



# Children with Diabetes® Virtual Friends for Life® Orlando 2020 July 14-19, 2020

#FFLOrlando20

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# Children with Diabetes<sup>®</sup>



## Welcome to Virtual Friends for Life® Orlando 2020



#### Welcome!

What does it mean to hold a Friends for Life Orlando conference when we aren't in Orlando?

What does it mean to share the highs and lows of life with diabetes when we can't hug our friends?

What does it mean to wear the green and orange bracelets when we are asked to remain apart?

What does it mean to seek support for the challenges of living well with diabetes online?

These are great questions, and we're all about to find out the answers. But we can look back to find hints.

In June of 1995, Children with Diabetes launched as a web site to share our family's experience caring for a child with type 1 diabetes. We shared our stories, found others like us, exchanged emails, chatted online, and created one of the first – if not the first – online communities for families living with diabetes.

Before we met for the first time in person in June of 2000, we built powerful friendships through email and online chat. We used the power of our words through then cutting-edge technology to learn from each other and support each other in ways we never imagined. Even then, we made friends for life.

In a way, we're going back to the roots of CWD, using tools we could not even have imagined back in 1995 to connect, share, learn, and support each other. Instead of email and text-based chat, we can see each other and hear each other. We can be there for friends who live across the country or halfway around the world. We can reinforce friendships built on a foundation so strong that not even this year's social distancing can weaken.

We are now, and always will be, friends for life.



Jeff Hitchcock

Founder and President Children with Diabetes jeffh@childrenwithdiabetes.com \*

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# 😌 Friends for Life®



July 2020

Dear Family and Friends,

There is a scene at the end of *Under the Tuscan Sun* when Signor Martini says to Frances, "I think you got your wish." She replies, "My wish? You're right... I got my wish. I got everything I asked for."

I find myself thinking about that scene on my morning runs. What are the things I've wished for over the past handful of years, and how is it that so many of them have oddly—strangely—come true this summer?

Personally, I've wished for more family time. Relaxed dinners with Neal and the kids when we can cook together, experiment with food and flavors, drink some great wine, talk late into the evening, and dream about the future. I've also wondered for the past 20 years what it would be like to have a whole summer—an entire July!—to spend time in the garden every single day.

With Friends for Life, over the years, I've wished that more people could be part of the experience. I know it's hard to get away from work for a whole week in the summer, and it's equally hard to afford the travel and hotel. But still—I've wished that anyone who wanted to be part of FFL Orlando could do so. This year, that is the case. Thousands more are joining us from around the globe.

As I've gotten older, I've wished that FFL would evolve in such a way that there would be new roles for the next generation of leaders to step into. With our abrupt shift to virtual mode these past few months, this has happened. The technology experts have been the true stars of FFL Orlando. Personally, before March I only knew the word 'zoom' in reference to fast cars. And it was a verb.

Finally, our sponsors. Every year, my hope is that they leave FFL knowing how much we—all of us—appreciate their decades-long friendship and support. The sponsors outdid themselves this year. They wanted to make sure that every family felt their support in a tangible way. The 700 boxes of sponsor goodies stacked in my garage (and the storage unit we had to rent) attest to their success with that!

As you read this, know that planning for FFL Orlando 2021 is already underway. We will be back at *Disney's Coronado Springs* Resort, and the hugs will be for real, in person.

Friends for life,



Laura Billetdeaux

Vice President, Education and Programs Children with Diabetes

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July 14-19, 2020



## WE'RE HERE FOR YOU NOW AND ALL THE BETTER DAYS AHEAD

It's part of our mission that goes beyond insulin and healthcare—Lilly Diabetes wants to help people managing type 1 diabetes live life to the fullest. Lilly is a proud sponsor of Children With Diabetes and the Friends for Life conferences.

The annual Friends for Life conference will look a little different this year than it has in years past. While you won't be able to be together in person in Orlando, families with children and teens as well as adults with type 1 diabetes still can join global leaders in research online to learn, discuss, share, and have fun.

Discover kindred spirits, motivation, and support from the safety and comfort of your home while you interact with other attendees and join virtual educational sessions that will bring you up to speed on the latest in diabetes research and technology. Take this opportunity now to make some new friends online who you can meet in person at future Friends for Life conferences!

You'll also have the chance to participate in a focus session with discussions on Lilly innovation. Sign up for a Lilly discussion group taking place Wednesday during the conference.

And remember, if you need help affording your Lilly diabetes medicines, the Lilly Diabetes Solution Center may be able to help. Visit online <u>www.lilly.com/resources/diabetes-solution-center</u> or call (833) 808-1234.

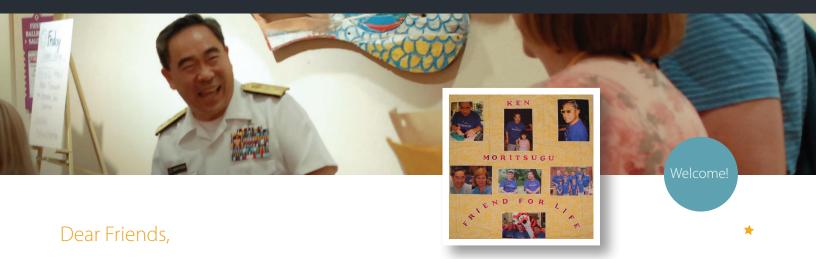
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LillyDiabetes.com



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As Chairman of the Board of Children with Diabetes<sup>®</sup>, welcome to Virtual Friends for Life<sup>®</sup> Orlando 2020.

We are confident that even though we cannot be together, you will find that Friends for Life is a life-changing experience, not only for individuals living with T-1D, but for their parents, families, and friends, and for all who have the good fortune to participate. We have created a virtual environment where we can watch out for and uplift each other, and hopefully 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 twenty years and continues to evolve and thrive as a 501c3 nonprofit organization. One of our primary goals for 2020 is to bring Friends for Life to a broader community. The silver lining of the move to virtual conferences is that, thanks to the generous support of our sponsors and the nimble efforts of the CWD staff, Children with Diabetes is able to grow and expand our Friends for Life community. We have been able to offer two virtual conferences in 2020 free of charge, thereby enabling us to serve more families and make a real difference for more people living with diabetes. We are thrilled to be able to welcome so many first-timers, and so many people from around the globe, to Virtual Friends for Life Orlando 2020.

We wish we could get together in person, but the safety and health of our community comes first. Whether we are together in person or connecting virtually, we are a CWD family. The COVID-19 pandemic has changed the way we interact, but not the way we connect, support, and inspire one another. Thank you for continuing to be part of our family. We are proud to be part of yours.

For each of us joining in this virtual event, 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

Klinedugues

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## 😌 Friends for Life®



July 2020

#### Welcome to Virtual Friends for Life® Orlando 2020!

I have lived with type 1 diabetes for 34 years, and began working for Children with Diabetes in August 2019. Experiencing the magic of Friends for Life Orlando was one of my biggest goals as a new CWD employee, and I was looking forward to attending my first ever Friends for Life Orlando conference. As we are all now aware, CWD made the difficult decision to prioritize the health and well-being of our community by shifting to a virtual FFL conference. While our mission remains unchanged, our ways of connecting with one another in 2020 are being modified for safety.

I am confident that we will be able to provide a meaningful virtual FFL experience to everyone who participates, thanks in large part to our amazing volunteers, dedicated staff, and to our world class sponsors who stuck with us during these unprecedented times.

When I was diagnosed in 1986, my family could have greatly benefited from a program like Friends for Life. The information that FFL provides would have helped my family to better navigate the uncertainties of T1D, while also providing lifelong tools and relationships for a newly diagnosed family. I know I am not alone in my gratitude to people like Jeff and Laura who stepped up to create this organization and its conferences.

To everyone who has showed their support for CWD over the past few months during these unique transitions we cannot say thank you enough. Thank you for making a gift, or sewing a mask, or Spreading Out the 5K, and staying connected with our community. As we all know, caring for diabetes—especially during a global pandemic—is better when we do it together.

This year's conference may be virtual, but the friends are for life.



Lisa Smith

Director of Development Children with Diabetes lisa@childrenwithdiabetes.com

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## Get involved in type 1 diabetes research at **Children with Diabetes** Friends for Life Virtual Conference July 15-17 2020





## 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.

If you are interested in participating, please follow the link below to answer a few questions to determine if you qualify for TrialNet T1D risk screening and receive a remote test kit. TrialNet Pathway to Prevention Informed Consent Form - https://bit.ly/2LFGsz6

For more information, call University of Florida TrialNet Team at 352-294-5760 or visit www.trialnet.org.

### 🗊 Event Details

Visit the TrialNet Booth Friends for Life Virtual Exhibit Hall July 15, 16, & 17

> Meet in live Zoom Sessions Join Q&A Webinars with our Investigators

Call 352-294-5762 for more information

## 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%.

# 😌 Friends for Life®



July 2020

This has been a strange and upsetting year for many of us in the community, and to not address that head on feels disingenuous. Words like "unprecedented" and "in these uncertain times" have dominated the narrative, and we're all adjusting.

Part of our organizational adjustment meant changing how we bring Friends for Life to families this year. And I have to be honest—when our staff made the decision to go virtual for Friends for Life, we grieved.

But then we got to work. Because that's what people with diabetes do; we are presented with a challenge and we find a way to make it work.

As we settled into the idea of a virtual conference, it became clear that the mission and message of Children with Diabetes had a renewed chance to root and grow in our global community. People are not limited by their ability to land in Orlando. The sessions are available by video and live-stream. Registration is free. The faculty and sponsors and staff came together to shape Friends for Life with the most community, connection, and emotion we could, considering the current health landscape.

We are here for one another. This is a fact, and with the global health crisis affecting each and every one of us in some way, community matters more than ever.

Connecting through computers is not ideal, we can still find education and empowerment. Through digital means, we can bring in new voices, new topics, new ways of breaking through the isolation of all kinds to arrive at this modified "normal" and to be together. Though beyond challenging, this year's hurdles have helped us, as an organization, become sharper and ready for change.

We keep writing that "the conference is virtual, but the friends are for life." And I believe that. This year is unusual, but we're going to get through this as a family and be stronger on the other side.

Continue to take care of one another and to take care of yourself. Thank you for joining us for Virtual Friends for Life Orlando.

I'm really glad you're here.



#### Kerri Sparling

CWD Board Member & Editorial Director PWD since 1986 kerri@childrenwithdiabetes.com

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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.

Saturday	2:15 - 3:00	Webinar 1	Elizabeth Hughes, the Discovery of Insulin,



## Anastasia Albanese-O'Neill, PhD, ARNP, CDE

Anastasia Albanese-O'Neill, PhD, ARNP, CDE, <strong>Anastasia Albanese-O'Neill, PhD, ARNP, CDE</strong>, is director diabetes education and clinic operations and 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 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 - 2:15

Webinar 1

University of Florida Research Update



## Chris Aldred

**Chris Aldred**, or Grumps as he is known, is a diabetes advocate and speaker from the UK. Grumps was diagnosed with type 1 diabetes in 1994 at the age of 25. In February of 2019, his youngest son was also diagnosed with type 1 diabetes at age 16. In 2016, Grumps was diagnosed with a diabetes related complication and quickly realised that the blame, shame, and stigma associated with complications was stopping people with diabetes talking freely about such things. Since then he has been working to remove the stigma under the campaign of #TalkAboutComplications to raise awareness and educate people living with diabetes about the importance of risk reduction and has published articles written with Renza Scibilia on language and complications for diatribe in *Plaid Magazine* and the *British Medical Journal*. Grumps is a regular speaker at global diabetes conferences and events and is widely considered to be a global diabetes advocate. He is a board member of IDF Europe and was featured the IDF Diabetes Atlas 2019.

Thursday	3:15 - 4:00	Webinar 2	Finding Your Community: Support in Social Media
Friday	10:45 - 11:30	Meeting 4	Diabetes Can be Complicated





## 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 9:	:00 - 9:45	Webinar 4	Parenting with T1D
Friday 10	0:45 - 11:30	Webinar 3	Is This an Eating Disorder: Body Image with T1D



## 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	3:15 - 4:00	Webinar 2	Finding Your Community: Support in Social Media
Friday	10:45 - 11:30	Meeting 4	Diabetes Can Be Complicated



## Danica B

**Danica B** has been living with type 1 diabetes since 2003 and was diagnosed at the age of eleven. She uses an insulin pump and CGM to manager her blood sugars. She is the creator of the "DiabeticDanica" YouTube channel, and has been making videos on the platform since 2011. Her videos reach viewers all over the globe, and she enjoys bringing a positive, lighthearted view of T1D through her educational, yet entertaining content. The topics of her diabetes-related videos vary widely and include device insertion tutorials, song parodies, product reviews, personal stories, and day in the life videos! She won the Myabetic Diabetes Award for "Diabetes YouTube Personality of the Year" in 2019, and has had partnerships with many prominent diabetes companies. Professionally, she is a Registered Nurse working in a Diabetes Clinic as a Diabetes Educator, and sees patients of all ages. You can subscribe to her YouTube Channel at www.youtube.com/diabeticdanica or follow her on Instagram at "DiabeticDanica".

Thursday	3:15 - 4:00	Webinar 2	Finding Your Community: Support in Social Media



## Kyle Banks

**Kyle Banks** is an actor, vocalist and all around music enthusiast. Having logged stage time professionally on and off Broadway, Kyle has also aided behind the scenes as a music business development and strategy consultant for Sony Music Entertainment, Wynn Las Vegas and Hard Rock gaming casinos. Diagnosed with type 1 diabetes in 2015 while performing with Disney's musical production of The Lion King, Kyle began working closely with the endocrinology team at Children's Hospital in New Orleans, where he serves as a mentor for a host of kids receiving care. Through his connection with Children's Hospital, he discovered the many challenges that plague individuals from disadvantage communities as it relates to glucose management. Inspired by his personal success with the latest technology available for diabetic management, Kyle founded the KyleR Cares Foundation, which raises funds for insulin pumps and continuous glucose monitors for kids who do not have access to these life-saving devices. Their goal is to assist as many individuals and families as possible toward the road of health and wellness.

 Saturday
 10:45 - 11:30
 Webinar 2
 Panel Discussion: Being a Couple and Making it Work

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## **COLLEGE DIABETES NETWORK**

on your own but not alone

Join Our Parent Workshop Wednesday @ 10:45 & Our Diabetes in the Workplace Session - Friday at 10:45 Download our free resources about T1D & the real world.

collegediabetes network.org/FFL Connect on campus and online with other young adults with T1D







#### 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.

10:45 - 11:30 Webinar 2 Panel Discussion: Being a Couple and Making it Work

## Asha Brown

Asha Brown is the Founder and Executive Director of We Are Diabetes, where she works with families, patients, and health professionals across the USA. She uses her personal experiences with ED-DMT1 to offer hope and support to those still struggling. She also establishes relationships with eating disorder treatment programs and diabetes organizations across the county to help connect people to appropriate care. Asha has presented at NEDA, AADE, FNCE, JDRF, among others. We Are Diabetes has been recognized as a national support resource by the American Academy of Diabetes Educators as well as the National Eating Disorder Association.

10:45 - 11:30 Webinar 3 Is This an Eating Disorder: Body Image with T1D



## 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	1:30 - 2:15	Webinar 1	Closing the Loop: State of the Art



## George Canyon

Country music star George Canyon will join CWD families at the Friends for Life Orlando 2020 Conference. George Canyon is much more than a multi award-winning Canadian Country Music Artist. Helping others has always been a huge priority for him, particularly for Children with Diabetes and his work as National Spokesperson for the Juvenile Diabetes Research Foundation of Canada (JDRF). It's a cause close to Canyon's heart, starting from when he himself was diagnosed with type 1 diabetes at age of 14. A proud air cadet with ambitions on serving his country, George was told his diagnosis would make his dreams of being a pilot in the Air Force impossible. In 2009, after learning more about what it means to live with type 1 diabetes, George blazed the trail for diabetics by passing all the medical tests required to get his pilot's licence. A man who proudly wears his heart on his sleeve, George's goal for his work with JDRF can be best summed up in his own song (and theme song for JDRF) "I Believe in Angels.""I pray someday they will see/That they can be anything they want to be." In addition to his work with JDRF, George is an ardent supporter of our military, having performed many times for troops overseas and even releasing a moving tribute with the hit single "I Want You to Live", which touches on the very heartbreaking fact that in fighting for our country, some of our troops won't make it back home. The music video for the single features several real soldiers talking about their lives and careers, putting faces to the group of people working to make our country safe. In light of his ongoing support for our military, George was appointed Honorary Colonel for 14 Wing Greenwood Air Force Base in Nova-Scotia in 2008 and was also made the first ever Colonel Commandant of the Royal Canadian Air Cadets by the Honourable Peter MacKay, former Minister of National Defense in 2011. He was also a recipient of the Queen's Diamond Jubilee Medal in honour of his ongoing work with the Air Cadets and other charities. He was also recognized by the Canadian Country Music Association with the Humanitarian Award recognition of his work with JDRF and the Canadian Military. George recently launched his first podcast "Life As A Diabetic - The Highs and Lows," a new series that talks about what he has learned about controlling his diabetes and includes interviews with celebrity guests, doctors, scientists, CEOs, authors, athletes, and many, many more.

4:00 - 5:00 Webinar 1

**Closing Keynote** 





## Emily Cook, RD

**Emily Cook, RD**, has lived with type 1 diabetes for over 13 years and currently serves as a Program Coordinator for the College Diabetes Network. She works closely with a variety of campus-based and clinical outreach initiatives centered around achieving desirable health outcomes for young adults living with diabetes. Additionally, she is a registered dietitian. She currently lives in Boston where she enjoys cooking and staying active in her free time.

10:45 - 11:30

Webinar 5

Diabetes in the Workplace



## 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. 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 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.

10:45 - 11:30 Webinar 1

iLet Update: The Bionic Pancreas



## 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	2:15 - 3:00	Webinar 4	Athletes Panel
Saturday	10:45 - 11:30	Webinar 2	Panel Discussion: Being a Couple and Making it Work

## Liz Dodson

**Liz Dodson** became a part of the CWD family in 2008 when she started dating her husband Jimmy, who has type 1. She spent several years volunteering in and coordinating Sports Central with Jimmy. Like all FFLs, CWD has given her a diabetes family -- a group of people who understand the unique dynamics of a spousal relationship that includes type 1. Her goal in being involved with CWD is to allow everyone impacted with type 1 to find their FFLs and build their own diabetes family. Her "day job" is in the world of corporate meeting planning, and she is excited to use these skills for CWD as the Conference Logistics Manager.

aturday 10:45 - 11:30 Webinar 2 Panel Discussion: Being a Couple and Making it Work







## Steve Edelman, MD

**Steve Edelman, MD**, was diagnosed with type 1 diabetes at the age of 15 and is a professor of medicine in the Division of Endocrinology, Diabetes & Metabolism at the University of California, San Diego, the VA Healthcare System, San Diego and, director of the Diabetes Care Clinic. He graduated valedictorian from UC Davis Medical School, completed his IM Residency at UCLA, completed an endocrinology fellowship at the Joslin & Lahey Clinics in Boston, Mass., and a research fellowship at UCSD. Dr. Edelman is the founder and director of Taking Control of Your Diabetes (TCOYD), a not-for-profit organization dedicated to informing/empowering people with diabetes to become actively involved in their own healthcare. Dr. Edelman has written more than 220 articles and five books. He's won numerous awards for teaching and humanitarianism.

Thursday	1:30 - 2:15	Webinar 3	New Insulins and Other Medications for Type 1 Diabetes



## Christine Fallabel

**Christine Fallabel** is a staff writer with Diabetes Daily and has been living with type 1 diabetes since 2000. Additionally, she works in public policy, helping people with diabetes have better access to health insurance, affordable medication, and to fight disability-discrimination in the work and school environments. Previously, she held positions with Colorado Medicaid as their Public Health Liaison, the Colorado State Health Department as their Chronic Disease Specialist, and was a social worker in Philadelphia. She earned her Bachelor Degree from The University of Delaware and her Master of Public Health from Temple University.

Thursday 10:45 - 11:30 Webinar 5 Insurance Workshop for Young Adults	
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## 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! #greenandorangeforlife

Thursday	1:30 - 2:15	Webinar 4	Accommodations in College, Graduate School, & Beyond
Friday	2:15 - 3:00	Meeting 2	Moms' Discussion Group



## Anna Floreen Sabino, MSW, CDCES

Anna Floreen Sabino, MSW, CDCES, has lived with T1D for over 30 years and currently serves as the Program Director for the College Diabetes Network. There she oversees all program strategy and partnerships to help achieve the best possible outcomes for young adults living with diabetes, and particularly enjoys working directly with parents. As a CDCES, she also serves on the local board of the ADCES chapter in New England as well as serves on the JDRF National Psychosocial speakers bureau. She lives in the Boston area with her husband and two young kiddos.

ednesday 10:45 - 11:30 Webinar 4 Workshop for Parents: Off to College with CDN



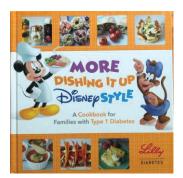
**Diabetes** a dietetic practice group of the Academy of Nutrition and Dietetics

Experts in Diabetes Care and Education



Above: Diabetes DPG Executive Committee

Registered Dietitians/Nutritionists: Trusted Food, Nutrition and Diabetes Care Experts





*Diabetes Dietetic Practice Group Vision*: A world where all people affected by diabetes thrive.

*Diabetes Dietetic Practice Group Mission*: Optimizing the prevention and management of diabetes through person-centered care, including nutrition and collaborative partnerships.

Diabetes DPG encourages persons with diabetes or pre-diabetes to seek nutrition guidance from a Registered Dietitian/Nutritionist (RDN) and/or to attend a Diabetes Self-Management or Diabetes Prevention Program.

Contact us for evidence-based diabetes nutrition information or to receive information to join the Academy of Nutrition and Dietetics and the Diabetes Dietetic Practice Group. Visit http://www.diabetesdpg.org



## Elizabeth Forrest

Diagnosed with type 1 diabetes at the age of 10, **Elizabeth Forrest** was driven by a determination to not let diabetes negatively impact her life. "Dancing for Diabetes" started as a community fundraiser show organized by a middle school student and a small group of trusted advisers and has blossomed into an impactful and well respected nonprofit organization, Touched by Type 1 – spreading awareness about Type 1 Diabetes, as a way to bring attention to the stories of over 1.5 million Americans who are living with Type 1 Diabetes, to offer support to those who have been diagnosed and to raise funds to find a cure. Alum of Seminole High School, the University of Florida (Bachelors) and the University of Central Florida (Masters), Elizabeth is currently the Chief Operating Officer of a large Orlando Law Firm.

Wednesday	11:45 - 12:15	Kiddie Kove Meeting	Dancing with Touched by Type 1
Wednesday	11:45 - 12:15		Dancing with Touched by Type 1
Thursday	3:15 - 4:30	Fiesta 5	Dancing with Touched by Type 1



## 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, ultimately to create a culturally sensitive diabetes education curriculum for medical providers and patients/families.

Thursday	10:45 - 11:30	Webinar 4	Diabetes Basics for Families New to Type 1 Diabetes



## 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.

Thursday	1:30 - 2:15	Meeting 5	Safe Zone for Significant Others
Saturday	10:45 - 11:30	Webinar 2	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 2003. 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 for Dexcom as the Clinical Account Manager for the Mid-Atlantic District.

Wednesday	3:15 - 4:00	Webinar 3	Parenting Your Teen
Saturday	10:45 - 11:30	Webinar 2	Panel Discussion: Being A Couple and Making it Work

# Sulli the Diabetes Guru

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## 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 Thymogloublin 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	1:30 - 2:15	Webinar 1	University of Elerida Persoarch Undate
weanesday	1:30 - 2:15	webinar i	University of Florida Research Update



## Daniele Love Hargenrader

Daniele Love Hargenrader, founder of Diabetes Dominator Coaching, the Diabetes Empowerment Summit, and Love Yourself to Health Group Coaching Membership, is a USA Today Bestselling Author, Certified Health Coach & Personal Trainer, Corporate Consultant and Keynote Speaker. Daniele has her Bachelors of Science in Nutrition Science, and has lived with type 1 diabetes for 29 years. After successfully overcoming obesity, clinical depression and an eating disorder, she now teaches people to think, eat, and move consciously and intuitively in order to achieve a massively improved quality of life through cultivating the daily practices of mental and emotional hygiene through self-love.

Friday	10:45 - 11:30	Webinar 3	Is This an Eating Disorder: Body Image with T1D



## Amy Hess Fischl, MS, RDN, LDN, BC-ADM, CDE

Amy Hess Fischl, MS, RDN, LDN, BC-ADM, CDE, is an advanced practice dietitian, certified diabetes care and education specialist, and coordinator for the University of Chicago Kovler Diabetes Center Teen Transition program, working with the adult and pediatric endocrinologists in the clinic to more effectively allow transition care throughout the life span. She speaks internationally on all diabetes topics, especially children and teens with diabetes, insulin pumps, and continuous glucose monitors. She is actively involved in the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics, as well as several international groups for diabetes and pre-diabetes. She was named 2018 IL AADE Diabetes Educator of the Year and also received the 2018 Pan Arab Congress on Diabetes Award of Excellence for her contributions to diabetes care and education.

esday 1:30 - 2:15

Xeris Room

**Conversations About Severe Low Blood Sugar** 



#### Jay Hewitt

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

Thursday	10:45 - 11:30	Webinar 3	Virtual Diabetes Clinics: Are They the Future?
Friday	9:00 - 9:45	Webinar 4	Parenting with Type 1 Diabetes
Friday	2:15 - 3:00	Webinar 4	Athletes Panel

# Influence<sup>TID</sup> Help change the future of type 1 diabetes research



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## The Conference Faculty



## Korey K. Hood, PhD

Korey K. Hood, PhD, is Professor of Pediatrics at Stanford University where he directs NIH-funded research projects and provides clinical care aimed at promoting health and quality of life outcomes in youth with diabetes and their families. Dr. Hood actively investigates the human factors associated with the uptake of diabetes technology and works with Dr. Bruce Buckingham on his team's artificial pancreas project. Dr. Hood also serves on national committees for the American Diabetes Association and is on editorial boards for Diabetes Care and the Journal of Pediatric Psychology. Dr. Hood is the author of *Type 1 Teens: A Guide to Managing Your Life with Diabetes* and *Teens With Diabetes: A Clinician's Guide* (with authors Michael Harris, PhD and Jill Weissberg-Benchell, PhD, CDE). His research, clinical care, and service are fueled by his personal experience with type 1 diabetes. He was diagnosed as a young adult and has spent more than 17 years managing type 1 diabetes. He is passionate about helping children and teens with diabetes, and their families, make diabetes a part of their lives while not letting it run their lives.

Saturday	2:15 - 3:00	Webinar 3	Recognizing and Overcoming Burnout for Parents



## 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 - 9:45	Webinar 1	Diabetes Advocacy Keynote: Affordable Insulin
Saturday	10:45 - 11:30	Webinar 1	Spotlight on the Hidden Players Who Drive Costs



## Laura Jacobsen, MD

Laura Jacobsen, MD, is an assistant professor and pediatric endocrinologist who joined the University of Florida faculty in 2018 in the department of pediatrics. She completed her pediatric residency training at the University of North Carolina in Chapel Hill, which was followed by a pediatric endocrinology fellowship at the UF Health Shands Children's Hospital in Gainesville, Florida. Dr. Jacobsen is a physician scientist studying the role of the immune system in type 1 diabetes and is a co-investigator on many immunotherapy clinical trials. She is a member of several collaborative type 1 diabetes research organizations such as TrialNet, TEDDY, nPOD, and the T1D Exchange.

Wednesday 1:30 - 2:15

#### Webinar 1

University of Florida Research Update



#### 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	3:15 - 4:00	Webinar 2	Finding Your Community: Support in Social Media
Friday	9:00 - 9:45	Webinar 4	Parenting with Type 1 Diabetes
Friday	10:45 - 11:30	Meeting 4	Diabetes Can Be Complicated



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#### 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.

Thursday	10:45 - 11:30	Webinar 4	Diabetes Basics for Families New to Type 1 Diabetes



### Tom Karlya

Tom Karlya, Senior Vice President of the Diabetes Research Institute Foundation, is known throughout the diabetes community as Diabetes Dad. He's the creator/author of www.diabetesdad.org, a daily syndicated column. His daughter, Kaitlyn, was diagnosed at age two in 1992. In 2009, his son Rob was also diagnosed, at age 13. Tom is known for his advocacy for the rights of PWD including better insulin prices and also the missed-diagnosis of T1D.

Wednesday	10:45 - 11:30	Webinar 1	Docu-Diabetes VI
Friday	2:15 - 3:00	Meeting 3	Dads' Discussion Group



## Paula Kellogg Leibovitz, MS, RDN, CDN, CDE

Paula Kellogg Leibovitz, MS, RDN, CDN, CDE, is the chair-elect of the Diabetes Dietetic Practice Group, Academy of Nutrition and Dietetics and owner of PKL Consulting, which focuses on grant management and the development and delivery of community education programs. She serves as a Technical Consultant for the Connecticut State Department on Aging and Connecticut Department of Public Health. Paula served as treasurer of the Diabetes Practice group and in numerous leadership positions for the Academy of Nutrition and Dietetics. Paula has won numerous awards including the prestigious Academy Medallion Award in 2018. Additionally, she was appointed to the Connecticut Diabetes Advisory Board and to the Connecticut Diabetes Partnership, Department of Public Health Diabetes Prevention and Control Program and is one of the founders of the Southington Community Garden, serving as a mentor and volunteer for the garden program. The project received the 2019 YMCA Healthy Living Award. Paula loves traveling, cooking and gardening and is a Master Gardener.

 Thursday
 10:45 - 11:30
 Webinar 2
 Nutritional Myths and Misinformation



#### 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, University of Miami, Leonard M. Miller School of Medicine. Utilizing clinically relevant transplant models, and as a co-investigator on multiple clinical trials, 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 on islet allografts. Norma has an adult daughter living with type 1 diabetes and is personally focused on finding a cure.

 Thursday
 3:15 - 4:00
 Webinar 1
 DRI Research Updte



## Aaron Kowalski, PhD

As President and CEO of JDRF, a global leader in type 1 diabetes (T1D) research, **Aaron Kowalski, PhD**, drives strategies to accelerate progress toward cures — and simultaneously advance breakthroughs that enable people with T1D to live longer, healthier lives. Dr. Kowalski, an internationally recognized scientific expert in T1D research, brings his personal experience of living with T1D for over 35 years to his life's work. He is a champion of the T1D community and a passionate advocate for federal research funding as well as for coverage, choice and affordability of T1D technology and treatments. Dr. Kowalski joined JDRF in 2004 and most recently served as Chief Mission Officer, leading research and advocacy strategy. Dr. Kowalski travels and speaks globally about T1D, presenting at many national and international conferences, including ADA's Annual Scientific Sessions, EASD, ATTD, AACE, and AADE. He has lived with T1D since the age of 13 following the T1D diagnosis of his younger brother Stephen at the age of 3. While living with T1D, he has completed more than two dozen marathons and he remains an avid golfer, ice hockey player, and birdwatcher. Dr. Kowalski and his wife Michele, a high school biology teacher, have three children. He earned his doctorate in microbiology and molecular genetics from Rutgers University.

Friday 10:45 - 11:30 Webinar 1 JDRF Research Update
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## Rayhan Lal, PhD, MD, MPH

**Rayhan Lal, PhD, MD, MPH**, 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.





## Lauren Lanning

**Lauren Lanning** is a mom, geek, and bike rider from Highlands Ranch, Colorado. She is a very proud mom of Monica, dx 8/96, and a PA student at Stanford, and Sarah, a chemical biomolecular engineer in Atlanta. Lauren became involved with CWD shortly after Monica 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 as leader of the MOFFLs and First Timers.

Friday	2:15 - 3:00	Meeting 2	Moms' Discussion Group	



## Oren Liebermann

**Oren Liebermann** is a CNN International Correspondent based in Jerusalem. Oren was diagnosed with type 1 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.* 

Thursday	1:30 - 2:15	Webinar 2	The Insulin Express
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### 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<sup>™</sup> 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	2:15 - 3:00	Meeting 3	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.

10:45 - 11:30

Webinar 2

The Long and Winding Road



## 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 - 4:00

Webinar 3

Parenting Your Teen



## Diana M. Naranjo, PhD

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

Friday	10:45 - 11:30	Webinar 3	Is This an Eating Disorder? Body Image with T1D

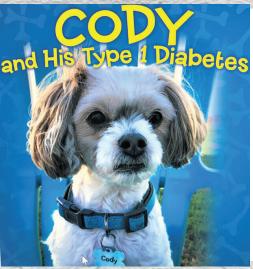




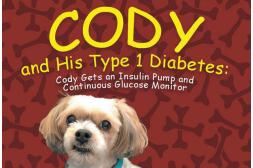


# Cody and T1 Diabetes

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## 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 helped motivate him to join the diabetes online community and to engage in diabetes research. He is currently Associate Professor in the Department of Family Medicine at the University of Colorado School of Medicine. He places a strong emphasis on providing patient-centered, team-based, comprehensive care. He is a proponent of harnessing human, community, and technology resources in providing high quality longitudinal care and enhanced communication with patients. Dr. Oser is active in diabetes research, including advanced diabetes technologies in primary care and the evolving role of social media in peer support.

Thursday	3:15 - 4:00	Meeting 4	The Emotional Burden of Diabetes
Friday	9:00 - 9:45	Webinar 4	Parenting with Type 1 Diabetes
Friday	10:45 - 11:30	Meeting 4	Diabetes Can Be Complicated
Friday	2:15 - 3:00	Webinar 5	Ask the Expert: T1D & Your Body



## Tamara Oser, MD

Tamara Oser, MD, is an Associate Professor of Family Medicine at the University of Colorado School of Medicine. As a clinician, she cares for many patients with diabetes and is a recognized leader in patient communication. Her training and subsequent experience in Family Medicine have emphasized a holistic approach to patient care, viewing the patient in the context of their life circumstances. She is Director of the High Plains Research Network, one of the oldest and most active practice-based research networks that spans 16 counties in Eastern Colorado. She also is active in teaching and has received numerous teaching awards, including the Dean's Award for Excellence in Teaching three times. Dr. Oser is a Physician Scientist with a research focus on utilizing social media to better understand barriers and facilitators to self-management among those living with T1D, peer support in T1D, and integrating diabetes technologies into primary care. She is wife to Sean Oser, MD who has lived with T1D for 30 years, and is mom to twins Courtney and Jessica. Jessica was diagnosed with T1D at age seven. She has seen firsthand that although there are challenges, diabetes is also her husband's and daughter's greatest strength. She has blogged about her family's life with T1D at t1family.blogspot.com.

Thursday	1:30 - 2:15	Meeting 5	Safe Zone for Significant Others
Thursday	3:15 - 4:00	Meeting 4	The Emotional Burden of Diabetes



## R. Stewart Perry

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

Saturday	9:00 - 9:45	Webinar 1	Diabetes Advocacy Keynote: Affordable Insulin
Saturday	10:45 - 11:30	Webinar 1	Spotlight on the Hidden Players Who Drive Costs

## The Conference Faculty



## 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.

Thursday	3:15 - 4:00	Webinar 3	Grandparents Common Fears Discussion



## Matthew Point, MS

Matthew Point, MS, is an experienced non-profit & higher education professional. Matt holds a Bachelor's in Spanish and a Master's in Higher Education. As part of his role on campus, he managed accommodations in student housing and dining plans for students with disabilities or dietary restrictions. He was also responsible for all on-campus emergency management and student programming. 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.

10:45 - 11:30 Webinar 2 Panel Discussion: Being a Couple and Making it Work



## 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, diabetesrelated 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).

Webinar 2

**Recognizing and Overcoming Diabetes Burnout for Adults** 



## Stephen W. Ponder, MD, FAAP, CDE

2:15 - 3:00

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<sup>™</sup>, 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.

> 9:00 - 9:45 Webinar 3

Sugar Surfing Workshop





## The Conference Faculty



### Kenny Rodenheiser, BSN, RN, CDE

3:15 - 4:00

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

Webinar 2

Parenting Your Tween



### 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 pursing prevention and a cure.





## Janet Rodriguez, BSN, RN, CDE

3:15 - 4:00

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.

Thursday

#### Webinar 3

Grandparents Common Fears Discussion



## 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.

Saturday	10:00 - 10:30	Webinar 1	Get Moving With Harold: Exercise Break 1
Saturday	1:30 - 2:00	Webinar 1	Get Moving With Harold: Exercise Break 2

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## Gary Scheiner, MS, CDE

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

	Friday	9:00 - 9:45	Webinar 2	Hybrid Closed Loop Systems	
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## Renza Scibilia

**Renza Scibilia** has lived with type 1 diabetes since 1998. She is a diabetes advocate and activist, promoting a person-centred approach to healthcare, and in the development of diabetes information and technologies. Renza is the National Program Manager for Type 1 Diabetes and Community at Diabetes Australia, and was the Chair for the Living with Diabetes Stream at the 2019 IDF World Diabetes Congress. Renza has extensive experience as a facilitator, presenter and media spokesperson having spoken at conferences locally and around the world. She speaks about topics including the importance and value of peer support in chronic health management, and why language matters in diabetes and healthcare. Renza is well-known in the diabetes online community, and is well-versed in social media, its use and impact on people with chronic health conditions and application in peer support. She is the author of one of Australia's most widely-read patient blogs, *Diabetogenic*, (diabetogenic.wordpress.com) and writes for many online and print publications.

Thursday	3:15 - 4:00	Webinar 2	Finding Your Community: Support in Social Media
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## Khary Septh

Khary Septh is Co-Founder and Executive Editor of *The Tenth Magazine*, a bi-annual publication that engages the world's most dynamic LGBTQ artists and intellectuals of color in presenting content steeped the American tradition of politically engaged journalism that pays attention to long form, ambitious writing and critical queer thought. Having published over seven volumes, hundreds of online pieces, as well as programmed countless readings, panels, and large-scale live events across the country with brands like HBO and The Smithsonian Museum of American Art, *The Tenth* has been called by *The New York Times*, "an erudite, fashion-forward magazine about black gay culture" and can be found on bookshelves from MoMA PS1 in New York City to Barnes & Noble all across America. A graduate of Cornell University, before starting *The Tenth*, Khary spent many years as a Creative Director for some of the biggest names in fashion, from Barneys New York to Beyoncé, and these days, spends his time living between New York's Hudson River Valley and New Orleans.

Thursday	1:30 - 2:15	Meeting 5	Safe Zone for Significant Others
Saturday	10:45 - 11:30	Webinar 2	Panel Discussion: Being a Couple and Making it Work



## Shawn Shepheard

Shawn Shepheard is an executive business coach, author, and keynote speaker. Shawn helps great leaders become exceptional, on their terms. Shawn has a long track record of being the secret weapon for executives and business owners. Many of his clients think of him as their Private Sherpa—in their corner, and helping them to reach new heights. He is the former Chair of Diabetes Canada National Advocacy Council and is the proud recipient of the National Advocacy Leadership Award, The National Volunteer of the Year Award, and the Queen Elizabeth II Diamond Jubilee Award.

Wednesday	2:30 - 3:00	Teen Webinar Room	Getting Motivated
Thursday	9:00 - 9:45	Webinar 1	Opening Keynote: What a Wonderful World





## The Conference Faculty

Webinar 2



## Cherise Shockley

3:15 - 4:00

**Cherise Shockley** was diagnosed with LADA (Latent Autoimmune Diabetes in adults) in 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 an expert in diabetes social media, online communities, and peer support. She is a wife, mother, and veteran.

Finding Your Community: Support in Social Media



## 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 week 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	4:15 - 5:00	Webinar 1	The Diabetes Game Show





### Laura Smith, PhD, CDE

Laura Smith, PhD, CDE, is a professor of pediatrics, a pediatric psychologist, and certified diabetes educator at Cincinnati Children's Hospital Medical Center and the University of Cincinnati. Dr. Smith provides clinical care and conducts research in the area of pediatric type 1 diabetes. Her research focuses on disordered eating and type 1 diabetes, 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 20 years ago and believes that having diabetes can be challenging but is manageable with education, a positive outlook, and a good support network.

Wednesday	3:15 - 4:00	Webinar 2	Parenting Your Tween
Thursday	3:15 - 4:00	Webinar 5	Mental Health for Young Adults



### Kerri Sparling

**Kerri Sparling** has been living with type 1 diabetes since 1986, diagnosed at the age of seven. She manages her diabetes and lives her life by the mantra "Diabetes doesn't define me, but it helps explain me." Kerri is 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." You can follow her writing and the release of her next projects at KerriSparling.com.

Thursday 3:15 - 4:00 Webinar 2 Finding Your Community: Support in Social Media
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### Cherlie Stabler, PhD

**Cherie Stabler, PhD**, is a tenured Professor in the Department of Biomedical Engineering, College of Engineering at the University of Florida. Prior to moving to UF in 2015, she was an Associate Professor in Biomedical Engineering at the University of Miami. Dr. Stabler has established an internationally recognized research and educational program focused on the generation of translational biomaterial platforms for cellular implants, with a particular emphasis on treating type 1 diabetes. Her novel bioactive materials are targeted at enhancing islet graft survival and utilizing local and translational approaches to dampen host immunological responses. Her research has been published across a spectrum of journals, generated five patents, with research funding from NIH (DP2, R01, UC4, SBIR) and numerous nonprofit agencies (e.g. JDRF, Helmsley). She is an elected fellow of the American Institute for Medical and Biological Engineering, the recipient of the 2008 NIH NIDDK Type 1 Diabetes Pathfinder DP2 Award, and a UF Term Professor (2019-2022). She is a member of the BTSS NIH study section, the ADA Grant Review Committee, the JDRF Encapsulation Consortia, and the NIH Human Islet Research Network (HIRN). In addition to research, she serves as a strong educator and advocate for improving parity in representation in the sciences and well as in funding research and education for T1D.

Wednesday 1:50 - 2:15 Webmar 1 Oniversity of Fiorida Research Opdate	Wednesday 1:3	30 - 2:15	Webinar 1	University of Florida Research Update
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### Michelle Stancil, RN, BSN

**Michelle Stancil, RN, BSN**, Certified Diabetes Care and Education Specialist, earned her bachelor of science degree from University of South Carolina and is a current student at Clemson University. She has 25 years of nursing experience and over 10 years of experience as a diabetes educator. For the past seven years, she's overseen a multidisciplinary team in the diabetes management department at Prisma Health-Upstate in Greenville, South Carolina.

Thursday	10:45 - 11:30	Webinar 3	Virtual Diabetes Clinics: Are They the Future?





### Marissa Town, BSN, RN, CDCES

**Marissa Town, BSN, RN, CDCES**, has had type 1 diabetes for 30 years and grew up as an attendee of the Children with Diabetes Friends for Life conferences since the beginning in the year 2000. She recognized early on that helping other families living with diabetes was what she wanted to devote her life to, so she became a nurse and a diabetes educator. Marissa has worked in a diabetes clinic, as a pump trainer, and most recently is working as a Clinical Research Manager at Stanford University on the artificial pancreas team as well as on other research studies. It has always been her goal to help the diabetes community to have a better quality of life overall while living with diabetes. Working with Children with Diabetes, diabetes camps, and in the diabetes field have allowed her to achieve this goal. Marissa also has two children, Connor, 6, and Everly, 3, who also enjoy coming to Friends for Life to share their experiences growing up with a mom with type 1 diabetes. Her husband Adam is also a nurse and their family enjoys game nights, camping, hiking, and traveling.

Wednesday	3:15 - 4:00	Webinar 1	How to Read Research: Separating the Real from the Maybe
Thursday	11:45 - 12:15	Teen Meeting Room	Diabetes Research Update
Friday	9:00 - 9:45	Webinar 4	Parenting with T1D



### Susan Weiner, MS, RDN, CDN, CDCES, FADCES

**Susan Weiner, MS, RDN, CDN, CDCES, FADCES**, is the owner of Susan Weiner Nutrition, PLLC. She has been elected to serve as a Director, on the Association of Diabetes Care and Education Specialists (ADCES) Board of Directors, 2018-2020. Susan was named the 2015 AADE Diabetes Educator of the Year and is an ADCES fellow. Susan is the "Diabetes in Real Life" columnist for Endocrine Today and is the on-air host for video interviews and content for Healio. She is the co-author of *The Complete Diabetes Organizer and Diabetes: 365 Tips for Living Well.* Susan earned her Master's Degree in Applied Physiology and Nutrition from Columbia University.

Friday 9:00 - 9:45 Wel	binar 5 Label Up! Everything You Wanted to Know	About Labels
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### Sarah Westen, PhD

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

Wednesday	1:30 - 2:15	Webinar 1	University of Florida Research Update



### Jamie R. Wood, MD

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

Friday 6:00 - 8:00 Webinar 2 Posters with the Faculty
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Please note: The Certified Diabetes Care and Education Specialist (CDCES) certification was formerly known as the Certified Diabetes Educator (CDE) certification.

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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.

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	Program for Wednesday, July 15, 2020						
Time			Activities and	Virtual Rooms			
9:00 - 9:45		First Timers Orientation Meeting 2 Sponsored by Dexcom		in	us Groups & Product Theaters I Company Meeting Rooms e Conference Web Page For Details		
9:45 - 10:00			Bre	eak			
10:00 - 10:30	<b>Kiddie Kove Welcome</b> Story Time with Miss Mary Kiddie Kove Room	Elementary Welcome Ice Breakers Elementary Room	<b>Tween Welcome</b> Break That Ice Tween Room	<b>Teen Welcome</b> Ice Breakers with Jen Teen Room			
10:30 - 10:45	Break						
10:45 - 11:30		Workshop for Parents: Off to College with CDN Anna Floreen Sabino, MSW, CDCES Webinar 2		Focus Groups & Product Theaters in Company Meeting Rooms See Live Conference Web Page For Details			
11:30 - 11:45	Break						
11:45 - 12:15	<b>Kiddie Kove Program</b> Dancing with Touched by Type 1 Kiddie Kove Room	Elementary Program Dancing with Touched by Type 1 Elementary Room	<b>Tween Program</b> How to be a Diabetes Ninja Tween Room	<b>Teen Program</b> Diabetes and Stress Jessica Kichler, PhD, CDE Teen Room	-		
12:15 - 1:30	Lunch Break						
1:30 - 2:15	University of Florida Research Update Michael Haller, MD Laura Jacobsen, MD Sarah Westen, PhD Cherie Stabler, PhD Anastasia Albanese- O'Neill, PhD, APRN, CDE Webinar 1			Focus Groups & Product Theaters in Company Meeting Rooms See Live Conference Web Page For Details			
2:15 - 2:30			Bre	eak			
2:30 - 3:00	Kiddie Kove Program Outdoor Adventure: Virtual Animal Outing Kiddie Kove Room	Elementary Program What are You Eating? Elementary Room	<b>Tween Program</b> Diabetes Trivia for (Low) Dummies Tween Room	<b>Teen Program</b> Getting Motivated with Shawn Shepheard Teen Room			
3:00 - 3:15			Bre	eak			
3:15 - 4:00	How to Read Research: Separating the Real From the Maybe Marissa Town, BSN, RN, CDCES Webinar 1	Parenting Your Tween Laura Smith, PhD, CDE & Kenny Rodenheiser, BSN, RN, CDE Webinar 2	Parenting Your Teen Maureen Monaghan, PhD, CDE & Brian Grant, BSN, RN, CDE Webinar 3	in	us Groups & Product Theaters a Company Meeting Rooms e Conference Web Page For Details		
4:00 - 4:15			Bre	eak			
4:15 - 5:00	FFL-Wood Squares! The Diabetes Game Show Stacey Simms Webinar 1						
5:00 - 6:00			Bre	eak			
6:00 - 8:00		v	'irtual Exhibition Hall: Visi	it Sponsors' Virtual Booth	S		

	Program for Thursday, July 16, 2020					
Time			Activities and Virtual Rooms			
8:00 - 9:00		Virtual Exhi	ibition Hall: Visit Sponsors' Virt	tual Booths		
9:00 - 9:45	<b>Sponsored by</b> Shawn Shepheard: Wl	rial Opening Keynote Lilly Diabetes nat a Wonderful World inar 1				
9:45 - 10:00			Break			
10:00 - 10:30	<b>Kiddie Kove Program</b> Story Time with the Orange Team Kiddie Kove Room	<b>Elementary Program</b> Exercising with Harold Elementary Room	<b>Tween Program</b> VIPWDs Tween Room	<b>Teen Program</b> Harold Time Teen Room		
10:30 - 10:45			Break			
10:45 - 11:30	<b>iLet Update</b> Ed Damiano, PhD Webinar 1	Nutritional Myths and Misinformation: Clearing Up the Confusion Paula Kellogg Leibovitz, MS, RDN, CDN, CDE Webinar 2	Virtual Diabetes Clinics: Are They the Future? Michelle D. Stancil, RN, BSN & Jay Hewitt Webinar 3	Diabetes Basics for Families New to Type 1 Diabetes Manmohan Kamboj, MD & Kajal Gandhi, DO, MPH Webinar 4	Insurance Workshop for Young Adults Christine Fallabel Meeting 5	
11:30 - 11:45	Break					
11:45 - 12:15	<b>Kiddie Kove Program</b> Fun and Games with Sports Central Kiddie Kove Room	<b>Elementary Program</b> Green Team & Orange Team Elementary Room	<b>Tween Program</b> Move, Shake, Drop the Mic Tween Room	<b>Teen Program</b> Diabetes Research Update Marissa Town, BSN, RN, CDCES Teen Room		
12:15 - 12:30	Break					
12:30 - 1:30	Virtual Exhibition Hall: Visit Sponsors' Virtual Booths					
1:30 - 2:15	<b>Closing the Loop:</b> <b>State of the Art</b> Bruce Buckingham, MD Webinar 1	The Insulin Express: A Story of Work, Travel, & Life with Diabetes Oren Liebermann Webinar 2	New Insulins and Other Medications for Type 1 Diabetes Steve Edelman, MD Webinar 3	Accommodations in College, Graduate School, & Beyond Leigh Fickling, MEd, MS, JD Webinar 4	Safe Zone for Significant Others Tamara Oser, MD, Grace Grande-Cassell, & Khary Septh Meeting 5	
2:15 - 2:30			Break			
2:30 - 3:00	<b>Kiddie Kove Program</b> A Wave of Fun: Virtual Beach Field Trip Kiddie Kove Room	<b>Elementary Program</b> Special Guests Elementary Room	<b>Tween Program</b> Green Team & Orange Team Tween Room	<b>Teen Program</b> Snakes and Ladders Jess Forster, MSW, RSW Teen Room		
3:00 - 3:15			Break			
3:15 - 4:00	<b>DRI Research Update</b> Norma Sue Kenyon, PhD Webinar 1	Finding Your Community: Support & Knowledge in Social Media Kerri Sparling, Cherise Shockley, Scott Johnson, Renza Scibilia, Chris Aldred, Danica B, & Michelle Auerbach Webinar 2	<b>Grandparent Common</b> <b>Fears Discussion</b> Henry Rodriguez, MD, Janet Rodriguez, BSN, RN, CDE, & Jessica Pierce, PhD Meeting 3	<b>The Emotional Burden of</b> <b>Diabetes</b> Tamara Oser, MD & Sean Oser, MD, MPH Meeting 4	<b>Mental Health for Young Adults</b> Laura Smith, PhD, CDE Meeting 5	
4:00 - 5:00		Virtual Exhi	ibition Hall: Visit Sponsors' Virt	tual Booths		
5:00 - 6:00			Break			
6:00 - 8:00		Family and Frie	ends Virtual Banquet with Musi Sponsored by Novo Nordisk Webinar 1	ic and Dancing		



		Program fo	or Friday, July 17, 2020			
Time			Activities and Virtual Rooms			
8:00 - 9:00		Virtual Exh	ibition Hall: Visit Sponsors' Vir	tual Booths		
9:00 - 9:45	<b>Eye Health:</b> Focus on Diabetes Jeffry D. Gerson, OD, FAAO & A. Paul Chous, MA, OD, FAAO, CDE Webinar 1	Hybrid Closed Loop Systems: The Next Evolution of Diabetes Management Gary Scheiner, MS, CDE Webinar 2	<b>Sugar Surfing Workshop</b> Stephen Ponder, MD, FAAP, CDE Webinar 3	<b>Parenting with T1D</b> Sean Oser, MD, MPH, Marissa Town, BSN, RN, CDCES, Scott Johnson, Noor Alramahi, & Jay Hewitt Meeting 4	Label Up! Everything You Wanted to Know About Food Labels But Were Afraid to Ask Susan Weiner, MS, RDN, CDCES, FADCES Webinar 5	
9:45 - 10:00			Break			
10:00 - 10:30	<b>Kiddie Kove Program</b> Story time with Miss Helen Kiddie Kove Room	<b>Elementary Program</b> Scavenger Hunt (at Home) Elementary Room	<b>Tween Program</b> Destressing with Lauren B Tween Room	<b>Teen Program</b> Faces of Diabetes Hannah Opdenaker Teen Room		
10:30 - 10:45			Break			
10:45 - 11:30	<b>JDRF Research Update</b> Aaron Kowalski, PhD Webinar 1	<b>The Long and</b> <b>Winding Road</b> Moira McCarthy Webinar 2	Is This an Eating Disorder? Body Image & Disordered Eating with T1D Diana Naranjo, PhD, Asha Brown, Daniele Hargenrader, & Noor Alramahi Webinar 3	<b>Diabetes Can Be</b> <b>Complicated</b> Sean Oser, MD, MPH, Scott Johnson, Chris Aldred, & Michelle Auerbach Meeting 4	<b>Diabetes in the Workplace</b> Emily Cook, RD Meeting 5	
11:30 - 11:45	Break					
11:45 - 12:15	<b>Kiddie Kove Program</b> Exercise with Harold Kiddie Kove Room	<b>Elementary Program</b> Tree of Life Elementary Room	<b>Tween Program</b> Let's Build a Carb Creature Tween Room	<b>Teen Program</b> Tech Talk with Samantha Lange, BSN, RN, CDE Teen Room		
12:15 - 12:30			Break			
12:30 - 2:00	Virtual Exhibition Hall: Visit Sponsors' Virtual Booths					
2:00 - 2:15			Break			
2:15 - 3:00	It's Not Your Fault, or A Look at System Errors in Diabetes Care Rayhan Lal, PhD, MD, MPH Webinar 1	<b>Moms' Discussion Group</b> Lauren Lanning & Leigh Fickling, MEd, MS, JD Meeting 2	<b>Dads' Discussion Group</b> Justin Masterson & Tom Karlya Meeting 3	<b>Athletes Panel</b> Facilitated by Jimmy Dodson Webinar 4	<b>Ask the Expert:</b> <b>T1D &amp; Your Body</b> Sean Oser, MD, MPH Webinar 5	
3:00 - 3:15			Break			
3:15 - 3:45	<b>Kiddie Kove Program</b> Going on a Bug Hunt: Virtual Insect Adventure Kiddie Kove Room	<b>Elementary Program</b> Relax and Get Ready for George Canyon Elementary Room	<b>Tween Program</b> Relax and Get Ready for George Canyon Tween Room	<b>Teen Program</b> Relax and Get Ready for George Canyon Teen Room		
3:45 - 4:00			Break			
4:00 - 5:00		<b>Keynote</b> Canyon nar 1				
Evening	Posters with the Faculty Chaired by Sean Oser, MD, MPH Webinar 1 6:00 - 7:00	Family Movie Night Sponored by Dexcom Meeting 2 7:00 - 9:00	Splash of DASH™ An Omnipod® Virtual Mixology Session Sponored by Omnipod Meeting 3 8:00 - 10:00			

		Program for Saturday, Ju	ly 18, 2020				
Time		Activities and	Virtual Rooms				
9:00 - 9:45	Diabetes Need in the Nex Stewart	ther Things People with t Round of Health Reform Perry & Huntley					
9:45 - 10:45		Bre	eak				
10:00 - 10:30	Get Moving With Harold Exercise Break Webinar 5						
10:30 - 10:45		eak					
10:45 - 11:30	Advocacy Keynote Part 2: Spotlight on the Hidden Players Who Drive Health Insurance Costs and Coverages Stewart Perry & George Huntley Webinar 1	Panel Discussion: Being a Couple and Making it Work Jimmy & Liz Dodson, Sam Billetdeaux & Grace Grande-Cassell, Kyle Banks & Khary Septh, and Brian Grant & Matt Point Meeting 2	<b>Parents of Campers Wrap Up</b> Erin Callahan, Sam Records, & AJ McCulloch Webinar 3				
11:30 - 1:30	Break						
1:30 - 2:00	Get Moving With Harold Exercise Break Webinar 5						
2:15 - 3:00	Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle Arthur Ainsberg Webinar 1	Recognizing and Overcoming Diabetes Burnout For Adults William Polonsky, PhD, CDE & Kerri Sparling Webinar 2	<b>Recognizing and Overcoming</b> <b>Burnout For Parents</b> Korey Hood, PhD Webinar 3	<b>Safe at School</b> Crystal Woodward Webinar 4			
3:00 - 3:30		Bre	eak				
3:30 - 4:30	A Season of Control: Q&A with Mark Andrews and Tandem Diabetes Care Sponsored by Tandem Diabetes Care Webinar 1						
		Bre	eak				
Evening	All A Dress as Your Favori 6:00	un Night Ages te Disney Character - 8:00 ing 2	9:00 - Meet Open Teer 10:00	Dance 10:00 ting 3 n Hangout - 11:00 ting 3			

Program for Sunday, July 19, 2020		
Time	Activities and Virtual Rooms	
8:00 - 10:00	Farewell Breakfast Sponsored by Medtronic Meeting 2	

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### Dexcom<sup>®</sup> CONTINUOUS GLUCOSE MONITORING

**Dexcom, Inc.**, headquartered in San Diego, CA, is dedicated to developing innovative glucose sensing technology and products to help patients and healthcare providers better manage diabetes. The Dexcom G6<sup>™</sup> 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<sup>®</sup> product platform. The **Omnipod<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> Insulin Management System to bring simplicity and freedom to their lives. For more information, visit **www.myomnipod.com**.



**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 Friends for Life<sup>®</sup> Orlando conference. For more information, visit **www.abbottdiabetescare.com**.



### Medtronic

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



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<sup>™</sup> Insulin Pump**, the only pump capable of remote feature updates using a personal computer, and the **t:flex<sup>®</sup> Insulin Pump**, the first pump designed for people with greater insulin requirements. Tandem is based in San Diego, California.

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Roche Diabetes Care has been pioneering innovative diabetes technologies and services for more than 40 years. More than 5,500 employees in over 100 markets worldwide work every day to support people with diabetes and those at risk to achieve more time in their target ranges and experience true relief from the daily therapy routines.

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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).

\*



### βeta βionics

A Massachusetts Public Benefit Corporation

Beta Bionics, Inc., is a Massachusetts public benefit corporation committed to commercializing and disseminating the iLet<sup>®</sup>, 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.



The **Certification Board for Diabetes Care and Education (CBDCE)** is a not for profit certifying body that recognizes a number of different health professionals in the United States as having specialized knowledge about diabetes care and education. The organization name and certification designation underwent a change in 2020; you might be more familiar with the National Certification Board for Diabetes Educators or NCBDE and the Certified Diabetes Educator or CDE certification designation. The organization has been around since 1986, and the Certified Diabetes Care and Education Specialist or CDCES credential is seen as the gold standard in the diabetes world. Currently, over 19,900 health professionals hold the CDCES credential. CDCESs are committed and passionate about what the work they do in partnership with people with diabetes and their families and caregivers.





Companion Medical's InPen is the only FDA-cleared, smart insulin pen system that combines a reusable, bluetooth-enabled insulin pen and an intuitive mobile app that helps you take the right insulin dose, at the right time. With a custom dose calculator, dosing reminders and the ability to see active insulin, InPen takes the guesswork out of managing your diabetes.

### JDRF



The JDRF – Beyond Type 1 Alliance provides greater support for those impacted by type 1 diabetes by tapping into the combined power of JDRF, the leading global organization funding T1D research, and Beyond Type 1, the organization with the largest online community of any diabetes nonprofit. The work of the Alliance centers around three core pillars: community programs, advocacy, and communications + education.



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**.



**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.



### Thank You to the 2020 TeamCWD Runners













### The Teen Faculty



### Brian Grant, BSN, RN, CDE

**Brian Grant, BSN, RN, CDE**, was diagnosed with type 1 diabetes in 2003. 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 for Dexcom as the Clinical Account Manager for the Mid-Atlantic District.



### Alanna Landry, RN, CDE

Alanna Landry RN, CDE, has had the privilege of working alongside the T1D community as a pediatric diabetes nurse educator for 22 years at Markham Stouffville Hospital in Ontario, Canada. After attending her first CWD 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.

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### Melissa Geren

**Melissa Geren** was diagnosed with diabetes in 1995. 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 (diagnosed at age two). Currently, Melissa works on the Marketing Team for a Chicago-based candy company. Aside from working with Tweens at Friends for Life Conferences each year, Melissa is currently a board member for Children with Diabetes.



#### Sarah Johnston

**Sarah Johnston** has three siblings, two with type 1, and 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 Melcher

**Sarah Melcher** was diagnosed with type 1 diabetes when she was nine years old. She volunteered at her first Friends for Life conference in 2009 and led the Tween Program at Friends for Life Canada in 2018. She will be volunteering in Orlando 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

**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<sup>®</sup> 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.



### Jessica Plotts

Jessica Plotts is 24 years old, a graduate of the University of Tennessee and was diagnosed with diabetes at the age of five. She has been coming to Friends for Life conferences since 2000 and this will be her sixth year on staff. CWD is an amazing community of people and everyone is a great resource to have throughout the year. The friends made at CWD conferences really are her friends for life.



### 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.







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### Sunshine Abel, LPN

**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 two 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

**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

**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!



### 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.



### Tina Sartori

**Tina Sartori** has been rocking the world living with type 1 diabetes for 25 years. Her connection to the T1 community started at Camp Huronda, where she worked for 17 summers, the final few as the Assistant Director. She is the Executive Director at Montessori Academy of London, Ontario, where she tries to get on every outdoor field trip as possible, and lives in the city with her husband Kary and nine-year-old son. Together they share a passion for fishing and baseball.

### The Kiddie Kove Faculty



### Mary Babin, BSN, RN, CDE

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



### Shelley Grand

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



### Helen Rodenheiser, MEd

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."

### Siblings Program Faculty



### Sierra Abel, LMSW

Sierra Abel, LMSW, 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 and loved it so much she could not stop coming back. Sierra is excited to be a leader of the orange team. She has graduated from the University of South Carolina with a Masters degree in Social Work. Sierra hopes to become a Diabetes Care and Education Specialist, working with a pediatric endocrinology department in the near future. FFL is a place Sierra calls her second home and it is where she is reunited with some of her best friends she calls "family." FFL helped change Sierra's career goals and it has impacted her in ways for which she is forever grateful. She hopes to inspire other people who wear orange bracelets, just like she does!



### Sarah Lanning

**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.



To elevate awareness of Type 1 Diabetes,

raise funds to find a cure and inspire those with diabetes to thrive.

For those living with the daily reality of Type 1 Diabetes, we offer a supportive community with many interactive programs and creative resources.

Connect with us!

facebook.com/TouchedbyType1
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 youtube.com/c/TouchedByType1

### touchedbytype1.org

### **UF** | Diabetes Institute UNIVERSITY of FLORIDA

### WORKING TOGETHER FOR A DIABETES-FREE WORLD

The UF Diabetes Institute is committed to advancing patient care and ultimately finding a cure for type 1 diabetes through pioneering research, innovative treatment and education.



Active diabetes-related research projects



Top-ranked Pediatric Diabetes & Endocrinology program in the Southeast in the U.S. News & World Report



Current diabetes-related research funding

### FEATURED PROGRAMS



Human Atlas of the Neonata Development & Early Life Pancrea







Human Atlas of the Neonatal Development & Early Life Immunity









### DIABETES.UFL.EDU

### CONNECTEDINVOTION CONNECTEDINVOTION Cedar REAT HING FRESH ALP IN TO THABETES EDUCATION



### PEER-BASED PROGRAMS FOR ADULTS WITH TYPE 1 DIABETES

### **SLIPSTREAM WEEKENDS**

Multi-day experiential education programs merging skill development, community building and fun. Choose your own adventure, building a weekend of workshops, activities, and breakouts. Think of it as camp for adults!

### **ADVENTURE PROGRAMMING**

A chance to step outside your comfort zone, push yourself, and be empowered by adventure. Programs include canoe trips, backpacking expeditions, dayhikes, surf camps, rock climbing... the list goes on.

### **ONLINE COMMUNITY**

Join the community online and connect the dots between in-person programming. The CIM online community connects people from around the world to share experiences and help make life with Type 1 just a little bit easier.

### VISIT US ONLINE TO FIND OUT HOW TO GET INVOLVED

connectedinmotion.ca

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KYLE BANKS ACTOR



OREN LIEBERMANN CNN CORRESPONDENT

CHRISTINA MARTIN DANCER

ELIZABETH

FORREST.

DANCER



JAY HEWITT IRONMAN TRIATHLETE



LAUREN SALKO OLYMPIC SKIER

childrenwithdiabetes.com



### **Now Available!**

### Learn more about Gvoke HypoPen™

The simple solution you can count on<sup>1-</sup>

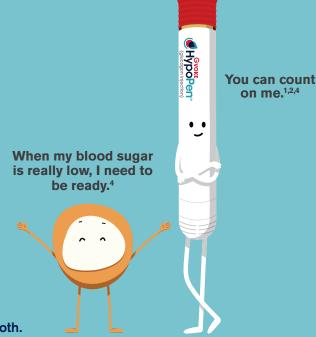
Gvoke HypoPen is the first premixed autoinjector for low blood sugar emergencies<sup>1,4</sup>



#### Register online for

Conversations About Severe Low Blood Sugar

Amy Hess-Fischl, MS, RD, LDN, BC-ADM, CDE Wednesday, July 15 at 1:30 рм EDT



For more information, please visit our information page at cwd.is/XerisBooth.

#### INDICATION AND SAFETY SUMMARY

GVOKE is a prescription medicine used to treat very low blood sugar (severe hypoglycemia) in adults and kids with diabetes ages 2 years and above. It is not known if GVOKE is safe and effective in children under 2 years of age.

#### WARNINGS

Do not use GVOKE if:

- you have a tumor in the gland on top of your kidneys (adrenal gland), called a pheochromocytoma.
- you have a tumor in your pancreas, called either an insulinoma or a glucagonoma.
- you are allergic to glucagon or any other inactive ingredient in GVOKE.

### GVOKE MAY CAUSE SERIOUS SIDE EFFECTS, INCLUDING:

**High blood pressure.** GVOKE can cause high blood pressure in certain people with tumors in their adrenal glands.

**Low blood sugar.** GVOKE can cause low blood sugar in certain people with tumors in their pancreas.

**Serious skin rash.** GVOKE can cause a serious skin rash in certain people with a tumor in their pancreas called a glucagonoma.

Serious allergic reaction. Call your doctor or get medical help right away if you have a serious allergic reaction including:

- rash
- difficulty breathing
- low blood pressure

#### **COMMON SIDE EFFECTS**

#### The most common side effects of GVOKE include:

- nausea
- vomiting
- swelling at the injection site
- headache

These are not all the possible side effects of GVOKE. For more information, ask your doctor.

Call your doctor for medical advice about side effects. You are encouraged to report side effects of prescription drugs to the FDA. Visit <u>www.fda.gov/medwatch</u>, or call 1-800-FDA-1088.

#### **BEFORE USING**

Before using GVOKE, tell your doctor about all your medical conditions, including if you:

- have a tumor in your pancreas
- have not had food or water for a long time (prolonged fasting or starvation)

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

#### **HOW TO USE**

- Read the detailed Instructions For Use that come with GVOKE.
- Make sure your caregiver knows where you keep your GVOKE and how to use GVOKE correctly before you need their help.
- Your doctor will tell you how and when to use GVOKE.
- GVOKE contains only 1 dose of medicine and cannot be reused.
- After administering GVOKE, the caregiver should call for emergency medical help right away.
- If the person does not respond after 15 minutes, another dose may be given.
- Tell your doctor each time you use GVOKE.
- Store GVOKE at temperatures between 68°F and 77°F. Do not keep it in the refrigerator or let it freeze.
- Keep GVOKE in the foil pouch until you are ready to use it.

### Keep GVOKE and all medicines out of the reach of children.

For more information, call 1-877-937-4737 or go to www.GvokeGlucagon.com.

Please see Patient Information on the adjacent page.

References: 1. Gvoke [prescribing information]. Chicago, IL: Xeris Pharmaceuticals, Inc; 2019. 2. Valentine V, Newswanger B, Prestrelski S, Andre AD, Garibaldi M. Human factors usability and validation studies of a glucagon autoinjector in a simulated severe hypoglycemia rescue situation. *Diabetes Technol Ther*. 2019;21(9):522-530. 3. Gvoke HypoPen [instructions for use]. Chicago, IL: Xeris Pharmaceuticals, Inc; 2019. 4. Christiansen M, Cummins M, Prestrelski S, Junaidi MK. A phase 3 comparison of a ready-to-use liquid glucagon rescue pen to glucagon emergency kit for the symptomatic relief of severe hypoglycemia. Poster presented at: WCTD 2018; December 3-4, 2018; Vienna, Austria.

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Important Facts about GVOKE HypoPen <sup>™</sup> and GVOKE <sup>™</sup> PFS (glucagon injection)			
Gvoke is used to:	Treat severe hypoglycemia in adults and kids with diabetes ages 2 years and above.		
You should use Gvoke if you:	<ul> <li>Are unconscious</li> <li>Are unable to eat sugar or a sugar-sweetened product</li> <li>Are having a seizure or</li> <li>Have consumed sugar or drinks that are high in sugar such as a regular soft drink (soda) or fruit juice and you do not get better</li> </ul>		
Do not use if you:	<ul> <li>Have a type of tumor called a pheochromocytoma or insulinoma</li> <li>Are allergic to glucagon or one of the inactive ingredients in Gvoke</li> </ul>		
Tell your healthcare provider if you take any of these medications:	<ul> <li>Beta-blockers, because they may temporarily make your heart beat faster and raise your blood pressure after you use Gvoke.</li> <li>Indomethacin, because it may prevent Gvoke from working or may make your blood sugar go down.</li> <li>Warfarin, because the blood thinning effect may increase when taken with Gvoke.</li> </ul>		
You should understand these warnings before you use:	<ul> <li>You may experience an allergic reaction with a rash. You may have trouble breathing and your blood pressure may drop. Call your healthcare provider right away if this happens.</li> <li>Gvoke may not work if you have not eaten for a long time, have adrenal gland problems, or have chronic low blood sugar.</li> </ul>		
Talk to your healthcare provider before you use Gvoke:	<ul> <li>To understand how to prevent severe low blood sugar</li> <li>To know the early symptoms of low blood sugar (including sweating, drowsiness, dizziness, palpitations, anxiety, tremors, blurred vision, hunger, slurred speech, or tingling in the hands, feet, lips, or tongue)</li> <li>If you have a type of tumor called a glucagonoma. Your healthcare provider will decide if Gvoke is right for you.</li> </ul>		
When using Gvoke you may have:	<ul> <li>Adults may experience nausea, vomiting, swelling at the injection site, or headache.</li> <li>Children and adolescents may experience nausea, vomiting, headache, high blood sugar, pain or redness at the injection site, itching, or stomach pain.</li> </ul>		
Before using Gvoke, you should:	Show your relatives, close friends or caregivers where you store the Gvoke and how to use it. They need to know how to use Gvoke before an emergency situation happens.		

The risk information provided here is not comprehensive. To learn more, talk with your healthcare provider or pharmacist. The FDA-approved product labeling can be found at www.GvokeGlucagon.com or 1-800-555-DRUG.

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### Friand For the sener

### Children with Diabetes® Friends for Life®





March 29, 2020 Virtual Conference cwd.is/indy2020

July 14-19, 2020 Virtual Conference cwd.is/orlando2020

**October 2-4, 2020** Fairview Park Marriott Falls Church, Virginia

**October 30 - November 1, 2020** T-1 Today UK Virtual Event









### www.childrenwithdiabe children with DIAB





### Better Together.

Children with Diabetes<sup>®</sup> was born 26 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<sup>®</sup> 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.

To learn more about Friends for Life<sup>®</sup> Conference dates and details, visit:

cwd.is/when



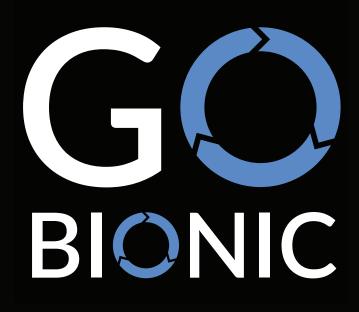
Children with Diabetes<sup>®</sup>

### Hey Friends For Life!

### Hope you are well!

### We miss you dearly

### Can't wait to see you





A Massachusetts Public Benefit Corporation

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### **Connected** for Life.



### There's nothing we can't accomplish when we're Connected for Life.

#### 71 Years of Camping

Since 1949, the American Diabetes Association has provided children living with diabetes a traditional camp experience in a medically-safe environment that fosters fun, independence, self-confidence and lifelong friendships.

#### **Imagine the Fun**

At ADA Imagine Camp, launched in June of 2020, we are bringing the magic of camp to kids living with T1D in the safety of their home for FREE!

#### What to Expect

Register for ADA Imagine Camp to join in activities, special guests, adventure learning, weekly challenges, and cabin friendships across the country. Session 2 begins July 13.

#### Learn More

diabetes.org/imaginecamp 1-800-DIABETES campsupport@diabetes.org

### Register Today: diabetes.org/imaginecamp

### CWD Staff



### 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 the first CWD event in June 2000, Laura has organized Friends for Life conferences, 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 faculty at Friends for Life conferences as time allows.



### 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.



### 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.



### David Jarcho

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



### 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 the older sister to Ethan, who was diagnosed with type 1 diabetes in 1998. Hannah and her family have been to all the Friends for Life Orlando conferences and many of the regionals. Hannah started in childcare at four years old and moved through all the youth programs. She graduated from Spalding University in Louisville Kentucky with a MBA in Health Science & Healthcare Management. Hannah considers FFL her extended family and always loves to meet new people to make new 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.



### Julia Mattingly

Julia Mattingly is proud mom of Hannah and Ethan, who was diagnosed with type 1 diabetes in July of 1998 at 10 months old and started pumping when he was three years old. Julia has attended 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."



### 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."



### 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. He also oversees the exhibit hall, from set-up to tear down and everything in between 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.



### CWD Staff



### 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!



#### Lisa Smith

Lisa Smith is the director of development for Children with Diabetes. She previously served as director of development for TCU in Fort Worth, Texas; Oklahoma State University Foundation in Stillwater, Oklahoma; the University of Tulsa in Tulsa, Oklahoma; The Ohio State University in Columbus, Ohio; and the I KNOW I CAN college access program in Columbus, Ohio. She holds a bachelor's degree in art history from Miami University, a master's degree in art education and a master's degree in art history, both from The Ohio State University, and began course work for her Ph.D. in art history at the Graduate School and University Center, CUNY in New York City. She was diagnosed with type 1 diabetes in 1986 and currently resides in Lexington, Kentucky.



### Kerri Sparling

Kerri Sparling has been living with type 1 diabetes since 1986, diagnosed at the age of seven. She manages her diabetes and lives her life by the mantra "Diabetes doesn't define me, but it helps explain me." Kerri is 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.



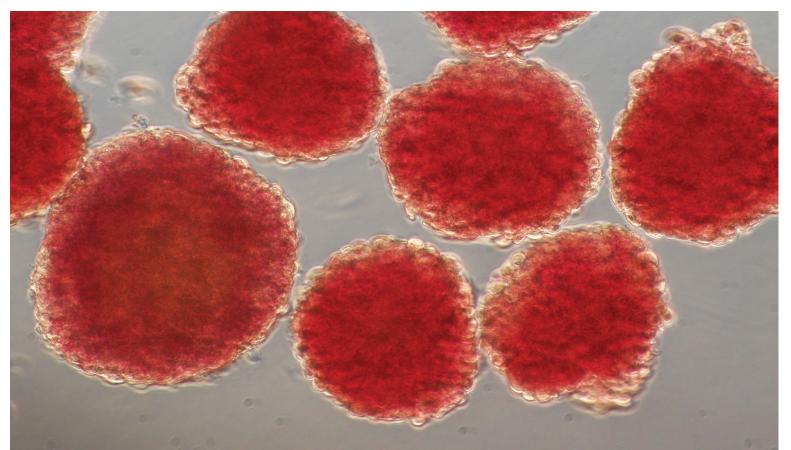
#### Joanne Stroud, MHA, FACHE

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. Joanne recently fulfilled a lifelong dream and became a Flight Attendant (yes, the timing was absolutely perfect). She and Jim, a CRNA, have one other son, Kyle who lives in Portland, with his wife Sarah.



### Marissa Town, BSN, RN, CDCES

**Marissa Town, BSN, RN, CDCES**, has had type 1 diabetes for 30 years and grew up as an attendee of the Children with Diabetes Friends for Life conferences since the beginning in the year 2000. She recognized early on that helping other families living with diabetes was what she wanted to devote her life to, so she became a nurse and a diabetes educator. Marissa has worked in a diabetes clinic, as a pump trainer, and most recently is working as a Clinical Research Manager at Stanford University on the artificial pancreas team as well as on other research studies. It has always been her goal to help the diabetes community to have a better quality of life overall while living with diabetes. Working with Children with Diabetes, diabetes camps, and in the diabetes field have allowed her to achieve this goal. Marissa also has two children, Connor, 6, and Everly, 3, who also enjoy coming to Friends for Life to share their experiences growing up with a mom with type 1 diabetes. Her husband Adam is also a nurse and their family enjoys game nights, camping, hiking, and traveling.



### Hope Isn't Quarantined.

While the pandemic has changed our lives, our critical work toward a cure for diabetes continues.

DRI scientists have been working remotely, analyzing data, writing research papers, and also going into the labs to continue critical experiments while using all the necessary safety precautions.

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

### **JOIN US...** Thursday, July 16 | 3:15 – 4:00 pm



#### VISIT OUR VIRTUAL DRI BOOTH: childrenwithdiabetes.com/conferences/virtual-friends-for-life-orlando-2020/dri-booth

Enjoy fun activities with your kids, like the #DRIsnackchallenge and Coloring for a Cure. Don't forget to bring your colored pencils, crayons, and creativity! Get the limited-time-only "Hope Isn't Quarantined" T-shirt. Learn more about our research toward a cure.



THE JDRF - BEYOND TYPE 1 ALLIANCE IS COMMITTED TO SERVING EVERYONE IMPACTED BY TYPE 1 DIABETES (T1D) BY PROVIDING EDUCATIONAL TOOLS AND RESOURCES THROUGH A VARIETY OF MEANINGFUL AND ENGAGING PROGRAMS FOR THE T1D COMMUNITY.

JDRF UNER UNER COURSE C

#### CHECK OUT ALL OF THE AWESOME OPPORTUNITIES SUPPORTED BY THE ALLIANCE AND FIND A NEW WAY TO



SafeSittings is a diabetes babysitting service designed to match responsible sitters who understand how to manage Type 1 diabetes with families looking for childcare. The SafeSittings database includes over 2,900 families and sitters from all around the US and continues to grow.



Over 40,000 people are diagnosed with Type 1 diabetes each year, many of whom are children. The JDRF Bag of Hope is a wonderful resource for newly diagnosed kids that provides educational tools, emotional support and valuable connections during the uncertain times that follow an initial diagnosis of T1D. Today, more than 65% of newly diagnosed children receive a Bag of Hope each year.



The Snail Mail Club is a pen pal program for kids, teens, and adults living with Type 1 diabetes around the world. There are members on every continent (except Antarctica!) and over 25% of members are internationally-based. The Snail Mail Club is a wonderful way to tap into the community and build purposeful connections that go beyond the page.



TypeOneNation Summits offer educational and networking opportunities for the T1D community - available virtually through 2020! Experts share the latest on breakthroughs in research, treatments, and the psychosocial side of T1D - offering something for everyone. Annually, Summits see 21,000 attendees at 54 events nationwide!

ONERUN

Type One Run is a grassroots movement with a mission to connect individuals with T1D around the world through a shared passion for running. Nearly 10,000 members strong and growing, this amazing community has active members from Mumbai to Chicago. Type One Run has seen continuous growth as a movement and remains dedicated to bringing support, community, and awareness for those affected by T1D.



Jesse Was Here provides resources, support, and tools for those navigating life after a Type 1 diabetes death. Created as a result of one mother's experience after the sudden loss of her 13-year-old son, Jesse, from Type 1 diabetes, this online community supports others experiencing that same loss. With stories to provide comfort, the chance to foster connections with others, and the opportunity to celebrate and honor lost loved ones, Jesse Was Here supports an especially unique and deserving community.

HEAD TO JDRF.ORG/BEYONDTYPE1 TO LEARN MORE ABOUT THE ABUNDANCE OF PROGRAMS SUPPORTED BY THE JDRF - BEYOND TYPE 1 ALLIANCE AND SEE HOW YOU CAN GET MORE INVOLVED IN THE T1D COMMUNITY.











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#### **OUR MISSION** is to make healthy

eating enjoyable and satisfying. So whether you're cutting out carbs for now...or forever,

Miracle Noodle's plant based noodles, rice and ready to eat meals are your way to make a change without the compromise! We are forever grateful for the privilege to serve you on your path to a healthy and well-balanced lifestyle.



miraclenoodle.com

twitter.com/miraclenoodle

Cooking Instructions:

Drain the water out of the

package, rinse the noodles in

facebook.com/miraclenoodle \$ 800.948.4205

### iracle Noodle Fettuccine Alfredo

- · 2 cups cauliflower florets (1 small/medium cauliflower) 1/2 tablespoon extra virgin
- olive oil 1 tablespoon minced garlic
   1 bag of coconut bacon (from 2 med/lg cloves)
- 1/2 cup unsweetened and unflavoured almond milk
- 1/4 cup nutritional yeast 3/4 Cup of Seasonal
- mushrooms 1/2 Cup of Cashews
- 1 red onion

 1 tablespoon fresh lemon juice

#### 1/2 teaspoon onion powder

- 1/4-1/2 teaspoon garlic powder
- · 3/4 teaspoon fine grain sea salt, or to taste 1/4-1/2 teaspoon pepper,
- to taste Miracle Noodles

#### cool water for 10-15 seconds (the Konjac Plant Aroma is normal and will go away fully in the next step). Put in boiling water for 2 minutes. Then dry the noodles by placing in a

#### non-oiled gan on medium heat until dry

- · Fresh parsley, for garnish

### Blend, Garnish & Enjoy!

### exican Black Beans & Miracle Rice

· Pinch of Himayla Pink Salt

Sauté Garlic & Pepper in olive • 2 Bags of Miracle Rice oil for 3 minutes, add beans. Add Miracle Rice. Then add Lime Juice, Red Onion & Cilantro, Salt to Taste, Serve with your favorite chip along

salsa

with fresh guacamole and

· 2 Cloves of Garlic • (2) 8oz Cans of Black Beans

• 1 Large Red Pepper

- 1/2/ Cup of Cilantro 1/4 Cup of Red Onion
- 1 Lime Juiced

Cooking Instructions:

Drain the water out of the package, rinse the noodles in cool water for 10-15 seconds (the Konjac Plant Aroma is normal and will go away fully in the next step). Put in boiling water for 2 minutes. Then dry the noodles by placing in a non-oiled pan on medium heat until dry. Then follow recipe instructions!

### Living The Healthy Life



NOODLES. **RICE AND READY TO** EAT MEALS

**Keto Friendly Keto Delicious** Diabetic Friendly

KETO

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### **Room Captains**



### 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.

### 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.



#### 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.



### 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.



### Helen Finegold

Helen Finegold attended her first Friends for Life conference in 2018, and has been coming back as a volunteer ever since. She lives and works in the San Francisco Bay Area with her husband Will (dx 2004). Helen looks forward to FFL each year to learn about new technologies and reconnect with friends new and old. Outside of working with Children with Diabetes<sup>®</sup>, Helen enjoys photography, travel, and spending time with her two cats.



### Parker Grand

**Parker Grand** is excited to be on the Friends for Life staff 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.





### 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.



### 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.



### 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."



### Jessica Johnson

**Jessica Johnson** is mom to 12 year old son, Nate (dx 10/18/16) and three daughters, Allie (9), Tatiana (22) and Misha (24). She first attended Friends for Life Orlando in 2018 and felt at home as soon as she stepped through the convention center doors and started hearing the familiar chimes of Dexcom alarms. Jessica is originally from Lancaster, PA, and now lives in the Orlando area. She currently works remotely in customer service and is happy to talk at length about travel, trip planning, and Disney!



### 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.



### Rachel Knight

Rachel Knight has music in her heart but no insulin production in her pancreas. Diagnosed at the age of 10, she never let diabetes stop her. She is currently a music teacher and musical theater director in Menlo Park, CA, and teaches children in Preschool through 5th grade. Most of Rachel's student's think she is part robot and get a kick out of spotting her robots (Omni, Riley, and Dex), asking where they are, and even trying to touch them. Rachel believes that her tendency to over pack is because of her diabetes. She likes to be over prepared and generally has glucose tabs, juice boxes, and overtapes on her person at any time. Rachel lives in the San Francisco Bay Area near her parents, sister, and two nephews. Rachel always looks forward to FFL events and can't wait to work with this years IT Staff.





### **Room Captains**



### 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.



### Lauren Lanning

**Lauren Lanning** is a mom, geek, and bike rider from Highlands Ranch, Colorado. She is a very proud mom of Monica, dx 8/96, and a PA student at Stanford, and Sarah, a chemical biomolecular engineer in Atlanta. Lauren became involved with CWD shortly after Monica 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 as leader of the MOFFLs and First Timers.



### Bonnie Martin

**Bonnie Martin** is mom to Sean, currently serving in the US Air Force and Sarah (dx'd in 2009), who is a 2020 graduate from the Nursing Program at Niagara University. 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 in 2018, 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 for a local school district.



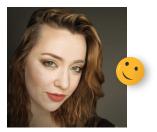
### Howard Martin

**Howard Martin** lives near Buffalo, NY, with his wife Bonnie and T1D daughter Sarah. Son Sean is currently serving in the US Air Force. After Sarah's diagnosis in 2009, Howard and family attended their first Friends for Life in 2010, and every one since. Howard recently started an IT consulting business after a 30-year banking career. Howard is excited to return to the IT team for this year's virtual conference.



### Will Nowak

Will Nowak attended his first Friends for Life event in 2018 and has been returning to volunteer with the IT Team ever since. He is interested in learning about new developments in diabetes technology and participating in clinical trials in that space. Will and his wife Helen live in the San Francisco Bay Area with their two cats. He works as a Site Reliability Engineer and outside of work enjoys rock climbing, travel, and searching for the best Fettuccine Alfredo. Will is looking forward to seeing everyone at the next conference!



### Hannah Opdenaker

Hannah Opdenaker was diagnosed with type 1 diabetes in February of 1999 and has been attending the Children With Diabetes Conferences since 2001. She is a stage actress with a focus in dance and contemporary theater and movement. After graduating with her Bachelor's degree in Theatre, she now teaches acting and manages a non-profit theater company in Old City, Philadelphia, PA. Hannah is so excited to be back on teen staff with her FFLs. The friends that she has made over the years at CWD truly are her friends for life.

### Room Captains



#### Matthew Pawlowski

**Matthew Pawlowski** was diagnosed with type 1 diabetes in 2002. He attends the University of Wisconsin – Green Bay, majoring in Business Administration with emphases in Supply Chain Management and Entrepreneurship. 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 this year.



### 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.



### Helen Rodenheiser, MEd

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."



### Deb Ruppert

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



### Martin Yaravitz

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

### See you next year in Orlando!



### Friends for Life<sup>®</sup> Orlando 2021

July 6-11, 2020

Disney's Coronado Springs Resort

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### Tidepool Loop is being designed by people with diabetes for people with diabetes.

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Tidepool Loop takes a look at your insulin, glucose, and entered carbs every five minutes to adjust your basal rate for the next 30 minutes in an attempt to reduce or avoid high and low blood glucose.

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