Welcome & Keynote

2017 Children’s Congress Delegates
The Nebraska 2017 JDRF Children’s Congress delegates will share their experiences on Capitol Hill & the importance of being an advocate for yourself & the type 1 diabetes (T1D) community.

JDRF’s Mission & the Future
Alecia Wesner will share her experiences of living with T1D for over 38 years as well as participating in JDRF One Walk, Ride to Cure Diabetes and T1D clinical trials which she chronicled for JDRF’s TypeOneNation.org and ASweetLife.com. She will also discuss current JDRF research and the importance of advocacy and advancing diabetes research and technologies.

Kids Camp
Kids Camp will be offered for all children ages 4-12. Volunteer leaders will guide the children in a variety of activities: arts and crafts, carb bingo, fitness and more!

Tips & Tricks for Managing T1D
For Anyone
Alecia Wesner will host this open discussion on tips & tricks of managing type 1 diabetes. Topics may include: diabetes online community; tapes for CGMs & pumps; low blood sugar treatment options; places to put your pump; site rotations; diabetes apps. During this session, attendees will also have the opportunity to ask individual questions.

Psychological/Emotional side of T1D*
For Young Adults, Adults & Parents
Dr. Justin W. Weeks, Licensed Clinical Psychologist & Dr. Andjela Drincic, Endocrinologist, both from Nebraska Medicine will discuss the psychological/emotional side of living with T1D & share different ways to manage & cope with those feelings. This panel will also include Emma Kate Brown who has been diagnosed with three autoimmune diseases including T1D. She will share her experiences of how chronic illnesses can affect a person’s mental health & the importance of asking for support.

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**Taking T1D to School: PreK – 12th grade**

*For Anyone*

Going to school with T1D requires a lot of preparation & planning – especially if you are the parent of a child with T1D. Sue McLaughlin, MOL, BS, RD, CDE, LMNT; Melissa Meeker, RN, parent of a child living with T1D; Alicia Rhea, RN, parent of a child living with T1D; will discuss tips & strategies for making your child’s school experience a success. Topics will include: ADA laws & rights that protect individuals living with T1D, the responsibilities of the parents, child & school, 504 plans & tips on how families & schools can work together to ensure the best possible care for the student. Attendees will leave with the JDRF School Advisory Toolkit.

**Teen Activity**

*For Teens*

Linda Hennessy, parent of a child living with T1D, will facilitate this session where teens will create an inspiring message through metal stamping. Dr. Amber Fuller, parent of a child living with T1D, will also briefly share the impact peer support can bring to teens living with T1D, especially through programs like Empower1 (Omaha) & getPumped (Lincoln).

**Breakout Session #2 Options**

**Tips & Tricks for Managing T1D**

*For Anyone*

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**Children’s Hospital & Medical Center Panel***

*For Anyone*

Have your questions answered by the experts. This panel will include members of the Children’s Hospital & Medical Center Diabetes team.

**Sports & Exercise with T1D**

*For Anyone*

A panel of high school & college athletes as well as adults living with T1D will share their experiences managing their diabetes throughout various sports & exercise. Panelists include: Jackson Allred, Bellevue West baseball & hockey player; Drew Brown, University of Nebraska – Lincoln football player; Andrew Fauver, personal trainer; Brett Slezak, Creighton Prep tennis player; and more to be announced.

**Off to College***

*For Young Adults & Parents*

This session will benefit high school and college students along with parents. A panel of college students with T1D will answer questions and address concerns. Topics covered include tips for visiting campuses, preparing to move out, dorm accommodations, class scheduling, utilizing campus resources, and parental do's and don'ts. Handouts from the College Diabetes Network will be provided.

*To help cover topics important to you, please submit any questions with your registration.*