetes* acknowledges the growing body of evidence supporting the safety and efficacy of carbohydrate restriction. Yet, carbohydrate recommendations remain a source of controversy among healthcare providers and people with diabetes. In this session, we will review the pros and cons of carbohydrate recommendations over the past century, distinguish between low carbohydrate and very low carbohydrate intake and review evidence on the safety and efficacy of well planned, low carbohydrate diets for people with type 1 diabetes.

The Emotional Burden of Diabetes

Presenters: Sean Oser, MD, MPH, Tamara Oser, MD, & Bill Polonsky, PhD, CDE

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.



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.

Insurance 101 for Young Adults

Presenter: Samantha Merwin

Audience: Emerging adults

Location: Fiesta 7-8

The session will cover important basics, insurance terminology, and how to navigate your medical benefits as a young adult with type 1. We will discuss important factors to consider when choosing your medical and dental benefits so you can make the decision that's best for you.

Advocating for Yourself

Presenter: Kajal Gandhi, DO, MPH, Laura Smith, PhD, CDE, & Kerri Sparling

Audience: Parents and adults

Location: Yucatan 1-3

Children with type 1 diabetes have evolved to be quite a diversified population, and the need to provide culturally sensitive, and sometimes individualized, comprehensive diabetes care becomes paramount to their success. This discussion will highlight the evolving characteristics of the type 1 diabetes population, as well as strategies/resources to obtain culturally sensitive diabetes care.

Advocating for Affordable Access to Insulin

Presenter: Christel Marchand Aprigliano

Audience: Parents and adults

Location: Durango 1-2

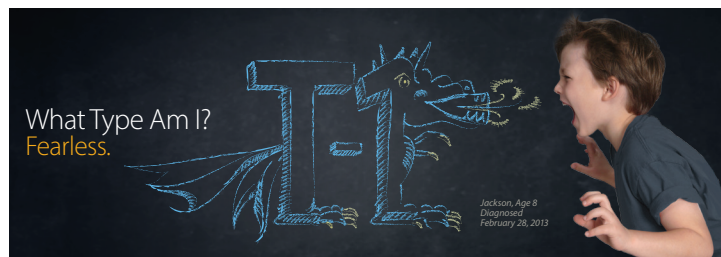
Over the last few months, affordable access to insulin, unsustainable list prices, and patient voices have finally gotten the attention in Congress that was long overdue. How will the policymakers decide to help our community with affordable access to insulin for everyone? What (and when) can we expect to see substantial relief at the pharmacy counter? We'll share what's happening in DC and help you build your effective policy advocacy plan to keep the pressure on Congress to take action.

6:30 - 8:30

Friends for Life 20th Anniversary 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 several amazing prizes. 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
- Write your name and phone number on each ticket of the adult who will be picking up the prize if you win
- Put one or more tickets in the container of the item you want to win, and put a Golden Ticket in specified box if you have one
- Auction will be closing at 10:45 am Friday for winner pull. Prizes are available from 1:00-2:00 on Friday at the auction booth in the Exhibit Hall. With the exception of Teen Staff, winner must be present. We will contact backup winners if items are not picked up at 2:00

Prizes Include:

Disney World tickets • American Girl • Circle with Disney • Great Wolf Lodge • Sports tickets • Attraction tickets • Restaurant Gift Cards and so much more! Once again enjoy the "Made by Our People" section with homemade goods!

Suggested donation. CWD is recognized by the IRS as a 501(c)(3) nonprofit organization. Taxpayer ID 46-3704802.





Breakfast on Your Own

Everyday Management Through the Lens of Sport and Adventure

Presenters: Peter Nerothin, MA, & JC Aragone

Audience: Everyone

Location: Coronado L

Continuing favorite activities is an important aspect of managing diabetes well. In this two-presentation session, professional tennis player JC Aragone will discuss how he learned to manage his diabetes through playing tennis at a high level. Peter Nerothin, MA, will help attendees think critically about the value of risk in managing type 1 diabetes; Differentiate between perceived and objective risks; Make better decisions about the use of technology in day-to-day life; Know where to go to find and appropriate adventure for themselves or loved ones. Coffee and tea will be provided.

9:00 - 10:00

Parent + Adult Sessions

Preparing for High School & Beyond

Presenters: Henry Rodriguez, MD, and Jessica Kichler, PhD, CDE

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. Kichler 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.

On the Shoulders of Giants: How Tidepool Loop is Building on the #WeAreNotWaiting Movement

Presenter: Howard Look

Audience: Parents and adults

Location: Coronado J

Standing on the shoulders of the giants in the #WeAreNotWaiting community, Tidepool is working to build and support an FDA-regulated version of Loop. The Tidepool Loop insulin delivery app will be available for iPhone and Apple Watch, and designed to work with commercially available insulin pumps and CGMs, including Insulet's Omnipod® DASH system. Hear from Tidepool founder, CEO, and T1Dad Howard Look, who will share Tidepool's nonprofit journey, their relationship with device makers and the FDA, as well as Howard's personal experience from the genesis of the #WeAreNotWaiting movement. Finally, you'll get a live demo of Loop.

What Matters the Most: Learnings from 50 Years of Caring for Youth with T1D

Presenter: Wynola Wayne, BSN, RN

Audience: Parents and adults

Location: Coronado K

Wynola Wayne, BSN, RN has been caring for kids for 50 years. She'll share her experiences with you, focusing on what matters the most to help parents do the best for their kids with type 1 diabetes.

World's Worst Diabetes Mom

Presenter: Stacey Simms

Audience: Parents

Location: Coronado L

Perfection is not an option when it comes to managing type 1 diabetes. Even so, it's easy to feel like a failure. Join Diabetes Connections podcast host Stacey Simms for a funny and meaningful look at how mistakes and missteps can turn into a diabetes parent's secret superpower.

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, so bring your thoughts and be ready to share!

Careers and Insurance Issues for Adults with Type 1 Diabetes

Presenters: Stewart Perry & Tom Boyer

Audience: Adults

Location: Coronado CD

Led by professionals steeped in resolving health care insurance accessibility, availability and affordability challenges facing people with diabetes, the session will provide an overview of what's working or not when it comes to the US health insurance and care systems. Participants will obtain knowledge and tips on how best to equip themselves to make portions of America's health system work best for families.

Caring for Kids in Multiple Households

Presenter: Justin Masterson

Audience: Parents who share custody of a child with T1D

Location: Coronado EF

Caring for a child with diabetes can be both emotionally and logistically challenging, but for multi-home families with divorced or separated parents, those challenges can grow exponentially. In this session, we will work together to identify primary challenges that multi-home families face, and share wisdom with each other on strategies to overcome those challenges for more fluid and stable diabetes care in all homes.

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.



Healthy Eating on a Budget, or Parfait Time!

Presenter: Susan Weiner, MS, RDN, CDE, CDN
Audience: Young adults
Location: Fiesta 7-8

Kitchen organization and budgeting for food shopping can be challenging, especially when you move out on your own. Let's chat about essential tools, tips and tricks for good kitchen organization, healthy meal planning and food shopping so you can stay within your budget and eat nutritious and delicious meals. Bonus? This session includes building your own parfait using fresh and yummy ingredients.

diaTribe Panel Discussion

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

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

Trends in Nutrition

Presenter: Lorraine Anderson, RD, CDE
Audience: Parents and adults
Location: Durango 1-2

Join registered dietitian and CDE Lorraine Anderson for a discussion on the latest in carb counting, choosing the "best" carbs, the skinny on low carb diets, and figuring out fat and protein.

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: Bill Polonsky, PhD, CDE
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 overwhelmed by the day-to-day demands of diabetes. Feeling overwhelmed makes it almost impossible to take good care of your diabetes. Join Dr. Polonsky and learn how prevent or overcome diabetes burnout.

A History of Diabetes Device Innovation and a Look Into the Future

Presenter: Claudia Graham, PhD, MPH
Audience: Parents and adults
Location: Coronado J

The past several years has seen a flurry of innovation in diabetes devices, from sensors to pumps to algorithms to pens. Drawing on her decades-long career in the diabetes device world, Claudia Graham will share her insights and give her perspective on what kind of innovation is coming.

Read It Before You Eat It: Deciphering Food Labels

Presenter: Susan Weiner, MS, RDN, CDE, CDN
Audience: Parents and adults
Location: Coronado K

Do you find food shopping and label reading to be an overwhelming and daunting task? You're not alone! With over 45,000 different items available for purchase in a typical supermarket, it's important to be a food label expert. During this session we will discuss how to read food labels and decipher common terms such as sugar free, low sodium, natural, and organic. If you are wondering about "sell-by dates," ingredient lists, or the proposed new nutrition facts labels this session is for you. Please bring your questions to this lively discussion!

Time in Range: Moving Beyond Just HbA1c

Presenter: George Grunberger, MD
Audience: Parents and adults
Location: Coronado L

As more people with type 1 diabetes use continuous glucose monitoring systems, we've learned a lot about how different treatment strategies impact the time spent within nationally recommended glucose target ranges. Join Dr. George Grunberger, leader of an international group of experts preparing guidelines for time in range, for a discussion of how time in range is fast becoming important, if not more important, than HbA1c.

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.

Parenting with Type 1 Diabetes

Presenters: Sean Oser, MD, MPH, Scott Johnson, Noor Alramahi, & Jay Hewitt
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.

Pumping Tips and Tricks

Presenter: Lorraine Anderson, RD, CDE
Audience: Parents and adults
Location: Coronado EF

CDE Lorraine Anderson will review practical tips of life with a pump in the family, getting comfortable with advanced features, putting safety first.



Preventing and Managing Hypoglycemia

Presenters: Gary Scheiner, MS, CDE

Audience: Parents and adults

Location: Durango PQR

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.

Standing Up for Yourself: A Crash Course in Legal Rights & Self-Advocacy in Daily Life

Presenter: Leigh Fickling, MEd, MS, JD, & Nia Grant

Audience: Young adults

Location: Fiesta 7-8

Are you a young adult preparing for college or graduate school? A new graduate searching for your first job? Are you preparing to study abroad or looking for an international relocation with your current company? Does any or all of those things freak you out a little? If so, then join us for an engaging session that will not only help you understand your legal rights as an individual with type 1 diabetes, but provide some tricks and tips for successful adulting. We will discuss how to disclose your diabetes to a potential employer or if you should disclose at all. We will also prepare you with interviewing experience for those tough questions that may come up as you are searching for the "dream position." Don't enter the "real world" without these tips and tools for success!

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.

Meet the Sports Central Athletes

Presenters: Jimmy Dodson and the Sports Central athletes

Audience: Parents and adults

Location: Durango 1-2

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

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

Learnings from diaTribe

Presenter: Adam Brown

Audience: Parents and adults

Location: Coronado H

diaTribe.org Senior Editor & Columnist Adam Brown will share surprising lessons, A-HA moments, and learning from nearly ten years working at diaTribe. Bring your diabetes tech questions too — Adam studies all the products and can answer what's coming next in CGM, pumps, closed loop, and smart pens.

DRI Research Update: The State of Cell Therapy

Presenter: Norma Kenyon, PhD

Audience: Parents and adults

Location: Coronado J

Exciting new innovations aimed at developing a biological cure for type 1 diabetes have emerged over the last 20 years: ways to engineer a site in the body to house transplanted islet cells; the development of safer agents to specifically target the immune system; addition of cell types that help control immune function and sustain islet survival; and effective methods for turning stem cells into insulin-producing cells or regenerating a person's own islets to address the limited supply. These three key research areas — collectively referred to as the Three S's — form the backbone of the DRI's BioHub strategy. DRI Deputy Director Dr. Norma Kenyon will present an array of new discoveries that have advanced the field of cell therapy over the last two decades and explain why she is so encouraged by the progress so far.

Everything You Wanted to Know About Insulin but Didn't Know Who to Ask

Presenter: George Grunberger, MD

Audience: Parents and adults

Location: Coronado K

Insulin is the life blood for people with T1D. Today, there are more insulins than ever to choose from, with more under development and coming to market. How do you choose which insulin is best for you or your child? What should you do if your insurance forces you to change your insulin? Join Dr. Grunberger for answers to all those questions and more.

Diabetes Technology Update

Presenter: Lorraine Anderson, RD, CDE

Audience: Parents and adults

Location: Coronado L

Confused about the latest diabetes tech? Lorraine will provide an overview of available technology, which technology is right for you, what to do with all the data, and what's coming in T1D management tools.



Success with a Low Carb Regimen in Children Ages 5 to 14

Presenter: Lester Hightower
Audience: Parents and adults
Location: Coronado AB

Dr. Richard K. Bernstein's diabetes management regimen is anchored in a low-carbohydrate, high-protein diet and his law of small numbers: "Big inputs make big mistakes; small inputs make small mistakes." Lester Hightower is father to Andrew, a 14 year old PWD who has followed Dr. Bernstein's regimen since his T1D diagnosis at age five. Lester will discuss his family's nine-year journey, Andrew's participation in a Boston Children's Hospital and Harvard Medical School study of this regimen, and share various tips and tricks learned along the way. Lester will also discuss his involvement with the not-for-profit Rivere Foundation and advocacy work being done through its Let Me Be 83 brand.

Diabetes Can Be Complicated

Presenters: Sean Oser, MD, MPH, Bill Polonsky, PhD, CDE, 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, Bill, 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.

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.

Navigating Relationships

Presenters: Laura Smith, PhD, CDE, with Young Adult Staff
Audience: Young adults
Location: Fiesta 7-8

Your early adult years come with a ton of relationships to manage: friends, romantic partners, roommates, co-workers, parents. Some of these relationships need a tweak as you become more independent. Others are totally new and can be overwhelming. And when you throw type 1 in the mix, it can be a challenge to stay healthy and happy! Join Laura Smith, PhD, CDE, along with young adult staff in an open-format discussion about navigating and succeeding in your relationships as a young adult with type 1.

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

Facilitator: Justin Masterson
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: Putting It All Together with Two Dope D-Moms

Presenters: Stacey Simms & Moira McCarthy
Audience: Parents and adults
Location: Coronado HJK

Grab your beverage of choice and pull up a seat with D-Moms Stacey Simms and Moira McCarthy to talk about how we take all this FFL awesomeness and use it back home.

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

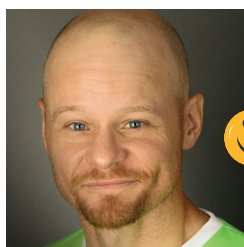
Dessert with the Faculty — Outside Veracruz
Sponsored by Omnipod

8:00 - 12:00

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



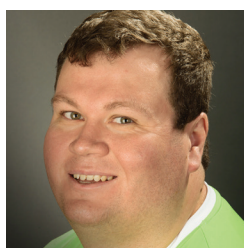
The Sports Central Staff



Jimmy Dodson

Sports Central Leader

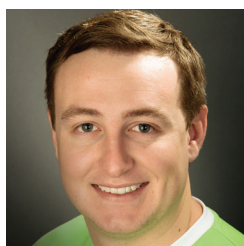
Someone once asked Mike Singletary, former NFL Chicago Bears linebacker, what his favorite part of the game was. He answered, "The opportunity to play." Since his diagnosis in 1995, **Jimmy Dodson** has expanded his classic athletic background into various areas of endurance and adventures sports for 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.



Zach Geren

Sports Central Leader

Zach Geren is husband to Melissa Geren, diagnosed at age four. Zach attended his first conference in 2015 and has enjoyed every FFL since. Zach graduated from Marquette University Law School and works in Risk Management and Conflicts at Kirkland & Ellis in Chicago. Zach loves playing sports, especially basketball, tennis, football, and baseball.



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, who was diagnosed in 2002. He graduated from Miami Dade College, where he earned an A.S. degree in Emergency Medical Services, and is currently working for Flagler County Fire Rescue as a Firefighter Paramedic. In 2018, Garrett married Hannah, who he met while attending the conference. This will be Garrett's seventh year volunteering as Sports Central staff, and he always looks forward to coming back to CWD and spending time with all of the friends he has made over the years!



Philip Hunsche

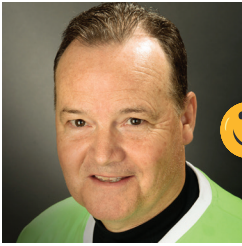
Philip Hunsche is the "little" brother of Kara Hunsche, who has had type 1 diabetes since 2001. Philip is studying business management and marketing management at Cincinnati State, and is a general lover of most sports, but particularly loves outdoor recreation and adventure sports. Philip hasn't missed a conference since returning to them back in 2012 and always looks forward to coming back to the place where some of his closest friends from all over the country come to meet each year.



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.





Bill King

Bill King grew up in a family of distance runners and became an elite distance runner in his teens and early twenties. He was diagnosed with type 1 in 1984 while training for his fourth marathon. Bill continued competitive racing and began using an insulin pump in 1996. Bill is also a participant in the Diabetes Control and Complications Trial (DCCT/EDIC). This T1d study has helped changed the protocol of care for all people with diabetes. Bill has raced in 21 Marathons and continues to pursue team running with the Team CWD Athletic Club. Bill says, "The CWD Friends For Life Conference is a gift of light and life for all who attend. This is my 18th year at FFL working in Sports Central where we all are kids at safe play. Please take time out of your day and visit us at Sports Central; our team is here to enhance your life through safe activity, exercise and fitness!"



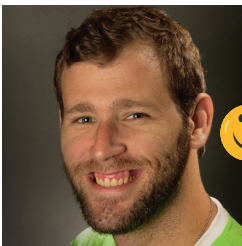
Bill King

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!



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!



Jesse Nagel, BSN, RN

Jesse Nagel, BSN, RN, age 28, was diagnosed with type 1 diabetes when he was 9 1/2 years old. He graduated from D'Youville College School of Nursing, and currently works in the Neurosurgical ICU at NYU Winthrop Hospital in Mineola, New York. He is currently studying to become a Certified Diabetes Educator, and pursued a career in nursing due to the wonderful Doctors, Nurses and researchers he met at each FFL over the years. CWD is his home and he has been quoted saying "This is the happiest week of my life every year!" He has attended every FFL Orlando since 2003 as part of the elementary, tween, and teen groups. Last year was his first year on Sports Central Staff and he can't wait for FFL 2019 to start!



Shawn O'Dell

Shawn O'Dell is a Buffalo, NY native. His wife, CWD Dietitian Kristen O'Dell, was diagnosed with type 1 diabetes at the age of nine. 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.



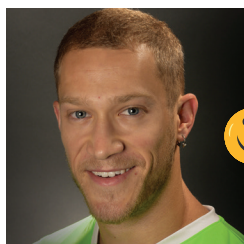


The Sports Central Staff



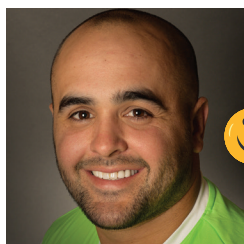
Harold Sanco, **CPT**

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.



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.



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."



Ben Tzeel, **RD, CSCS**

Ben Tzeel, RD, CSCS, is a registered dietitian, strength coach, author, and fitness model who has been living with type 1 diabetes since he was seven years old. Never allowing diabetes to hold him back from what he wants to accomplish in life, Ben's goal is to show others they can live life to the fullest with diabetes in the periphery. He runs an online nutrition and fitness coaching business, working predominantly with people living with diabetes, and he holds a Masters in Nutrition from the University of North Carolina at Chapel Hill. This will be Ben's eleventh Friends for Life Orlando conference, and he can't wait to share his experiences managing athletics and diabetes with others!



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Retinal Screening Staff



Jim Stroud, **CRNA, MSNA**

Retinal Screening Leader

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.



Ben Szirth, **PhD**

Retinal Screening Leader

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.



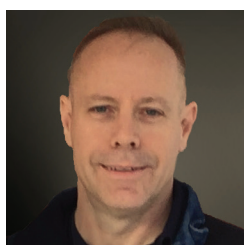
Hunter Cope, **RN, EMT**

A FFL attendee since 2003, **Hunter Cope, RN, EMT**, 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.



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 15+ years and loves working with kids. She is also mom to Andrew, Elizabeth and Benjamin who have grown up with CWD.



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.





Belinda Peach

Belinda Peach is mom to Hannah (19) and Brianna (23). 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).



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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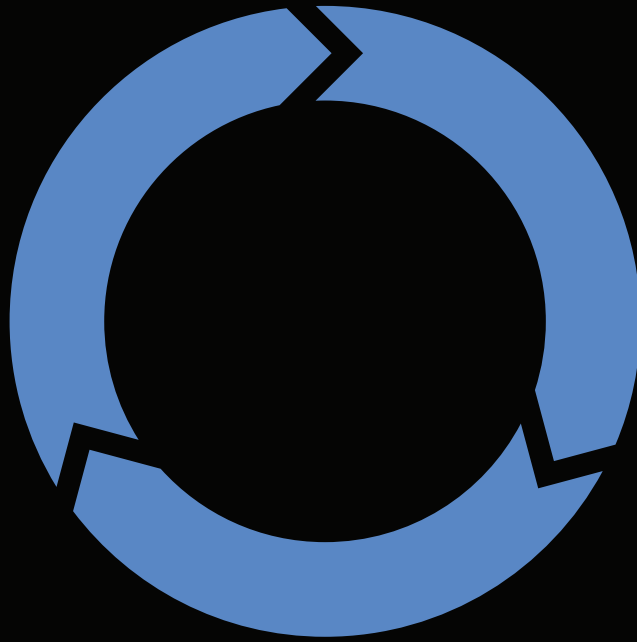
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Jeff Hitchcock

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.



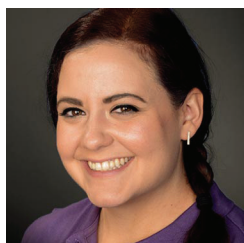
Laura Billetdeaux

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.



Noor Alramahi

Noor Alramahi was diagnosed with type 1 diabetes at the age of six and is the proud mother of four-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!



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.



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.





Marilyn Fry, RD, CDE

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



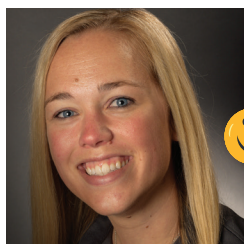
Ashley Head

Ashley Head is husband to Shayne and dad to Jake (30) and Phoebe (24, Dx T1D 2001). He is Director of an International Event Logistics company, owner of Lewes FC, the first semi-pro soccer club to fund it's men's and women's teams equally 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 a trustee of T-1 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.



Kristen O'Dell, MS, RD, CLC

Kristen O'Dell, 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!



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® faculty/staff. When not hanging with her FFLs, Joanne is (sort of) semi-retired and pursuing her certification in personal fitness training. She and Jim, a CRNA, have one other son, Kyle who lives in Portland, with his wife Sarah.





Julia Mattingly

Registration Team Leader

Julia Mattingly is mom to 23 year old Hannah and 21 year old Ethan, who was diagnosed with type 1 diabetes at 10 months and started pumping when he was three years old. 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 hug. Julia loves coordinating registration and being able to meet and talk to everyone who attends. Her favorite 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. "Coming to Friends for Life has changed our lives, I have friends that 'get it' and what we as moms go through. But mostly it has helped teach Ethan how to take care of himself, to live his best life on his own and taught us all how to give back to the CWD community."



Lynet Fox

Lynet Fox is the mother of three girls, Marisa (26), Jessica (24), and Erica (22) and Granna to Carter (5). She attended her first Friends for Life Orlando conference in 2004 after Erica was diagnosed with type 1 diabetes. She has not missed a Friends for Life Conference since first attending. Her daughter Jessica was diagnosed in December 2010 at the age of 16. Lynet currently is a stay at home grandma. The entire family looks forward to conference in Orlando each summer. She has volunteered in different capacities at Friends for Life conferences over the past ten years.



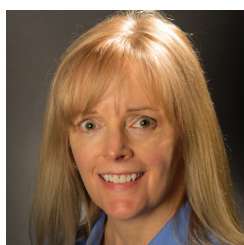
Virginia (Ginny) Gidi, DrPH

Virginia (Ginny) Gidi, DrPH, is a senior public health professional with over 17 years of global policy and health program experience in the public and private sectors. Ginny attended her first Friends for Life Orlando conference in 2008 when she was working with Johnson & Johnson's (J&J) Diabetes Solutions Companies, serving as the Director for International Professional Education for the Johnson & Johnson Diabetes Institutes, as well as Chief of Staff for Global Strategic Affairs. Ginny says she immediately fell in love with Children with Diabetes and has been attending events in Orlando and elsewhere ever since. She only missed one FFL Orlando - in 2016 due to the birth of her daughter, Elena, who attended Friends for Life Orlando 2017! Ginny holds a Doctorate in Public Health (DrPH) from the University of California – Berkeley, focusing her research on a comparative analysis of the public health system responses to chronic diseases of diabetes and HIV/AIDS in Brazil and Mexico. She holds a Masters in Public Health (emphasis in health policy) and a Bachelors of Arts Degree from the University of Michigan. Ginny is deeply passionate about health and development in Latin America because she has family across the region. She speaks Spanish fluently and understands Portuguese well.



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.



Marie Jarcho

Marie Jarcho lives in Connecticut with her husband David and son Max (dx'd 2010, now in college). At their first FFL conference nine years ago, they saw immediately how impactful all the support they found there would be to living well with type 1 and the family has been helping out ever since. Marie is the coordinator of the Buddy Program for First Timers, is on the First Timer's Orientation Team and helps out at Registration welcoming FFL attendees. Back at home she works in Logistics for a battery/energy storage company.





Beth Levering

Beth Levering is a part-time Project Manager and Administrative Assistant for Children with Diabetes. Beth was diagnosed with type 1 at the age of 21, shortly after graduating from the University of Cincinnati with a Communication degree. She is married and lives in the Cincinnati area and mom to three - two boys and a girl. Beth co-created a support group in the Northern Cincinnati area called "Sisterhood of the Defunct Pancreases" for adult T1 women. She enjoys spending time with her family, reading, spending time outdoors and traveling to new places.



Hannah Mattingly

Hannah Mattingly is 23 and the older sister to Ethan Mattingly, who was diagnosed with type 1 diabetes in 1998. Hannah and her family have been to all 20 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 is a graduate of Spalding University in Louisville Kentucky with a degree in Health Science & Health Care Management. Hannah is excited to continue in registration this year to welcome the attendees and reconnect with all her Friends for Life. She likes giving back to the CWD community and is happy her brother has learned how to take care of himself with all the advancements in diabetes.



Shari Michaelson

Shari Michaelson hails from Ajax, Ontario. Along with son Tayler (age 25, diagnosed 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 looks forward to volunteering with the Registration Team again this summer after being the lead of the Registration Team at FFL Canada this past November. She is thrilled to give back to an organization that has supported her family for so many years. Friends for Life is a uniquely inclusive event where you feel like everyone is family.



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.



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



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 three) was receiving her pump training. In 2013, Gwen and Bex attended their first Orlando Conference and she has been on the registration team there ever since. 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 T-1 Today UK, organising the UK Conferences.





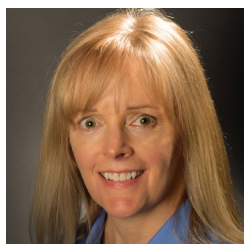
CWD First Timers Team



David Jarcho

First Timers Team Leader

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.



Marie Jarcho

First Timers Team Leader

Marie Jarcho lives in Connecticut with her husband David and son Max (dx'd 2010, now in college). At their first FFL conference nine years ago, they saw immediately how impactful all the support they found there would be to living well with type 1 and the family has been helping out ever since. Marie is the coordinator of the Buddy Program for First Timers, is on the First Timer's Orientation Team and helps out at Registration welcoming FFL attendees. Back at home she works in Logistics for a battery/energy storage company.



Lauren Lanning

First Timers Team Leader

Lauren Lanning is mom of Monica, 25, dx 8/96 and Sarah, 23. 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 Moms' Meet Ups track in Orlando.



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 at Barnes & Noble. She is a founder of "Wise Women Self-Care Diabetes Retreats" (www.DiabetesRetreats.org) and writes a monthly column on www.diabetesnet.com called MoTo Move.



Abdalla Elarbi

Abdalla Elarbi has been a part of the type 1 community for over 15 years, since after his older sister Maryam's diagnosis in 2003. With a passion for technology, he enjoys having a front row seat to new innovations showcased at Friends for Life. In his free time he loves to travel, try new foods, and create cool content with drone and action cameras.



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.





Toni Hunt

Toni Hunt is the mom of Trenton aka T. J., 15, T1Dx 5/2013, Trystan 20, Trimonie 10, and Trishelle, 3. She discovered FFL from her son's endocrinologist and was granted the life changing opportunity to experience the conference--it was the miracle that changed their lives and the family realized they were not alone and had a community of friends waiting to meet them. Through this experience Toni became involved with FFL and quickly joined the team to further our collective efforts and supports for our dedicated families. She holds a bachelor of science in education, humanities, and leadership from the University of Central Florida and enjoys singing, the beach, and bringing joy to those in need.



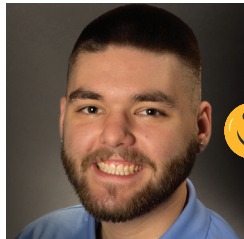
Kim Kaar

Kim Kaar has been involved with CWD as both parent and volunteer since her son was diagnosed with type 1 diabetes at 18 months old in February 2000. When not advocating, educating, or raising research funds for pediatric disease, Kim enjoys teaching as a Paraprofessional in her local school system. Her volunteer efforts are extensive in the diabetes community, including her position as a Family Ambassador with THE BETES Organization. Convinced that "Knowledge Is power" and "Support Is crucial", Kim is both grateful and committed to the CWD Organization whom she calls "family."



Pam Loebner

Pam Loebner is a California public elementary school teacher who has worked in both special education and regular education classrooms for 38 years. Since becoming a CWD mom, Pam has assisted the district nurse with education for families and teachers when newly diagnosed or newly enrolled students arrive. While always working as an advocate for student needs, Pam focuses on being an advocate for equal access to all school activities for children with diabetes. Pam and her family discovered the CWD website 30 minutes after her daughter's diagnosis in June 2002 when Sarah was 9 1/2, and attended their first conference just a month later. "It was like coming home," she says.



Ethan Mattingly

Ethan Mattingly is 21 and from Louisville, Kentucky. He was diagnosed with type 1 diabetes when he was 10 months old and celiac at the age of 12. 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 attends the University of Kentucky majoring in communication. Ethan has been on elementary staff for three years. He will be moving to First Timer staff for 2019 and is excited to meet with and help all the new attendees. But most importantly, he is looking forward to being able to give back to the CWD community and getting to learn about the new technology in diabetes.



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!



Tracy Watts, RN

Tracy Watts, RN, was diagnosed in 1995 at 10 years old. This year she celebrated her 24th year of success with T1D! She is an RN graduate with the goal of becoming a CDE. Her dream is to have a career engulfed in diabetes because it's her favorite topic and she loves to uplift and inspire those like her! She loves to remind people of the positives of living with the challenges we do because it's those positives that make it all worthwhile. She is looking forward to working with our First Time families this year and she can not wait to share in journeys together. In her years of being part of Friends for Life she has met the most amazing, strength-filled friends that have become family. She has been blessed with FAMILY FOR LIFE! It is her belief that all T1D's should experience FFL at least once in their lives. She made a promise to herself as a first timer that she would never miss a year and that promise has been kept!





Young Adult Program Staff



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 lives in Brooklyn with his girlfriend Grace - who leads the Tween program - and enjoys the proximity of many CWD friends for life. He enjoys running, 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.



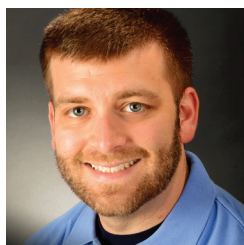
Leigh Fickling, **MEd, MS, JD**

Collector of orange and green Wristbands, **Leigh Fickling** is the Executive Director of the Disability Management System at Duke University and Health System. With over 20 years of higher education administration experience, Leigh is an expert in college and workplace accommodations for individuals with disabilities. As a former solo legal practitioner, Leigh's law firm specialized in education law, disability law, and family law. Leigh is the mom to twins, Ava (green band) and Davis (orange band), and can most often be found in the FFL hallways shouting, "SLOW DOWN!" Leigh feels that FFL is the number one most important tool in her diabetes tool kit and can't imagine trying to dia-beat-this without the strong support from her friends for life. FFL Conferences are the highlight of the year for the Fickling family and they can't wait to welcome new and returning families into their circle of friends! #greenandorangeforallife



Jen Hanson, **BKin, MEd, CDE**

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



Matthew Point, **MS**

Matthew Point, MS, is a Development Manager for the Eastern PA Chapter of JDRF International. Prior to joining JDRF International, Matt worked in higher education administration and, he holds a Bachelor's in Spanish and a Master's in Higher Education. As part of his role on campus, he managed special accommodations for housing and dining plans for students with disabilities or dietary restrictions, and he was also responsible for all on-campus emergency management. Matt began attending CWD events in 2013 to support his partner, Brian, who has type 1 diabetes. Matt looks forward to attending every conference, specifically to see all of his "type 3" friends (significant others of people with type 1) and to learn about new technology.





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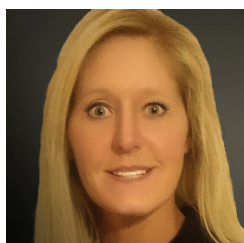
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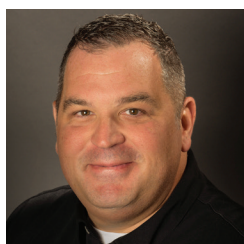
Cynthia M. Deitle, JD

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 JD 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. 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 in 2013, Deitle and her wife joined the JDRF, 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.



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 holds the record for the most juiceboxes, glucose tabs, and applesauce pouches stashed away in a backpack in the hallways of FFL. Jimmy is a Criminal Investigator with the Duke University Police Department specializing in threat management and drug diversion. Father to twins, Ava and Davis, Jimmy can most often be found keeping a close eye on the hallways of FFL and helping to ensure the safety of all FFL participants. His favorite part of the FFL conference is meeting new people and making friends that will truly last a lifetime.



Patrick Gallagher

Patrick Gallagher is dad to John and Matthew and husband to Debbie. Patrick is a Deputy Sheriff with the Volusia County Sheriff's Office. Prior to this, he spent 15 years as a Professional Firefighter and Arson Investigator. He also spent four years as an FBI Public Safety Bomb Technician for the Orlando Fire Department. This is Patrick's second year volunteering with the FFL Support Team.



Ed Grand

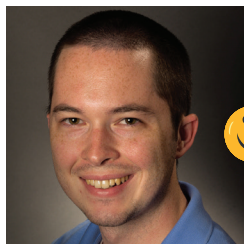
Ed Grand, along with wife Shelley and son Parker (diagnosed in 2002 at age three), has attended every Friends for Life July conference since 2003. Ed credits FFL for Parker's successful diabetes management and for his success in the start of his journey in life. Ed states, "For that, we are grateful and volunteer in hope that others may have the same successes." Besides the night time BG monitoring, Ed works as a banker, is an avid runner, and enjoys volunteering for California's La Purisima Mission State Historic Park.



Carolyn Meredith

Carolyn Meredith is mom to Chelsea, Jeremy (dx'd May 2000), and Bailey and wife to Rich. Carolyn and her family attended their first Friends for Life conference in 2003 and have been involved with CWD ever since. Carolyn works with Rich managing the storage facility and works with the Support Team as central communications during the conference. For her day job, Carolyn is the Data Management Tech at an elementary school in St. Petersburg, Florida. She enjoys meeting and sharing with other CWD families. "Friends for Life is a place where everyone 'gets it' and you can share your own experiences to help others newer to T1D."





Jeremy Meredith

Jeremy Meredith, 25, was diagnosed with type 1 diabetes in May of 2000 when he was six years old. Jeremy has been attending Friends for Life Orlando conferences since 2003. He received his Associates of Science in Criminal Justice Technology in 2016, a general AA in 2018, attends St. Petersburg College, working towards his BAS in Public Safety Administration, and is a certified SCUBA Diver. His biggest reason to come to Friends for Life Orlando is that it is a "vacation" from diabetes that is all about diabetes.



Rich Meredith

Rich Meredith is dad to Jeremy (dx'd May 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 coordinates the load in and load out of all conference materials, and organizes the Exhibit Hall volunteer staff for the FFL conference. Children with Diabetes has been a huge part of his family's life, and they have all made lifelong friendships here.



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!



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.



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."



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.





Martin Yaravitz

IT Team Leader

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 champions of Friends for Life and encourage any T1D family to check it out and get involved in some way.



Cat Dickens

Cat Dickens graduated from Cornell University in 2015 with a Bachelor of Science degree. She currently lives in New York City with her partner, Jesse Nagel (dx'd 12/5/01). She attended her first FFL conference last year in Orlando and is excited to be joining the IT staff this year!



Rachel Knight

Rachel Knight has been living with type 1 diabetes since November 1996. She teaches elementary school music and is the treasurer for two local music organizations. Last year was her first year volunteering at a Friends for Life Orlando conference, working with elementary program. She is always trying to stay active in the diabetes community and this year has signed up for JDRF's Ride to Cure Diabetes century bike ride. She lives in the San Francisco Bay Area near her parents, sister, and two nephews.



Howard Martin

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



Jake Meisner

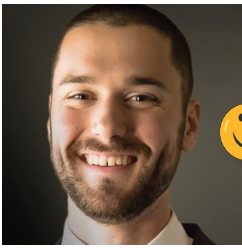
Jake Meisner graduated with a degree in chemical engineering at Georgia Tech in 2017, and now works in specialty chemicals as a product engineer. This is his first time volunteering at Friends for Life, but he has seen the importance and the impact of the conference in his few interactions. Getting to know several families within the CWD community and seeing their commitment to this organization has Jake very excited to give his time this year.



Bailey Meredith

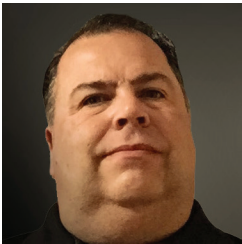
Bailey Meredith, 22, is brother to Jeremy (dx'd May 2000) and Chelsea. He has recently started his Bachelors in Computer Science at St. Petersburg College. He has attended CWD conferences since 2004 and has been supporting with IT for FFL for the last few years. He enjoys helping to deliver the technical aspects of the conference programming in a timely and efficient way. For him FFL is a place where he is surrounded by friends who are as close as family, and who he has known for most of his life.





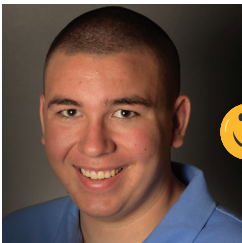
Will Nowak

Will Nowak is excited to be volunteering for the first time this year. He was diagnosed in 2004 at the age of sixteen. Will and his wife Helen attended their first FFL conference last year in Orlando. He is interested in learning about new developments in diabetes technology and participating in medical trials in that space. Will resides in the San Francisco Bay Area with his wife and two cats.



Bob O'Connell

Bob O'Connell is the father to 16 year old Kaileigh (dx 1/2007), Meghan, age 11 and the husband to Colleen (Kiddie Kove Staff). Bob and his family live in northeastern Massachusetts and first attended FFL in 2008. They have been attending every other year since. He works for Comcast in the southern New Hampshire area and is looking forward to providing IT support for this very important conference.



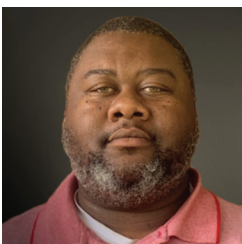
Matthew Pawlowski

Matthew Pawlowski was diagnosed with type 1 diabetes in 2002. He attends 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 IT staff in Orlando this year.



Stephen Shaul

Stephen Shaul has been living in Baltimore, Maryland for nearly 25 years. He's been living with type 1 diabetes since January 1991. He started writing his blog, Happy Medium, in April 2012, and since then, his diabetes advocacy has continued to grow. In November 2013, he started awarding medals to people living with diabetes who achieve their athletic goals. Since 2015, he's been host of the Diabetes By The Numbers podcast. Among other accomplishments, Stephen has attended and spoken up at FDA workshops, and participated in clinical trials. He was also part of the 2018 Reader Panel at Diabetes Forecast magazine, and spoke at the April 2018 March for Health in Washington, D.C. He's served as a facilitator at the Diabetes UnConference, and he's also spent time volunteering for Diabetes Patient Advocacy Coalition, which works to bring important diabetes issues before local, state and federal elected officials and policy makers. In addition to his day job as a systems analyst for a large global asset manager, Stephen is currently serving as a member of the State of Maryland's Advisory Council on Health and Wellness, where he is a co-chair of its Diabetes committee.



David Whitfield

David Whitfield is the father of Kayla, diagnosed January 16, 2014, one day after her 7th birthday. David, Kayla, wife Monique, and oldest daughter Briana, attended Friends for Life Orlando that year and have been attending ever since. The family looks forward to FFL every year to reunite with friends while also making new ones. After attending FFL 2018, David decided to be more than just an attendee, wanting to assist where he could. He is very excited to be a part of the IT staff this year.





Room Captains



Deb Ruppert

Room Captains Leader

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.



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 lives in Brooklyn with his girlfriend Grace - who leads the Tween program - and enjoys the proximity of many CWD friends for life. He enjoys running, 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.



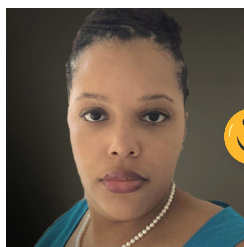
Helen Finegold

Helen Finegold is returning to Friends for Life Orlando this year as a first time volunteer following her first FFL last year. Helen is a technology professional living and working in the San Francisco Bay Area with her husband Will (dx 2004). Outside of FFL, Helen enjoys photography and travel. She is excited to be taking on the room captain role with her husband.



Deborah J Gallagher, BSN, RN

Deborah J Gallagher, BSN, RN, graduated from The Catholic University of America with a Bachelor of Science in Nursing in 1990 and later earned a Bachelor's of Science in Emergency Health Systems Management from the University of Maryland. She is employed by Advent Health Orlando as the ED Clinical Regulatory Specialist. Her son John was diagnosed with type 1 diabetes at age 12. She and her husband Patrick and their two boys have attended Friends for Life Orlando since 2013.



Nia Grant

Nia Grant has been living with type 1 diabetes since 2007, and has been living her best life every step of the way. Having worked in several professions and traveling the world, Nia has gained a wealth of experience in living life with chronic illness. She plans to continue living adventurously and helping others with diabetes learn to advocate for and navigate through their own adventurous lives.



Helga Holterman

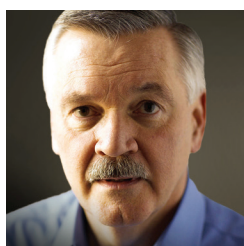
Helga Holterman is Mom to Dennis (dx'd 5/24/2005) who attends college in South East Missouri, Lisanne (college in L.A.) and Stephanie (college close to home in Athens, GA). In the Fall of 2005, the family attended their first CWD event in PA; and they've been coming to FFL ever since. Slowly but surely Helga became more involved with her new CWD 'family' and volunteered until she became part of the full time FFL staff two years ago. Helga relates, "At some point the 'diabetes journey' each one in our family was on turned into a battlefield. One Wednesday morning, the start of another FFL, was the turning point for me. The support, the understanding, the love ... there is not anything like FFL, no matter what your role on this journey."





Dave Hunsche

Dave Hunsche is married to Jane and dad to Kara, diagnosed in 2001, and Philip who all volunteer at Friends for Life. Dave first attended FFL with his family back in 2003 and has been volunteering since 2012. He and his family love going to the Friends for Life conference every year because the friends they made have become family and everybody who attends the conference understands what everyone else is going through.



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. "This conference reinforces why we do what we do, and seeing it in the kids and families re-energizes me all year!"



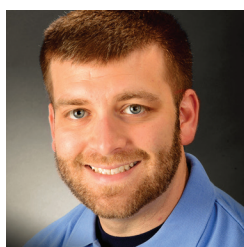
Ben Loebner

Ben Loebner is the proud father of Sarah (dx 6/2002), who is currently pursuing masters in both physician assistant and public health at Touro University in Vallejo, CA, and Keith, who earned his Ph.D at Stanford University in 2017 and got married a few weeks later, and husband of Pam (First Timers Staff). The family attended their first CWD Friends for Life Conference one month after Sarah was diagnosed, and they have been volunteering in various capacities ever since. Ben is an environmental geologist from California who enjoys most sports and coaches and referees for the American Youth Soccer Organization in the San Francisco Bay Area. He is looking forward to meeting and greeting everyone.



Bonnie Martin

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



Matthew Point, MS

Matthew Point, MS, is a Development Manager for the Eastern PA Chapter of JDRF International. Prior to joining JDRF International, Matt worked in higher education administration and, he holds a Bachelor's in Spanish and a Master's in Higher Education. As part of his role on campus, he managed special accommodations for housing and dining plans for students with disabilities or dietary restrictions, and he was also responsible for all on-campus emergency management. Matt began attending CWD events in 2013 to support his partner, Brian, who has type 1 diabetes. Matt looks forward to attending every conference, specifically to see all of his "type 3" friends (significant others of people with type 1) and to learn about new technology.





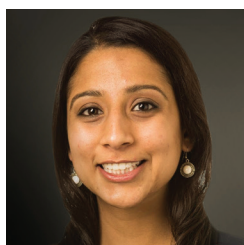
2019 Fellow Mentor



Rayhan Lal, MD

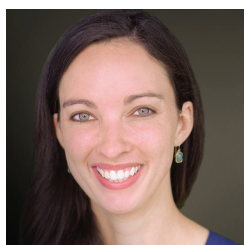
Rayhan Lal, MD, is a fifth year adult and pediatric endocrine fellow at Stanford. Rayhan grew up in the California bay area. He has had type 1 diabetes for over 25 years. His two sisters were enrolled in DPT-1, and were found to be antibody positive. He studied electrical engineering and computer science 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. Dr. Lal is returning as a Fellow Mentor for Friends for Life Orlando 2019.

2019 Fellows



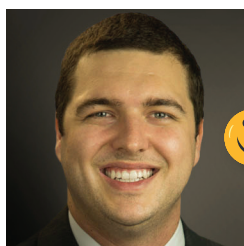
Ishani Choksi, MD

Ishani Choksi, MD, is a pediatric endocrinology fellow at Yale University. As a member of a committee that aids refugees and immigrants, Dr. Ishani was assigned to help a family from Myanmar navigate the U.S. medical system, a complicated task given the issue of a language barrier. A translator helped her understand that every family member had complex unmet medical needs. Understanding that the issue was not non-compliance, Dr. Ishani realized that cultural and language differences were a barrier. She then realized that she needed to become their advocate. Throughout her medical training, Dr. Ishani has always understood her role to be not only diagnosis and treatment, but, more importantly, helping patients overcome any barriers and challenges they may encounter in their care.



Danielle L. Guiffre, MD

Danielle L. Guiffre, MD, was born and raised in Maryland, completed her undergraduate education at McDaniel College, and then medical school at the University of Maryland School of Medicine. Dr. Guiffre moved to Florida to complete her pediatrics residency at the University of Florida, Shands Children's Hospital, and again moved to Los Angeles for her endocrinology fellowship at Children's Hospital Los Angeles. Danielle always knew that she wanted to help a vulnerable pediatric population have better access to healthcare, and identified patients with type 1 diabetes as that population while in residency. She is very passionate about being at the forefront of individualized healthcare delivery for each patient. Her future career goals include a position in academic endocrinology and diabetes where she can continue to provide patients with the best resources possible.



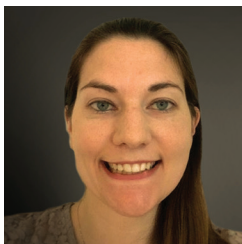
Paul Hiers, MD

Paul Hiers, MD, is a pediatric endocrinology fellow at the University of Florida. Dr. Hiers is a native Floridian and completed his undergraduate degree, medical schooling, and pediatric residency at the University of Florida. Paul was diagnosed with type 1 diabetes at age 18 while away at college. His father also has type 1 diabetes. His family and personal experiences led to his passion to care for youth with type 1 diabetes. Dr. Hiers has also volunteered at the Florida diabetes camps for the past 10 years in various roles, including a counselor, recreation staff, medical staff, and board member. He looks forward to attending camp every year and working with the children. Dr. Hiers' specific research interests in type 1 diabetes include improving care and easing the burden of disease for patients and families with the use of emergent technologies, such as CGMs and closed loop insulin pumps. He also has research interests in quality improvement and improving overall care and value during hospital admissions, outpatient visits, and improving the systems around type 1 diabetes care.

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 and Insulet for their support for this transformational program.





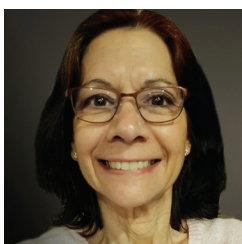
Shana Mencher, MD

Shana Mencher, MD, is originally from New York and moved to the suburbs of Chicago to study Biological Sciences at Northwestern University, where she earned her BA. From a young age she knew she wanted to pursue a career in Pediatrics and obtained an MD from New York Medical College, becoming the first physician in her family. During an elective in medical school, she first had the opportunity to learn about pediatric endocrinology and became even more familiar with this field in residency during her weekly clinic. Dr. Mencher worked closely with a multidisciplinary team, which is essential in caring for patients with diabetes, and was able to attend conferences that often feature new technological advances that make living with a chronic disease much less of a burden. While working in the ICU, she noticed a common emergent condition that occurs too frequently: diabetic ketoacidosis. Therefore, she dedicated much of her time researching factors that contribute to new onset diabetic patients presenting in DKA in a retrospective chart review. She worked to educate providers about the importance of inquiring about the most common signs and symptoms of diabetes to prevent this serious presentation. In her first year of fellowship training in Pediatric Diabetes and Endocrinology, Dr. Mencher has seen the myriad of effects that diabetes has on the lives of patients and their families. She has a strong interest in psychosocial aspects of diabetes, one of the most important components of diabetes care. Dr. Mencher is looking forward to being part of the CWD Fellows program, as it will allow her to learn about how families manage diabetes and interact with the tools available to them. Her fellowship research is dedicated to decision making behind technology use and what process is involved.



Matthew Naliborski, RD, CSOWM, LDN, CDE

Matthew Naliborski, RD, CSOWM, LDN, CDE, was born in Ohio and later worked in Philadelphia for eight years. In late 2018 he escaped the snowy winters and relocated to Fort Lauderdale, Florida. He is a Registered Dietitian and Certified Diabetes Educator at Joe DiMaggio Children's Hospital, working in the departments of Pediatric Endocrinology and Pediatric Clinical Nutrition. He is passionate about nutrition and psychology, focusing on helping families establish long-term lifestyle and health changes. He is a graduate of The Ohio State University and devoted football fan. Coming to Orlando will bring several exciting firsts for him – attending the Friends For Life conference and Walt Disney World!



Suzanne Sheres, MMSc, RDN, LDN, CDE

Suzanne Sheres, MMSc, RDN, LDN, CDE, is a Registered Dietitian and Certified Diabetes Educator, who has worked with pediatric clients and their families encompassing individuals with either type 1 and type 2 diabetes since 1982. She is currently working with the Division of Pediatric Endocrinology at Joe DiMaggio Children's Health Specialty Center in Wellington, Florida. Previous experience prior to working at Joe DiMaggio includes caring for pediatric clients as a Diabetes Educator and Dietitian at Children's Healthcare of Atlanta in Atlanta GA and Nemours Children's Hospital in Orlando, Florida. Suzanne completed her undergraduate training at Cornell University in Ithaca, NY, receiving a BS in Clinical Nutrition. Then went on to complete a dietetic internship and Masters of Medical Science in Nutrition at Emory University in Atlanta, GA. She views her clients and their families as the greatest resource to her and other Educators. They deliver the impetus to encourage on going involvement in local and national AADE, ADA and JDRF events. Educator involvement in these organizations and events is essential to enhance the advancement of care and support of diabetes management, resources and on-going research.



Walter A. Zegarra, MD

Walter A. Zegarra, MD, is a first-year pediatric endocrine fellow at Stanford. Dr. Zegarra was born and raised in Lima, Peru, until he moved to Miami at 12 years of age. He completed his undergraduate education at Florida International University and then medical school at the University of Miami Miller School of Medicine. Dr. Zegarra completed his pediatric residency at the University of Miami/Jackson Memorial Hospital, where he was exposed to various fascinating endocrinopathies, including type 1 diabetes, which made him choose pediatric endocrinology for his subspecialty. Upon completion of his pediatric residency he moved to California to start his pediatric endocrine fellowship at Stanford. Since starting his fellowship Dr. Zegarra is currently performing research in growth disorders. During his subsequent years at Stanford he will also be involved in pediatric diabetes research. Being born in South America, Dr. Zegarra hopes to be able to help in providing the best care for patients with type 1 diabetes who live in countries with limited access to healthcare. His future career goals are working in a large academic center where he can be involved in direct patient care as well as clinical research.





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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.





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.



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.



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.





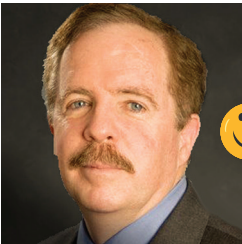
Board of Directors



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.



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.



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 Coalition. 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.





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*, which from May 2005 to May 2019, was 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. You can follow her writing and the release of her next projects at KerriSparling.com.



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.



Country music star Raelynn rocked the banquet

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Flashback
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<<



Denotes Board member with diabetes

**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 Sick Day Rules.



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."

GAD (Glutamic Acid Decarboxylase)

A normal enzyme found in all cells that initiates the metabolism of a substance called glutamic acid. Glutamic acid is a component of all proteins and is also part of the cycle for the disposal of a waste product called ammonia. The presence of antibodies to GAD (called anti-GAD antibodies) in the blood is an early indication of the start of the autoimmune process in type 1A diabetes.

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 three 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%. According to the American Diabetes Association, the goal for a person living with T1D is 7% if you are an adult and 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.

Islet Cell Antibodies (ICA's)

Specialized proteins, called antibodies, that are found in the blood of many people with type 1 diabetes at the time of diagnosis. Most people with type 1 diabetes have antibodies to a variety of islet cell proteins that are apparently released as a consequence of damage to the beta cells of the pancreas. The presence of these antibodies therefore is a useful indicator that the autoimmune process has begun.

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.

mg/dl

The unit of measurement of how much of a substance (such as sugar) is in a specific amount of fluid (such as blood or urine). Primarily used in the United States; most of the world uses mmol/L as the unit of measurement. To convert blood sugar to mg/dl from mmol/L, multiply by 18.)

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, George Grungerber, MD, Christel Marchand Aprigliano, and Brenda Hitchcock for preparing the FFL Glossary.



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Special thanks to Mr. Michael Frank of **Occoquan Paleotechnics LLC** for the donation of extra prehistoric artifact replicas used for demonstration during FFL's 2019 Youth Program.

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