

What Type Am I?  
Fearless.



Isabella, Age 10  
Diagnosed  
August 28, 2012



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

July 6-11, 2021  
Disney's Coronado Springs Resort  
Orlando, Florida

#FFLOrlando21

# A Day With JC

Professional tennis player JC Aragone will share his story of being diagnosed with type 1 diabetes, and how he hopes to inspire others to continue pursuing their goals.

## JC's Schedule

Thursday, July 8

9:30-10:00

*Kiddie Kove*

11:00-12:00

*Teen Field Day*

1:30-2:30

*Elementary VIP session*

3:30-4:30

*Tweens in Sports Central*

**For more information  
please visit us at  
booth 405**

JC Aragone is a paid spokesperson for Novo Nordisk.

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## Welcome to Friends for Life® Orlando 2021



### Science.

How many of you cringe when you hear that word? Many will think back to high school chemistry and biology and physics and remember feeling anxious. Some will recall the fun of lab experiments. A lucky few found such passion as to make science their life's work and went on to change the world.

Science gives agency to hope. Hope is the desire for something. With science, we ask questions of our world and follow rigorous pathways to uncover the answers, giving us knowledge and a better tomorrow. Science fulfills the promise of hope.

It is science that delivered insulin, the sweet elixir of life that sustains our green braceleted Fiffles. It is science that allowed us to measure glucose in blood, giving us data to make more informed decisions. It is science that brought insulin into a pump to help us achieve our goals with precision. It is science that delivered medicines which protect us as we strive to care for ourselves.



Science is what allows us to meet here safely in Orlando in July of 2021, some eighteen months since the pandemic began. With vaccines come immunity, with immunity comes community, and with community comes the joy of being together here at Friends for Life. To the thousands of scientists who helped make this week possible, we will be forever grateful for bringing us back together.



And it will be science that brings us to a day when we can remove our green and orange bracelets and simply live a life free from type 1 diabetes. This is our collective hope; it is the promise of science.

Until that day comes, we here in Orlando in July of 2021 shall once again reach out and embrace the promise of Friends for Life.



Jeff Hitchcock

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



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Smart devices sold separately\*

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ZERO FINGERSTICKS‡

## dexcomG6

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\*For a list of compatible devices, visit [www.dexcom.com/compatibility](http://www.dexcom.com/compatibility).

†Separate Follow app required

‡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.

Brief Safety Statement: Failure to use the Dexcom G6 Continuous Glucose Monitoring System (G6) and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the G6 do not match symptoms, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

Dexcom and Dexcom G6 are registered trademarks of Dexcom, Inc. in the U.S., and may be registered in other countries

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Leeann R.,  
Dexcom Warrior  
with diabetes and  
her mom.



Welcome!

July 2021



Dear Families and Friends,

Smiles and hugs. That's what I missed most about the last year and a half.



Over the past 18 months, I've been so incredibly proud of how the CWD team stepped up in dozens of different ways to bring us all together. Virtual Friends for Life conferences. Screenside chats. Impromptu online get togethers. There's even a group called the MoFFLs (Moms of Friends for Life) who have been gathering online every other Monday evening for a beverage and Zoom catch-up. What has been missing, though, is being with each other in person. Zoom doesn't hold a candle to the real thing.

Last November, Jeff and I discussed what we should do about FFL Orlando 2021. The options for holding something in person looked pretty dismal, and we began planning for another virtual conference. Our amazing sponsors were behind us 100%—whatever we could do to bring FFL to families, they would support. We were disappointed, but started planning.

Then, December came, along with the appearance of COVID-19 vaccines. By January, February, and March, vaccines were more widely available to the public and we wondered if enough people would be vaccinated by summer to make an in-person event a possibility. In April, we brought a team of 50 FFL leaders and CWD Board members to Orlando. We met with Disney management to discuss how we could hold FFL in person in July. We talked about Disney's robust COVID-19 mitigation guidelines and how we could work with those in the context of our usual conference activities.



We determined we could do it. Some things would be different, but we could definitely do it.

**Game on!**



Since that April decision, we have been planning and modifying, again and again. As public health and Disney guidelines have changed, we've been able to reflect many of those changes in what you see and experience this week. Do we still need to be cautious? Yes, of course. Safety is paramount. Can we still be together, in person, under the same roof? Most definitely. We're on the road back, and we're so happy you're with us on the journey.

Friends for life,



Laura Billetdeaux

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





# Friends for Life® Orlando 2021

July 6-11, 2021

Disney's Coronado Springs Resort

Orlando, Florida



## 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 22nd annual Friends for Life (FFL) conference is back and in-person, taking place in Orlando, Florida! We plan to live stream and record several "main stage" sessions and have several virtual meeting rooms to connect with your far away FFL. Whether you plan to gather in person or online, you can join global leaders in research to learn, discuss, share, and have fun.

Discover kindred spirits, motivation, and support from near and far while you interact with other attendees and join educational sessions that will bring you up to speed on the latest in diabetes research and technology. Take this opportunity to make some new friends in person or online!

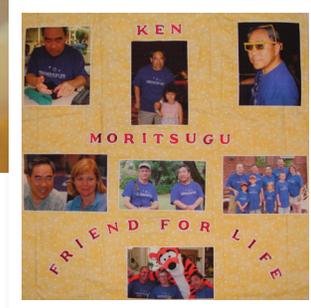
Visit the Lilly Diabetes virtual booth at <https://lilly-virtual.com/dbu/ffl> to learn more about our products and resources.

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

If you need help affording your Lilly insulin, please go directly to our [www.insulinaffordability.com](http://www.insulinaffordability.com)

[LillyDiabetes.com](http://LillyDiabetes.com)

# 😊 From Our Chairman



Welcome!



Dear Friends,

What a roller coaster ride we have been on for the past year! For all of us and our families, this has been a stressful time, working our way through the COVID-19 Pandemic. But thanks to everyone who has exercised social distancing, masking, and vaccination, we see light at the end of the tunnel!

This Friends For Life event in 2021 is a manifestation of our belief that we are emerging from this pandemic. Our first and foremost principle has always been the safety of staff and attendees. And to that end, earlier this year, we were resigned to having a virtual FFL 2021, once again. But then the dark skies parted, and we began to see a safe way forward, with a silver lining to the clouds. We have always known that Friends For Life is information, but that its real power is in the gathering of like minds with like concerns, for our children, our teens, and our adults with type 1 diabetes, and for their families and friends.

And so, in close partnership with the Disney organization, and in even closer alignment with national, state, and regional public health authorities, including the Centers for Disease Control and Prevention, we determined that we could and would hold Friends for Life 2021, to share the science and the camaraderie so much at the heart of our organization, without a loss of safety.

This Friends For Life will be like, and will also be unlike, previous gatherings. We will have plenary and break-out sessions, we will have our children and teen activities, we will break bread together, and we will celebrate with our exceptional Gala Dinner; and, of course, we will have ample opportunity to socialize with our old, as well as our new-found Friends For Life. Still, with our commitment to safety, you will see our subtle, and not so subtle public health interventions. Our children's activities will have fewer kids in each room; meals will be shared with assigned seating and fewer people at each table; our plenary sessions and breakouts will be in larger rooms to allow for social distancing; our traditional post-Gala dance party will return to the simplicity of a shared meal, filled with the excitement, the joy, and the friendship we have always enjoyed.

But with this emphasis on safety, we will still provide ample opportunities and venues to enjoy, and to meet, greet, and socialize – safely!

We believe that we can and will provide a Friends For Life, that will meet and exceed the pent up desire of our attendees – and staff – to engage their Friends For Life! And do it safely!

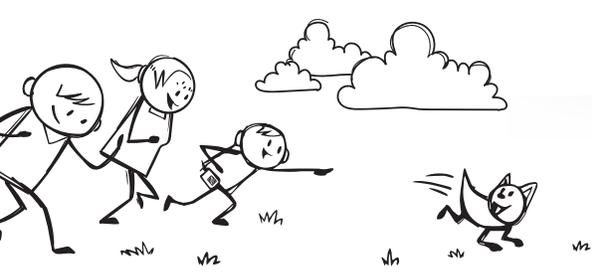
Enjoy yourselves at FFL 2021! This is only the beginning of the new normal, and the future of Friends For Life!



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

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





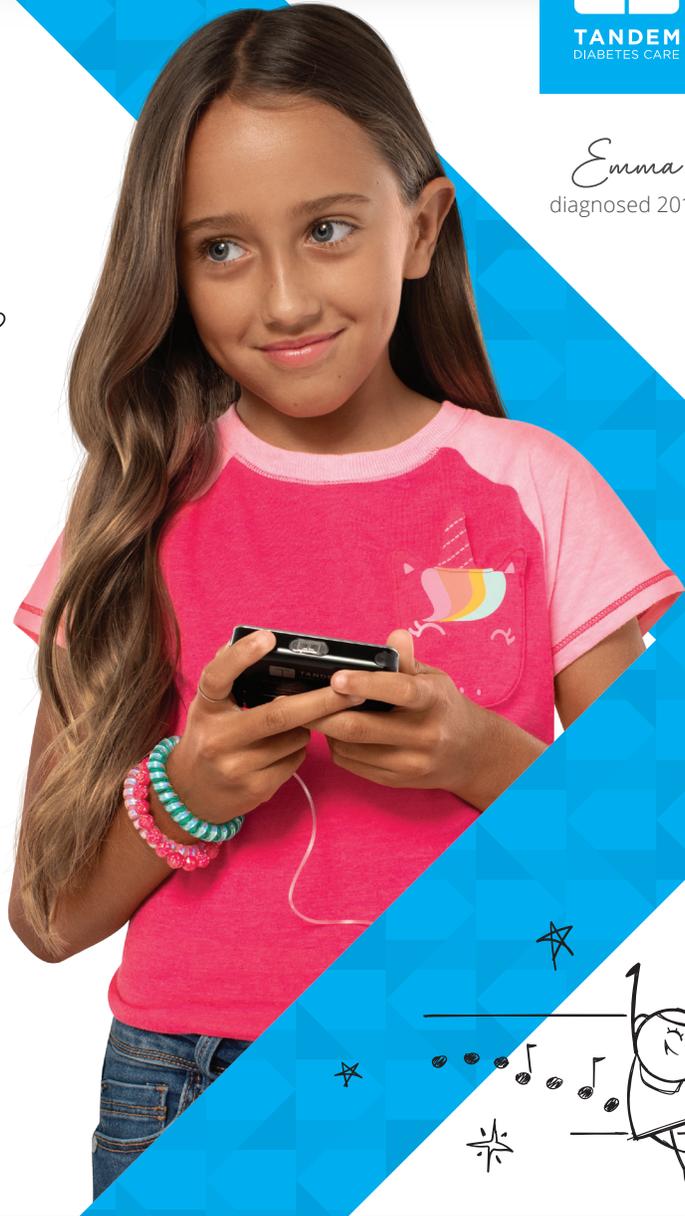
Emma  
diagnosed 2015

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**Important Safety Information: RX ONLY.** The t:slim X2 pump and Control-IQ technology are intended for single patient use. The t:slim X2 pump and Control-IQ technology are indicated for use with NovoLog or Humalog U-100 insulin. **t:slim X2 insulin pump:** The t:slim X2 insulin pump with interoperable technology is an alternate controller enabled (ACE) pump that is intended for the subcutaneous delivery of insulin, at set and variable rates, for the management of diabetes mellitus in people requiring insulin. The pump is able to reliably and securely communicate with compatible, digitally connected devices, including automated insulin dosing software, to receive, execute, and confirm commands from these devices. The t:slim X2 pump is indicated for use in individuals six years of age and greater. **Control-IQ technology:** Control-IQ technology is intended for use with a compatible integrated continuous glucose monitor (iCGM, sold separately) and ACE pump to automatically increase, decrease, and suspend delivery of basal insulin based on iCGM readings and predicted glucose values. It can also deliver correction boluses when the glucose value is predicted to exceed a predefined threshold. Control-IQ technology is intended for the management of Type 1 diabetes mellitus in persons six years of age and greater.

**WARNING:** Control-IQ technology should not be used by anyone under the age of six years old. It should also not be used in patients who require less than 10 units of insulin per day or who weigh less than 55 pounds.

Control-IQ technology is not indicated for use in pregnant women, people on dialysis, or critically ill patients. Do not use Control-IQ technology if using hydroxyurea. Users of the t:slim X2 pump and Control-IQ technology must: use the insulin pump, CGM, and all other system components in accordance with their respective instructions for use; test blood glucose levels as recommended by their healthcare provider; demonstrate adequate carb-counting skills; maintain sufficient diabetes self-care skills; see healthcare provider(s) regularly; and have adequate vision and/or hearing to recognize all functions of the pump, including alerts, alarms, and reminders. The t:slim X2 pump and the CGM transmitter and sensor must be removed before MRI, CT, or diathermy treatment. Visit [www.tandemdiabetes.com/safetyinfo](http://www.tandemdiabetes.com/safetyinfo) for additional important safety information.

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July 2021



Welcome to **Friends for Life® Orlando 2021!**



To say that I am excited for this year's Friends for Life is such an understatement. I am exuberant with joy that we get to meet together once again in our home-away-from-home, Friends for Life. A place where having diabetes is the norm, where laughs and cries are shared, and our cups of resilience are refilled.

Our world has changed, and our conference will be different, just like our worlds are different. But we will be there, together, after we all had to take a long pause to keep ourselves and each other safe.

We have all been through a tremendous amount of stress. We lived through a pandemic! This is something that most people alive today had not experienced until now. Navigating the unknowns, the drastic changes to our lives and all of our normal life stress on top of all of this has been exhausting – to put it mildly!

However, I am grateful for the pandemic in some ways. It put a spotlight on some of our societal issues that need to be addressed. It allowed people to have the courage to say enough with the inequities, we can do better. It has given me a renewed sense of determination to help more people and make use of my time on this Earth.

We have been given a fresh start in some ways. We have an opportunity to make sure EVERYONE - no matter their type of diabetes, relationship to diabetes, skin color, ethnicity, gender identity, and values – has a place in the diabetes community. We can help each other, as fellow people living with this condition that affects almost all aspects of our lives.

It is such a privilege to be a part of this amazing community and the CWD organization. Every day I try to help make life easier for my fellow PWD's and their families. Because sometimes when life gives you lemons, you make lemonade. Just make sure you know the carb count.

Thank you all for joining us, and I hope we can refill your cup so that it will last you until next July.

Cheers,



Marissa Town, BSN, RN, CDCES

Clinical Director  
**Children with Diabetes**  
[marissa@childrenwithdiabetes.com](mailto:marissa@childrenwithdiabetes.com)



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July 2021



Dear Friends,

Early last winter a MoFFL (Mom of Friends for Life) reached out to ask my thoughts on “if July would happen,” to which I sadly replied, “probably not.” Today, I am incredibly thankful to have been wrong. Does it look different? Yes. Does it feel different? A little. Is that magic that is Friends for Life still here? Absolutely. So, thank you—thank you for being here with us this week, for trusting us with your families, and for your support of CWD and the Friends for Life Conferences over the last 16 months. ★

Everyone knows the T1D community is strong and resilient; however, I could have never imagined the outpouring of support and community that we could develop outside of these hallways. In July 2020, we held our conference, virtually, with the largest number of attendees ever at a CWD event. Then, you supported our first major fundraiser—*Fall into Friends for Life!*—by raising nearly \$70,000 to make this conference possible. To say that it was moving is an understatement. To me, it was a commitment, a commitment to the future and for, eventually, being back together again.

When Laura and Jeff began the conversation of bringing a group down in April to explore the possibilities of being here this week, I was filled with joy. It was exciting that the support was here to make it happen, support from our generous sponsors, from our Board Members, and from you, the families who make FFL so incredibly special! ★

So, again, thank you. Thank you to our attendees and sponsors for being here, for sharing your lives with us, and for your support. This is only the beginning of what I envision as great things to come.

Your Friend for Life,



Matt Point, MS

Director of Advancement  
**Children with Diabetes**  
[matt@childrenwithdiabetes.com](mailto:matt@childrenwithdiabetes.com)



# 4 WAYS TO LEARN MORE ABOUT HOW MEDTRONIC HAS THE RIGHT SOLUTION AT THE RIGHT TIME

## 1 PRODUCT THEATER InPen™ Smart\* Insulin Pen: Data, Dosing and Decision-Support

Wednesday July 7, 11am – 12pm

Location: Coronado H

### OVERVIEW

For the first time those choosing to not wear a pump can have access to a smart multiple daily injection therapy tool – InPen™ offers half unit dosing, smart dose recommendations, BG/CGM data integration, basal reminders, temperature alerts and shareable insights to help make life with diabetes a little easier!

### SPEAKERS

Sean Saint, P.E. Founder of InPen™ and a Patient Panel

\*Smart insulin pens connect to a mobile app to provide dosing calculations, reminders and CGM system integration.

## 2 FOCUS GROUP\*\* Meet InPen™ Smart Insulin Pen. Insulin injection Therapy Just Got Smart.

Speaker: Sean Saint, P.E. Founder of InPen™

Wednesday July 7, 1:30 – 2:30pm

Location: Coronado DEF

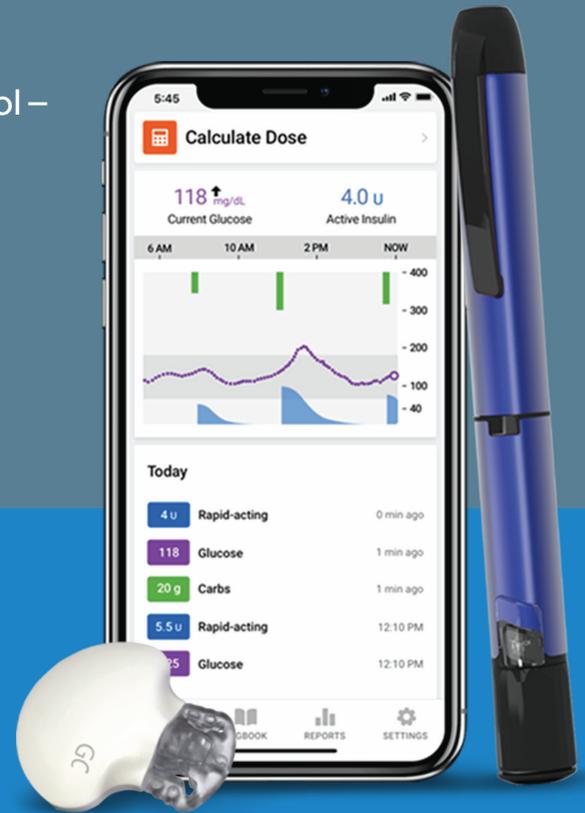
\*\*Registration required

## 3 FAMILY CARNIVAL NIGHT Sponsored by Medtronic

Saturday July 10, 7-9pm

Location: Porte-Cochere area outside the Veracruz Ballroom

## 4 T1D BALLOON CHALLENGE Stop by the Medtronic booth and take part in the T1D Balloon Challenge #T1DBalloonChallenge



#### IMPORTANT SAFETY INFORMATION FOR INPEN™ SMART INSULIN PEN

The InPen is a home-use reusable pen injector for single-patient use by people with diabetes under the supervision of an adult caregiver, or by a patient age 7 and older for the self-injection of a desired dose of insulin and for calculating an insulin dose or carbohydrate intake based on user entered data. A healthcare professional must assist in dosage programming of the device prior to use, based on various patient-specific criteria and targets. The InPen requires a prescription. For additional product and safety information, see User Guide and <http://bit.ly/InPenSafety>.



July 2021



Words matter. Their meaning, the way they sound when you read them out loud, the emotions they carry with them ... there's a lot of power found in our words.

Whether I am writing The Weekly Diabetes newsletter, or interviewing one of our Screenside Chat guests, or working with the core CWD team to share information about science, education, or community, I keep seeing the same kinds of words and turns-of-phrase: research; data; peer-reviewed science; peer support; education; community; solidarity; love; hope.

Since the beginning of the pandemic, a whole new host of words and phrases became part of my seasoned vernacular: unusual year, coronavirus, mask mandates, COVID protocols, and my personal (un)favorite, "unprecedented times." (I wrote it and deleted it hundreds of times. I wanted preceded times, darn it!)

Our team has taken the challenges presented by the pandemic and has really tried to make the most of these situations. Not able to connect in-person? Let's schedule monthly MoFFL meet-ups. Missing the high-caliber information you're used to from our conferences? We'll bring that info straight to you through our Screenside Chats series. We used to social media to stay connected while we followed the science to stay safest. We Zoomed in efforts to be in the same digital room. We did what we needed to do.

Things are very different today than they were a year ago. Thanks (very much) to COVID vaccine availability, our community is able to carefully and cautiously gather together once more. And while not every family is able to or comfortable with traveling just yet, we're taking steps forward as a community to reunite and forge ahead on this journey with diabetes.

And now we can begin to slowly, carefully, add some words we've been missing back into our repertoire: safety, science ... and hugs.

The CWD community, like the rest of the world, has been through a lot over the past year. We've been asked to take precautions and extra care to protect the vulnerable among us, and to make hard choices during difficult times. I'm grateful to every single one of you who has remained steadfast in your support of the diabetes community, to everyone who has taken a stand for what's right, to everyone who has thought past their own need and helped a friend.

The words "thank you" barely begin to cover it. But they're a start.



Kerri Sparling

Editorial Director  
PWD since 1986  
[kerri@childrenwithdiabetes.com](mailto:kerri@childrenwithdiabetes.com)



# FREE 30-DAY TRIAL\*

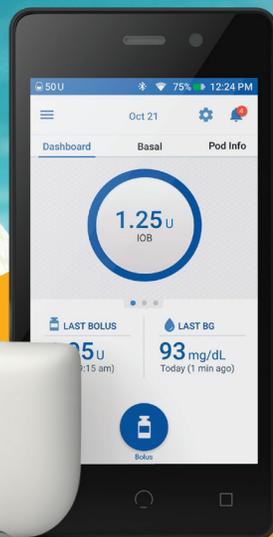
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## Noor Alramahi

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

Wednesday	11:00 - 12:00	Coronado K	Find Your Fiffles
Friday	9:00 - 10:00	Coronado CD	Parenting with Diabetes
Friday	11:00 - 12:00	Coronado CD	Unifying Differences: Converstations About Culture



## 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.

Wednesday	11:00 - 12:00	Coronado K	Find Your Fiffles
Friday	11:00 - 12:00	Coronado CD	Unifying Differences: Converstations About Culture



## Allison Bayer, PhD

**Allison Bayer, PhD**, is Research Assistant Professor in the Department of Microbiology and Immunology at the Diabetes Research Institute, University of Miami Miller School of Medicine. Her research focuses on understanding the basic immunobiology of regulatory T cells (Tregs) – immune cells that prevent the “attack cells” from destroying a person’s own tissues. Dr. Bayer is exploring novel therapies to prevent the rejection of transplanted insulin-producing cells – and to do so with less toxic, immunosuppressive drugs. She hopes that her work will help lead to the ultimate goal of achieving both self-tolerance and transplantation tolerance for the treatment of type 1 diabetes. At her special Friends for Life presentation, you will learn more about Dr. Bayer’s new clinical trial with a drug already approved by the FDA for treatment of multiple sclerosis that has shown remarkable promise to prevent and reverse diabetes. Don’t miss it!

Thursday	11:00 - 12:00	Coronado K	Biological Research Update: Seeking a Cure
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Denotes faculty member with diabetes



## Ed Damiano, PhD

**Edward Damiano, PhD**, is Professor of Biomedical Engineering at Boston University (BU) and President & CEO of Beta Bionics. Over the years, his lab at BU has been engaged in basic scientific research that combines aspects of fluid dynamics, solid mechanics, and intravital microscopy to study the biomechanics of the inner ear and blood flow in the microcirculation. In addition to his basic science research, he has also been committed to building a bionic pancreas for automatically controlling blood sugar levels in people with T1D. Ever since his 22-year-old son, David, was diagnosed with T1D in infancy, he has set his sights on creating a bi-hormonal (insulin and glucagon) bionic pancreas by building and integrating autonomous, intelligent systems into a purpose-built, wearable medical device. He and his engineering team at BU began conducting experiments testing an early prototype of their bionic pancreas running on a laptop computer in animal studies in 2005 and then progressed with clinical collaborators at the Massachusetts General Hospital (MGH) through in-patient clinical trials in adults and adolescents with T1D from 2008–2012. From 2013–2019, he and his team at BU, along with clinical collaborators at MGH and other academic research centers across the US, conducted over a dozen home-use clinical trials in adults and children with diabetes. With support from the T1D community, he and his engineering team at BU began building the first purpose-built, fully integrated, bi-hormonal bionic pancreas that did not rely upon third-party smartphone technology. They called their device the iLet bionic pancreas. By the end of 2015, the iLet and associated technology was licensed to Beta Bionics, Inc., a Massachusetts Public Benefit Corporation committed to commercializing the iLet. Three home-use clinical trials testing the iLet were conducted in 2018 and 2019. Through a collaborative effort between Damiano’s lab at BU, 18 clinical research centers across the US, and the Jaeb Center for Health Research, a 13-week pivotal clinical trial is underway that is testing the commercial version of the iLet in 440 adults and children with T1D. The goal is to use the clinical data from this pivotal trial to support a market application for the iLet to the US Food and Drug Administration.

Friday	11:00 - 12:00	Coronado H	iLet Update: The Bionic Pancreas
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## Cynthia M. Deitle, JD, LLM

**Cynthia M. Deitle, JD, LLM**, is the Director, Associate General Counsel for the Civil Rights team at Facebook. Prior to joining Facebook in 2021, Deitle was the Director of Civil Rights at the Matthew Shepard Foundation, a LGBTQ+ advocacy non-profit organization for four years. Deitle served as a Special Agent with the Federal Bureau of Investigation from 1995 - 2017. During her career with the FBI, she focused her efforts on investigating violations of federal civil rights laws including police brutality and misconduct, hate crimes, and human trafficking. Ms. Deitle earned her Bachelor of Arts degree from The Ohio State University, her Juris Doctor degree from New England Law Boston, and a Master of Laws degree from both the George Washington University National Law Center and the New York University School of Law. She is an attorney licensed to practice law in Tennessee, Florida, Massachusetts and the District of Columbia and is an Adjunct Professor at Roane State Community College in Harriman, TN. Ms. Deitle was featured in a 2011 episode of 60 Minutes dealing with an unsolved Civil Rights Cold Case, and she appeared in the first season of Investigation Discovery’s series, The Injustice Files. After her two year old son was diagnosed with type 1 diabetes in 2013, Ms. Deitle and her wife attended their first Children With Diabetes Friends for Life conference in Orlando. “The conference saved us. We found a community who embraced our family and not only gave us information about Type 1 diabetes and how to better manage the disease, but gave us the confidence that one day there will indeed be a cure. Until that day comes, we have Friends for Life.” Ms. Deitle joined the staff and faculty of FFL in 2017 to share her family’s journey and address the legal needs of young adults with Type 1 diabetes. Deitle and her family live in Knoxville, Tennessee.

Wednesday	11:00 - 12:00	Coronado K	Find Your Fiffles
Thursday	3:30 - 4:30	Coronado K	Raising Children with Diabetes
Friday	3:30 - 4:30	Coronado HJK	Closing Keynote: Why Advocacy Matters



# Made with humanity™



To our  
Friends For Life,

We all wish that we could be there in person this year, but we're incredibly excited to share our new branding with you instead.

You have been part of our journey from the very beginning, and we wanted to unveil everything to you first!

Thank you for your continued support, and we cannot wait to see you again soon!

All the best from our family to yours,

The Beta Bionics Team.





# Join us for Why Glucagon Is An Essential Tool In Your Diabetes Bag

Join us to hear real stories from Paloma Guerrero and Kenny Rodenheiser about when they needed to use Gvoke® (glucagon injection) and why they never leave home without it.

Also, Jessica Adkins, DNP, CNS, RN, CPNP-PC, BC-ADM will be on hand to provide insight and information about choosing the best glucagon option available to you.

**Wednesday, July 7 at 11:00 am**  
**Coronado Ballroom - J**

*Featuring the following speakers:*



**Paloma Guerrero**

Glitter Glucose, lifestyle influencer  
Living with Type 1 diabetes



**Kenny Rodenheiser**

BSN, CDCES  
Living with Type 1 Diabetes



**Jessica Adkins**

DNP, CNS, RN, CPNP-PC, BC-ADM  
Everyday Diabetes Center  
Savannah, GA



**Visit Booth #427 to learn more  
about Gvoke®**



## Phyllisa Deroze, PhD

**Phyllisa Deroze, PhD**, is a global diabetes patient advocate. She began blogging at DiagnosedNOTdefeated.com almost immediately after being diagnosed with type 2 diabetes in 2011. Last summer, however, she learned that she has type 1 diabetes and spent the past eight years misdiagnosed. In addition to her blog, she founded Black Diabetic Info; a website dedicated to increasing cultural-competent diabetes information. Phyllisa has graced the cover of Health Monitor magazine and been featured in Diabetic Living, Diabetes Focus, and others magazines and newsletters. Her passion for diabetes lifestyle advocacy can be seen in her YouTube vlogs, social media posts, in-person workshops, published essays, and keynote speeches that she has given in five countries. Her motto "Diagnosed Not Defeated," is an inspiration for anyone diagnosed with diabetes and takes on new meaning for her after being diagnosed with diabetes twice.

Friday	9:00 - 10:00	Coronado EF	One Size Does NOT Fit All: A Story of Misdiagnosis
Friday	11:00 - 12:00	Coronado CD	Unifying Differences: Conversations About Culture
Friday	3:30 - 4:30	Coronado HJK	Closing Keynote: Why Advocacy Matters
Saturday	9:00 - 10:00	Durango	Adults with Diabetes Meet Up



## 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.

Wednesday	1:30 - 2:30	Durango	Significant Others Meet Up
Saturday	9:00 - 10:00	Coronado J	Significant Others Meet Up



CWD families met for the first time at Orlando 2000

Friends for Life®  
Flashback  
2000





Denotes faculty member with diabetes



# The Conference Faculty



## Leigh Fickling, MEd, MS, JD

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

Wednesday	1:30 - 2:30	Coronado H	Moms Meet Up
Thursday	9:00 - 10:00	Coronado HJK	Opening Keynote: Telling Your Story
Thursday	3:30 - 4:30	Durango	Advocating for Yourself and Your Student
Friday	9:00 - 10:00	Durango	Taking Diabetes to School: K-12



## Dr. James Greening, MBBS, MRCPCH

Dr. James Greening, MBBS, MRCPCH, is the lead Children's diabetes consultant at Leicester Royal Infirmary in the UK. He is also the clinical lead for research for the Children's hospital in Leicester. He has looked after children with diabetes for 22 years working with colleagues. He trained at Great Ormond Street Hospital London and is now leading the academic and clinical unit at Leicester Royal Infirmary. It is a large unit and is very research active. It is from this standpoint that he and his team have developed the Deapp education program, combining their understanding of diabetes from both an academic and clinical point of view. James has lead the Deapp program over the last five years from its inception to now its successful launch in the UK, co-founding HEAL.med. He and his team are now excited to bring Deapp to the Friends for Life conference to share our experience.

Wednesday	3:30 - 4:30	Durango	Deapp - Putting the FUN into Learning
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## George Grunberger, MD, FACP, MACE

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

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

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

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

Thursday	1:30 - 2:30	Coronado J	Time in Range: Why is Everyone Talking About It?
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## Irl B. Hirsch, MD, MACP

**Irl B. Hirsch, MD, MACP**, received his medical degree from the University of Missouri School of Medicine in 1984. He completed residency training in internal medicine at the University of Miami, in Miami, Florida and Mount Sinai Hospital in Miami Beach, Florida and a research fellowship at Washington University School of Medicine in St. Louis.

From both a research and teaching point of view, Dr. Hirsch's career has focused on studying the best strategies for the use of insulin therapy in both type 1 and type 2 diabetes. More recently, he has become involved with artificial pancreas technology and better understanding on the limitations of diabetes biomarkers. With regards to patient care, most patients in his practice have type 1 diabetes or atypical forms of diabetes. Over the years, he has been a passionate advocate for patients ensuring access and affordability for glucose monitoring technology and in the past decade, insulin. Dr. Hirsch has authored more than 250 research papers, more than 60 editorials (including the New England Journal of Medicine and JAMA), and numerous book chapters in addition to six books for patients and physicians

Dr. Hirsch is the former chair of the Professional Practice Committee for the American Diabetes Association and has served as editor-in-chief of two ADA journals, "Clinical Diabetes" and "DOC News". He is an Associate Editor of "Diabetes Technology and Therapeutics" and has been on the editorial board of "Diabetes Care". In 2018 he was presented the Laureate Award, Outstanding Public Service award for the Endocrine Society He has also served as a member of the American Board of Internal Medicine.

Friday	9:00 - 10:00	Coronado K	Non-Insulin Medications for All Diabetes Types
Friday	1:30 - 2:30	Coronado J	HbA1c: The Good, the Bad, and the Ugly



## 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 a recent book entitled *Teens With Diabetes: A Clinician's Guide* (with authors Michael Harris, PhD and Jill Weissberg-Benchell, PhD, CDE). His research, clinical care, and service are fueled by his personal experience with type 1 diabetes. He was diagnosed as a young adult and has spent more than 18 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.

Thursday	11:30 - 12:30	Durango	Diabetes Can Be Complicated
Thursday	3:30 - 4:30	Coronado CD	Parenting Your Teen
Friday	9:00 - 10:00	Coronado H	Diabetes Distress and Burnout



DRI transplanted islets into a Teddy Bear

Friends for Life®  
Flashback  
2001





# The Conference Faculty



## George Huntley

**George Huntley** is a founding member of the Diabetes Leadership Council (DLC) and currently serves as the CEO of both the DLC and its affiliate, the Diabetes Patient Advocacy Coalition (DPAC). He has been living with type 1 diabetes since 1983 and has 3 other family members also living with type 1. A passionate advocate for people with diabetes, George served as the National Chair of the Board of the American Diabetes Association (ADA) in 2009. George is also the Chief Operating Officer and Chief Financial Officer of Theoris Group, Inc., an IT and engineering professional services firm based in Indianapolis, Indiana, where he has been the plan administrator of a self-insured, employer based health plan for over 20 years. In addition, George serves as the Treasurer of Children with Diabetes.

Wednesday	3:30 - 4:30	Coronado CD	DPAC Champions Information Reception
Thursday	1:30 - 2:30	Coronado H	Navigating Health Insurance in the US Healthcare System
Friday	3:30 - 4:30	Coronado HJK	Closing Keynote: Why Advocacy Matters



## 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.

Wednesday	9:00 - 10:00	Coronado JK	First Timers Orientation
Wednesday	11:00 - 12:00	Coronado K	Find Your Fiffles



## Jeffrey Karitis

**Jeffrey Karitis, CFP®, CEPA**, is a Senior Vice President Wealth Management and Portfolio Manager in New York City. He holds the CFP® (CERTIFIED FINANCIAL PLANNER™ professional) and CEPA (Certified Exit Planning Advisor) designations. He has been providing wealth management strategies for business owners, executives, and families since 1999. Jeff previously served as an analyst at Merrill Lynch Investment Banking, a Consultant for Merrill Lynch Alternative Investments, and a Special Assistant to the CFO & COO of a major children's book publisher and entertainment company. Jeff earned his Bachelor of Science degree in Finance and Marketing from University at Albany- State University of New York. Jeff, his wife Kimberly, daughter Madeline, son Max, and retired racing greyhounds Ginger, and Marshall live in Hudson Valley New York. He serves as Co-President of the JDRF Westchester/Fairfield/Hudson Valley chapter, on the Board of Directors of Temple Beth Jacob, and as the Chair of the Jewish Federation of Orange County Endowment Committee. Jeff's daughter Madeline was diagnosed with T1D in 2014 and they have been attending CWDFFL since 2016. He and his wife are passionate about improving the lives of people with diabetes and they support various local and global diabetes charities.

Wednesday	3:30 - 4:30	Coronado H	Dads Meet Up
Thursday	3:30 - 4:30	Coronado K	Raising Children with Diabetes





## Rayhan Lal, PhD, MD, MPH

**Rayhan Lal, PhD, MD, MPH**, is pediatric and adult endocrine faculty at Stanford. Rayhan grew up in the California bay area and always wanted to be an engineer. He has had type 1 diabetes for over 30 years. He studied electrical engineering and computer science at the University of California, Berkeley. His two younger sisters were enrolled in DPT-1, were found to be antibody positive, and developed type 1 diabetes. In an effort to help all his brothers and sisters with diabetes, Rayhan decided to switch career paths and 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 with the underserved at Los Angeles County Hospital. Rayhan then completed an adult and pediatric endocrine fellowship at Stanford. As an engineer and physician-scientist with diabetes, his primary research interest is the design, development, and testing of new diabetes technology and therapies with his mentor, Dr. Bruce Buckingham. Rayhan collaborates with many members of the Stanford Diabetes Research Center, industry and the open source diabetes community in an effort to bypass the biological, technological and human factor limitations of existing devices.

Thursday	11:00 - 12:00	Coronado H	Sick Days & Stress Days: Managing Highs, Lows, & Illness
Thursday	3:30 - 4:30	Coronado J	Technology Update: Closed Loop Systems, Apps, and More



## 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.

Wednesday	1:30 - 2:30	Coronado H	Moms Meet Up
Thursday	3:30 - 4:30	Coronado K	Raising Children with Diabetes



CWD's Traveling Rufus and Ruby bears made a stop

Friends for Life®  
Flashback  
2002



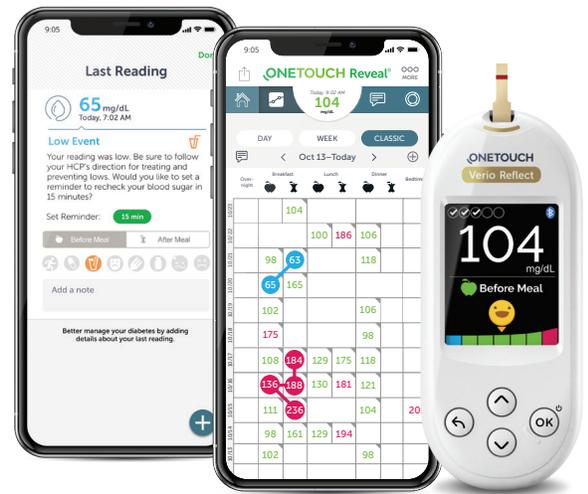


Denotes faculty member with diabetes



# Stay on track between doctors visits with the OneTouch Reveal® mobile app

- Colorful, easy to understand visuals and 14-day summaries highlight patterns to show you a bigger picture
- Share results with healthcare professionals via email and print reports to prepare for your next appointment
- Automatically sends notifications on your smartphone when a high or low blood sugar pattern is detected.
- Connects to the OneTouch Verio Reflect® meter for even more insights.



Come visit us at booth #235 to learn more.



## Sarah Lockwood-Lee

**Sarah Lockwood-Lee** is a Co-founder of HEAL.med and its Head of Operations and Education. Sarah has worked for the Children's hospital in Leicester for 24 years and works as a Deapp project Officer. She has been working closely with children, young adults and their families helping to deliver diabetes education in a fun and exciting way. She has been instrumental in the development of Deapp (diabetes education application) games and resources, providing training to health care professionals across the UK on the delivery of Deapp. Sarah is also the founder of the children's diabetes choir, the Highs & Lows. She has been running this for children who have or live with someone who has type 1 diabetes in her own time for the past eight years. In 2019 Sarah was awarded a Caring at its best award from the University Hospital of Leicester as well as winning the QIC (Quality in Care) award for Outstanding Educator in Diabetes.

Wednesday	3:30 - 4:30	Durango	Deapp - Putting the FUN into Learning
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## Maureen Monaghan, PhD, CDE

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

Friday	11:00 - 12:00	Coronado J	Top Tips from the Diabetes Team
Friday	1:30 - 2:30	Durango	Managing Conflict Around Diabetes Care



## Diana M. Naranjo, PhD

**Diana M. Naranjo, PhD**, is a 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.

Thursday	1:30 - 2:30	Coronado CD	Parenting Your Tween
Friday	9:00 - 10:00	Coronado H	Diabetes Distress and Burnout



Anja and Marie from Denmark finish the run

Friends for Life®  
Flashback  
2003



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(dasiglucagon) injection  
0.6 mg / 0.6 mL

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## Lee Paxman-Clarke

**Lee Paxman-Clarke** is a Senior Research Fellow at De Montfort University, with a background in design, product development, and higher education teaching. Lee gained a 1st class degree in BA Product Design at De Montfort University and also studied internationally at the Hochschule für Gestaltung (HfG) Schwäbisch Gmünd in Germany. Upon graduation he won the prestigious Royal Society of Arts Student Design Awards, additionally picking up the Petainer Award and was a winner in the ET Foundation Aluminum Extrusion Competition. The Design Council named Lee in a list of "Up and Coming" British designers as 'Ones to Watch' for the future. Lee co-founded HEAL.med CIC, a not-for-profit organization, with Sarah Lockwood-Lee and James Greening after working side-by-side with the team and helping to put the fun back into teaching with the Diabetes Education App.

Wednesday	3:30 - 4:30	Durango	Deapp - Putting the FUN into Learning
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## 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 late son had type 1 diabetes, both parents, and sister have all had diabetes during their lifetime. He has lost an uncle, grandfather and great grandmother to complications of diabetes. Stewart was diagnosed with type 2 diabetes in 1990. Since that time, he has been actively involved in the American Diabetes Association. Stewart was the Chairman of the National Board of Directors and Chair of the National Advocacy Committee for five years, He was Chair Bluegrass Chapter for a number of years and helped organize many of the fundraising events still in existence. He served as the Kentucky Affiliate Board of Vice-Chair and was Chair-Elect when it became a part of the Southern Region where he served as the Chair of the Southern Region. He also is a former member of the National Board of Directors. He is the State of Kentucky State Advocacy Chair for ADA. Stewart is a member of the Kentucky Diabetes Network and a founding member of the Fayette County Diabetes Collation. Stewart was appointed by two different Governors of Kentucky to the GET FIT KY Board and The Diabetes Research Trust Fund Board where he currently still serves. Stewart is one of the founders of the National Diabetes Volunteer Leadership Council and currently serves as an officer of that organization where he has been instrumental in passing Diabetes Action Plan legislation in 18 states over the past four years. Stewart serves on the board of Children with Diabetes.

Wednesday	3:30 - 4:30	Coronado CD	DPAC Champions Information Reception
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Thursday	1:30 - 2:30	Coronado H	Navigating Health Insurance in the US Healthcare System
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Hamish Richardson made didges for our sponsors

Friends for Life®  
Flashback  
2004



Denotes faculty member with diabetes



# Diabetes Research Institute

FOUNDATION

New look! Same **cure-focused** mission.



**Hey Fiffles! We're thrilled to be able to meet with you in person this year.** Check out our exhibit booth for DIY project ideas in the super cool world of virtual streaming and gaming. Learn about the exciting new discoveries at the DRI aimed at developing a biological cure for type 1 diabetes.

Hear from the DRI's Dr. Allison Bayer about a new clinical trial with a drug already approved by the FDA that has shown remarkable promise to prevent and reverse diabetes.

## Join us

Thursday, July 8 | Coronado K | 11 - 12pm

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



## Matt Point, MS

**Matthew (Matt) Point, MS**, serves as CWD's Director of Advancement. Matt is responsible for CWD's fundraising and development, working with our generous sponsors, and managing our conference scholarship program. In 2013, Matt attended his first CWD event – Friends for Life Orlando, to support his husband and CWD volunteer, Brian, who has lived with type 1 since his diagnosis in 2004 at the age of 15. Matt's favorite part of being involved with CWD & the Friends for Life Conferences is the connections he's made with his "Type 3 Friends" - significant others of people living with type 1. Matt joined the CWD team full-time in 2021.

Wednesday	9:00 - 10:00	Coronado CD	Friends for Life Feedback
Wednesday	1:30 - 2:30	Durango	Significant Others Meet Up
Thursday	3:30 - 4:30	Durango	Advocating for Yourself: Taking Diabetes to Campus
Saturday	9:00 - 10:00	Coronado J	Significant Others Meet Up



## Liz Robinson, MS, PA-C, CDCES

**Liz Robinson, MS, PA-C, CDCES**, is a physician assistant in southeastern Pennsylvania. She has specialized in high risk obstetrics and gynecology for over 20 years, with a strong focus on type 1 diabetes in pregnancy. Her interest in type 1 diabetes began when she met her husband, who was diagnosed as a teenager. Her passion was further fueled when her daughter was diagnosed with type 1 diabetes at the age of four. Liz takes great pride in using both her clinical skills and personal experience to help her patients achieve healthy, happy pregnancies.

Friday	9:00 - 10:00	Durango	Taking Diabetes to School: K-12
Friday	1:30 - 2:30	Coronado EF	Pregnancy and Diabetes



Dr. Marco Songini brought a group from Itlay

Friends for Life®  
**Flashback**  
**2005**



Denotes faculty member with diabetes

# Looking for a Partner in Managing Your Child's Diabetes?

## Team up with a Certified Diabetes Care & Education Specialist (CDCES)

A Certified Diabetes Care and Education Specialist (CDCES) is a health professional who has a comprehensive knowledge of and experience in diabetes prevention, prediabetes, and diabetes management. A CDCES will partner with your family regarding diabetes throughout your child's life.



With a CDCES on your team, your family can learn how to effectively manage and improve your child's health.

### How Does My Family Find a CDCES?

Ask your primary care provider or specialist for a referral to a CDCES or locate a CDCES near you through the **Find a CDCES Directory at [www.cbdce.org](http://www.cbdce.org)**

CDCESs represent a range of professions including registered and advanced practice nurses, registered dietitian nutritionists, pharmacists, physicians, PAs, and other qualifying backgrounds. To earn the CDCES credential, a diabetes care and education specialist must go through a rigorous process, including passing an examination that covers numerous aspects related to managing diabetes, not just one area.

### Why Should My Family See a CDCES?

Diabetes impacts a child at home and school and affects many areas of life. Successful self-management involves knowledge across a broad range of topics including healthy eating, taking medication, monitoring, being active, problem solving and reducing risk. It's difficult for your child and family members to gain all that knowledge alone.



**Learn more!**

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

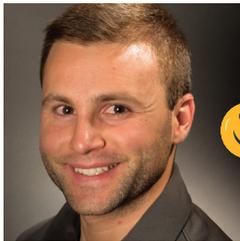


**Please note:** The Certified Diabetes Care and Education Specialist (CDCES) certification was formerly known as the Certified Diabetes Educator (CDE) certification.



The program is accredited by the National Commission for Certifying Agencies (NCCA).





## Kenny Rodenheiser, BSN, RN, CDCES

**Kenny Rodenheiser, BSN, RN, CDCES**, 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	9:00 - 10:00	Coronado CD	Friends for Life Feedback
Wednesday	11:00 - 12:00	Coronado J	Xeris Pharmaceuticals Product Theater
Thursday	11:00 - 12:00	Durango	Exercise and Diabetes
Friday	9:00 - 10:00	Coronado CD	Parenting with Diabetes
Friday	1:30 - 2:30	Coronado H	Succeeding with Diabetes on a Budget



## Henry Rodriguez, MD

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

Wednesday	11:00 - 12:00	Coronado CD	Grandparent Guidelines
Wednesday	1:30 - 2:30	Coronado CD	Managing Technology for Grandparents
Thursday	11:00 - 12:00	Coronado J	Beginning Your Journey with Diabetes
Thursday	1:30 - 2:30	Coronado EF	Managing Sleepovers and Emergencies for Grandparents
Thursday	3:30 - 4:30	Coronado EF	Grandparents Common Fears Discussion
Friday	11:00 - 12:00	Coronado J	Top Tips from the Diabetes Team



Former NBA player Chris Dudley joined us

Friends for Life®  
Flashback  
2006





Denotes faculty member with diabetes



# 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 and 45 with a sibling, child or parent with type 1 diabetes.*

• • • or • • •



*Anyone between the ages of 2.5 and 20 with a sibling, child, parent, cousin, uncle, aunt, niece, nephew, grandparent or half-sibling with type 1 diabetes.*

TrialNet screening is available at this event, but if you can't make it, we can schedule and appointment or mail a test kit to you. For more information, contact Jennifer Hosford at University of Florida phone at **352.294.5759** or email [jennifer.hosford@peds.ufl.edu](mailto:jennifer.hosford@peds.ufl.edu)

### Event Details

Visit the TrialNet Booth in the Friends for Life Exhibit Hall July 6-9 to get screened!

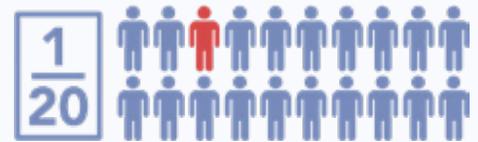
Sign the consent form ahead of time



Attending virtually? Visit [www.trialnet.org](http://www.trialnet.org) to request a free test kit.

### 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%.



## Janet Rodriguez, BSN, RN, CDE

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

Wednesday	11:00 - 12:00	Coronado CD	Grandparent Guidelines
Wednesday	1:30 - 2:30	Coronado CD	Managing Technology for Grandparents
Thursday	1:30 - 2:30	Coronado EF	Managing Sleepovers and Emergencies for Grandparents
Thursday	3:30 - 4:30	Coronado EF	Grandparents Common Fears Discussion
Friday	11:00 - 12:00	Durango	Skin Care: Scar Tissue, Rashes, Adhesives, and More



## Nicole M. Rosenke, PharmD

**Nicole M. Rosenke, PharmD**, is an experienced pharmacist who received her PharmD in 2006 from the University of Florida. She holds a Bachelors in Micro and Molecular Biology from University of Central Florida. She has worked in leadership, patient centric, and operational roles across industry and chronic care management. She is currently working as a Medical Science Liaison at Abbott Diabetes Care, where she is invigorated to bring CGM to life for both traditional and non-traditional health care professionals who can educate the masses. She enjoys traveling with her husband of 20 years and her two children, Sadie and Matthew.

Wednesday	3:30 - 4:30	Yucatan	Overview of the FreeStyle Libre 2 System
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## Desmond Schatz, MD

**Desmond Schatz, MD**, is Professor and Associate Chairman of Pediatrics, Medical Director of the Diabetes Center and Director of the GCRC at the University of Florida, Gainesville. He has been involved in type 1 diabetes research since the mid 1980s and has published over 200 manuscripts, the majority related to the prediction, natural history, genetics, immunopathogenesis and prevention of the disease. He is the Principal Investigator (PI) on several JDRF and NIH awards. He is PI on JDRF funded studies aimed at reversing Type 1 diabetes using autologous stem cells (cord blood). He serves as co-PI on a Program Project Grant looking at the immunopathogenesis of Type 1 diabetes, and also serves as co-PI for the NIH-funded international newborn genetic screening (TEDDY) program. Dr. Schatz serves on the external advisory board for the NIH- and CDC-funded SEARCH study and the TODAY study in youth with type 2 diabetes and on the JDRF-funded Australian INIT II studies. He was awarded the Mary Tyler Moore and S Robert Levine JDRF Excellence in Clinical Research Award together with his colleagues, Mark Atkinson and Mike Haller as well as the 2009 Cure Award from the American Diabetes Association.

Thursday	1:30 - 2:30	Coronado K	Prevention Research Update: Where Do We Stand?
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Louis from Australia joined days after his diagnosis

Friends for Life®  
Flashback  
2007



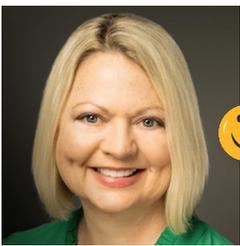
# The Conference Faculty



## Gary Scheiner, MS, CDCES

**Gary Scheiner, MS, CDCES**, 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 20 years, and served as the 2014 Diabetes Educator of the Year. He has had type 1 diabetes for 30 years and makes personal use of insulin pump therapy and CGM. Gary has written dozens of articles for diabetes trade publications and six books, including the popular *Think Like A Pancreas - A Practical Guide to Managing Diabetes With Insulin*. He lectures nationally and internationally for people with diabetes as well as professionals in the healthcare industry. In addition to serving on the faculty of Children With Diabetes and the Board of Directors for JDRF, Gary volunteers for the American Diabetes Association, Diabetes Sisters, and Setebaid Diabetes Camps. Gary has been happily married for 25 years and has four wonderful kids. A fitness fanatic, he enjoys playing basketball, running, cycling and cheering on his Philadelphia sports teams.

Thursday	11:00 - 12:00	Durango	Diabetes and Exercise
Thursday	3:30 - 4:30	Coronado H	Identifying Glucose Patterns
Friday	11:00 - 12:00	Coronado K	Closed Loop Options
Friday	1:30 - 2:30	Coronado K	Maximizing Your Automated Insulin Delivery System



## Eleni Sheehan, ARNP, FNP-BD, CDCES

**Eleni Sheehan, ARNP, FNP-BC, CDCES**, has been caring for patients with diabetes in the UF Health endocrinology outpatient clinics for more than six years, in both the pediatric and adult endocrinology divisions. She previously served as research coordinator for the T1D Exchange, the Pediatric Diabetes Consortium, and TEDDY studies. She received her MS in Nursing degree from UF, her BS in Nursing from UF, and holds a Master of Arts degree in communication from the University of South Florida. Eleni left a successful career in marketing and development to pursue her passion: caring for people with diabetes. Diagnosed with type 1 diabetes when she was nine years old, Eleni brings a uniquely compassionate perspective to patient care. She has served on the JDRF North Florida board of directors, volunteer advisor to the UF Students with Diabetes, and volunteer RN for the Florida Diabetes Camp.

Friday	11:00 - 12:00	Coronado J	Top Tips from the Diabetes Team
Friday	1:30 - 2:30	Coronado H	Succeeding with Diabetes on a Budget



## Cherise Shockley

**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.

Wednesday	11:00 - 12:00	Coronado K	Find Your Fiffles
Thursday	9:00 - 10:00	Coronado HJK	Opening Keynote: Telling Your Story
Thursday	11:00 - 12:00	Coronado CD	Unifying Differences: Conversations About Culture
Friday	3:30 - 4:30	Coronado HJK	Closing Keynote: Why Advocacy Matters



## Stacey Simms

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

Friday	11:00 - 12:00	Coronado CD	Reframe Your Diabetes Parent Brain
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## Laura Smith, PhD, CDCES

**Laura Smith, PhD, CDCES**, 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.

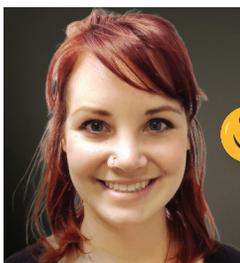
Thursday	11:00 - 12:00	Coronado CD	Parenting Younger Children with Diabetes
Thursday	3:30 - 4:30	Coronado EF	Grandparents Common Fears Discussion
Friday	1:30 - 2:30	Coronado CD	Manging Fear of Low Blood Sugars



## Ben Szirth, PhD

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

Friday	9:00 - 10:00	Coronado J	Diabetes and Eye Health
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## Heather Walker, PhD

**Heather R. Walker, PhD**, is a social scientist at the University of Utah Health. She earned her PhD in Disability Studies at the University of Illinois at Chicago. She uses a combination of qualitative and quantitative methodologies to unpack social and political underpinnings of diabetes in the United States. Walker's research of diabetes has been featured in journals such as *Qualitative Health Research*, the *Journal of Medical Internet Research Diabetes (JMIR Diabetes)*, *Journal of Diabetes Science and Technology (JDST)*, *The Diabetes Educator*, and *The Association of Diabetes Care and Education Specialists Perspectives in Practice Journal*. She is the co-editor of a collected volume of essays examining representation of diabetes in cultural, social, and political settings that will be published in Fall 2021.

Thursday	11:00 - 12:00	Coronado EF	Diabetes Identity
Friday	9:00 - 10:00	Coronado CD	Parenting with Diabetes
Saturday	9:00 - 10:00	Durango	Adults with Diabetes Meet Up



Sebastien Sasseville shared his Everest gear

Friends for Life®  
Flashback  
2008



Denotes faculty member with diabetes



# Diamond Sponsors



*Lilly*

DIABETES

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

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

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



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





# Gold Sponsors



# Abbott



**Abbott**, a global health care company, 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 is pleased to be a sponsor of the Friends for Life® Orlando conference. For more information, visit [www.abbottdiabetescare.com](http://www.abbottdiabetescare.com).



# Dexcom

## CONTINUOUS GLUCOSE MONITORING



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

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

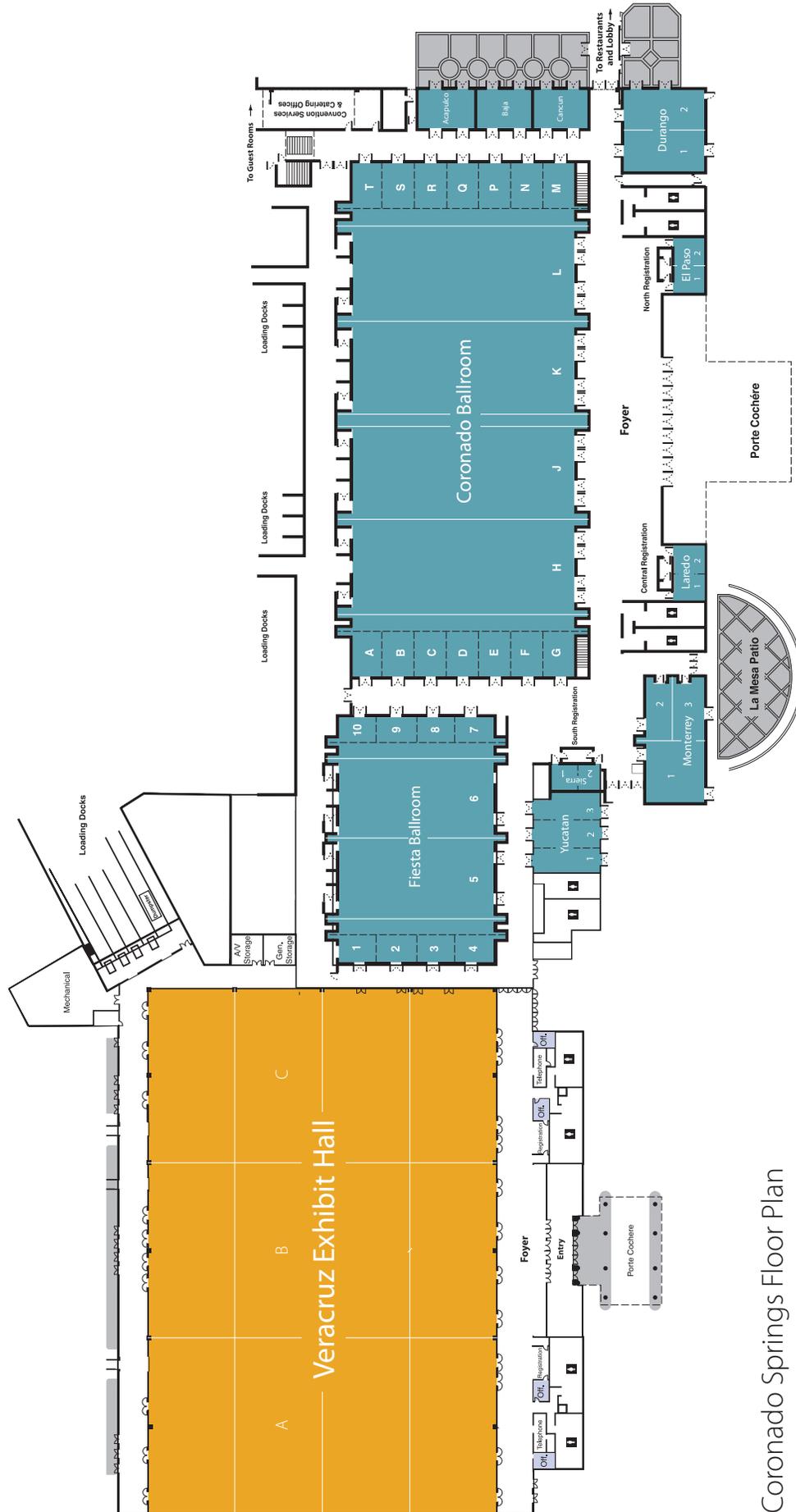


**Insulet Corporation** (NASDAQ:PODD), headquartered in Massachusetts, is an innovative medical device company dedicated to making the lives of people with diabetes and other conditions easier through the use of its Omnipod® product platform. The Omnipod® Insulin Management System provides a unique alternative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



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

# Map of the Convention Center



Coronado Springs Floor Plan



## Program for Tuesday, July 6, 2021

North Registration	Central Registration	Veracruz North Registration	Veracruz South Registration	Cancun
<b>Attendee Registration Last Names Beginning A-M</b>  10:00 am - 4:00 pm  Wednesday and Thursday 7:30 am - 9:00 pm  Friday 7:30 am - 12:00 pm	<b>Attendee Registration Last Names Beginning N-Z</b>  10:00 am - 4:00 pm  Wednesday 7:30 am - 9:00 pm  Moves to North Registration on Thursday	<b>Attendee T-Shirt Pickup</b>  10:00 am - 4:00 pm  Through Wednesday 9:00 pm	<b>Sponsor &amp; Exhibitor Registration</b>  9:00 am - 4:00 pm  Through Wednesday Afternoon	<b>TrialNet Screening</b>  9:00 am - 4:30 pm  Walk-Ins Welcome Pre-Registration Not Required  Screening Continues Wednesday Through Friday

## Attendee Registration Hours — North Registration

Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
10:00 am - 4:00 pm Last Names A-M Only	7:30 am - 9:00 pm Last Names A-M Only	7:30 am - 9:00 pm All Attendees	8:00 am - 12:00 pm All Attendees	Closed

## Sports Central Programming — Veracruz B

Tuesday	Wednesday	Thursday	Friday	Saturday
Elementary Open Gym 12:00 - 1:00 pm  Tween Open Gym 1:00 - 2:00 pm  Teen Open Gym 2:00 - 3:00 pm	Tween Program 11:00 am - 12:00 pm  Teen Open Gym 5:00 - 6:00 pm	Teen Program 11:00 am - 12:00 pm	Tween Open Gym 5:00 - 6:00 pm	Elementary Open Gym 9:00 - 10:00 am

## Exhibit Hall Hours

Tuesday	Wednesday	Thursday	Friday	Saturday
Set Up Only	6:00 pm - 9:00 pm	8:00 am - 4:00 pm	8:00 am - 4:00 pm	Closed



George Canyon played at the banquet

Friends for Life®  
**Flashback**  
**2009**



# Program of Events and Sessions

Program for Wednesday, July 7, 2021				
Time	Coronado AB	Coronado CD	Coronado EF	Yucatan
7:00 - 9:00	Breakfast On Your Own			
9:00 - 10:00	<b>LifeScan Focus Group</b> ShareCare with LifeScan: Best Practices in CGM optimization  Moderated by Korey Hood, PhD	<b>Friends for Life Feedback</b> Kenny Rodenheiser, BSN, RN, CDCES and Matt Point, MS	<b>Diabeloop Focus Group</b> Personal Preferences for Diabetes Management	
10:00 - 11:00	Break On Your Own			
11:00 - 12:00	<b>Tandem Diabetes Care Focus Group</b>	<b>Grandparent Guidelines</b> Henry Rodriguez, MD and Janet Rodriguez, BSN, RN, CDCES	<b>Dexcom Focus Group</b> Next Generation Dexcom Follow App Feedback	<b>Omnipod Caregiver Focus Group</b>
12:00 - 1:30	Lunch Break On Your Own			
1:30 - 2:30	<b>Tandem Diabetes Care Focus Group</b>	<b>Managing Technology for Grandparents</b> Henry Rodriguez, MD and Janet Rodriguez, BSN, RN, CDCES	<b>Medtronic Diabetes Focus Group</b>	
2:30 - 3:30	Break On Your Own			
3:30 - 4:30	<b>Tandem Diabetes Care Focus Group</b>	<b>DPAC Champions Information Reception</b> Stewart Perry and George Huntley	<b>Dexcom Focus Group</b> Next Generation Dexcom Follow App Feedback	<b>Abbott Diabetes Care Product Theater: Overview of the FreeStyle Libre 2 System</b> Nicole Rosenke, PharmD
6:00 - 9:00	<p>Grand Opening of the Exhibition Hall in Veracruz A            Suggested Meal Timing (See Group on Your Name Badge):            Group A: 6:00 - 6:20 — Group B: 6:20 - 6:40 — Group C: 6:40 - 7:00</p> <p>Buffets in Fiesta Ballroom            Seating in Veracruz C and Porte Cochere</p> <p>Sponsored by Tandem Diabetes Care</p>			



Program for Wednesday, July 7, 2021				
Time	Durango	Coronado H	Coronado J	Coronado K
7:00 - 9:00	Breakfast On Your Own			
9:00 - 10:00			<b>First Timers Orientation</b> FFL First Timers Team	
10:00 - 11:00	Break On Your Own			
11:00 - 12:00	<b>Provention Bio Focus Group</b> T1D Screening: A Roadmap to a New T1D future	<b>Medtronic Diabetes Product Theater</b>	<b>Xeris Pharmaceuticals Product Theater</b> Why Glucagon is an Essential Tool in Your Diabetes Bag Kenny Rodenheiser, BSN, RN, CDCES	<b>Find Your Fiffles</b> Cherise Shockley, Noor Al Ramahi, Matt Point, MS, Kyle Banks, Marie Jarcho, and Cynthia Deitle, JD
12:00 - 1:30	Lunch Break On Your Own			
1:30 - 2:30	<b>Significant Others Meet Up</b> Liz Dodson and Matt Point, MS	<b>Moms Meet Up</b> Leigh Fickling, MEd, MS, JD and Lauren Lanning		<b>Lilly Diabetes Product Theater</b>
2:30 - 3:30	Coffee Break On Your Own			
3:30 - 4:30	<b>Deapp: Putting the FUN into Learning</b> Sarah Lockwood-Lee, Lee Paxman-Clarke, and Dr. James Greening	<b>Dads Meet Up</b> Jeff Karitis	<b>DRIF Focus Group</b> The Cure for Diabetes is ABOUT YOU	
6:00 - 9:00	Grand Opening of the Exhibition Hall in Veracruz A Suggested Meal Timing (See Group on Your Name Badge): Group A: 6:00 - 6:20 — Group B: 6:20 - 6:40 — Group C: 6:40 - 7:00  Buffets in Fiesta Ballroom Seating in Veracruz C and Porte Cochere  Sponsored by Tandem Diabetes Care			



# Program of Events and Sessions

Program for Thursday, July 8, 2021			
Time	Coronado CD	Coronado EF	Durango
8:00 - 9:00	<p><b>Keynote Breakfast</b>            Pick up your boxed breakfast in the Coronado Foyer. Tickets Required for Meal Pick Up.            Seating in Veracruz C and Porte-Cochere</p> <p>Sponsored by Lilly Diabetes</p>		
9:00 - 10:00			
10:00 - 11:00	<p>Break in Veracruz Foyer — Visit Exhibits in Veracruz A</p>		
11:00 - 12:00	<p><b>Parenting Younger Children</b>            Laura Smith, PhD</p>	<p><b>Diabetes Identity</b>            Heather Walker, PhD</p>	<p><b>Exercise and Diabetes</b>            Gary Scheiner, MS, CDCES and            Kenny Rodenheiser, BSN, RN, CDCES</p>
12:00 - 1:30	<p>Grab-and-Go Lunch in Veracruz Foyer with Seating in Veracruz C and Porte-Cochere— Visit Exhibits in Veracruz A            Tickets Required for Meal Pick Up</p>		
1:30 - 2:30	<p><b>Parenting Your Tween</b>            Diana Naranjo, PhD</p>	<p><b>Mastering Sleepovers and            Emergencies for Grandparents</b>            Henry Rodriguez, MD and            Janet Rodriguez, BSN, RN, CDCES</p>	<p><b>Diabetes Can Be Complicated</b>            Korey Hood, PhD</p>
2:30 - 3:30	<p>Break in Veracruz Foyer — Visit Exhibits in Veracruz A</p>		
3:30 - 4:30	<p><b>Parenting Your Teen</b>            Korey Hood, PhD</p>	<p><b>Grandparent            Common Fears Discussion</b>            Henry Rodriguez, MD,            Laura Smith, PhD, and            Janet Rodriguez, BSN, RN, CDCES</p>	<p><b>Advocating for Yourself            and Your Student:            Taking Diabetes to Campus</b>            Leigh Fickling, MEd, MS, JD            and Matt Point, MS</p>
6:00 - 8:30	<p><b>Family and Friends Banquet</b></p> <p>Suggested Meal Timing (See Group on your name badge):            Group A: 6:00 - 6:20 — Group B: 6:20 - 6:40 — Group C: 6:40 - 7:00            Buffets in Fiesta Ballroom            Seating in Veracruz C and Porte Cochere</p> <p>Sponsored by Novo Nordisk</p>		



## Program for Thursday, July 8, 2021

Time	Coronado H	Coronado J	Coronado K
8:00 - 9:00	<p><b>Keynote Breakfast</b>                      Pick up your boxed breakfast in the Coronado Foyer. Tickets Required for Meal Pick Up.                      Seating in Veracruz C and Porte-Cochere</p> <p>Sponsored by Lilly Diabetes</p>		
9:00 - 10:00	<p><b>Richard Rubin Memorial Opening Keynote</b>  <b>Telling Your Story: How to Get Your Voice Heard</b>                      Cherise Shockley and Leigh Fickling, MEd, MS, JD</p> <p>Sponsored by Lilly Diabetes</p>		
10:00 - 11:00	<p>Break in Veracruz Foyer — Visit Exhibits in Veracruz A</p>		
11:00 - 12:00	<p><b>Sick Days and Stress Days:                      Managing Highs, Lows, and Illness</b>                      Rayhan Lal, PhD, MD</p>	<p><b>Beginning Your Journey                      With Diabetes</b>                      Henry Rodriguez, MD</p>	<p><b>Biological Research Update:                      Seeking a Cure</b>                      Allison Bayer, PhD</p>
12:00 - 1:30	<p>Grab-and-Go Lunch with Seating in Veracruz C and Porte-Cochere — Visit Exhibits in Veracruz A                      Tickets Required for Meal Pick Up</p>		
1:30 - 2:30	<p><b>Navigating Health Insurance                      in the US Healthcare System</b>                      Stewart Perry and George Huntley</p>	<p><b>Time in Range:                      Why is Everyone Talking About it?</b>                      George Grunberger, MD, FACP, MACE</p>	<p><b>Prevention Research Update:                      Where Do We Stand?</b>                      Des Schatz, MD</p>
2:30 - 3:30	<p>Break in Veracruz Foyer — Visit Exhibits in Veracruz A</p>		
3:30 - 4:30	<p><b>Identifying Glucose Patterns</b>                      Gary Scheiner, MS, CDCES</p>	<p><b>Technology Research Update:                      Closed Loop Systems,                      Apps, and More</b>                      Rayhan Lal, PhD, MD</p>	<p><b>Raising Children with Diabetes</b>                      Cynthia Deitle, JD, Lauren Lanning,                      and Jeff Karitis</p>
6:00 - 8:30	<p><b>Family and Friends Banquet</b></p> <p>Suggested Meal Timing (See Group on your name badge):                      Group A: 6:00 - 6:20 — Group B: 6:20 - 6:40 — Group C: 6:40 - 7:00                      Buffets in Fiesta Ballroom                      Seating in Veracruz C and Porte Cochere</p> <p>Sponsored by Novo Nordisk</p>		



Indicates sessions that will be recorded and livestreamed



# Program of Events and Sessions

Program for Friday, July 9, 2021				
Time	Coronado CD	Coronado EF	Durango	Yucatan
7:30 - 9:00	Pick up your boxed breakfast in the Coronado Foyer. Tickets Required for Meal Pick Up. Seating in Veracruz C and Porte-Cochere Visit Exhibits in Veracruz A			
9:00 - 10:00	<b>Parenting with Diabetes</b> Heather Walker, PhD , Kenny Rodenheiser, BSN, RN, CDCES, and Noor Al Ramahi	<b>One Size Does NOT Fit All:            A Story of Misdiagnosis</b> Phyllisa Deroze, PhD	<b>Taking Diabetes            to School: K-12</b> Liz Robinson, PA-C, CDCES and Leigh Fickling, MEd, MS, JD	
10:00 - 11:00	Break in Veracruz Foyer — Visit Exhibits in Veracruz A			
11:00 - 12:00	<b>Unifying Differences:            Conversations about Culture            and Diabetes</b> Phyllisa Deroze, PhD, Cherise Shockley, Kyle Banks, and Noor Al Ramahi	<b>Reframe Your            Diabetes Parent Brain</b> Stacey Simms	<b>Skin Care with Diabetes:            Scar Tissue, Rashes,            Adhesives, and More</b> Janet Rodriguez, BSN, RN, CDCES	<b>Advocacy Workshop: K-12</b> Liz Robinson, PA-C, CDCES and Leigh Fickling, MEd, MS, JD
12:00 - 1:30	Grab-and-Go Lunch in Veracruz Foyer with Seating in Veracruz C and Porte-Cochere Tickets Required for Meal Pick Up Visit Exhibits in Veracruz A			
1:30 - 2:30	<b>Manging Fear of            Low Blood Sugars</b> Laura Smith, PhD	<b>Pregnancy and Diabetes</b> Liz Robinson, MS, PA-C, CDCES	<b>Managing Conflict Around            Diabetes Care</b> Maureen Monaghan, PhD	
2:30 - 3:30	Break in Veracruz Foyer — Visit Exhibits in Veracruz A			
3:30 - 4:30				
7:00 - 9:00	<b>Family Movie Night</b> Fiesta Ballroom Sponsored by Dexcom		<b>Adults Beach Party</b> Cabanas Beach Sponsored by Omnipod	
9:00 - 11:00	Dessert and Posters with the Faculty Veracruz Foyer			



## Program for Friday, July 9, 2021

Time	Coronado H	Coronado J	Coronado K
7:30 - 9:00	Pick up your boxed breakfast in the Coronado Foyer. Tickets Required for Meal Pick Up. Seating in Veracruz C and Porte-Cochere Visit Exhibits in Veracruz A		
9:00 - 10:00	<b>Diabetes Distress and Burnout</b> Korey Hood, PhD and Diana Naranjo, PhD	 <b>Diabetes and Eye Health</b> Ben Szirth, PhD	<b>Non-Insulin Medications for All Diabetes Types</b> Irl Hirsch, MD, MACP
10:00 - 11:00	Break in Veracruz Foyer — Visit Exhibits in Veracruz A		
11:00 - 12:00	<b>iLet Update</b> Ed Damiano, PhD	 <b>Top Tips from the Diabetes Team</b> Henry Rodriguez, MD, Eleni Sheehan ARNP, FNP-BC, CDCES and Maureen Monaghan, PhD	<b>Closed Loop Options</b> Gary Scheiner, MS, CDCES
12:00 - 1:30	Grab-and-Go Lunch in Veracruz Foyer with Seating in Veracruz C and Porte-Cochere Tickets Required for Meal Pick Up Visit Exhibits in Veracruz A		
1:30 - 2:30	<b>Succeeding with Diabetes on a Budget</b> Eleni Sheehan, APRN, FNP-BC, CDCES, and Kenny Rodenheiser, BSN, RN, CDCES	 <b>HbA1c: The Good, the Bad, and the Ugly</b> Irl Hirsch, MD, MACP	<b>Getting the Most Out of Your Automated Insulin Delivery System</b> Gary Scheiner, MS, CDCES
2:30 - 3:30	Break in Veracruz Foyer — Visit Exhibits in Veracruz A		
3:30 - 4:30	 <b>Closing Keynote:                      Why Advocacy Matters</b> Phyllisa Deroze, PhD, George Huntley, Cherise Shockley, and Cynthia Deitle, JD		
7:00 - 9:00	<b>Family Movie Night</b> Fiesta Ballroom Sponsored by Dexcom	<b>Adults Beach Party</b> Cabanas Beach Sponsored by Omnipod	
9:00 - 11:00	Dessert and Posters with the Faculty Veracruz Foyer		



Indicates sessions that will be recorded and livestreamed



# Program of Events and Sessions

Program for Saturday, July 10, 2021					
Time	Fiesta 5	Fiesta 6	Coronado H	Coronado J	Durango
Early	Breakfast on Your Own				
9:00 - 10:00				<b>Significant Others Meet Up</b> Liz Dodson and Matt Point, MS	<b>Adults with Diabetes Meet Up</b> Heather Walker, PhD and Phyllisa Deroze, PhD
Daytime	Enjoy Your Day with Your New Fiffles				
7:30 - 9:30	Family Carnival Night Veracruz Foyer Sponsored by Medtronic				

Program for Sunday, July 11, 2021	
Time	Veracruz C
8:00 - 10:00	Farewell Breakfast Buffets in Fiesta Seating and Disney Characters in Veracruz C



## Youth Program for Wednesday, July 7, 2021

Time	Kiddie Kove Ages 2-5 Monterrey	Elementary Program Ages 6-8 Fiesta 5	Tween Program Ages 9-12 Fiesta 6	Teen Program Ages 13-17 Coronado L
Early	Breakfast On Your Own			
9:00 - 10:00	Check In and Morning Meeting Meet New Friends	Ice Breakers and Big Games Group	Ice Breakers and Games	Ice Breakers
10:00 - 11:00	Break On Your Own			
11:00 - 12:00	Bubbles Under the Sea	Scavenger Hunt	Sports Central Meet Here First	Sweat it Up with Harold
12:00 - 1:30	Lunch On Your Own			
1:30 - 2:30	Painting Beach Shirts	Movie Time	We Like to Move It!	Parenting Your Parent
2:30 - 3:30	Break On Your Own			
3:30 - 4:30	Movie and Rest	Sea Life Adventure with Parker	Sometimes, You Just Gotta Laugh!	Risky Business
6:00 - 9:00	<p>Grand Opening of the Exhibition Hall in Veracruz A Suggested Meal Timing (See Group on Your Name Badge): Group A: 6:00 - 6:20 — Group B: 6:20 - 6:40 — Group C: 6:40 - 7:00</p> <p>Buffets in Fiesta Ballroom Seating in Veracruz C and Porte Cochere</p> <p>Sponsored by Tandem Diabetes Care</p>			



# Youth Program of Events and Sessions

## Youth Program for Thursday, July 8, 2021

Time	Kiddie Kove Ages 2-5 Monterrey	Elementary Program Ages 6-8 Fiesta 5	Tween Program Ages 9-12 Fiesta 6	Teen Program Ages 13-17 Coronado L
8:00 - 9:00	<p>Keynote Breakfast Pick up your boxed breakfast in the Coronado Foyer. Tickets Required for Meal Pick Up. Seating in Veracruz C and Porte-Cochere</p> <p>Sponsored by Lilly Diabetes</p>			
9:00 - 10:00	Check In and Morning Meeting with Orange Team	Sports Central Comes to Us!	Icebreakers	TypeOne Tok
10:00- 11:00	Break in Veracruz Foyer — Visit Exhibits in Veracruz A			
11:00 - 12:00	Sand Art	Nutrition Made Fun!	Game Time	Sports Central Meet Here First
12:00 - 1:30	<p>Grab-and-Go Lunch in Veracruz Foyer with Seating in Veracruz C and Porte-Cochere Tickets Required for Meal Pick Up Visit Exhibits in Veracruz A</p>			
1:30 - 2:30	Ocean Yoga with Parker	FFL VIPs	Diabetes Today and Tomorrow	Tech Update with Rayhan and Dedicated Teen Time in the Exhibit Hall
2:30 - 3:30	Break in Veracruz Foyer — Visit Exhibits in Veracruz A			
3:30 - 4:30	Movie and Rest	Being Mindful: Food for Thought	Sports Central Comes to Us!	Stress Busters
6:00 - 8:30	<p>Family and Friends Banquet</p> <p>Suggested Meal Timing (See Group on your name badge): Group A: 6:00 - 6:20 — Group B: 6:20 - 6:40 — Group C: 6:40 - 7:00 Buffets in Fiesta Ballroom Seating in Veracruz C and Porte Cochere</p> <p>Sponsored by Novo Nordisk</p>			



Youth Program for Friday, July 9, 2021				
Time	Kiddie Kove Ages 2-5 Monterrey	Elementary Program Ages 6-8 Fiesta 5	Tween Program Ages 9-12 Fiesta 6	Teen Program Ages 13-17 Coronado L
7:30 - 9:00	Pick up your boxed breakfast in the Coronado Foyer. Tickets Required for Meal Pick Up. Seating in Veracruz C and Porte-Cochere Visit Exhibits in Veracruz A			
9:00 - 10:00	Check In and Morning Meeting Making Beach Visors	Orange Team and Green Team	Harold Time	Teen Recap
10:00- 11:00	Break in Veracruz Foyer — Visit Exhibits in Veracruz A			
11:00 - 12:00	We're Going on a Treasure Hunt	Exercise with Harold	Orange Team and Green Team	
12:00 - 1:30	Grab-and-Go Lunch in Veracruz Foyer with Seating in Veracruz C and Porte-Cochere Tickets Required for Meal Pick Up Visit Exhibits in Veracruz A			
1:30 - 2:30	Beach Time  Exercise with Harold	FFL Olympics	Scavenger Hunt	Teens Offsite at Splitsville and Disney Springs
2:30 - 3:30	Break in Veracruz Foyer — Visit Exhibits in Veracruz A			
3:30 - 4:30	Movie and Rest	All About Me	Crafts and Letters	
7:00 - 9:00	Family Movie Night Fiesta Ballroom  Sponsored by Dexcom			
9:00 - 11:00	Dessert and Posters with the Faculty Veracruz Foyer			



## Bronze Sponsors

# Medtronic



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



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



681 days ago I said goodbye to my Friends for Life at the conclusion of FFL Orlando 2019. No one could have predicted what would happen next and how much of a void we would feel when COVID changed everything in our world. The time and distance between conferences never felt more distant until NOW. We've got a LOT of memories to make to help fill that 681 day void and I can't wait to be reunited with my Friends for Life! Orange and Green, here we come!

—Leigh Fickling, Faculty



For me, being back in Orlando for the FFL 2021 Conference is very meaningful. Not only is the conference a place where everyone "gets it," but it is a place where we will reconnect with friends and family. Even though we have been able to Zoom and bring the conference to life virtually, there is something so special about being here in person. It is the highlight of my year and I hope to not be without it again.

—Kayla Van Eperen, Elementary Program Lead

There is nothing like returning to a place where so many moments have left a mark on your life, and memories that will last a lifetime. If nothing this past year has taught us, it is humanity and strength.

—Sunshine Abel, Elementary Program Lead



We were ecstatic when it was announced and I think all of the UK was too! Very glad we are over here. We just moved into a nice home in London, just before the second lockdown. So we are pretty happy and comfortable...but dying to come home, it has been over a year since being back and exactly a year since we seen family, so its been tough to be "stuck" here without being able to travel....but we will all get through...

**BETTER TOGETHER!**

—Alex Stroud, Kiddie Kove Staff



# Friends of CWD



**Beta Bionics** is a public benefit corporation and certified B corp. committed to commercializing the iLet® bionic pancreas. We're a people-focused company, here to serve the wider diabetes community. We want to make a difference and aim to improve the lives of people living with diabetes and hope to reduce the data and decision-making overload that PWD and their caregivers often deal with. To learn more about Beta Bionics, our team and our mission visit us at [www.betabionics.com](http://www.betabionics.com) 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.



**ConvaTec Franchise, Infusion Care**, is a global leader within design and manufacturing of infusion set technologies and insertion devices for insulin pump treatment. ConvaTec has researched and developed insulin infusion sets for the treatment of diabetes since the early 1980s, and has production facilities in Denmark and Mexico. At ConvaTec we strive to create better tailor-made solutions for the treatment of diabetes. Both improvement of current and development of future infusion sets are essential parts of our business. Our success is based on experience, knowledge and a close cooperation with a global network of customers, professionals and the people using our products. ConvaTec has been the preferred partner to leading insulin pump companies worldwide since the mid-1980s. Unomedical a/s is the legal manufacturer of the infusion care product range. For further information about ConvaTec and our products, please visit our website at <https://www.convatec.com/infusion-care/infusion-care-diabetes/>.



**Diabeloop** gathers the personality, passion, and skills of over 100 talented individuals, many of whom are personally touched by insulin-dependent diabetes. Founded in Grenoble, France in 2015, Diabeloop is a high-growth company that is developing AI-based, personalized solutions to improve clinical outcomes for people with diabetes while relieving their constant mental burden.



## Diabetes Research Institute

FOUNDATION

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



Beyond Type 1

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.

## ONETOUCH®

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

## proventionbio

**Provention Bio, Inc.** (Nasdaq: PRVB) is a biopharmaceutical company focused on advancing the development of investigational therapies that may intercept and prevent debilitating and life-threatening immune-mediated disease. The Company’s pipeline includes a late-stage product candidate for type 1 diabetes (T1D) as well as clinical drug candidates in other autoimmune diseases, including celiac disease and lupus. We are proud to be part of the T1D ecosystem and are committed to bringing awareness to the importance and urgency of screening people with a family history of T1D for early-stage disease. Visit [ProventionBio.com](http://ProventionBio.com) for more information or follow us on Twitter: @ProventionBio.



ZEALAND PHARMA

**Zealand Pharma A/S** was founded in 1998 and is a biotechnology company focused on the discovery, design and development of innovative peptide-based medicines. We intend to be a leader in specialty medicines focusing on metabolic and gastrointestinal diseases and other rare disease areas with significant unmet medical needs. Zealand employs more than 300 people in Denmark and the US and has a portfolio of medicines and product candidates, including license collaborations with Boehringer Ingelheim.

# Thank You to the 2020 TeamCWD Runners





**ROCK  
YOUR  
DIABETES!!**

[#RockYourDiabetes](#)





# The Teen Faculty



## Brian Grant, BSN, RN, CDCES

Teen Program Leader

**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.

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## Alanna Landry, RN, CDE

Teen Program Leader

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

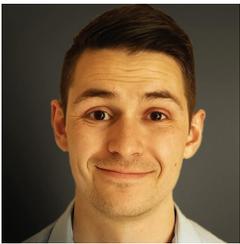
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## Annette Chmielewski, MS, RD, CDCES, CPT, LDN

**Annette Chmielewski, MS, RD, CDCES, CPT, LDN**, was diagnosed with type 1 diabetes in 1991. As a child, she attended many years of diabetes camps in Indiana. In 2001 and 2002, she completed a two week bike trip around Lake Michigan (twice!) with 50 other teens with T1D from the US, Russia and Lithuania. She also traveled to Russia with 15 other teens from the US to learn about the experiences of those with T1D in another country. As an adult, Annette has volunteered as a camp counselor, dietitian, and medical staff at diabetes camps in Indiana and California. She currently resides in San Mateo and works as a Pediatric Diabetes Educator at Stanford Children's Hospital in the Bay Area, California. She is very excited about her first Friends for Life conference!

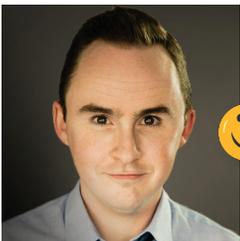
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## Aaron Cordell

**Aaron Cordell** is a Middle School Teacher living in Philadelphia, PA, with his girlfriend Hannah and their dog Ruby. He teaches at-risk kids at a residential placement school outside of Philadelphia. In his spare time, Aaron enjoys hiking, bike riding, traveling, and being outdoors. Aaron volunteers his time at Friends for Life because his girlfriend Hannah has been attending, then staffing, Friends for Life events for almost 20 years.

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## Kevin Covais

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

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## Glenn Hartranft

**Glenn Hartranft** is the husband of Sandy Hartranft and is a software developer for SAP National Security Services in Newtown Square, PA. Glenn and Sandy have raised three remarkable sons and have enjoyed traveling the country in their downtime. Their youngest son Ben was diagnosed with Autism at age two and Glenn spends much of his time as Ben's "manager" when he speaks at events and schools about his journey called "Never Let go of Your Dreams." They are strengthened by their faith in God and grateful for all He has done in their lives. Glenn is looking forward to serving at his first FFL conference.

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## Sandy Hartranft, RN, BSN, CDCES

**Sandy Hartranft, RN, BSN, CDCES**, has been a Certified Diabetes Educator for over 25 years and has been employed at the Children's Hospital of Philadelphia since 2014. She enjoys teaching children and their families how to use insulin pumps and CGM's as well as how to care for the complexities of type 1 diabetes. She and her husband Glenn have raised three energetic boys and in their spare time, love to travel having been to 43 of the 50 states. Sandy is excited to serve at her first FFL conference.

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## Russ Johnston

**Russ Johnston** has three people near and dear to him that have type 1, and has been coming to CWD and Friends for Life Conferences since 2015. Russ graduated from Marquette University in 2015 from the School of Education and is currently a high school math teacher in Whitefish Bay, Wisconsin. Russ is very excited to be on staff again and could not be more ready to help make the Friends for Life conference a great experience for everyone. For him, the best part of Friends for Life is helping teens connect to other teens across the country with whom they can relate.

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CWD kids posed with Indy Car driver Charlie Kimball

Friends for Life®  
**Flashback**  
**2010**  
<<



# TOUCHED *by* TYPE 1

ELEVATING AWARENESS OF TYPE 1 DIABETES, RAISING FUNDS TO FIND A CURE, AND INSPIRING THOSE WITH DIABETES TO THRIVE.



## D-Box

Sending supportive materials and resources to those newly diagnosed with Type 1 Diabetes.



## Touched by Type 1 Conference

Annual conference designed to educate, encourage, and empower those touched by Type 1 Diabetes



## Dancing for Diabetes

Annual event using extraordinary talent and entertainment to spread awareness and hope.



## Kids & Teens with Diabetes Dance Program

Free dance classes each Fall for kids and teens with Type 1 Diabetes.



## Type 1 at School

Supporting schools in learning best practices for keeping Type 1 students safe at school.



## Outreach

Hosting virtual and community-based events for individuals and families touched by Type 1 Diabetes.



WWW.TOUCHEDBYTYPE1.ORG



## Paul Keyser

**Paul Keyser**, from Tecumseh, Michigan, attended his first FFL conference seven months after his daughter Isabella was diagnosed with type 1 in December 2016. The experience was a “total game changer” for his daughter and their entire family. Bella went from hiding her T1D to embracing it and the challenges head on. This conference, and amazing group of people, has come to mean so much to their family. When he’s not being the proud dad of five, he’s working as a middle school special education teacher. Paul is very excited to volunteer and to work with such an amazing group.

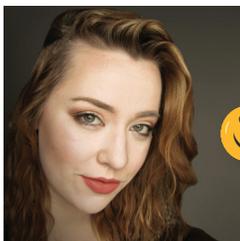
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## Tayler Michaelson

**Tayler Michaelson** was diagnosed with type 1 diabetes in December 2004 and has been attending Friends for Life conferences in Orlando and Canada since 2009. Tayler works within the communications, advertising, and marketing industry. Recently he completed a research study on film representations of type 1 diabetes. In his spare time, he plays volleyball competitively and can be found on the court or in the sand.

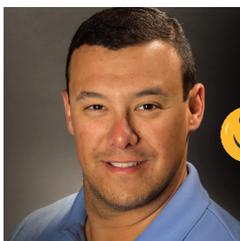
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## Hannah Opdenaker

**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.

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## Ernie Prado

**Ernie Prado** serves as the Super Guppy Project Engineer in the Aircraft Operations Division at NASA’s Johnson Space Center. In this role, he is responsible for maintaining airworthiness of the Guppy, integrating payloads, upgrading systems, assisting Maintenance, supporting sustaining engineering and ensuring mission success. In 2019, the Super Guppy airlifted the Artemis spacecraft between NASA facilities supporting America’s mission to Mars. Previously he worked at the Space Vehicle Mockup Facility (SVMF) where astronauts train prior to spaceflight. At the SVMF, he led projects to create, maintain, and upgrade full-size International Space Station trainers and mockups that astronauts use to prepare for their missions. In addition to his work at NASA, he is involved in manufacturing large-scale 3D Printers. Ernie holds Bachelor of Science degrees in Mechanical Engineering & Aeronautical Sciences and Engineering from UC Davis. He was diagnosed with Type 1 Diabetes at the age of 15 and has been on an insulin pump since 2011. While wearing an insulin pump and CGM, Ernie has achieved 8Gs in a centrifuge during an Aeromedicine study. In his free time, Ernie enjoys snowboarding, SCUBA diving, crossFit, building Legos, and tinkering

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# The Tween Faculty



## Melissa Geren

**Tween Program Leader**

**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 a board member of Children with Diabetes.

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## Sarah Johnston

**Tween Program Leader**

**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!

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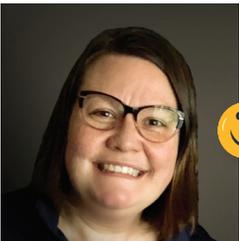


## Erica Smith

**Tween Program Leader**

**Erica Smith** was diagnosed with type 1 diabetes in January 2004. Erica attended her first Friends for Life conference in 2004 with her family and has only missed one conference since, which she thoroughly regrets. She graduated from Texas A&M University with a Health Education degree. She currently resides in Austin, TX with her husband and is an elementary school teacher. She says that CWD conferences are the best part of her year and she is very grateful for all the friends she has made at Friends for Life. Erica is extremely excited to be on leadership with the tweens!

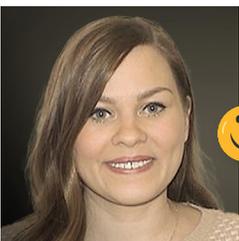
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## Erin Austin

**Erin Austin** is a first grade teacher from Long Island, New York. She has been living with type 1 diabetes for the past twenty nine years and celiac disease for the last three years. She has attended two Friends for Life conferences in the past and is thrilled to be working with the elementary aged children during Friends for Life this summer. In the past she has facilitated a support group for teenagers living with diabetes and also worked as a camp counselor for children with diabetes living in the New Jersey area. In her spare time she enjoys reading, volunteering, spending time with family and friends, and sharing the magic of Friends for Life.

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## Kristen Fries, RN, BSN, CDCES

**Kristen Fries, RN, BSN, CDCES**, was diagnosed with type 1 diabetes in 1994. She loves working with people who have diabetes and has volunteered at local diabetes camps in the past. She currently resides in Cincinnati, OH and works as a pediatric diabetes educator at Cincinnati Children's Hospital. She looks forward to serving at her first FFL conference!

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## John Gallagher

**John Gallagher** was diagnosed with type 1 diabetes in 2011. He has attended Friends for Life Orlando since 2013 and is excited to be joining the Tween staff again this year. He currently lives in Gainesville, FL and recently graduated from the University of Florida with a Bachelors of Science in Biochemistry and an Organic and Sustainable Crop Production minor. John currently works in the UF Health Shands Emergency Department and is applying to medical school. He has previously worked in the Brusko Lab at the University of Florida Diabetes Institute and on the Gator Emergency Medical Response Unit. "CWD means to me a place where I can relax and simultaneously forget about diabetes for awhile but also learn so many new things about living with Type 1 diabetes."



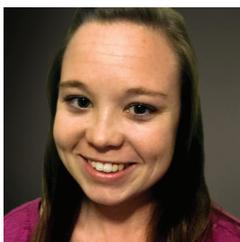
## Annabelle Gonnella

**Annabelle Gonnella** is a second year nursing student at the University of Cincinnati and is working on getting her BSN and RN. She was diagnosed with type 1 diabetes in 2004 but did not attend her first Friends For Life Conference until July 2019 in Orlando. She loves working with kids and especially loves working with type one families. Annabelle can't wait to meet all her new friends in the tween program this year!



## Dennis Holterman

**Dennis Holterman**, 24, has lived with type 1 diabetes for 15 years. Dennis has been coming to Friends For Life since 2013. Currently, he attends Southeast Missouri State University achieving his BA in Performing Arts. After graduation, Dennis plans to move to Los Angeles and become a successful actor, and then use his influence to spread awareness about diabetes. Dennis says, "Friends for Life is a home for people with diabetes to feel accepted and like they fit in. That's why FFL means so much to me."



## Brianne Jeske, RN, BSN

**Brianne Jeske, RN, BSN**, is a registered nurse, working in the CVICU in Orlando, Florida. In her spare time she likes to craft, read, and spend time at Disney World. Her brother was diagnosed with type 1 eleven years ago when he was five. He is now almost 16. Type 1 has definitely changed her family's lives, in a positive way. Brianne has learned much about type 1 and new technology since her brother's diagnosis. She attended her first Friends for Life Orlando conference in 2013, and this is her fourth year on staff. She is very excited to return to the conference in person this year. Brianne can't wait to help others learn about diabetes and create friends for life!



Crystal Bowersox sang, sporting a green bracelet

Friends for Life®  
Flashback  
2011  
<<




Denotes tween faculty member with diabetes



# The Tween Faculty



## Rachale Park

**Rachale Park** has recently graduated from Valencia College with a B.S. in Business and Organizational Leadership. She currently works for the Wizarding World of Harry Potter at Universal Studios in Orlando, FL. Rachale grew up with a mother who has had diabetes since the age of 11 and a 15 year old brother, who has had type 1 diabetes for 12 years. By volunteering at Friends for Life conferences, Rachale hopes to help lots of children, both siblings and kids with type 1, learn about diabetes and the diabetes community.

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## Lizzie Poe

**Lizzie Poe** was diagnosed with type 1 diabetes when she was 19 and attended her first CWD conference four months later. She came away filled with so much hope and a sense of belonging that she has only missed 1 conference in the past 11 years. Friends for Life is her absolute favorite week of the year! The other 51 weeks of the year, Lizzie is a Vision Therapist in Houston, TX. She loves working with kids of all ages and can't wait to be back at FFL in person!

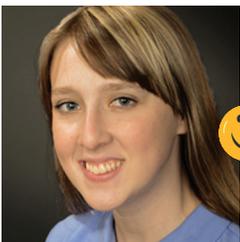
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## Tammy Point, LPN, CDP

**Tammy Point, LPN, CDP**, currently serves as a Specialty Programs Liaison with Abode Healthcare. She is a former private duty and elementary school nurse who specialized in medically fragile children. Tammy is excited to volunteer at Friends for Life because her son-in-law (and CWD Volunteer), Brian, has been living with T1D since the age of 15. Tammy enjoys spending time with family and her dogs, Chloe and Sonny.

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## Shelby Smith

**Shelby Smith**, MBA, was diagnosed with type 1 diabetes at age six in 2003. This will be her 16th Friends for Life Orlando conference. She recently graduated with a Masters in Business Administration from Florida Gulf Coast University. She now works for the university full-time doing marketing, communications, and social media management. FFL is her favorite part of the year, and she has made the best friendships from these conferences. Shelby hopes to continue her outreach for advocacy for CWD and type 1 diabetes. In her spare time, her favorite activities include traveling, playing guitar, basketball, and Skyping her CWD friends. She looks forward to another year of fun, laughs, and memories on FFL staff again.

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## Adam Town, BSN, RN

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

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Denotes tween faculty member with diabetes



Sierra Abel, **MSW**

**Sierra Abel, MSW**, 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. She is excited to be a leader of the orange team. Sierra has graduated from the University of South Carolina with her masters in Social Work and hopes to become a Certified Diabetes Educator in the near future. She currently works as a case manager at Piedmont Athens Regional in Athens, GA. FFL is a place Sierra calls her second home. It's where she is reunited with some of her best friends she calls "family" FFL helped changed her future career goals and impacted her in ways she is forever grateful for. Sierra 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.

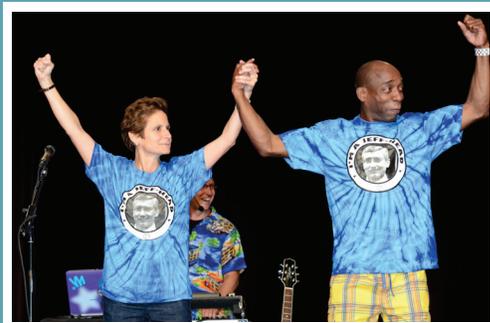
## What is the Orange Team?



We're glad you asked!

It's called the Orange Team because, at Friends for Life, people who don't have diabetes wear an orange bracelet. People who have diabetes wear a green bracelet.

Our Orange Team members work with our youth programs and help kids who have a brother, sister, mom, or dad with diabetes. They help everyone in a Fiffle family feel important and welcome at Friends for Life.



Some crazy shirts raised money for scholarships

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





## Sunshine Abel, LPN

Elementary Program Leader

**Sunshine Abel, LPN**, is the proud mother of Sierra and Sailor. She attended her first Friends for Life Conference with her family in 2002, after her daughter Sailor was diagnosed with type 1 diabetes when she was 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."

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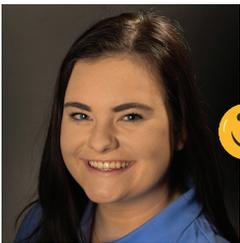


## Marisa Fox, BSN, RN

Elementary Program Leader

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

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## Hannah Klippel

Tween Program Leader

**Hannah Klippel** was diagnosed with type 1 diabetes at the age of eight and attended her first Friends for Life Conference just four months later. This will be her 14th year participating in Friends for Life conferences, and she is excited for another amazing year with the Elementary team! She is forever grateful for the resources CWD has provided her and her family. Hannah considers her friends made through CWD her family, and she truly can't imagine her life without them!

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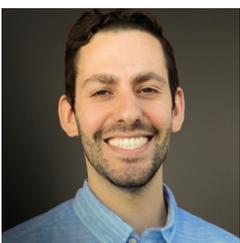


## Kayla Van Eperen

Elementary Program Leader

**Kayla Van Eperen** 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.

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## Cody Ankerman

**Cody Ankerman** attended his first FFL conference in 2018 with his girlfriend Adrienne, who has diabetes. Cody works in Cincinnati for Bicycle Playing Cards. Some of Cody's hobbies include cooking and watching and playing sports. He's so excited to work on the Elementary staff this year!

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## Emma Bragg

**Emma Bragg** recently graduated from Creighton University with a Bachelor of Science in Elementary Education and Psychology. She was diagnosed with type 1 diabetes in 2008 and attended her first Friends for Life Orlando Conference in 2012. Emma is so excited to be part of the staff for the second year. She has made so many memories throughout her years at FFL. She hopes to help create the comforting feeling of acceptance, understanding, and hope that makes FFL a special place.

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## Sarah Collura, MS, RD, LD, CDCES

**Sarah Collura, MS, RD, LD, CDCES**, has been a diabetes educator at Cincinnati Children's Hospital for eight years. Sarah attended the University of Dayton for her undergraduate studies and The University of Pittsburgh for her Master's degree in dietetics. Sarah loves working with people with diabetes and became especially interested in working as a diabetes educator after volunteering at multiple diabetes camps. Sarah enjoys running, cooking, and spending time with her dog Zoey. She is thrilled to be a part of the FFL conference!

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## Adrienne Cornette

**Adrienne Cornette** was diagnosed with type 1 diabetes on March 27, 2007. She attended her first Friends for Life conference in 2008 and has been coming ever since. Adrienne just completed her third year in medical school at the University of Kentucky. She plans on applying to Pediatrics for residency, with the hope of becoming a pediatric endocrinologist! FFL was one of the reasons Adrienne decided to pursue a career in medicine. Adrienne has been volunteering with the Elementary staff since 2014 and is looking forward to another year with the kids!

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The Triplets enjoyed their Mickey Bars

Friends for Life®  
Flashback  
2013  
<<




Denotes Kiddie Kove faculty member with diabetes



# The Elementary Faculty



## Timothy Hitchcock

**Timothy Hitchcock** has been attending Friends For Life Orlando since its inception. In 2013 he began volunteering in the Elementary Program, and absolutely loves working with the kids. He recently moved to Boulder, CO seeking new opportunities within his field of study, Astrophysics. Tim has really enjoyed his new surroundings in Colorado, and is very grateful for his new life. In his free time, Tim likes to spend time with friends. about it.

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## 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!

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## Brianna Peach

**Brianna Peach** is 26 years old and is the big sister of Hannah Peach, 22, who has had type 1 diabetes since 2004. She has attended Friends for Life Orlando since 2005 and has never missed a conference. Brianna is a senior at Tennessee Tech University studying to become a physical therapist. She loves all of her friends here at FFL and has really made friends for life.

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## Kelly Regan

**Kelly Regan** is 22 and was diagnosed with type 1 diabetes at the age of nine. Her first Friends For Life Conference was in 2011 and she has attended ever since. She recently graduated from George Mason University with a Bachelors of Science in Criminology, Law, and Society in December 2020 and now works full-time for the DOJ. Kelly loves attending the conference and has truly made FFLs through attending for the past 10 years. Kelly is so excited to be back on staff this year and to see all of her FFLs!

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## Kayla Sachs

**Kayla Sachs**, 20, is from Chicago, Illinois. She has participated in Friends for Life Orlando for three years and has created so many memories and made new friends! Kayla's younger brother Will was diagnosed six years ago when he was just a year old. Kayla is a junior at Saint Mary's College of Notre Dame, where she is pursuing a degree in elementary education with a minor in ESL. She has been a camp counselor for several years and loves working with kids. She plays tennis and soccer in her free time and likes to hang with her friends and family!

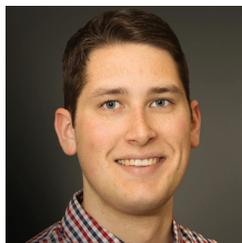
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## Emily Swenarton

**Emily Swenarton** attended her first Friends for Life conference in 2014 only months after her brother, Sean, was diagnosed with type 1. Since then, Emily has been involved in supporting families with type 1 including participating in JDRF walks as well as volunteering at camps for children with type 1. Emily encourages friends and families to attend Friends for Life because of the valuable knowledge and life-long friends that she has made over the past eight years. Emily graduated in May, 2021 from The University of Scranton with a degree in exercise science and will be attending Xavier University in the fall, for an accelerated nursing BSN program. She is very excited to be on the CWD staff again this year!

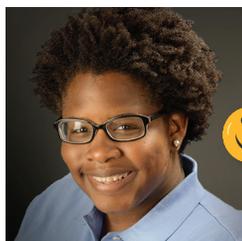
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## Matthew Van Eperen

**Matthew Van Eperen** has two loved ones with type 1 (Melissa Geren and Matthew Pawlowski) and has attended several FFL conferences. Matt graduated from Marquette University in 2017 with a bachelor's degree in Political Science and minors in International Affairs and German Studies. He remained at Marquette and completed his Juris Doctorate in May 2020. Matt loves all things sports and current events, but is even more excited to help with the elementary team. Matt enjoys coming to the conferences to learn about technology, connect with attendees, and support his loved ones.

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## Kiraina Young

**Kiraina Young** is 28 years old and has had type 1 diabetes for 17 years. She was diagnosed in April 2005, shortly after moving from the Bahamas to sunny Florida where she is a lover of all things Disney and can often be heard humming a Disney show tune. She has attended Friends for Life Orlando for the last 10 years and is looking forward to being back amongst the diabetic community after a whole year away. She enjoys reading, musicals, playing video games, and hanging out with her friends and family! She can't wait for another phenomenal year with the elementary staff!

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Ain't never had an FFL like me!

Friends for Life®  
Flashback  
2014  
<<



Denotes elementary faculty member with diabetes



## Mary Babin, RN, BSN, CDCES

**Kiddie Kove Program Leader**

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

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## Shelley Grand

**Kiddie Kove Program Leader**

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

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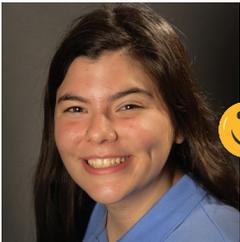


## Helen Rodenheiser, MEd

**Kiddie Kove Program Leader**

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

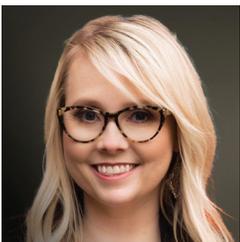
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## Sailor Abel

**Sailor Abel** was diagnosed with type 1 diabetes at the age of two. Sailor attended her first Friends for Life conference in 2002 at the age of three. She has worked her way through all of the age groups learning and absorbing all the information she could about type 1 diabetes. She has been volunteering with Kiddie Kove since 2018. She graduated from the University of Vermont with a bachelor of science in environmental studies. She is excited for her next adventure! Sailor is so grateful for everything she has experienced growing up through CWD. She has made the very best of friends who have become her family.

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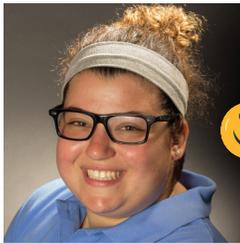


## Brooke Baker, MSN, RN, CDCES

**Brooke Baker, MSN, RN, CDCES**, is mom to Jackson who was diagnosed with type 1 diabetes as a baby. She's spent a few years in academia teaching nursing in order to raise up nurses who know how to care for her friends with diabetes. As a Diabetes Nurse Specialist for ten years, she's filled a variety of roles, but her favorite roles include time with her patients. That's why she's excited to be on staff this year and take care of the little patients who need constant care while giving parents peace of mind to have a few hours of normalcy. "FFL is a wonderful place where diabetes is the norm instead of the exception. I'm so excited we will be in person again this year!"

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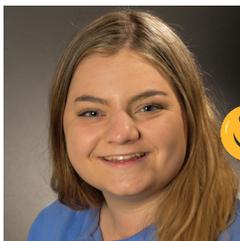




## Alexa Brenner

**Alexa Brenner** was diagnosed with diabetes in 1997, and has been attending Friends for Life Orlando conferences since 2006. FFL has empowered her to take charge with her own diabetes and advocate for both herself and others, and has allowed her to meet some of her best friends. Alexa is currently working in healthcare and being politically active through both work and personal life. She's excited to be on staff and give back to CWD, which has given her so much.

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## Rebecca DeLong

**Rebecca DeLong** was diagnosed with type 1 diabetes at the age of five. She attended her first conference in 2007 in La Jolla, California, and has been attending conferences all over the country since then. Rebecca cannot thank CWD enough for helping her build life-long friendships and an amazing diabetes community. She is excited to continue as a staff member this year and give back to the CWD community!

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## Chris Freund, BSN, RN

**Chris Freund, BSN, RN**, attended her first Friends for Life Conference after her daughter Molly was diagnosed with diabetes in March 2005 at the age of six. She has been a pediatric emergency department nurse for 15+ years and loves working with kids. She is also mom to Andrew, Elizabeth and Benjamin who have grown up with CWD.

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Will you be my FFL?

Friends for Life®  
Flashback  
2015



Denotes Kiddie Kove faculty member with diabetes



Thank you Provention Bio  
for supporting  
Friends for Life Orlando 2021



## 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.



## Molly Joynes

**Molly Joynes**, age 20, was diagnosed with diabetes when she was six. She attended her first Friends for Life conference four months later and has been attending FFL and CWD regional conferences ever since. Molly is the second oldest of four siblings and is a sophomore majoring in music production with a minor in biology at California Lutheran University. Molly is excited to be working with kids at the conference who share the same challenges she's faced for the past 14 years. She can't wait to spend time with FFLs, both old and new. Molly recently graduated with a BA in Music Production.



## Colleen O'Connell, RN

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



## Hannah Peach

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



Eric Paslay rocked FFL

Friends for Life®  
Flashback  
2016  
<<



Denotes Kiddie Kove faculty member with diabetes



# The Sports Central Staff



## Zach Geren

**Sports Central Program Leader**

**Zach Geren** is husband to Melissa Geren, diagnosed at age four. Zach attended his first conference in 2015 and has enjoyed every FFL since. Each conference, Zach looks forward to spending time with the friends he's made, as well as making new ones. Zach graduated from Marquette University Law School and works as an attorney in Chicago. Zach loves to watch and play almost every sport, but especially enjoys playing basketball, tennis, football, and frisbee.

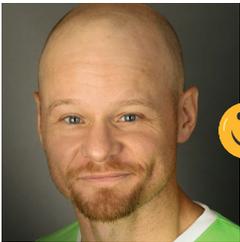
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## Hunter Cope, RN, EMT

**Hunter Cope, RN, EMT**, is an emergency department nurse and currently seeking her Bachelor of Science in Nursing from the University of Florida. She grew up through the CWD elementary, tween, and teen programs with her service dog, Diva, at her side. Diagnosed with type 1 seventeen years ago, Hunter has attended Friends for Life Orlando Conferences since 2003, and volunteered along with her family since 2006. She looks forward to being part of the staff again this year and reuniting with her conference friends.

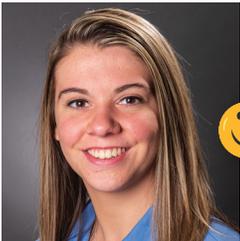
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## Jimmy Dodson

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 statewide Ecological Restoration Specialist for NC State Parks with duties as a wildlife biologist, registered forester, fire ecologist, and wildland firefighter.

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## Sarah Martin

**Sarah Martin** is 22 and was diagnosed with type 1 diabetes at age 11 in July 2009. Her first Friends for Life Orlando Conference was exactly one year later in 2010 and she has been attending ever since. Sarah is a 2020 graduate of Niagara University's Nursing Program. This will be her fourth year as a staff member and is looking forward to applying what she learns to her future career. Sarah is thankful to FFL for the many friends she has made and for giving her the opportunity to learn and grow. She has worked with the Elementary Group and Tweens in past years and is excited to be a part of Sports Central this year.

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## Harold Sanco, CPT

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

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Denotes Sports Central Staff member with diabetes

**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.**

**CHECK OUT ALL OF THE AWESOME OPPORTUNITIES SUPPORTED BY THE ALLIANCE AND FIND A NEW WAY TO GET CONNECTED TODAY!**

**BAG OF HOPE**



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**



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.

**TYPEONE NATION SUMMITS**



TypeOneNation Summits offer educational and networking opportunities for the T1D community - available virtually through 2021! 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!

**TYPE ONE RUN**



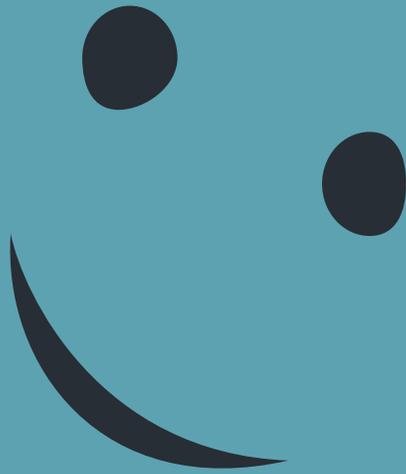
Type One Run is a grassroots movement with a mission to connect individuals with T1D around the world through a shared passion for running. Nearly 10,000 members strong and growing, this amazing community has active members from Mumbai to Chicago. Type One Run has seen continuous growth as a movement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

**JESSE WAS HERE**



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](https://www.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.**



# Children with Diabetes® Friends for Life®

## 2021 Friends for Life® Conferences

### Friends for Life Spring

March 19-21, 2021  
Virtual Conference

### Friends for Life Orlando

July 6-11, 2021  
Disney's Coronado Springs Resort  
Orlando, Florida

### Friends for Life White Plains

October 8-10, 2021  
Sonesta White Plains Downtown  
White Plains, New York



ends for

# Better Together.

Children with Diabetes® was born in 1995 out of our personal and family experiences with T1D.

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

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

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

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

This is a  
Conference  
You Won't  
Forget!

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

[cwd.is/when](http://cwd.is/when)

☺ Children with Diabetes®





## Julia Mattingly

**CWD Registration Team Leader**

**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."

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## Lynet Fox

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

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## Rob Freund, RN, EMT-P

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

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## 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, assists in preparing links for The Weekly Diabetes email newsletter, and helps out in countless ways at Friends for Life conferences.

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## Midge McBryant

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

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## Shari Michaelson

**Shari Michaelson** hails from Ajax, Ontario. Along with son Tayler (age 26, diagnosed in 2004) and daughter Connor (age 14), Shari has attended Friends for Life conferences since 2009. After their first FFL Orlando, Shari realized that every summer has to include FFL. Shari looks forward to volunteering with the Registration Team again this summer after being the lead of the Registration Team at FFL Canada in 2019. She is thrilled to give back to an organization that has supported her family for so many years. Friends for Life is a uniquely inclusive event where you feel like everyone is family.

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## Betty Parker

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



## Brandy Schmidt

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



## Rhiannon Schmidt

**Rhiannon Schmidt**, age 21, attends Louisiana State University, majoring in Anthropology. She also plays the trumpet in The Golden Band from Tiger Land. Rhiannon attended her first Friends for Life conference when she was four years old, and she and her family have been attending them ever since. Rhiannon has been insulin resistant for 13 years. She looks forward to being staff for a fourth year and making new Friends for Life.



## Tracey Smith

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



Our Candian friends showed what country means

Friends for Life®  
**Flashback**  
**2017**







## David Jarcho

**CWD First Timers Team Leader**

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

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## Marie Jarcho

**CWD First Timers Team Leader**

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

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## Lauren Lanning

**CWD First Timers Team Leader**

**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.

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## Tina Ghosn

**Tina Ghosn** has three children with diabetes. Her daughter is thriving in her second year away at college. Her oldest son is in the last stretch of his senior year and will begin his college experience fall of 2020. Her youngest child, the one whose diagnosis at age two introduced the Ghosn family to life with diabetes, will soon be the only child at home certainly loving being on the receiving end of ALL her attention. Friends For Life 2021 will be her ninth Orlando conference since her youngest son was diagnosed in 2007. Tina says, "Friends For Life is more than learning about new technology or the most recent cure research, it's more than meeting people with diabetes who summit mountains, race cars, win extreme challenge courses, become pro-athletes, or write and perform music. Friends For Life is about the powerful feeling in your chest as you hear the words 'Us Too,' while you chat with strangers who are just like you and meet kids who are just like yours; it's in those moments the universe feels smaller and more manageable. Plus all the food is carb counted for you!"

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## Marty Kamrada

**Marty Kamrada** retired from Disney in 2018. He had the privilege of working with the Friends for Life Conference Staff on the Hotel arrangements at Coronado Springs starting in 2001. Through the years he gained an enormous respect for CWD's commitment and passion for education and support to families with type 1. He has observed how the conference makes a positive impact on the families who attended. As Orlando residents, Marty and Sally are honored to return in 2021 for their second year as volunteers. Both have a family history of diabetes and Marty has type 2.

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## Sally Kamrada

**Sally Kamrada** is a Friends for Life conference volunteer for a second year. "Having several family members with diabetes, I am grateful to be a part of this conference. The incredible information sharing, supportive environment and networking provides something for everyone attending to change their lives for the better - forever." Sally is a Broker Associate - Realtor in Orlando. She joins her husband, Marty as a volunteer.



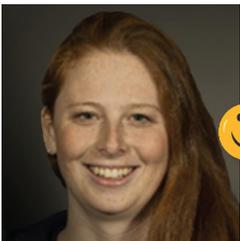
## Tom Karlya

**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](http://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.



## Pam Loebner

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



## Lauren Salko

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



Country music star Raelynn rocked the banquet

Friends for Life®  
**Flashback**  
**2018**  
 <<





## Ashley Head

**CWD Exhibit Hall Team Leader**

**Ashley Head** is husband to Shayne and dad to Jake (30) and Phoebe (24, Dx T1D 2001). He is Director of an International Event Logistics company, owner of Lewes FC, the first semi-pro soccer club to fund it's men's and women's teams equally and organises an off-road marathon – The Moyleman – in Lewes, East Sussex. He has volunteered at Friends For Life in the USA since 2009 and was part of the team to help CWD set up the first FFL UK at Beaumont House. Ash takes care of the Sponsor/ Exhibit space at the conferences and works on the move-in and move-out crew. Ash is a trustee of T1 Today UK.

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## Rich Meredith

**CWD Exhibit Hall Team Leader**

**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.

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## Chris Pawlowski

**CWD Exhibit Hall Team Leader**

**Chris Pawlowski** is mom to Melissa (diagnosed at 4 years old), Sarah, Kayla, and Matthew (diagnosed at 2 years old), wife to Dave and lives in Manitowoc, Wisconsin. Her family has been to every FFL Orlando conference since 2003. Chris enjoys attending and volunteering at FFL conferences as they have made a huge impact on her family. She enjoys traveling and spending time with her family.

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## Dave Pawlowski

**CWD Exhibit Hall Team Leader**

**Dave Pawlowski** is married to Chris and dad to Melissa, Sarah, Kayla, and Matthew who are all members of the CWD FFL Staff. Dave and his family first attended Friends for Life in 2003 and every year since, both as attendees and volunteers. Attending FFL is a family tradition which allows his family to stay connected with the CWD family and to learn about new developments in diabetes care. When not working as an Attorney in Wisconsin or spending time with family, Dave is fan of the Green Bay Packers, Milwaukee Brewers and Milwaukee Bucks.

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## Randy Smith

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

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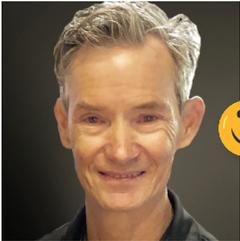




### Cristina Williams

**Cristina Williams** is married to Don Williams, who lives with type 1 diabetes. Through their good friends the Meredith's, Cristina and Don were introduced to FFL Orlando. She states that "We have been learning and making friends for life through CWD since 2008."

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### Don Williams

**Don Williams** was born and raised in Chicago. He transplanted to Florida in 1977 and was diagnosed with T1D as an adult in 2006. Don was introduced to CWD and Friends for Life in 2008 by his great friends, the Meredith family. He and wife Cristina have participated in FFL ever since. Don is thrilled to volunteer this year as part of the Exhibit Hall team.

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Join us.



# Friends for Life White Plains 2021 October 8-10



CNN correspondent Oren Liebermann shared his story

## Friends for Life® Flashback 2019



Denotes CWD Exhibit Hall team member with diabetes



## Will Nowak

**IT Team Leader**

**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 Connecticut 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!

---



## Rachel Knight

**IT Team Leader**

**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 over tapes 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.

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## Matthew Pawlowski

**IT Team Leader**

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

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## Howard Martin

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

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## Jake Meisner

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

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## Bailey Meredith

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



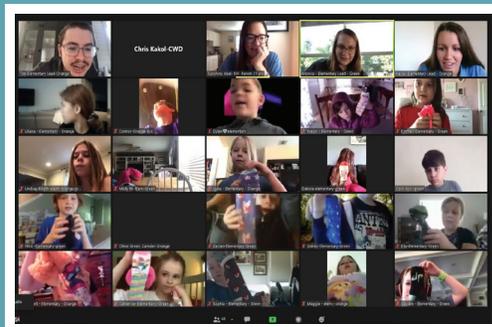
## David Whitfield

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



## 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.



We brought FFL 2020 to you virtually

Friends for Life®  
**Flashback  
 2020**





Denotes CWD Tech Team member with diabetes



## Cynthia M. Deitle, JD, LLM

CWD Support Team Leader

**Cynthia M. Deitle, JD, LLM**, is the Director, Associate General Counsel for the Civil Rights team at Facebook. Prior to joining Facebook in 2021, Deitle was the Director of Civil Rights at the Matthew Shepard Foundation, a LGBTQ+ advocacy non-profit organization for four years. Deitle served as a Special Agent with the Federal Bureau of Investigation from 1995 - 2017. During her career with the FBI, she focused her efforts on investigating violations of federal civil rights laws including police brutality and misconduct, hate crimes, and human trafficking. Ms. Deitle earned her Bachelor of Arts degree from The Ohio State University, her Juris Doctor degree from New England Law Boston, and a Master of Laws degree from both the George Washington University National Law Center and the New York University School of Law. She is an attorney licensed to practice law in Tennessee, Florida, Massachusetts and the District of Columbia and is an Adjunct Professor at Roane State Community College in Harriman, TN. Ms. Deitle was featured in a 2011 episode of 60 Minutes dealing with an unsolved Civil Rights Cold Case, and she appeared in the first season of Investigation Discovery's series, The Injustice Files. After her two year old son was diagnosed with type 1 diabetes in 2013, Ms. Deitle and her wife attended their first Children With Diabetes Friends for Life conference in Orlando. "The conference saved us. We found a community who embraced our family and not only gave us information about Type 1 diabetes and how to better manage the disease, but gave us the confidence that one day there will indeed be a cure. Until that day comes, we have Friends for Life." Ms. Deitle joined the staff and faculty of FFL in 2017 to share her family's journey and address the legal needs of young adults with Type 1 diabetes. Deitle and her family live in Knoxville, Tennessee.



## Jimmy Fickling

CWD Support Team Leader

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



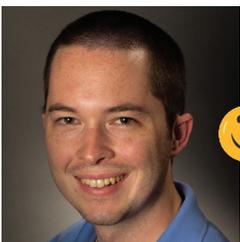
## Paula Fairchild

**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.



## Carolyn Meredith

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



## Jeremy Meredith

**Jeremy Meredith** was diagnosed with type 1 diabetes in May of 2000 when he was six years old. Jeremy has been attending Friends for Life Orlando conferences since 2003. He received his Associates of Science in Criminal Justice Technology in 2016, a general AA in 2018, BAS in Public Safety Administration in 2020, and is a certified SCUBA Diver. His biggest reason to come to Friends for Life Orlando is that it is a "vacation" from diabetes that is all about diabetes.





# CONNECTED in MOTION

BREATHING FRESH AIR INTO DIABETES 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

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# Room Moderators and Monitors



## Deb Ruppert

**CWD Room Captain Leader**

**Deb Ruppert** is so happy to be a part of the Friends for Life team and can't wait to see old and meet new FFLs. Her dad is her connection to diabetes. Outside of Children with Diabetes, she is a strategic marketing consultant for medical device and healthcare companies and enjoys cooking, college basketball and her four-legged fur baby.

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## Carolyn Billetdeaux, MBA

**Carolyn Billetdeaux, MBA**, has worn almost every 'hat' in her 21 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. After taking a year off to pursue her MBA at IE Business School in Madrid, Carolyn returned to FFL in a behind-the-scenes role. She continues to act as a mentor for new program leaders, and also supports volunteer training, the FFL auction, and other CWD operations as needed. Carolyn loves spending time with her Friends for Life family and enjoys helping CWD continue to grow and thrive for the next generation of FFLs.

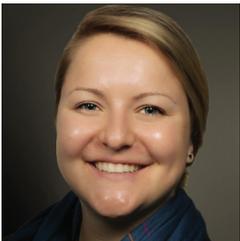
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## Kathy Brown

**Kathy Brown** lives in Connecticut with her husband, Eric. She is mom to Connor and Russell (dx'd in 8/2007 at the age of three). She quickly found CWD's message boards and found a community of people who "get it." She and Russell have attended FFL conferences since 2014. Kathy volunteered for the Virtual FFL conferences held in 2020 and is thrilled to be working with the Room Captain team this year. At home, Kathy enjoys volunteering and fundraising for diabetes nonprofits and supporting diabetes families. She also enjoys photography, travel and knitting.

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## 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, Helen enjoys photography, travel, and spending time with her two cats.

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## 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.

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## 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."

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## Rebecca B. Jervey

**Rebecca B. Jervey** has been living with diabetes since 1998 when she was diagnosed just before her second year of high school. Her doctor's comment at the time was "while I'd never wish this on anyone I know you'll be ok because you'll treat it like a science experiment." Since then life has been a constant science experiment getting to know how her body reacts to things and picking up as much new technology as she can. She started looping in early 2018 and has since used OpenAPS, Omnipip, AndroidAPS, and FreeAPS at various times (and with various pumps and CGMS). Whenever burnout hits, she switches things up and tries a new technology to bring back the excitement of mastering diabetes. Outside of her diagnosis, she works as a trainer for pharmaceutical companies on a software suite that helps new drugs and devices get submitted to agencies worldwide. She also volunteers as part of the Camp Neveda Walk-a-Thon committee and as a Moderator for the Loop and Learn Facebook group.

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## Kristianne Keyser

**Kristianne Keyser**, from Tecumseh, Michigan, is a proud mom of five and an Air Traffic Controller. Her youngest daughter Isabella, was diagnosed with T1D in 2016. Her family attended their first conference the summer after her diagnosis. Kristianne cannot say enough about the impact that first FFL had on her daughter and their entire family. They have been loyal FFL's ever since. Kristianne is so excited to be able to volunteer and give back to an organization that has come to mean so much to so many.

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## 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.

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## 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.

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# Room Moderators and Monitors



## Bob O'Connell

**Bob O'Connell** is the father to 17-year-old Kaileigh (dx 1/2007), Meghan, age 13 and the husband to Colleen (Kiddie Kove Staff). Bob and his family live in northeastern Massachusetts and first attended FFL in 2008. They have been attending FFL for a number of years since. Bob works for Comcast in the southern New Hampshire area and is looking forward to volunteering again this year to support for this very important conference.

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## Belinda Peach

**Belinda Peach** is mom to Hannah (19) and Brianna (23). Hannah was diagnosed with type 1 diabetes in August 2004 at the age of four, and they attended their first Friends for Life conference in 2005. During the lunch break on the first day of the conference, Hannah, then five, asked, "When am I getting my pump?" It was great timing! Hannah started pumping that fall, just a couple weeks after starting kindergarten. Belinda knew after that first conference, given all the friends they'd made and all that they'd learned, that their family would be at every FFL conference. Belinda and her family live in Nashville, Tennessee. Belinda is an Oracle database administrator for the Hospital Corporation of America (HCA).

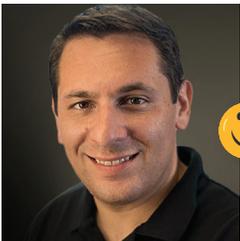
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## Brian Quinn

**Brian Quinn** was diagnosed with type-1 diabetes his freshman year of high school. Having lived with diabetes for more than 25 years at this point, he has been known to say that his diabetes is now legally able to rent a car without paying the extra insurance or age-related prices. Over the years Brian has participated in many JDRF Ride to Cure's and has clocked more miles on his bike than he ever thought he would. If you see Brian around feel free to ask him about his love of all things Disney, especially Stitch. He can talk to you about cheese or penguins as well. Brian has been coming to Friends for life for years and as always is excited to be here now.

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## Ed Raskin

**Ed Raskin** has been active in the diabetes community ever since his son Max was diagnosed at the age of seven. In 2015, Ed co-founded and served in various executive management and board level roles at Beta Bionics, a medical technology company, through May of 2021. Prior to that, Ed practiced law in the healthcare sector. He is deeply interested in helping advance access to transformative technologies that address the many challenges of living with T1D. In December 2018, Ed was diagnosed with adult onset T1D, five years after his son.

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## Georgia Robert

**Georgia Robert** advocates for all those living with type 1 diabetes through her volunteer work for JDRF, Beyond Type 1, and Clara Barton/Joslin Diabetes Center. Georgia is particularly committed to raising awareness about the warning signs of type 1, supporting newly diagnosed families, and ensuring all children with type 1 diabetes know they can excel in whatever they choose in life. Georgia's husband has thrived with type 1 diabetes for over 35 years, and one of their sons, Lucas, was diagnosed six years ago at the age of five. Georgia lives with her family in Longmeadow, Massachusetts and works as a school administrator in Connecticut.

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## Robyn Wright

**Robyn Wright** is married to Tom and they are parents to Lauren (16) who was dx with T1 on 7/8/10 at the age of five, and Parker (19). Robyn works as a certified clinical medical assistant at an Internal Medicine and Pediatrics private practice in Illinois. Robyn is the primary CCMA for one of the providers. She has attended several FFL conferences with Lauren since 2012. In her free time she loves cuddling with the family's two rescue pit bulls, listening to music, (mostly Dave Matthews Band) and crafting. Summer and July at Disney are her favorite seasons!

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## Jeff Hitchcock

**Jeff Hitchcock** is the Founder, President, creator, 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. In September of 1989, their first child was diagnosed with type 1 diabetes at the age of two. Jeff worked in defense related industries until 1995, when he started a small internet company and launched Children with Diabetes to share his family's experience caring for a child with T1D. He subsequently worked at LEXIS-NEXIS and Pearson plc on Internet initiatives, and now works full time bringing Children with Diabetes to you. Jeff also serves on the Board of Directors for the Diabetes Patient Advocacy Coalition (DPAC) and Beta Bionics.

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## Laura Billetdeaux

A finicky connoisseur of hotel meeting space, cappuccino, and kid-friendly cheese and fruit platters, **Laura Billetdeaux** is CWD's VP of Education and Programs. Since 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.

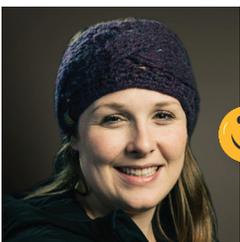
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## Liz Dodson

**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.

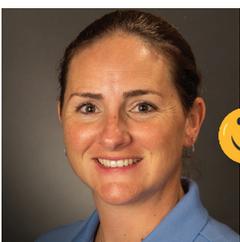
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## Jen Hanson, **BKin, BEd, MEd, CDCES**

**Jen Hanson, BKin, BEd, MEd, CDCES**, 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.

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## 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.

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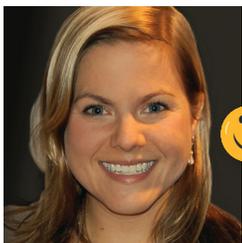
## Kristen O'Dell, MS, RD, CDCES

**Kristen O'Dell, MS, RD, CDCES**, was diagnosed with type 1 diabetes at the age of nine. Despite her resistance to accepting this diagnosis, it has been the driving force behind her pursuing a career as a dietitian. She earned her Master's degree in Dietetics at D'Youville College and became a Certified Diabetes Care and Education Specialist. Kristen has worked in a children's clinic, long term care nursing facilities and as an insulin pump trainer, all while being the dietitian at CWD FFL Conferences. Her goal is to empower people living with diabetes so that they can navigate all the ups and downs of life (and blood sugars). Kristen and her husband, Shawn, have a child, Corwin. In her spare time Kristen enjoys cooking and baking in the kitchen, working in the garden, traveling around the world and rooting for the Buffalo Bills.



## Matthew Point, MS

**Matthew (Matt) Point, MS**, serves as CWD's Director of Advancement. Matt is responsible for CWD's fundraising and development, working with our generous sponsors, and managing our conference scholarship program. In 2013, Matt attended his first CWD event – Friends for Life Orlando, to support his husband and CWD volunteer, Brian, who has lived with type 1 since his diagnosis in 2004 at the age of 15. Matt's favorite part of being involved with CWD and the Friends for Life Conferences is the connections he's made with his "Type 3 Friends" - significant others of people living with type 1. Matt joined the CWD team full-time in 2021.



## 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](http://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. At one point or another, all of the Strouds, including newly added wives have given back as Friends for Life faculty/staff which is truly what FFL is all about! When not working with CWD, Joanne is a Flight Attendant. She and her newly retired husband Jim, recently relocated to the Seattle, WA area and are enjoying their new adventure.



## Marissa Town, BSN, RN, CDCES

**Marissa Town, BSN, RN, CDCES**, has lived with type 1 diabetes for 31 years and has been coming to the Children with Diabetes Friends for Life conferences since the beginning in the year 2000. She realized early on that helping other people 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, as a Clinical Research Manager at Stanford University in diabetes research and has recently started as the Clinical Director for CWD. Her main goal is to help improve peoples' quality of life and reduce barriers to quality healthcare. Marissa and her partner Adam have two young children, Connor and Everly, who also enjoy coming to Friends for Life to share their experiences growing up with a mom with type 1 diabetes. Marissa loves game nights, hiking with her dog Baxter, traveling (when it's not a pandemic), and crafting with her kids.



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