

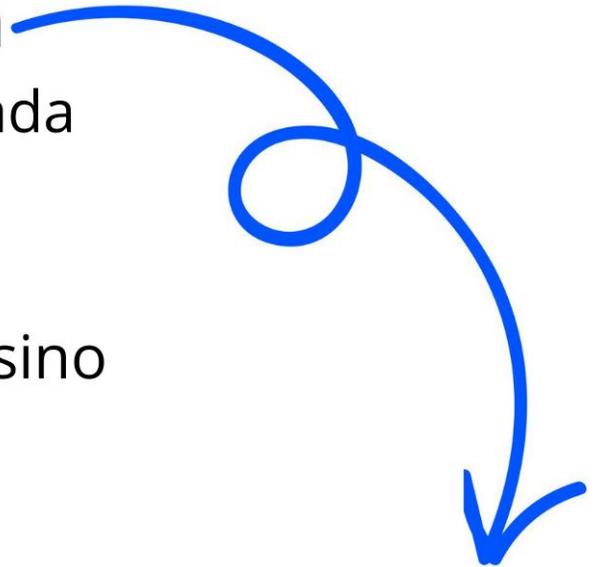


JDRF TypeOneNation

Desert West - Southern Nevada

August 20, 2022

Palace Station Hotel and Casino





TypeOneNation Summit Desert West – Southern Nevada

AGENDA

8:00 AM– 9:00 AM	ATTENDEE CHECK IN / VENDOR FAIR	
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9:00AM – 9:50AM	WELCOME REMARKS KEYNOTE ADDRESS Being Awesome Even When Your Blood Sugar Isn't Ginger Vieira, Diabetes Author & Speaker and Mike Lawson, Illustrator and living with T1D since age 21	<i>Salon A&B</i>
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	EDUCATIONAL SESSION #1 (please select one):	
	<ul style="list-style-type: none">Living with Type 1 Diabetes in Adulthood Katherine Whitmire, Nurse Practitioner, CDCES and Tandy McGee, Registered Nurse, CDCES	<i>Salon F</i>
10:00AM – 10:40AM	<ul style="list-style-type: none">Nutrition: Basics of Carb Counting and Beyond Colleen Corey, Registered Dietician, CDCESTaking T1D to School Christina Hollowood, Special Programs Teacher Robin Kincaid, Director of Educational Services Nevada PEP and Sue Hodsdon, School Psychologist	<i>Salon G</i> <i>Salon C&D</i>

10:40AM – 11:00AM	VENDOR FAIR / NETWORKING	
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	EDUCATIONAL SESSION #2 (please select one):	
	<ul style="list-style-type: none">Fuel, Insulin + Sweat: Tips for Exercising with T1D Danni Proenza, CPT/Fitness Nutrition Specialist/IRONMAN Certified Coach/Post Orthopedic Rehab Specialist and Tiana Cooks, Living with T1D since age 21	<i>Salon F</i>
11:00AM – 11:40AM	<ul style="list-style-type: none">Managing Your Mental Health and T1D Jennifer Moore, MSW, Licensed Clinical Social Worker and Rola Saad, MD, Pediatric EndocrinologistT1D Research Update and Clinical Trials Ellen Neylon, Nurse Practitioner, Clinical Operations Manager and Parul Patel, MD, Pediatric Endocrinologist	<i>Salon G</i> <i>Salon C&D</i>

11:40AM – 12:15PM	LUNCH / VENDOR FAIR	
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	INSPIRATIONAL GUEST SPEAKER	
12:15PM-12:45PM	<ul style="list-style-type: none">Bolus, Breathe, and Believe: Bigger than Diabetes Tiana Cooks. Living with T1D since age 21	<i>Salon A&B</i>

12:45PM-1:00PM	ONE WALK KICKOFF	<i>Salon A&B</i>
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Thank You!

National Partners



Local Exhibitors



Summit Session Details

9:00AM – 9:50AM

Welcome and Keynote Address

Being Awesome Even When Your Blood Sugar Isn't – Ginger Vieira & Mike Lawson *Salon A&B*

Type 1 diabetes isn't easy—whether your blood sugar is steady or on a wild roller coaster. Some days it feels downright impossible! Nobody does it perfectly but thriving with T1D is about much more than your latest time-in-range or A1c. Let's talk about getting through the highs and lows without beating yourself up—and feeling proud of yourself at the end of the day.

10:00AM – 10:40AM

Educational Session 1 (please select one)

Living with Type 1 Diabetes in Adulthood – Katherine Whitmire & Tandy McGee *Salon F*

Our presenters will offer both a professional and personal perspective on navigating daily life with type 1 diabetes. How does type 1 diabetes impact you in your daily life? Join us for this interactive discussion on maintaining motivation to care for yourself, dealing with burnout, settings goals, and balancing work and family.

Nutrition: Basics of Carb Counting and Beyond - Colleen Corey *Salon G*

Learn how to count carbohydrates and look at other food factors that will affect your blood glucose levels.

Taking T1D to School – Christina Hollowood, Robin Kincaid & Sue Hodsdon *Salon C&D*

Sending your child to school with T1D can feel stressful and you want to know they are safe and able to engage in all their school has to offer. In this interactive session we will review 504 plans; their practice and purpose, how to build a partnership with your school care team and discuss other tips to ensure your child has the best possible school experience.

11:00AM – 11:40AM

Educational Session 2 (please select one)

Fuel, Insulin + Sweat: Tips for Exercising with T1D - Danni Proenza & Tiana Cooks *Salon F*

Managing diabetes with exercise can be challenging, but it doesn't have to be. In this session learn practical tips on how to avoid exercise lows, control blood sugars, set goals, and fuel for your next workout.

Managing Your Mental Health and T1D – Jennifer Moore & Dr. Rola Saad *Salon G*

Mental health and T1D have a reciprocal relationship with each other. Whether you live with T1D or care for someone with T1D, learn more about how the two are correlated. Also learn helpful tips to manage both effectively, resulting in the healthiest mind and body possible.

T1D Research Update and Clinical Trials – Dr. Parul Patel & Ellen Neylon *Salon C&D*

T1D Research...What is happening? What is new? What is on the horizon? This session will answer most questions and outline the myths and unknowns of participating in a clinical research trial to better prepare you and your family members for the process of participating in exciting and important research opportunities.

12:15PM – 12:45PM

Inspirational Guest Speaker

Bolus, Breathe, and Believe: Bigger than Diabetes – Tiana Cooks *Salon A&B*

Tiana Cooks was diagnosed with type 1 diabetes in 2014. Since then, she has placed 1st runner-up in Miss Colorado USA in 2019, qualified for nationals as an NPC Bodybuilding competitor, and completed her first marathon in NYC in 2021. She is excited to share about her journey on and off the stage and hopes to inspire others to be confident regardless of their circumstances, differences, or disabilities.

SPEAKER/PANELIST BIOGRAPHIES

[Keynote Address](#)

Ginger Vieira, Diabetes Author Speaker

Ginger Vieira diagnosed herself with type 1 diabetes during the 7th-grade health fair when she was 13 years old. She also lives with Celiac disease, fibromyalgia, and hypothyroidism. Today, Ginger is the Senior Content Manager at BeyondType1 and BeyondType2. Over the last 15 years, she has written hundreds of articles for people with diabetes across many sites and authored a variety of books, including "[When I Go Low](#)" (for kids), "[Pregnancy with Type 1 Diabetes](#)," and "[Dealing with Diabetes Burnout](#)." As a former competitive powerlifter, yoga teacher, and health coach, Ginger loves helping people with diabetes learn how to balance their blood sugar around exercise. She lives in Vermont with two daughters, her handsome fella, and their dog.

Mike Lawson, Illustrator and living with T1D since age 21

Mike Lawson lives with type 1 diabetes and likes drawing cartoons about it. He has worked in the diabetes nonprofit space for many years and his art has been a part of diabetes advocacy campaigns like The Big Blue Test, Spare A Rose, and TuDiabetes. Mike's first diabetes picture book, "[Open Up Your Bag](#)", was published in 2018 and helps young people with diabetes create and normalize their diabetes management routines. Mike lives in Oakland, California and likes hiking, camping, and good coffee.

[Educational Sessions](#)

Christina Hollowood, Special Programs Teacher

Christina has been a special education teacher for more than 20 years. She has taught elementary, middle, and now at Sierra Vista High School. Christina has been a MOD (Mom of a Diabetic) since 2014, when her then 2-year-old was diagnosed. They've been through pre-k and elementary school and are getting ready for the next journey in middle school. Outside of school/work, her family enjoys participating in all the extracurriculars, including JDRF/Youth Ambassadors, Girl Scouts, Maniakz Cheerleading, and UNLV Rebels Football and Basketball.

Colleen Corey, Registered Dietician, Certified Diabetes Care and Education Specialist

Colleen is a Licensed Registered Dietitian and is currently working at Desert Perinatal Associates as a Diabetes Educator. She has over 20 years of experience in diabetes education, has a background in exercise physiology and has worked with the JDRF Ride Coaching program. She is recognized for her leadership, customer service, technical knowledge and outstanding patient care and has served as Past President, Vice President and Secretary of Nevada Educational Associates for Diabetes. Colleen is a dedicated and patient-focused Registered Dietitian with proven strengths in education, diabetes management, and diabetes pump management. Colleen is a current board member of the California Diabetes Education Association and a current leader with Nevada Local Networking Group.

Danni Proenza, CPT, Fitness Nutrition Specialist, IRONMAN Certified Coach, Post Orthopedic Rehab Specialist

Born and raised in Brooklyn, New York and currently living in Las Vegas, Nevada, she is the founder and owner of AIPT, LLC. In 2009 she was diagnosed with type 1 diabetes. Soon after her diagnosis she completed her first Ironman Triathlon, one of the world's longest endurance events and realized that she would be able to impact others. She began her personal training career working with clients locally for races then teaching at a boxing gym in the Midwest. Her career evolved into private training and endurance race coaching. She has an extensive background in functional fitness and injury prevention. Her passion is taking people from "What if..." to "What's next...". Danni is an Ironman Triathlete and graduate of Professional Baseball Umpire School. She is a Certified Personal Trainer, Fitness Nutrition Specialist, Post Orthopedic Rehabilitation Specialist and is an IRONMAN Certified Coach.

Ellen Neylon, Nurse Practitioner, Clinical Operations Manager

Ellen has been working in clinical research for more than 20 years. She received her master's degree in Nursing from Columbia University Nursing School in a dual nurse practitioner program in Family Medicine and Oncology. Ellen is board-certified by the American Nurses Credentialing Center (ANCC). She is a Family Nurse Practitioner and the Clinical Operations Manager at Palm Research Center here in Las Vegas, NV. Ellen is a devoted and enthusiastic leader in the development of new medications and current research that is ongoing globally and motivated to educate patients on how to better manage their disease with the newest options that are available. She is dedicated to moving the field forward with new technology and better treatment options for all patients.

Jennifer Moore, MSW, LCSW, owner and founder of Foundations Counseling Center

For over 22 years, Jennifer has provided individual, family, and group therapy to individuals and families struggling with a wide range of presenting problems. She specializes in working with children and adolescents but works with numerous adults in her practice as well. With the onset of her own daughter's diagnosis of type 1 diabetes in 2009, she developed a great interest in working with other children and adolescents also diagnosed with the same medical condition. By doing so, Jennifer has been able to help numerous individuals learn to live a positive, successful life despite daily challenges of T1D.

Katherine Whitmire, Nurse Practitioner, Certified Diabetes Care and Education Specialist

Katie Whitmire is a nurse practitioner currently employed at Horizon View Medical Center in the Las Vegas Valley. She is a certified Diabetes Care and Education Specialist, Board Certified in Advanced Diabetes Management, and has been working with adults and children with diabetes for over 8 years. She has spoken at numerous diabetes conferences and has coauthored several journal articles on diabetes. In her spare time, she enjoys coaching a teen's CrossFit team and competing in local CrossFit competitions.

Parul Patel, MD, Pediatric Endocrinologist

Dr. Patel completed her pediatric residency at Children's Hospital of Orange County with the goal of becoming a pediatric endocrinologist. She then finished her pediatric endocrinology fellowship at Stanford University/Lucille Packard Children's Hospital in Palo Alto. Her clinical career has taken her from the West coast to the Midwest and finally to Nevada. Dr. Patel currently is nonclinical as she begins private practice. Her passion includes helping families with T1D through this journey. She also serves as Research Information Volunteer on the local JDRF board.

Robin Kincaid, Director of Educational Services Nevada PEP

Robin has over 23 years of experience as the Educational Services Director for the Nevada Parent Training and Information Center, Nevada PEP. Her responsibilities include training parents and professionals on family engagement, advocacy, special education laws, inclusion, early childhood, and behavioral strategies. She has trained and supervised parent trainers to provide annually over 300 workshops across Nevada. Robin is dedicated to collaborating with education and intervention professionals to encourage positive engagement with families using research-based materials to build relationships that lead to student success.

Rola Saad, MD, Pediatric Endocrinologist

Dr. Saad finished medical school at American University of Beirut then did her pediatric residency at SUNY health center (Syracuse upstate New York) after moving to the US. She has participated in clinical research including insulin clamps to study insulin resistance and type 2 diabetes in youth. Dr. Saad practiced pediatric endocrinology at Children's Hospital of Pittsburgh and in 2007 started working at UNSOM (University of Nevada school of medicine) as assistant professor in the pediatric endocrine department. In 2013 she moved to a private office and continued to serve the Las Vegas and surrounding areas including parts of Arizona and California. Dr. Saad is an adjunct professor at UNLV and UNR school of medicine and still trains medical students, residents, and fellows when they rotate in her office. Dr. Saad covers patients at UMC and Sunrise hospital where she has privileges and does phone/telehealth consultations. She has participated in some clinical research in Las Vegas including studies involving diabetes such as the Fiasp study, TrialNet, and studies involving GH (Norditropin registry and Versatis long-acting GH). She enjoys doing pump training personally and has given multiple diabetic/endocrine lectures and presentations at UNLV, UMC, Touro, local AAP Chapter (seminar and Walk with a Doc), JDRF and NDA. She has been involved in multiple diabetes camps, diabetes Walks and Make-A-Wish Foundation. She enjoys serving the Las Vegas community and cherishes her relationships with her young patients and their families. She also cherishes her private time with her family.

Sue Hodsdon, School Psychologist

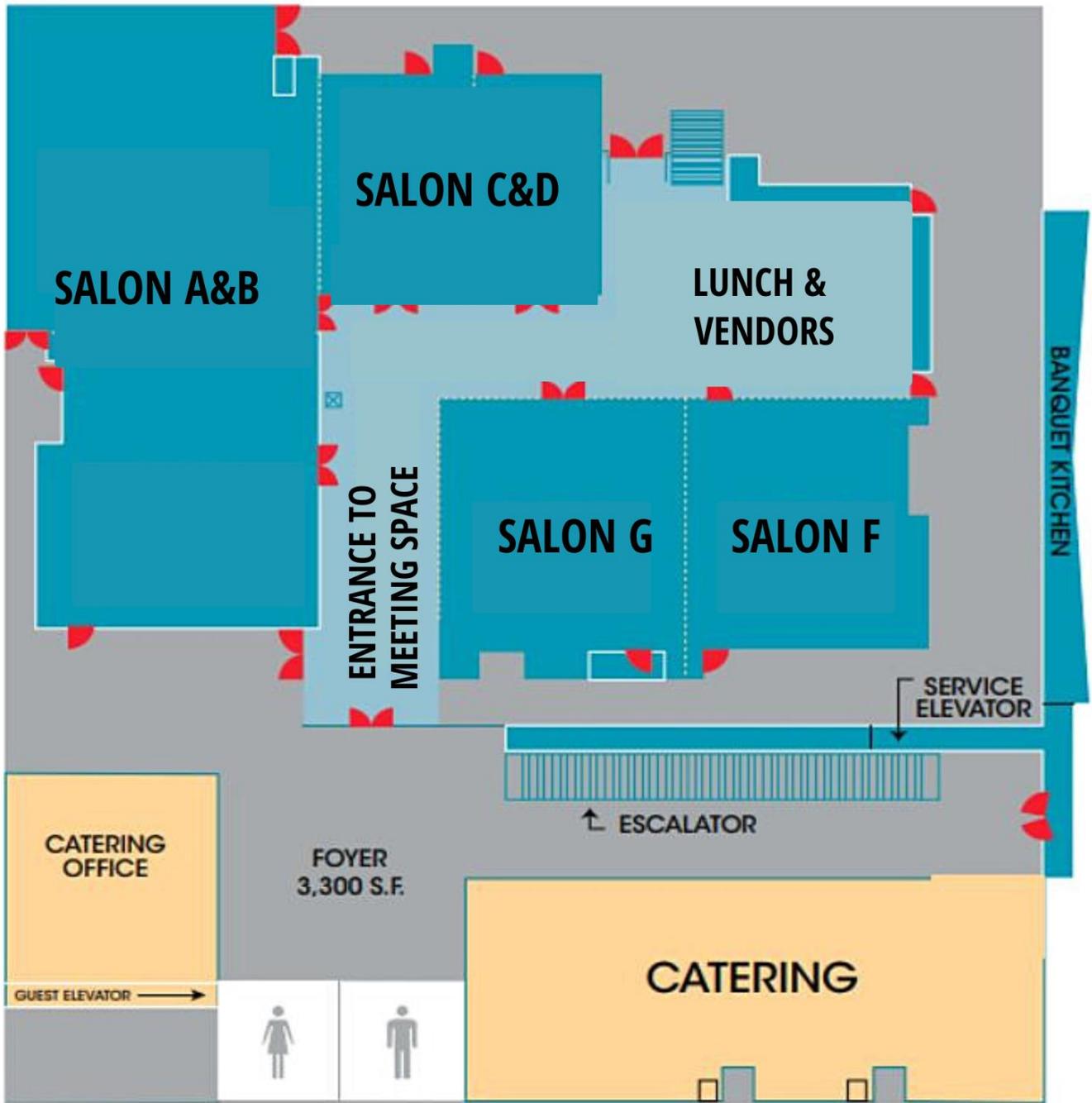
Sue is a school psychologist in the Clark County School District. She works together with various team members to ensure students get what they need to be successful while at school. Sue's connection to JDRF is because of her daughter, Joy, who was diagnosed as type 1 diabetes in 2017. Sue has had many ups and downs with her daughter as they navigate what school looks like for her, helping her to learn how to advocate for herself, and what supports she needs from those around her.

Tandy McGee, Registered Nurse, Certified Diabetes Care and Education Specialist

Tandy was diagnosed with type 1 diabetes at age 7. She has a special interest and extensive experience working with children and adults with type 1 diabetes. She went to nursing school with the sole purpose of becoming a certified diabetes educator (CDCES). During her career, she has worked in a pediatric diabetes clinic, for an insulin pump company, a military medical center, and a pediatrics unit. For the past eight years she has worked for a large health plan supporting adults with type 1 diabetes with their self-management plan. Tandy volunteers at diabetes summer camps and other support programs for kids and adults living with diabetes. She also enjoys spending time with family and friends, camping and road trips, sushi, reading, and live music.

Tiana Cooks, Living with T1D since age 21

Tiana was diagnosed with type 1 diabetes March of 2014. Shortly after being diagnosed, she attended her first T1D gala, since then she has loved dedicating her time to helping others with type 1. She has significant experience organizing camps, walks, and community events. You can always count her in for a workout or new adventures outside of the gym. In 2019 she placed 1st Runner up in the Miss Colorado USA competition while confidently sporting her insulin pump and CGM. In 2021 she completed the NYC Marathon as the captain of the Beyond Type 1 team.



**Palace Station Hotel and Casino
Floor Plan**