

**JDRF** IMPROVING  
LIVES.  
CURING  
TYPE 1  
DIABETES.



**05 11 19**

## 12th ANNUAL TYPEONENATION SUMMIT

**Metro Detroit & Southeast Michigan Chapter**

*Living with Diabetes: A Day of Inspiration, Hope, and Education*

**SATURDAY, MAY 11, 2019**  
**8:30AM-2:30PM**

WAYNE COUNTY COMMUNITY  
COLLEGE DISTRICT-TED SCOTT CAMPUS  
9555 HAGGERTY ROAD  
BELLEVILLE, MICHIGAN 48111

Register online **TODAY** at [www.michiganeast.jdrf.org](http://www.michiganeast.jdrf.org).

### SPECIAL GUEST SPEAKERS



**Morning Keynote**

**Dr. Irl B. Hirsch**  
Seattle, WA



**Luncheon Keynote**

**Kelly Close**  
San Francisco, CA



**Afternoon Keynote**

**JC Aragon**  
Miami, FL



**Workshop Session**

**Becky Sulik, RDN, LD, CDE**  
Idaho Falls, ID



**Workshop Session**

**Rob Howe**  
Dallas, TX

*An educational and networking  
summit for persons living with  
type 1 diabetes, their families,  
and the healthcare community.*

ATTENDANCE IS  
FREE OF CHARGE

Easy driving distance from  
all of Michigan and Ohio

## LIVING WITH DIABETES:

### A FAMILY DAY OF INSPIRATION, HOPE, AND EDUCATION

Together, we can improve the lives along the way to a cure for type 1 diabetes (T1D).

**JDRF IMPACT** – Doing the greatest good, for the largest number of people, in the shortest period of time.

At JDRF, we work tirelessly to accelerate breakthroughs to cure, prevent and treat type 1 diabetes (T1D). We continually expand our scientific knowledge, our connections and collaborations, our partners and our global presence to unlock the science that will stop T1D. While we fight for a cure, we strive just as hard to develop therapies to help people right now. JDRF and our team of scientists are leading T1D research around the world. No organization is making a bigger impact on advances in this field.

## WELCOME TO THE 12TH ANNUAL TYPEONENATION SUMMIT – A DAY OF INSPIRATION, HOPE, AND EDUCATION

As a participant in this year's JDRF TypeOneNation Summit, you will hear from leading scientists and medical experts on leading edge research updates and latest treatment advances - and have the opportunity to share in discussions that are important to you. We invite you to visit with our industry partners to see the most up-to-date technology and tools dedicated to helping you live better, healthier lives with diabetes.

The Metro Detroit/Southeast Michigan JDRF chapter has the largest and most comprehensive TypeOneNation Summit in the country! Join us, our conference planning committee, and our community partners on Saturday, May 11th, for a day of Inspiration, Hope, and Education. It takes a community to turn Type One into Type None!

Regards,



**Julie M. Surhigh, MD**  
Summit Co-Chair  
Pediatric Endocrinologist  
Beaumont Children's Hospital



**Howard S. Blank, MD**  
Summit Co-Chair  
Adult Endocrinologist  
Associated Endocrinologists

## TypeOneNation Summit: REGISTRATION AND LODGING

### REGISTRATION

Registration is available online only and advance registration is required. Please register at [www.michiganeast.jdrf.org](http://www.michiganeast.jdrf.org). Unfortunately, we are unable to accept phone, mail, or fax registrations. Every person attending the Summit, JDRF Kids Camp, or JDRF Teen Central, must be listed on the registration form. Those not listed may be denied access to the Summit due to space constraints.

### LODGING

A block of rooms is being held at the Detroit Metro Airport Marriott, 30559 Flynn Drive, Romulus, Michigan at a reduced rate of \$98/night for a double or king. If you require lodging, please make your reservation on or before Friday, April 19, 2019. Reservations can be made by calling the Marriott at 1.800.228.9290 and mention you are with JDRF to receive the reduced rate.

## AGENDA AT-A-GLANCE

7:30 - 8:30am **Registration, Visit Exhibit Area**

8:30 - 9:00am **Welcome and JDRF Mission Message**

Elizabeth Caswell, a member of the JDRF International Research Committee, will provide an overview of the JDRF research strategies to cure type one diabetes and to keep people healthy and well until this vision is realized. She will highlight some recent research findings in the areas of beta cell replacement, immunotherapies, beta cell regeneration, and prevention that are advancing the JDRF mission.



9:00- 9:50am **Morning Keynote**

***MOVING FROM HbA1C TO TIME-IN-RANGE: WHAT IS YOUR TARGET NOW?***

Irl B. Hirsch, MD; Professor of Medicine; University of Washington School of Medicine, Seattle, WA

Dr. Hirsch's career has focused on studying the best strategies for the use of insulin therapy and innovations in technology for diabetes management. This is a discussion of new metrics to analyze diabetes control.

9:50 - 10:20am **Break, Visit Exhibit Area**

10:20 - 12:20pm **Concurrent Workshop Sessions A and B (see next page for full selection)**

12:20 - 1:20pm **Lunch, Visit Exhibit Area, Parents to pick up children in Youth Program.**



12:30 - 1:10pm **Luncheon Keynote**

***AN INSIDER'S LOOK AT THE DIABETES FIELD, AND WHAT IT MEANS FOR YOU AS A PATIENT***

Kelly L. Close; President, Close Concerns; Founder, diaTribe Foundation, and type 1; San Francisco, CA

A look at what's next in Beyond A1C (including time-in-range and PRO's), SGLT-2 inhibitors for type 1, and trends in drug and device innovation.



1:20pm-2:10pm **Afternoon Keynote**

***NO MATTER THE ODDS***

JC Aragone, Professional Tennis Player and type 1 since age 16; Miami, FL (Courtesy of Tandem Diabetes Care's Live Life in Full Color Speaker Series). JC finds time between tournaments to share his message:

"No matter the odds against you, with preparation and positivity you can accomplish anything!"

2:10 - 2:30pm **Closing Remarks, Thank You to our Sponsors**

*Drawing for an iPad; courtesy of Solara Medical Supplies. Note: you must be present to win.*

## JDRF SUMMIT YOUTH PROGRAM

8:30am - 2:30pm *Each room will be staffed with a CDE and a Low Sugar Station.*



**JDRF Kids Camp (ages 3-12 and BFF or siblings)**

***Co-Chairs: Kathy English and Sarah Murray***

The theme for 2019 JDRF Kids Camp is "Take me to the Zoo!" Experience a day full of fun activities revolving around animals – a visit from Blaze, the diabetes alert dog, special activities from the Nutty Scientists Gang, Ziege Games and a robotics challenge from the Hartland Robotics Team...and more! Don't forget to take a picture at our special photo-booth too.

**JDRF Teen Central (ages 13-19 and BFF or siblings) Chair: Julia Mulvaine**

Join us for TEENOLGY! From the time you enter the college to the first steps inside Teen Central...you'll know something is different. It's new, it's fun, and it's all for you! T1D is more than "just" diabetes self-management...it's about having a support system, sharing experiences, and setting good examples. This program involves guest speakers and small group discussions, ice-breaker games, photo booth, special activities – and did we mention GAMES?

## WORKSHOP SESSIONS

KEY: A ADULT | G GENERAL | P PARENT/CAREGIVER

10:20AM-12:10PM - CONCURRENT WORKSHOPS "A" AND "B"

Concurrent Workshop – **Session A** (Choose one) 10:20AM – 11:10AM

### **BEAUMONT CHILDREN'S SAFE SITTER CLASS\***

**P**

For grandparents, nannies, baby-sitters, and other caregivers. This class is intended to teach basic knowledge and hands on skills needed to care for children with T1D. **NOT FOR PRIMARY CAREGIVERS.** \*Runs two hours/must be pre-registered

*Peter M. Gerrits, Chairman,  
Pediatric Endocrinology,  
Beaumont Children's Hospital*

### **WHAT WOULD THE PANCREAS DO?**

**G**

Learn how to pursue exercise safely at our unique JDRF Performance in Exercise and Knowledge (PEAK) Program.

*Becky Sulik, RDN, LD, CDE;  
Rocky Mountain Diabetes  
Center and type 1; Idaho Falls, ID and a  
panel of athletes with type 1 will be on  
hand to share their personal stories.*

### **T1D TECH TALK**

**G**

An engaging and open conversation around T1D technology in your everyday life.

*Kelly Close, President, Close Concerns;  
Founder, diaTribe Foundation and type 1;  
San Francisco, CA;  
Michael R. Brennan, DO, MS, FACP, FACE;  
Beaumont Endocrine Center;  
Christine Mueller, RDN, CDE,  
Diabetes Educator - Michigan Medicine  
Adult Diabetes Education Program*

### **JDRF ADVOCACY AND INSURANCE IN A T1D WORLD**

**G**

Understanding the insurance maze and how you can take an active role in JDRF's Coverage2Control advocacy campaign.

*Shari Navetta, Advocacy Team  
Chairperson; Jill Geisendorfer,  
JDRF Grassroots Leadership Team  
for Advocacy; Jeff Hoomaian;  
Solara Medical Supplies*

### **FOOD DEMO: COOKING WITH DR. GREGG!**

**G**

Meal make-overs: learn how to incorporate healthy tweaks into your meals - taste tests and recipes provided!

*Brigid Gregg, MD:  
Michigan Medicine/UM*

### **ASK THE MEDICAL EXPERTS**

**G**

A roundtable of healthcare experts sharing their knowledge of T1D - for all ages and all stages

*Panel: Jacalyn Bishop, MD; Endocrine  
Kids; Michael Ober, MD, FACS; Retinal  
Consultants of Michigan; William  
Hasler, MD; Michigan Medicine/UM;  
Gary M. Rothenberg, DPM, CDE, CWD;  
Michigan Medicine/UM*

### **SOCIAL MEDIA: T1D'S IN THE COMMUNITY!**

**G**

Type 1 influencers raising diabetes awareness across social media platforms and thriving in their communities and beyond.

*Jillian Rippolone, Founder, T1D Chick  
and type 1; Rob Howe, Founder,  
Diabetics Doing Things and type 1;  
Dallas, TX; Kendall Kidder-Goshorn,  
The Sweet Librarian and type 1*

### **MOVE INTO YOUR SWEET SPOT**

**A**

Physical activity is one of the secrets to a long, happy life. Learn the best reason to move and why it is a gift that keeps on giving!

*Gregg Stefanek, DO  
Family Physician / Client Medical  
Director to Dow; QuadMed*

### **CO-PARENTING: COMING TOGETHER FOR T1D**

**P**

Let's talk about navigating life with diabetes between parent households. Everything from communication and information sharing, custody, education, technology, supplies and more will be discussed in this collaborative session.

*Jacinta Florek LMSW, MPH and  
Brittany Carey, LMSW; Michigan  
Medicine/UM C.S. Mott  
Children's Hospital*

### **LET'S TALK TEENS**

**P**

Round table style discussion of several topics very important to teens with T1D and their caregivers.

*Lisa M. Richards, CPNP-PC;  
Promedica Physicians  
Group; Toledo, OH*

### **T1D TRAINING – A CRASH COURSE FOR SCHOOL PERSONNEL**

**P**

Gain hands-on knowledge for creating a supportive school environment for students with T1D: signs, symptoms, treatment, what to do in an emergency plus insulin and glucagon administration.

*Judy Nechal, RN, BSN, CDE;  
Diabetes Educator*

## 11:10AM-11:20AM (Ten Minute Break to Change Rooms)

Concurrent Workshop – **Session B** (Choose one) 11:20AM – 12:10AM

- G BLOOD, SWEAT, AND FEAR: ACHIEVING YOUR “PEAK” FITNESS LEVEL**  
The JDRF Performance in Exercise and Knowledge (PEAK) Program provides education on the environmental, dietary, and physiologic elements that affect physical activity in those with T1D.

*Becky Sulik, RDN, LD, CDE; Rocky Mountain Diabetes Center and type 1; Idaho Falls, ID and a panel of elite athletes with type 1*

- G HOT TOPICS IN NUTRITION: KETO, PALEO, OR MEDITERRANEAN**  
Understanding these diets in the T1D world.

*Robin Nwankwo, MPH, RDN, CDE. Clinical Research Coordinator; Michigan Medicine/UM; Mallory Jacobs, MS, RD, CDE, TeleMOVE! Dietitian; Aleda E. Lutz VA Medical Center*

- G CGM: DRIVING DIABETES WITH YOUR EYES OPEN**  
Understanding continuous glucose monitors – this tiny sensor that is always on and recording glucose levels 288 times per day – whether you’re showering, working, exercising, or sleeping.

*Lowell Schmeltz, MD, Associated Endocrinologists; Associate Professor, Oakland University William Beaumont School of Medicine*

- G TOOLS OF TYPE 1’S**  
100 Interviews and 1000 Years of Living with Type 1

*Rob Howe, Founder; Diabetics Doing Things and type 1; Dallas, TX*

- G 911...WHAT’S YOUR MEDICAL EMERGENCY?**  
Be prepared for the unexpected: traveling, vacations, sick days, pump failures and natural disasters like loss of power and evacuations.

*Colleen Buggs-Saxton, MD, PhD; Children’s Hospital of Michigan and Wayne State School of Medicine; Margie M. Maly, RN, BSN, CDE; Children’s Hospital of Michigan*

- G INSULIN PUMPS AND HOW THEY WORK**  
Insulin pump overview – understand the settings in the insulin pump and how it determines insulin delivery.

*Michael R. Brennan, DO, MS, FACP, FACE; Director, Beaumont Endocrine Center*

- A T1D IN THE GOLDEN YEARS**  
Aging well with diabetes.

*Pearl G. Lee, MD, MS; Assistant Professor, Geriatrics and Palliative Medicine/UM*

- P THE ABC’S OF T1D – FOR CAREGIVERS OF T1D KIDDOS**  
Understanding the 504 and IEP and how it relates to T1D.

*Marcie Lipsitt, Cofounder of the MI Alliance for Special Education, Non-attorney lay advocate; Nanette Sabell, RPh, CDE; Fit4D*

- P KIDS ARE SPECIAL: CGM AND INSULIN PUMPING**  
This class will navigate you through these tech devices...for school, sports, and everyday living.

*Michael A. Wood, MD; Associated Endocrinologists, Farmington Hills, MI; Associate Professor of Pediatrics University of Michigan Medical School*

- P WHY WON’T THEY ACT THEIR AGE?**  
Developmental tasks of adolescence.

*Terrill Bravender, MD, MPH; Professor and Division Director, Adolescent Medicine, UM Department of Pediatrics*

- P CONVERSATIONS AND CONNECTING**  
Chat, share, learn, and network...small group discussions on topics important to you.

*Shari Navetta, Advocacy Team Chairperson; Lisa M. Richards, CPNP-PC; Promedica Physicians Group; Toledo, OH*

# 2019 TYPEONENATION SUMMIT PLANNING COMMITTEE

## SUMMIT CO-CHAIRS

**JULIE M. SURHIGH, MD**  
Pediatric Endocrinologist  
Beaumont Children's Hospital

**HOWARD S. BLANK, MD**  
Adult Endocrinologist  
Associated Endocrinologists

## SUMMIT COMMITTEE MEMBERS

**Jacalyn Bishop, MD**  
Pediatric Endocrinology; Endocrine Kids

**Michael R. Brennan, DO, MS, FACP, FACE**  
Director, Beaumont Endocrine Center, St. Clair Shores; Chief  
Section of Endocrinology, Beaumont Hospital, Grosse Pointe;  
Assistant Professor of Medicine, OUWB School of Medicine;  
Assistant Professor, Michigan State University  
College of Osteopathic Medicine (MSUCOM)

**Colleen Buggs-Saxton, MD, PhD**  
Children's Hospital of Michigan;  
Wayne State School of Medicine

**Tyler Castor**  
District Manager-MI; Medtronic Diabetes

**Eric Chang, MD**  
Pediatric Endocrinology; Michigan Medicine,  
University of Michigan

**Simon Charles III**  
Territory Business Manager; Dexcom

**Debbie Cicinelli-Timm, MSA, RD, CDE**  
Chronic Condition Management,  
Certified Diabetes Educator; QuadMed

**Bernard M. Degnan, MD**  
Pediatric Endocrinology, Ascension/  
St. John Providence Health System

**Bassem Dekelbab, MD**  
Assistant Professor of Pediatrics,  
Beaumont Children's Hospital

**Michael Dotson**  
President/Provost; Wayne County Community College  
District-Northwest Campus; Detroit

**Christina Durkin, MSN, RN, CPNP-PC**  
Nurse Practitioner, Diabetes Clinic;  
Children's Hospital of Michigan

**Daniel Elsholz, MD**  
Pediatric Endocrinology; Sparrow Hospital

**Peter M. Gerrits, MD**  
Chairman, Pediatric Endocrinology & Metabolism: Beaumont  
Children's Hospital

**Kari Gesell**  
Endocrinology Diabetes Specialist: Novo Nordisk Inc.

**Brigid Gregg, MD**  
Assistant Professor, Division of Pediatric Endocrinology; Michigan  
Medicine, University of Michigan

**George Grunberger, MD, FACP, FACE**  
Chairman, Grunberger Diabetes Institute, Bloomfield Hills, MI  
Clinical Professor, Internal Medicine and Molecular Medicine  
Genetics, Wayne State School of Medicine Professor,  
Internal Medicine, Oakland University William Beaumont School  
of Medicine

**Mahalakshmi Honasoge, MD**  
Senior Staff Physician, Endocrinology, Diabetes, Bone and Miner-  
al Metabolism; Henry Ford Health System

**Jeff Hoomaian**  
Senior Account Executive; Solara Medical Supplies  
Meryl Krochmal, RD, CSP, CDE  
Pediatric Dietitian and Diabetes Educator; Endocrine Kids

**Joyce Lee, MD, MPH**  
Associate Professor; Michigan Medicine, University of Michigan

**Shiri Levy, MD**  
Senior Staff Physician, Endocrinology, Metabolism, Bone and  
Mineral Disorders; Henry Ford Hospital

**Ram Menon, MD, MBBS**  
Director, Pediatric Endocrinology, C.S. Mott Children's Hospital;  
Michigan Medicine, University of Michigan

**Kathleen C. Moltz, MD, FAAP**  
Pediatric Endocrinology; ProMedica Toledo Hospital

**Sander J. Paul, MD**  
Michigan Endocrine Consultants

**Lisa M. Richards, CPNP-PC**  
Pediatric Endocrinology; ProMedica Physicians Group

**Solomon I. Rosenblatt, MD**  
Michigan Endocrine Consultants

**Gary M. Rothenberg, DPM, CDE, CWS**  
Michigan Medicine, University of Michigan

**Nanette Sabell, RPh, CDE**  
Fit4D; JD RF School Project Advocate

**Lowell Schmeltz, MD, FACE**  
Lowell Schmeltz, MD; Associated Endocrinologists; Associate  
Professor, Oakland University William Beaumont School of  
Medicine; President, American Diabetes Association of Michigan

**Jessica Shill, MD**  
Senior Staff Physician in Endocrinology; Henry Ford Health  
System

**Kathy Smith**  
Senior Endocrinology Diabetes Care Specialist; Novo Nordisk Inc.

**Inas H. Thomas, MD**  
Associate Professor, Pediatric Endocrinology; Michigan Medicine,  
University of Michigan

**Carol Tucker, MSN, APRN-BC, NP**  
Adult Outpatient Clinic, Sparrow Diabetes and Endocrinology  
Center

**Mark Watkins, DO**  
Diabetes & Endocrine Center; Promedica Physicians Group

**Fred W. Whitehouse, MD, MACP**  
Division Head Emeritus, Division of Endocrinology, Diabetes and Bone  
and Mineral Disorders, Henry Ford Health System (posthumously)

**Michael A. Wood, MD**  
Associated Endocrinologists, Farmington Hills, MI; Associate  
Professor of Pediatrics, University of Michigan Medical School

**Jennifer Wyckoff, MD**  
Clinical Assistant Professor, Medical Director, Adult Diabetes  
Education, Co-Chair, Diabetes Quality Improvement Committee,  
MEND DF ACU Director, Associate Chief for Clinical  
Endocrinology/Podiatry, Metabolism, Endocrinology and  
Diabetes Department of Internal Medicine, University of Michigan

## YOUTH PROGRAMS: JD RF KIDS CAMP AND TEEN CENTRAL

Kathy English  
JD RF Volunteer and Mentor, Parent

Julia Mulvaine  
JD RF Volunteer and Mentor, Parent

Sarah Murray  
JD RF Volunteer and Mentor, Parent

## JD RF STAFF

Nikki Borges  
Executive Director  
Denise G. Pentescu  
Senior Outreach Manager



**THANK YOU** to all of the supporting organizations that make our 2019 Summit possible!

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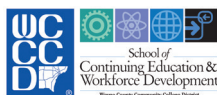


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*A portion of this program is underwritten by educational grants provided by community-minded corporations and leading pharmaceutical companies.*

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Thank You to our In-Kind Partner: Compton Press; Brochure Design and Layout



# typeone<sup>®</sup>nationsummit

IMPROVING LIVES. CURING TYPE 1 DIABETES. **T1D**

JDRF

24359 Northwestern Highway, Suite 125

Southfield, Michigan, 48075

**REGISTRATION DEADLINE: 05•08•2019**

FREE TO ATTEND

REGISTER ONLINE ONLY AT [WWW.MICHIGANEAST.JDRF.ORG](http://WWW.MICHIGANEAST.JDRF.ORG)

## WHY ATTEND THE JDRF TYPEONENATION SUMMIT!

- Learn about the latest in diabetes care and treatment
- Hear about research advances and meet the experts
- Network with other families and medical suppliers
- Participate in discussions with peers and health care providers

## GET INVOLVED WITH JDRF!

- Sign up to be a JDRF Advocate
- Hear what's new in the JDRF Mission Research Pipeline
- Learn about our patient education support programs
- Visit the JDRF One Walk room to learn how you and your family can be involved in one of our 5 walks across Southeast Michigan. For teams that register prior to or at the Summit, you will receive a special One Walk gift! Staff will be on hand with fundraising information and materials to get you started on the right foot!



Follow us at:

[www.twitter.com/jdrf\\_semich](http://www.twitter.com/jdrf_semich)

and join the conversation using #TypeOneNation

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