

What Type Am I?
Fearless.



Jackson, Age 9
Diagnosed
February 28, 2013



Children with Diabetes®

Friends for Life® Falls Church

October 4-6, 2019
Fairview Park Marriott
Falls Church, Virginia

#FFLFallsChurch19





October 4, 2019 |

Welcome to Friends for Life® Falls Church 2019

Dear CWD Friends,

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

Please take a few minutes to look over the schedule for Friday, Saturday and Sunday. During some time slots for adults, we have scheduled only one speaker. At other times, we will divide the adults into breakout sessions. You may attend any of the adult sessions; no sign-up is necessary. Sessions for adults and parents are in Salons I, II, III, IV, and V. Note that some sessions are just for adults with type 1 or their partners — not for parents.

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

- Teens (ages 13-17): Junior Ballroom — Great Falls and Arlington Rooms
- Tweens (ages 9-12): Junior Ballroom — Vienna and Falls Church Rooms
- Elementary (ages 6-8): Salons VI and VII
- Childcare (ages 0-5): Salon VIII



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





Welcome!



A **great big thank you** to the staff and speakers who are joining us this weekend. Some of our staff include CWD young adults who have grown up 'through the ranks' of Friends for Life® conferences, and are now here as great role models with optimism to share! Our program leaders and staff include several individuals who have been to every single conference since 2001, working with, teaching, and supporting our kids and families. There's a lot of history and experience with us in Falls Church. Please make sure you take the time to chat with each and every one of them.

Finally, a **big thank you** to our sponsors and exhibitors. Holding a Friends for Life conference is expensive and costs significantly more per person than we charge for registration. We are able to hold our conferences because of our generous sponsors. We know that your resources are limited, and we appreciate that you have taken the time away from your own families to be with us this weekend. It is our hope that every single one of you meets every single conference participant! Please feel free to join in our educational sessions. We'll all learn together

Have a wonderful conference!

Jeff and Laura



Jeff Hitchcock

Founder and President
Children with Diabetes
jeffh@childrenwithdiabetes.com

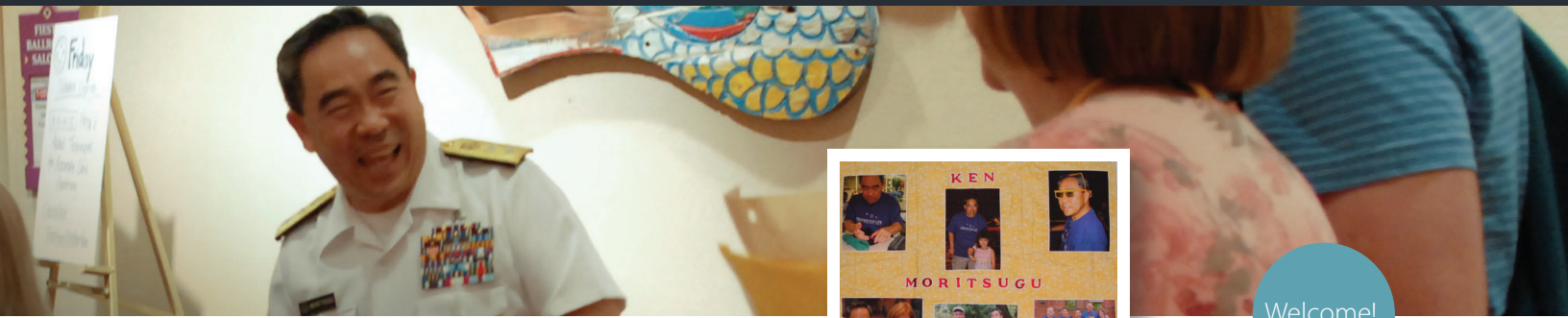


Laura Billetdeaux

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



😊 From Our Chairman



Dear Friends,

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

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

Children with Diabetes® has been in existence for nearly two decades and continues to evolve and thrive as well as a 501c3 non-profit. One visible evolution is our branding. For years, we have identified ourselves with a smiling face. You will note that we have not abandoned that smile, but rather have updated its image, to better reflect our modern focus. Another evolution is our website, which we redesigned to be increasingly user friendly, easier to navigate, in keeping with current social media and technology. What we have kept, and what we carefully nurture, is our long-standing commitment to putting people with diabetes at the center of everything we do.



Rest assured, our Board of Directors provides continuing guidance and assistance to Jeff and Laura, to ensure that Children with Diabetes® will continue to be a resource to you! Every one of us on the Board is passionate about diabetes, because each of us has been touched by the diabetes journey either personally or professionally.

I am pleased to announce the launch of an exciting fund-raising initiative to help us grow the foundation of CWD and Friends For Life. We have a **\$25,000 matching gift** from a board member to kick start this effort! All donations made in 2019 will be matched up to \$25,000. Please consider supporting us in your year-end giving to enable us to expand our mission even further in 2020! **Donate at cwd.is/give**. With your support, we can continue to increase access to our conferences and events for all people with diabetes.

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



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

Chairman of the Board, Children with Diabetes
ken@childrenwithdiabetes.com

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Zola C. and
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SHARE GLUCOSE DATA§

AGES 2 YEARS AND UP

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

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

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The Conference Faculty



Arthur Ainsberg

Arthur Ainsberg is a writer and a Wall Street executive. A veteran of the financial services industry, Mr. Ainsberg has served in senior management and consulting roles at Oppenheimer, Odyssey Partners, and Morgan Stanley. Mr. Ainsberg is also a scholar on the Endurance, the early 20th century expedition to Antarctica by Sir Ernest Shackleton. In 2008, he published his first book, *Shackleton: Leadership Lessons from Antarctica*, which highlights the most important leadership lessons to be learned from Shackleton's story. Mr. Ainsberg speaks and lectures frequently on the lessons of Shackleton's nearly 17 months at sea, including nearly 15 months stranded on an ice island. Mr. Ainsberg has experienced his own medical challenges, having been diagnosed in 1975 at the age of twenty-eight with Hodgkin's Disease. At the time of his diagnosis, doctors had only recently developed a method of treatment that could cure the disease. His interest in medicine, born from personal experience, combined with his love of history, set him on the path to writing his book: *BREAKTHROUGH: Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle*, which St. Martin's Press published in September 2010.

Mr. Ainsberg continues to work in the financial sector. He is currently a member of the Board of Directors of Medley Capital Corp. and AG Mortgage Investment Trust. In 2009, Mr. Ainsberg was named the Chief Operating Officer for the Lehman Brothers Inc., In Liquidation Bankruptcy, which represents the largest and most complex bankruptcy in American history. A widely recognized securities expert witness, Mr. Ainsberg has testified in a number of securities fraud cases on issues involving due diligence, regulatory compliance, suitability, valuation, and securities damages. Mr. Ainsberg received his BBA and MBA degrees in accounting and finance, respectively, from Baruch College and was a member of its Board of Trustees from 1995-2011. An avid traveler, Mr. Ainsberg has visited all fifty states and seventy-four countries on seven continents. He has also visited every baseball stadium and presidential museum in America. He currently resides in New York City, where he was born, educated, and has spent his entire career.

Saturday

9:00 - 10:00

Salons IV + V

Elizabeth Hughes and the Discovery of Insulin



Sam Billetdeaux

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

Saturday

1:00 - 2:15

Salons I + II

Adulting with T1D



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

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

Sunday

10:45 - 12:00

Salon V

Carbohydrate Controversies: How Low Should You Go?



Will Cross

Mountain Climber **Will Cross** has been living with type 1 diabetes since 1976 when he was diagnosed at the age of nine. Will was told that it was unlikely he would live to be 30 years old because of diabetes. In the 40 years since, he became passionate about high-altitude mountaineering and has ascended the highest peaks on all seven continents and walked to both the North and South Poles. In *What's Your Everest*, Cross takes his audience through his three-year journey to the top of Mount Everest and three other 8000 meter summits. Will seeks to get the message out that if he can control his diabetes in these conditions, no one should feel hindered by diabetes, and he encourages his audience to find the explorer within themselves. Will's participation is part of Tandem Diabetes Care's *Live Life in Full Color* speaker series.

Saturday

1:00 - 2:15

Salons VI + VII

What's Your Story? (Elementary Program)

Sunday

9:00 - 10:00

Vienna + Falls Church

Meet the VIPs (Tween Program)

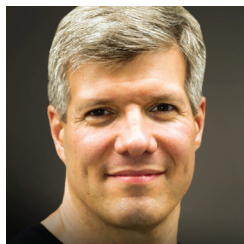
Sunday

3:00 - 4:15

Salons IV + V

Closing Keynote: What's Your Everest





Ed Damiano, PhD

Edward Damiano, PhD, is Professor of Biomedical Engineering at Boston University (BU) and President & CEO of Beta Bionics. His educational training is in the areas of biomedical and mechanical engineering as well as applied mathematics. Over the years, his lab at BU, and at the University of Illinois before that, has been engaged in basic scientific research that combines aspects of fluid dynamics, solid mechanics, and intravital microscopy to study the biomechanics of the inner ear and blood flow in the microcirculation. In addition to his basic science research, he has also committed himself to building a bionic pancreas for type 1 diabetes (T1D). Ever since his 20-year-old son, David, was diagnosed with T1D in infancy, he has set his sights on creating and integrating autonomous, intelligent systems for automatically regulating blood glucose levels in diabetes and with a vision of building a bihormonal (insulin and glucagon) bionic pancreas that David could have in college. He and his engineering team at BU began conducting experiments testing an early prototype of their bionic pancreas running on a laptop computer in diabetic swine in 2005 and then progressed with their clinical collaborators at the Massachusetts General Hospital through in-patient trials in adults and adolescents with T1D from 2008–2012. From 2013–2018, his team at BU and clinical collaborators conducted over a dozen home-use clinical trials in adults and children with diabetes (and other chronic conditions of glycemic dysregulation) testing a mobile version of their bionic pancreas, which ran on an iPhone and wirelessly controlled one or two insulin pumps. With nearly \$2.5 million in donations from over 1,000 gifts from the T1D community in 2014 and 2015, his engineering team at BU, along with their contract manufacturers, began building the first fully integrated bihormonal bionic pancreas that does not rely upon smartphone technology. They called their device the iLet, in homage to the pancreatic islets of Langerhans. At the end of 2015, the iLet and associated technology was licensed to Beta Bionics, Inc., a Massachusetts Public Benefit Corporation that plans to commercialize the bionic pancreas for people with diabetes and other disorders of glycemic dysregulation. The first home-use clinical trial of the iLet was conducted in adults and children with T1D between May and October 2018. Three additional home-use clinical trials testing the iLet have been conducted in 2019. In collaboration with Damiano's lab at BU, and 16 clinical sites across the US, Beta Bionics plans to begin final clinical (Phase 3) trials testing the iLet in 2020 and seek FDA approval of the device for commercial distribution in the US in late 2020.

Sunday	10:45 - 12:00	Great Falls + Arlington	Tech Update: The Bionic Pancreas (Teen Program)
Sunday	1:00 - 2:15	Salons IV + V	iLet Update: The Bionic Pancreas



Leigh Davis Fickling, MEd, MS, JD

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

Saturday	10:45 - 12:00	Salon III	Accommodations in High School, College, & Beyond
Saturday	1:00 - 2:15	Great Falls + Arlington	What Are My Rights? (Teen Program)
Saturday	3:00 - 4:15	Salon III	Accommodating Diabetes in the Workplace & Beyond



Jimmy Dodson

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

Saturday	1:00 - 2:15	Salons VI + VII	What's Your Story? (Elementary Program)
Sunday	9:00 - 10:00	Salons I + II	Adventuring with T1D





The Conference Faculty



Courtney Duckworth

Courtney Duckworth is a medical student, two-time Boston Marathon runner, spokesperson for Abbott Global, and former professional cheerleader who has lived with type 1 diabetes for 15 years. She is also the author of *The Marathon We Live: Training for a Personal Best in Life with Type 1 Diabetes*, proceeds from which she used to create a T1D college scholarship for the 2018-2019 school year. In the future, she hopes to run all six World Marathon Majors and dedicate her life to helping others with chronic conditions live their healthiest, happiest lives.

Saturday

1:00 - 2:15

Salons VI + VII

What's Your Story? (Elementary Program)



Sara Holland Bone

Sara Holland Bone became interested in diabetes as a pharmacy student at Campbell University's School of Pharmacy and Health Sciences. Her expertise became more focused on type 1 diabetes when her son Miles was diagnosed three days after his first birthday. Together with an awesome family and community of support, Sara keeps Miles's life as an eight year old as normal as possible. From playing sports to sleeping on aircraft carriers with cub scouts, nothing slows this kid down. The family branched out to researching type 1 diabetes prevention when big brother, CJ, tested positive for multiple autoantibodies in the T1D TrialNet. Sara enjoys educating others about both type 1 and type 2 diabetes while working at a family-owned independent community pharmacy and loves to spend as much time outdoors as possible.

Saturday

1:00 - 2:15

Salon V

Become a Diabetes Champion



George Huntley

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

Saturday

10:45 - 12:00

Salon V

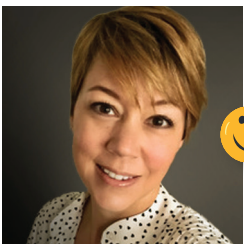
Hot Topics in Diabetes Advocacy

Saturday

1:00 - 2:15

Salon V

Become a Diabetes Champion



Jessica Lynn-Lato

Jessica Lynn-Lato was diagnosed with type 1 diabetes at age 28 while pregnant with her first child. Over the years, she has been an active volunteer with her local JDRF chapter, serving on the Marketing, Outreach and KidsWalk Committees and chairing the ACT1 Outreach Committee (Adults Conquering Type 1). She was named the JDRF of Greater Western Carolinas 2016 Volunteer of The Year. Jessica became involved in diabetes advocacy work after the death of her 21-year-old nephew, George in 2011. George, who also had type 1 diabetes, was rationing his insulin unbeknownst to his family. Jessica is a DPAC Champion and recently visited Capitol Hill to meet with members of Congress to advocate for support of policy benefiting the diabetes community. She lives in Charlotte, NC, with her husband and two children and enjoys family time and travel.

Saturday

1:00 - 2:15

Salon V

Become a Diabetes Champion

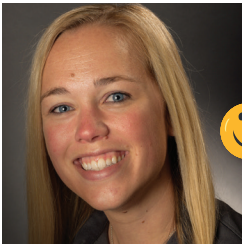




Maureen Monaghan, PhD, CDE

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.

Sunday	9:00 - 10:00	Salon IV	Positive Caregiving
Sunday	10:45 - 12:00	Salon III	Grandparents: Diabetes Basics & Reclaiming Sleepovers
Sunday	1:00 - 2:15	Salon I + II	Helping Parents with Transitions for Teens, Tweens & Adults



Kristen O'Dell, MS, RD

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

Saturday	1:00 - 2:15	Salons I + II	Adulting with T1D
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Every. Gift. Matters.



Gifts of any amount, be it \$1 or \$500, add up in a big way as they are compounded and buoyed by other members of the CWD community, including a generous CWD board member who will match all gifts, dollar for dollar, up to \$25,000.

With an additional \$50,000, CWD can help more families attend FFL Orlando, create additional educational programs, and provide more support and hope.

We would not be the community we are today without your generosity.

Until there's a cure, there's Children with Diabetes.

cwg.is/give



The Conference Faculty



Sean M. Oser, MD, MPH

Sean M. Oser, MD, MPH, was diagnosed with type 1 diabetes just before starting college. Through medical school, graduate school, and residency, as well as through marriage, parenthood, and his professional career, he has learned to make diabetes work at each step along the way. His daughter was diagnosed with type 1 diabetes at age seven and, since then, he and his wife, Tamara Oser, MD, have discovered Children with Diabetes and other parent and family groups. CWD and its programs have helped motivate him to join the diabetes online community and to engage in diabetes research. He is currently Associate Professor in the Department of Family Medicine at the University of Colorado School of Medicine. He places a strong emphasis on providing patient-centered, team-based, comprehensive care. He is a proponent of harnessing human, community, and technology resources in providing high quality longitudinal care and enhanced communication with patients. Dr. Oser is active in diabetes research, including advanced diabetes technologies in primary care and the evolving role of social media in peer support.

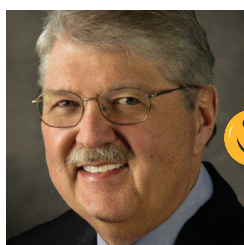
Saturday	10:45 - 12:00	Salons I + II	Succeeding as an Adult and Parent with Type 1
Saturday	3:00 - 4:15	Salons I + II	Diabetes Can Be Complicated
Sunday	10:45 - 12:00	Salons I + II	Dealing with Burnout for Adults



Tamara Oser, MD

Tamara Oser, MD, is an Associate Professor of Family Medicine at the University of Colorado School of Medicine. As a clinician, she cares for many patients with diabetes and is a recognized leader in patient communication. Her training and subsequent experience in Family Medicine have emphasized a holistic approach to patient care, viewing the patient in the context of their life circumstances, including not only their health, but also their personal beliefs, interests, culture, and relationships. She has been inducted into Best Doctors in America, achieved the ninety-ninth percentile for patient satisfaction nationwide, and practiced in an office recognized by the National Committee on Quality Assurance (NCQA) as part of the Diabetes Recognition Program and twice at the highest level of recognition as a Patient-Centered Medical Home (Level 3). She is Director of the High Plains Research Network, one of the oldest and most active practice-based research networks that spans 16 counties in Eastern Colorado. She also is active in teaching and has received numerous teaching awards, including the Dean's Award for Excellence in Teaching three times. Dr. Oser is a Physician Scientist with a research focus on utilizing social media to better understand barriers and facilitators to self-management among those living with T1D, peer support in T1D, and integrating diabetes technologies into primary care. She is wife to Sean Oser, MD who has lived with T1D for 30 years, and is mom to twins Courtney and Jessica (age 17). Jessica was diagnosed with T1D at age seven. She has seen firsthand that although there are challenges, diabetes is also her husband's and daughter's greatest strength. She has blogged about her family's life with T1D at t1family.blogspot.com.

Saturday	1:00 - 2:15	Salon III	Safe Zone for Significant Others
Sunday	10:45 - 12:00	Salons I + II	Dealing with Burnout for Adults



R. Stewart Perry

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

Saturday	10:45 - 12:00	Salon V	Hot Topics in Diabetes Advocacy
Saturday	1:00 - 2:15	Salon V	Become a Diabetes Champion





Toni Pollin, MS, PhD, CGC

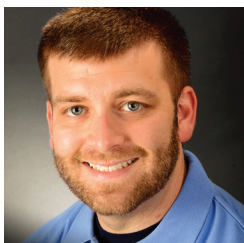
Toni Pollin, MS, PhD, CGC, is a human geneticist, board certified genetic counselor, and leader of a PhD/MS graduate program in Human Genetics at the University of Maryland Baltimore. She educates graduate, medical, and genetic counseling students as well as practicing providers about the genetics of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

Saturday

3:00 - 4:15

Salon IV

An Introduction to Monogenic Diabetes



Matthew Point, MS

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

Saturday

1:00 - 2:15

Salons I + II

Adulting with T1D



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 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 & Endocrinology Center. He leads a team focused on the education and care of children and adults with diabetes and clinical research. He established the USF TrialNet Clinical Center and he and his team partner with industry in investigating novel therapies in type 1 and type 2 diabetes. Dr. Rodriguez is the Immediate-Past Protocol Chair for the NIH-funded TrialNet Pathway to Prevention Study, is co-chair of the ADA Safe at School Working Group, a member of the ADA Legal Advocacy Subcommittee, the Diabetes Advocacy Alliance, a longstanding volunteer with JDRF, and he is a staunch supporter of diabetes camps. His clinical and research foci are the improvement of lives impacted by diabetes while pursuing prevention and a cure.

Saturday

3:00 - 4:15

Salon V

Diabetes Care Update: State of the Art in 2019

Sunday

9:00 - 10:00

Salon V

Sick Days and Stress Days



Denotes faculty member with diabetes



The Conference Faculty



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.

Sunday	9:00 - 10:00	Salon V	Sick Days and Stress Days
Sunday	10:45 - 12:00	Salon III	Grandparents: Diabetes Basics & Reclaiming Sleepovers



Gary Scheiner, **MS, CDE**

Gary Scheiner, MS, CDE, is owner and Clinical Director of Integrated Diabetes Services, a practice near 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 CDE for 19 years, and served as the 2014 Diabetes Educator of the Year. He has had type 1 diabetes for 30 years. 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 for people with diabetes as well as professionals. In addition to serving on the faculty of CWD and the Board of Directors for JDRF, Gary volunteers for the ADA, Diabetes Sisters, and Setebaid Diabetes Camps. Gary has been happily married for 25 years and has four wonderful kids.

Saturday	10:45 - 12:00	Salon IV	Exercise and Sports with Type 1 Diabetes
Saturday	1:00 - 2:15	Salon IV	A Carb is a Carb ... or is it? A Guide to the Glycemic Index
Sunday	10:45 - 12:00	Salon IV	Making Sense of Sensor Data



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. Kerri's participation is part of Tandem Diabetes Care's *Live Life in Full Color* speaker series.

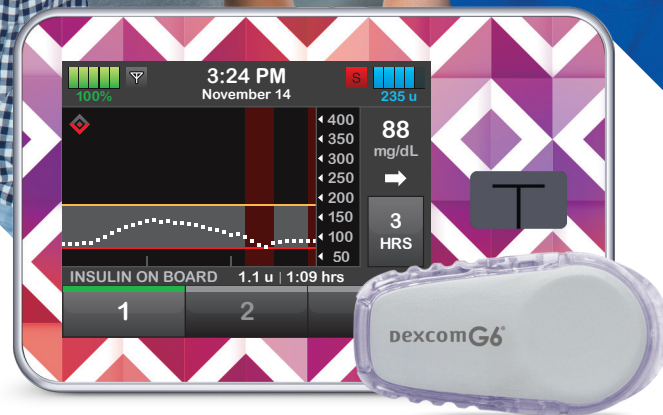
Saturday	3:00 - 4:15	Salons I + II	Diabetes Can Be Complicated
Sunday	9:00 - 10:00	Salon III	Finding Support Through Social Media





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The Teen Faculty



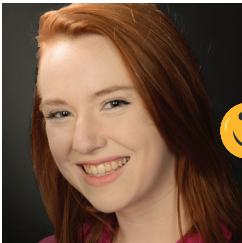
Brian Grant, **BSN, RN, CDE**

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



Kathryn Hitchcock, **MS, RD**

Kathryn Hitchcock, MS, RD, sister of Marissa (dx'd at 2 years old), earned her Master's in Nutritional Science degree at the University of Cincinnati in the summer of 2018 and her RD in May 2019. Kathryn is the coordinator of the Research Task Force at Children with Diabetes, which focuses on discovering how CWD can improve quality of life and diabetes-related outcomes in people that use CWD and attend Friends for Life conferences. She is passionate about nutrition, especially related to diabetes, and hopes to work in pediatric clinical nutrition. Kathryn says, "CWD is my ever-expanding family that has my back, and I want to share that support and connection with every person I meet that is affected by type 1 diabetes."



Hannah Opdenaker

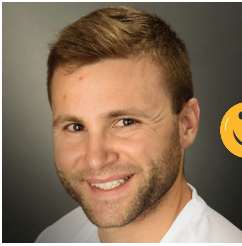
Hannah Opdenaker was diagnosed with type 1 diabetes at age three in 1999, and has been attending CWD conferences since 2001. She is a stage actress with a focus in dance and contemporary movement. After graduating with her degree in theatre, she now teaches acting and theatre history in Philadelphia,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

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July 14-19, 2020 at *Disney's Coronado Springs Resort*

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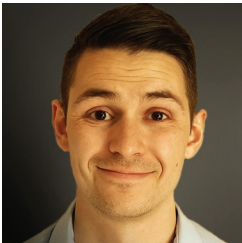
Kenny Rodenheiser, BSN, RN, CDE

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



Grace Grande-Cassell

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



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.



Dennis Holterman

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



Amanda Stroud

Amanda Stroud is a Miami native who moved to New York in 2011 to attend New York University's Film and Television Production program, from which she graduated in 2015. She now works at NBCUniversal's Bravo Network and lives in Brooklyn with her husband, Ben, who was diagnosed with type 1 diabetes in 1998. At Orlando conferences, Amanda works with both the Tween Staff and the Docu-Diabetes project.





Program of Events and Sessions

Friday, October 4, 2019

6:00 - 9:00 pm	Registration and Reception / Exhibits Open — Tickets Reception Space
7:00	Young Adults (18-26) Meet Up — Tickets Reception Space

Saturday, October 5, 2019

Time	Salons I + II	Salon III	Salon IV	Salon V
8:00 - 9:00	Buffet Breakfast in Salons IV + V and Visit Sponsors and Exhibitors			
9:00 - 10:00				Opening Keynote: Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle Arthur Ainsberg
10:00 - 10:45	Refreshment Break and Exhibits Open in Tickets Reception			
10:45 - 12:00	Succeeding as an Adult and Parent with Type 1 Sean Oser, MD, MPH	Accommodations in High School, College, and Beyond: A Parent's Guide Leigh Fickling, MEd, MS, JD	Exercise and Sports with Type 1 Diabetes Gary Scheiner, MS, CDE	Hot Topics in Diabetes Advocacy & Making a Fuss About Them Stewart Perry & George Huntley
12:00 - 1:00	Buffet Lunch in Salons IV + V and Visit Sponsors and Exhibitors			
1:00 - 2:15	Adulting with T1D Kristen O'Dell, MS, RD, Matt Point, MS, & Sam Billetdeaux	Safe Zone for Significant Others Tamara Oser, MD	A Carb is a Carb ... or is it? Applying the Glycemic Index Gary Scheiner, MS, CDE	Become a Diabetes Champion Stewart Perry, George Huntley, Sara Bone and Jessica Lynn-Lato
2:15 - 3:00	Refreshment Break and Exhibits Open in Tickets Reception			
3:00 - 4:15	Diabetes Can Be Complicated Sean Oser, MD, MPH & Kerri Sparling <i>Session for Adults with T1D and Their Significant Others Only</i>	Accommodating Diabetes in the Workplace and Beyond Leigh Fickling, MEd, MS, JD	An Introduction to Monogenic Diabetes Toni Pollin, MS, PhD, CGC	Diabetes Care Update: State of the Art in 2019 Henry Rodriguez, MD

Sunday, October 6, 2019

Time	Salons I + II	Salon III	Salon IV	Salon V
8:00 - 9:00	Buffet Breakfast in Salons IV + V			
9:00 - 10:00	Adventuring with T1D Jimmy Dodson	Finding Support Through Social Media Kerri Sparling	Positive Caregiving Maureen Monaghan, PhD, CDE	Sick Days and Stress Days Henry Rodriguez, MD & Janet Rodriguez, BSN, RN, CDE
10:00 - 10:45	Refreshment Break in Tickets Reception			
10:45 - 12:00	Dealing with Burnout for Adults Sean Oser, MD, MPH, & Tamara Oser, MD	Grandparents & Occasional Caregivers: Diabetes Basics & Reclaiming Sleepovers Janet Rodriguez, BSN, RN, CDE, & Maureen Monaghan, PhD, CDE	Making Sense of Sensor Data Gary Scheiner, MS, CDE	Carbohydrate Controversies: How Low Should You Go? Constance Brown-Riggs, MSED, RD, CDE, CDN
12:00 - 1:00	Buffet Lunch in Salons IV + V			
1:00 - 2:15	Helping Parents with Transitions for Tweens, Teens, and Young Adults Maureen Monaghan, PhD, CDE		iLet Update: The Bionic Pancreas Ed Damiano, PhD	
2:15 - 3:00	Refreshment Break in Tickets Reception			
3:00 - 4:15			Closing Keynote: What's Your Everest? Will Cross	

Youth Program of Events and Sessions

Friday, October 4, 2019

6:00 - 9:00 pm

Registration and Reception / Exhibits Open — Tickets Reception Space

Youth Program for Saturday, October 5, 2019

Time	Kiddie Kove (ages 0-5) Salon VIII	Elementary (ages 6-8) Salons VI + VII	Tween (ages 9-12) Vienna + Falls Church	Teen (ages 13-17) Great Falls + Arlington
8:00 - 9:00	Buffet Breakfast in Salons IV + V and Visit Sponsors and Exhibitors			
9:00 - 10:00	Check In & Meet New Friends	Icebreakers and Big Group Games	Icebreakers	Meet Your Squad
10:00 - 10:45	Refreshment Break and Exhibits Open in Tickets Reception			
10:45 - 12:00	Toys & Games	Scavenger Hunt	Expressing Your Diabetes	Keep Calm and Carry On Kathryn Hitchcock, MS, RD
12:00 - 1:00	Lunch and Visit Sponsors and Exhibitors			
1:00 - 2:15	Crafts Orange Team Visits	What's Your Story? With Special Guests	FFL: Food for Life	What Are My Rights? Leigh Fickling, MEd, MS, JD
2:15 - 3:00	Refreshment Break and Exhibits Open in Tickets Reception			
3:00 - 4:15	Movie and Rest	It's All Fun and Games Diabetium!	Tween Olympics with Harold	Steering the Ship: Navigating Parents and Peers

Youth Program for Sunday, October 6, 2019

Time	Kiddie Kove (ages 0-5) Salon VIII	Elementary (ages 6-8) Salons VI + VII	Tween (ages 9-12) Vienna + Falls Church	Teen (ages 13-17) Great Falls + Arlington
8:00 - 9:00	Buffet Breakfast in Salons IV + V			
9:00 - 10:00	Toys, Games, & Stories	Green Team (Type 1) and Orange Team (Siblings)	Meet the VIPs	Wake Up! It's Harold Time
10:00 - 10:45	Refreshment Break in Tickets Reception			
10:45 - 12:00	Scavenger Hunt	Harold Time	Green Team (Type 1) and Orange Team (Siblings)	Tech Update: The Bionic Pancreas Ed Damiano, PhD
12:00 - 1:00	Buffet Lunch in Salons IV + V			
1:00 - 2:15	Harold Time Active Games	What Are You Eating?	Insulin and Beyond	Green Team (Type 1) and Orange Team (Siblings)
2:15 - 3:00	Refreshment Break in Tickets Reception			
3:00 - 4:15	Movie and Rest	Express Yourself!	Diabetium	Thinking Traps: Snakes and Ladders



The Elementary Faculty



Michelle Dao, **BSN, RN**

Michelle Dao, BSN, RN, earned her Bachelors of Science in Nursing from the University of Cincinnati. She currently works in the Neonatal Intensive Care Unit at Cincinnati Children's Hospital Medical Center. She attended her first Friends for Life Orlando in 2015 and has been working with the Elementary staff since 2016.



Timothy Hitchcock

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



Christy Fry

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



Kayla Pawlowski

Kayla Pawlowski has three siblings - two with type 1 - and has been attending CWD conferences and Friends for Life Orlando since 2003. Kayla graduated in 2017 from Marquette University with a degree in Elementary Education and Communication Studies. She is currently a Middle School teacher in Milwaukee, WI. She is very excited to be part of the CWD Youth Program staff this year because it is a place where everyone just "gets it." It truly is a great opportunity to work with the elementary-aged children to continue the culture of not being alone at Friends for Life.





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

Mary Babin, RN, BSN, CDE, has served as the childcare coordinator since the very first CWD 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 CDE over 20 years! This busy mom and devoted professional has been involved with CWD since 2001. You can spot her at the conferences-she's the one with the trail of kids behind her!



Helen Rodenheiser, **MEd**

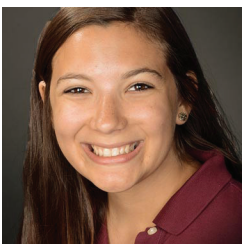
Helen Rodenheiser, MEd, is a kindergarten teacher with a masters degree in special education. She loves working with the little ones each year! She has been attending Friends for Life conferences with her husband Kenny Rodenheiser (T1) since 2011. Helen loves coming to FFL each year for the sense of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



Chris Delaney, **BSN, RN**

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

The Sibling Faculty



Sierra Abel

Sierra Abel is the older sister to Sailor Abel, who was diagnosed with type 1 diabetes in 2001. Sierra attended her first Friends for Life conference with her family in 2002, where she was in the elementary group. She has now worked her way through all the programs, graduating from the teens at Friends for Life Orlando 2011. Sierra graduated from Mercy College in 2016 with a degree in Public Relations focusing on Marketing. She is excited to be in the siblings group and working with friends and family.





Children with Diabetes® Friends for Life®

2019 Friends for Life® Conferences

March 29-31, 2019

Renaissance Seattle Hotel
Seattle, Washington

July 16-21, 2019

Disney's Coronado Springs Resort
Orlando, Florida

October 4-6, 2019

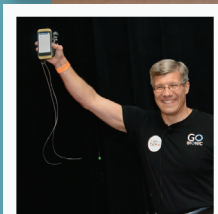
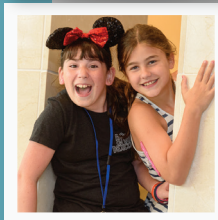
Fairview Park Marriott
Falls Church, Virginia

October 25-27, 2019

Staverton Estate
Daventry, Northamptonshire, UK

November 8-10, 2019

Sheraton on the Falls
Niagara Falls, Ontario, Canada





Better Together.

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

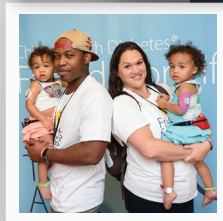
Today, Children with Diabetes® and our Friends for Life® Conferences bring together those who live with T1D and the amazing people who support them.

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

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

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

This Is A
Conference
You Won't
Forget!



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

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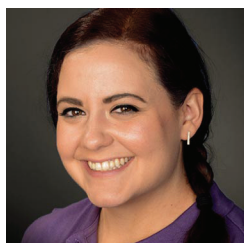
Jeff Hitchcock

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



Laura Billetdeaux

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



Carolyn Billetdeaux, MBA

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



Liz Dodson

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



Nabil Elarbi

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





Jimmy Fickling

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



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.



Brenda Hitchcock

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



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."



Julia Mattingly

Julia Mattingly is mom to 23 year old Hannah and 21 year old Ethan, who was diagnosed with type 1 diabetes at 10 months and started pumping when he was three years old. Julia has been to every Friends for Life conference and most of the regionals as well. Julia coordinates registration at each conference, and you can always find her when you need a smile and hug. Julia loves coordinating registration and being able to meet and talk to everyone who attends. Her favorite Friends for Life memory is from 2000 when she met all of her CWD email moms in Orlando for the first time. She also loves to see the smiles on her children's faces when they re-connect with their CWD friends each summer. "Coming to Friends for Life has changed our lives, I have friends that 'get it' and what we as moms go through. But mostly it has helped teach Ethan how to take care of himself, to live his best life on his own and taught us all how to give back to the CWD community."





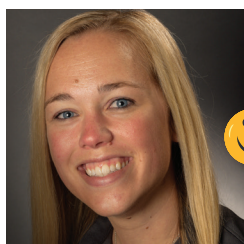
Carolyn Meredith

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



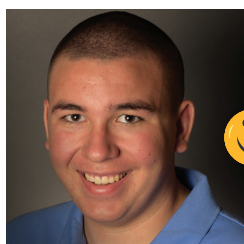
Rich Meredith

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



Kristen O'Dell, MS, RD, CLC

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



Matthew Pawlowski

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



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.





Ben Stroud

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



Joanne Stroud, MHA, FACHE

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



Chris Tull

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



Trevor Tull

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



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.





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

Chairman of the Board

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

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

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

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



Jeff Hitchcock

Founder, President, and Board Member

Jeff Hitchcock is the Founder, President, 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.



Joan Bardsley, MBA, RN, CDE, FAADE

Board Member

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





Lynda K. Fisher, MD

Secretary, Board Member

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



Audrey Greenfield

Board Member

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



George Grunberger, MD, FACP, FACE

Board Member

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

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

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

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





Edward T. Hawthorne

Board Member

Edward T. Hawthorne, founder and managing partner of CE3 Solutions, LLC, serves as Chief Administrative Officer, after a 33 year career with Bank of America. Hawthorne has a dynamic professional background, having held various senior positions within Bank of America covering technology, operational risk, and customer servicing worldwide. During his tenure at Bank of America, he and his team developed a comprehensive system and corresponding methods for identifying and managing Operational Risk Assessments and Control, applying for and being subsequently awarded a U.S. Patent.

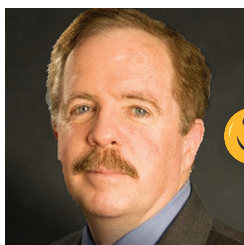
Hawthorne and his family reside in California. He is actively engaged in serving his community and is committed to finding a cure for diabetes and improving the lives of all people living with diabetes. He currently sits on the board for the National Diabetes Volunteer Leadership Council and the Emeritus Council for the American Diabetes Association. He has served as Chairman of the National Board of Directors for the American Diabetes Association, Chairman of the Board of Directors of the California Affiliate of the American Diabetes Association, and various committees for the association. He has served on the Board of Directors for the San Francisco Museum of African Diaspora, Vice-Chairman of the Board of Directors for the American Red Cross of the Bay Area and member of the National Nominating Committee, and the Board of Directors for the March of Dimes for the Bay and Chairman of the Contra Costa March of Dimes WalkAmerica. Hawthorne has also served as Chairman and Director Emeritus of the Strategic Advisory Board for the International Help Desk Institute, and Advisory Boards for Meris Consulting. Hawthorne has also served as Chairman and Director Emeritus of the Strategic Advisory Board for the International Help Desk Institute, and Advisory Boards for Meris Consulting, Digital Fuel, Convergys, LivePerson, and the Risk Management Association IT Committee.



George Huntley

Treasurer, Board Member

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

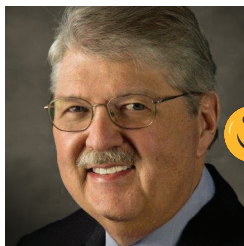


Paul Madden, MEd

Board Member

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

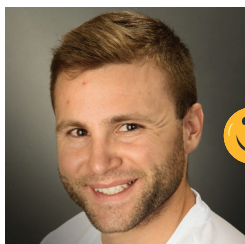




Stewart Perry

Board Member

Stewart Perry grew up in Lexington, Kentucky. Since 1983 he has been the co-owner of Perry & Perry State Farm Insurance, one of the largest State Farm Insurance agencies in the state of Kentucky and is a Diabetes Consultant and Advocate. Stewart's family has been dramatically affected by diabetes. His son has type 1 diabetes, both parents, and sister have all had diabetes during their lifetime. He has lost an uncle, grandfather and great grandmother to complications of diabetes. Stewart was diagnosed with type 2 diabetes in 1990. Since that time, he has been actively involved in the American Diabetes Association. Stewart was the Chairman of the National Board of Directors and Chair of the National Advocacy Committee for five years. He was Chair Bluegrass Chapter for a number of years and helped organize many of the fundraising events still in existence. He served as the Kentucky Affiliate Board of Vice-Chair and was Chair-Elect when it became a part of the Southern Region where he served as the Chair of the Southern Region. He also is a former member of the National Board of Directors. He is the State of Kentucky State Advocacy Chair for ADA. Stewart is a member of the Kentucky Diabetes Network and a founding member of the Fayette County Diabetes 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.



Kenny Rodenheiser, BSN, RN, CDE

Board Member

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



Kerri Sparling

Board Member

Kerri Sparling has been living with type 1 diabetes since 1986, diagnosed at the age of seven. She manages her diabetes and lives her life by the mantra "Diabetes doesn't define me, but it helps explain me." Kerri is an internationally recognized diabetes advocate. She is the creator and author of Six Until Me, which from May 2005 to May 2019 was one of the most widely-read diabetes patient blogs, reaching a global audience of patients, caregivers, and industry. She has been featured on NPR, *US News and World Report*, CBNC, Yahoo! Health, *LA Times*, *The Lancet*, Whole Living, Disney's Family.com, and *Family Circle*, among other national outlets. In addition to her writing, Kerri is a highly-rated speaker and has presented the patient perspective to audiences around the world. She works to raise awareness for diabetes, patient advocacy, and the influence of social media on health outcomes. Her first book, *Balancing Diabetes* (Spry Publishing), looks at type 1 diabetes in the context of "real life." Kerri and her husband live in Rhode Island, USA, with their two children. You can follow her writing and the release of her next projects at KerriSparling.com.



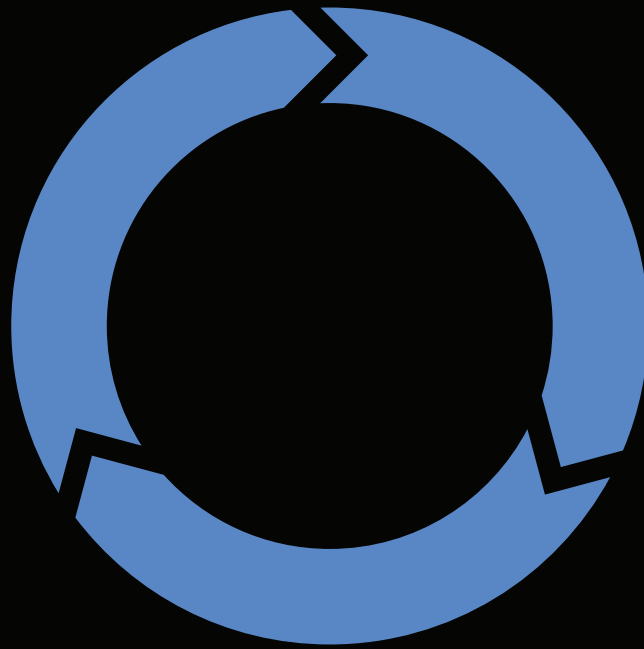
Mike Swearingen

Vice Chairman of the Board

Michael R. Swearingen is currently the Managing Director for Blackbriar LLC International Consulting. He is an international leader with over 30 years management experience at Johnson & Johnson and Eli Lilly and Company. Mike has been a catalyst for passage of several state legislative measures including passage of a state licensure requirement for Diabetes Educators in the States of Kentucky and Indiana, and PA prescriptive authority in Indiana. He has worked with numerous companies, elected officials, government agencies, professional medical associations and academies to create major enduring initiatives such as, "Diabetes Awareness Days," state and federal advocacy training workshops, national and international medical education conferences, and national sales and management meetings. Mike has served on the national foundation boards for the American Academy of Family Physicians, the American Academy of Physician Assistants, the American Association of Diabetes Educators Research and Education Foundation, and the Nurse Practitioner Healthcare Foundation. He is an honorary "PA" in the State of Indiana, and a recipient of the Diabetes Care Education (DCE) National Champion Award. Currently he is on the board of directors for both T-1 Today Inc. (d/b/a Children with Diabetes), and the Diabetes Patient Advocacy Coalition.



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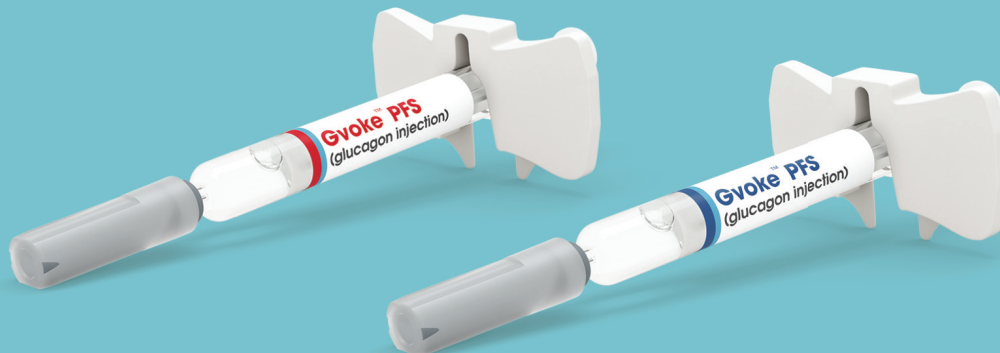
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