

Breakout Sessions

All sessions will be interactive and include Q&A with healthcare providers and parent/patient advocates.

BLOCK #1: 9:00 AM – 10:00 AM (Choose one)

Building Your Tribe (for Newly Diagnosed or Summit First-Timers)

The T1D community is often referred to as “the best club you never wanted to join.” Connect with others new to T1D and JDRF and hear more about why building a diabetes support team is so important and how JDRF can play a role.

Moderator: Alana Ritenour (*JDRF Virginia Community Board*)

Speakers: Shannon Abernethy, BSN, RN, CPN, CDCES (*Bon Secours*), Mike Anderson (*JDRF Clinical Trials Education Volunteer*), Shannon Davis (*JDRF Virginia Community Board & Advocacy Team Chair*)

Love and T1D - A Survival Guide

This interactive session explores the challenges of living life with T1D together and provides couples/caregivers and their support network tools for healthy communication, boundary setting and conflict resolution around life with T1D.

Speaker: Alicia Downs RN, MSN, CDCES (*Integrated Diabetes Services*)

BLOCK #2: 10:30 AM – 11:30 AM (Choose one)

Taking T1D to School

Children with T1D spend a great deal of time in school, which requires a lot of preparation and planning. Discuss strategies to build a partnership with your school care team and get advice to ensure that your child has the best possible school experience.

Moderator: Allison Zabel (*Chesterfield County Public Schools*)

Panelists: Beth Barbolla, BSN, RN (*Lynchburg City Schools*), Janice McNally, MS, RN (*Children’s Hospital of Richmond at VCU*)

2022 TypeOneNation Summit Richmond

Teens and T1D: Celebrating Successes & Overcoming Challenges

Kids face challenges as they grow through their teen years and T1D adds to those challenges. The teen years can be full of anxiety and apprehension for both the child and the parents. Join professionals, parents, and young adults for a candid discussion on navigating those teen years.

Moderator: Jody Cametas (*Parent Advocate*)

Panelists: Shannon Abernethy, BSN, RN, CPN, CDCES (*Bon Secours*), Kamryn Owen (*Patient Advocate*) and Students from College Diabetes Network

Lessons Learned from Life with T1D: Adult Perspectives

Living with T1D requires intense self-management. Join other adults with T1D for a frank discussion on dealing with issues related to T1D including exercise, technology, aging, and burnout.

Moderator: Jayne deWysocki-Shearer (*Patient Advocate*)

Panelists: Mary Anderson (*Patient Advocate*), John Clore, MD (*Bon Secours*), Alicia Downs RN, MSN, CDCES (*Integrated Diabetes Services*), Lauren Rapaport (*JDRF DC Community Board*)

(Updated 3/9/22)