2022 TypeOneNation Summit Bethesda

Saturday, March 5, 2022

Bethesda North Marriott Hotel & Conference Center, 5701 Marinelli Rd, Rockville, MD

SCHEDULE

8:30 AM	**CHECK-IN** **T1D RESOURCE VENDOR HALL** *(Grand Foyer)* **NEWLY DIAGNOSED WELCOME AREA** *(Grand Foyer)*
9:00 – 10:00 AM	**BREAKOUT SESSIONS BLOCK #1** (Choose one) • Accelerating Progress: JDRF and YOU! *(Salon C)* • Building Your Tribe: Newly Diagnosed & New to JDRF *(Salon B)* • Love and T1D - A Survival Guide *(Salon A)*
10:00 - 10:30 AM	**BREAK** *Light refreshments available (Grand Foyer)*
10:30 – 11:30 AM	**BREAKOUT SESSIONS BLOCK #2** (Choose one) • Taking T1D to School *(Salon B)* • Teens and T1D: Celebrating Successes & Overcoming Challenges *(Salon A)* • Lessons Learned from Life with T1D: Adult Perspectives *(Salon C)*
12:00 PM	**SUMMIT CONCLUDES** **T1D NETWORKING MEET UP** *(Marriott Lounge)* **Hosted by Mid-Atlantic Young Leadership Committee (YLC)**

Visit jdrf.org/midatlantic/events/tons-bethesda-2022 for information on COVID protocols and registration.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

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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)

Accelerating Progress: JDRF and YOU!

An overview of the latest and greatest in T1D research progress and how clinical trials are a crucial step in the development of new therapies to treat and cure T1D.

Speaker: Doug Lowenstein *(JDRF Director Emeritus)*

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.

Speakers: Tim Burkett *(JDRF Maryland Community Board)*, Brynn Marks, MD, MS-HPEd *(Children's National & JDRF DC Community Board)*, Taylor MacLean, PsyD *(Kennedy Krieger)*

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: Kim Tilley *(JDRF DC Community Board)*
Panelists: Kristin Arcara, MD (*Mt. Washington/Johns Hopkins),* Raquel Burson *(Parent Advocate)*, Taylor MacLean, PsyD *(Kennedy Krieger),* Jackie McManemin, RN, BSN, CDE *(Fairfax County)*

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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: Jenny Sapolsky, MSN, FNP-BC, CDE *(Georgetown)*
Panelists: Angelica Eddington, Ph.D., ABPP *(Children's National)*, Mariana Verner *(Patient Advocate)*, Maggie West BSN, RN *(Johns Hopkins)*, Risa Wolf, MD *(Johns Hopkins & JDRF Maryland Community Board)*, Austin Wugalter *(Patient Advocate)*

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: Tim Ryan *(JDRF DC Community Board)*
Panelists: Nick Argento, MD (Maryland Endocrine), Alicia Downs RN, MSN, CDCES *(Integrated Diabetes Services)*, Lauren Rapaport *(JDRF DC Community Board)*, Monique Montague White, MBA *(Patient Advocate)*

(Last updated 3/3/22)

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T1D Resource Vendor Hall

Vendor tables will be open throughout the event.

Beyond Type 1
Brainy Camps
Camp Possibilities
College Diabetes Network
Dexcom
Fight 4 Diabetes Cure
Genentech
Integrated Diabetes Services
JDRF Advocacy
JDRF One Walk / Ride to Cure Diabetes
JDRF Young Leadership Committee
Johns Hopkins Pediatric Diabetes Center/Camp Charm City
Life Coaching with Lauren (T1D Life Coach)
Lilly Diabetes
Lions Camp Merrick
Mannkind
Medtronic
Nick Kundrat, Holistic Health Coach & Author of *Positively Type 1*
Our Pocket Hero
Pediatric Specialists of Virginia
Provention Bio
Setebaid Services
Sugar Medical
Tandem
TrialNet
University of Maryland Diabetes Studies
Virginia Diabetes Council
Xeris
Zealand Pharma

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