

Schedule

8:30 AM

CHECK-IN OPENS *(Follow pedestrian walkway from garage level 3)*

YOUTH & TEEN PROGRAM CHECK-IN OPENS *(Lower Level)*

T1D RESOURCE VENDOR HALL *(Grand Foyer)*

NEWLY DIAGNOSED WELCOME AREA *(Grand Foyer)*

9:00 – 10:00 AM

BREAKOUT SESSIONS BLOCK #1 (Choose one)

- Building Your Tribe: Newly Diagnosed & New to JDRF *(Salon A)*
 - Lessons Learned from Life with T1D: Adult Perspectives *(Salon B)*
 - Type 1 Diabetes Prevention and Cure: Why Screening Matters *(Salon C)*
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10:00 - 10:30 AM

BREAK

Light refreshments available (Grand Foyer)

10:30 – 11:30 AM

BREAKOUT SESSIONS BLOCK #2 (Choose one)

- T1D Toddlers & Preschoolers *(Brookside – Lower Level)*
 - Taking T1D to School *(Salon A)*
 - Teens and T1D: Celebrating Successes & Overcoming Challenges *(Salon B)*
 - New and Emerging Technologies in Type 1 Diabetes *(Salon C)*
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11:45 AM

YOUTH & TEEN PROGRAM ENDS

Parents pick up kids on Lower Level

12:00 PM

SUMMIT CONCLUDES

Breakout Sessions

All sessions are 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: Newly Diagnosed & New to JDRF

Location: SALON A

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.

Audience: Newly diagnosed families and individuals

Speakers: Tim Burkett (*JDRF Mid-Atlantic Board of Directors*), Diana Daniel, MSN, RN, CDCES (*Inova Children’s Specialists*), Loretta Ishida (*JDRF Mid-Atlantic Outreach Ambassador*), and Kylene Redmond (*Blackdiabetic Girl and Dope Diabetic Girls Club*)

Lessons Learned from Life with T1D: Adult Perspectives

Location: SALON B

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.

Audience: Adults with T1D and spouses/partners or caregivers

Speakers: Thomas J. Donner, MD (*Johns Hopkins*), Oren Liebermann (*CNN Pentagon Correspondent*), Rosemary Oshinsky (*Diabetes Educator & Health Coach*), Lauren Rapaport (*JDRF Mid-Atlantic DC Mission Board*), Aaron Turner Phifer (*JDRF Health Policy Director*)

T1D Prevention and Cure: Why Screening Matters

Location: SALON C

Join this interactive session to learn about JDRF's mission to improve lives today and tomorrow by accelerating life-changing breakthroughs to cure, prevent and treat T1D and its complications. This session will focus on type 1 diabetes risk screening and its importance to prevention and cures.

Audience: All audiences

Speaker: Anastasia Albanese-O’Neill, PhD, APRN, CDCES (*JDRF Director, Community Screening and Clinical Trials Education*)

2023 TypeOneNation Summit Bethesda

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

T1D Toddlers & Preschoolers

Location: Brookside – Lower Level

A meet & greet for parents of children with T1D under age five to discuss the unique challenges of managing T1D at this age. Topics covered include T1D management in a daycare/childcare setting, behavior, nutrition, technology, and how to prepare for the transition to kindergarten. Children are welcome to attend.

Audience: Parents/caregivers of children age 5 and under with T1D

Speakers: Susan Anderson (*JDRF Mid-Atlantic Board of Directors*), Kristin Arcara, MD (*Johns Hopkins/Mt. Washington*), Jessica Flynn (*Parent Advocate*), Jenny Sapolsky (*Inova Children's Specialists*)

Taking T1D to School

Location: SALON A

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.

Audience: Parents/caregivers of school-aged children with T1D

Speakers: Lauren Clary, PhD (*Children's National*), Elizabeth Elliott, MSN, RN, CDCES, NCSN (*Montgomery County School Health Services*), Hannah Kasper RN, CDCES (*Children's National*) and Jackie McManemin, RN, BSN, CDE (*Fairfax County Health Department*), Tim Ryan (*JDRF Mid-Atlantic Board of Directors*)

Teens and T1D: Celebrating Successes & Overcoming Challenges

Location: SALON B

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.

Audience: Parents/caregivers of teens with T1D

Speakers: Antoinette Bethea (*Patient Advocate*), Tim Burkett (*JDRF Mid-Atlantic Board of Directors*), Lindsay Cirincione, PsyD, (*Kennedy Krieger*), James Foxen (*Patient Advocate*), Aniket Sidhaye, MD (*Johns Hopkins*), Maggie West BSN, RN (*Johns Hopkins*)

New and Emerging Technologies in Type 1 Diabetes

Location: SALON C

Join this session to learn the latest about new and emerging technologies in type 1 diabetes. We will explore newly approved devices, and other technology in the JDRF pipeline. Discover how diabetes technology can both improve medical outcomes and quality of life. No matter how long you or your loved one has lived with T1D, there is something here for everyone.

Audience: All audiences

Speaker: Anastasia Albanese-O'Neill, PhD, APRN, CDCES (*JDRF Director, Community Screening and Clinical Trials Education*)

T1D Resource Vendor Hall

Abbott
Beyond Type 1
Brainy Camps
Camp Holiday Trails
Camp Possibilities
Dexcom
The Diabetes Link (formerly College Diabetes Network)
Fight 4 Diabetes Cure Golf Tournament
Inova Children's Specialists
Insulet (OmniPod)
JDRF Advocacy
JDRF Clinical Trials / T1D Screening
JDRF One Walk / Ride to Cure Diabetes
Johns Hopkins Pediatric Diabetes Center/Camp Charm City
Life Coaching with Lauren (T1D Life Coach)
Lilly Diabetes
Lions Camp Merrick
Mannkind
Maureen Michele, MD (Author)
Medtronic
Provention Bio
Setebaid Services
Sweet Living T1D Retreats
Tandem
TrialNet
Virginia Diabetes Council
Xeris

Youth & Teen Program

Parents must manage their child's diabetes throughout the event. You may be called to make treatment decisions. Please bring all necessary diabetes supplies including low treatments.

	Ages 5-8	Ages 9-12	Ages 13-17
8:30 AM	Youth & Teen Check-In Opens - <i>Check in on Lower Level</i>		
8:30 AM	Fitness Fun with Countdown to None 5K	Upcycle JDRF Bags	Coffee & Conversation
9:15 AM	Magic Show with Abracadabra Alex		Off To College Panel with Diabetes Link students
10:10 AM	Break – Bathroom & Blood Sugar Checks		
10:30 AM	Superhero Activity with Children's National Psychology Team	Journaling & Art Activity with Children's National Psychology Team	Bridging the Gap – Teen Topics with Young Adults
11:45 AM	Youth Program Closes Parents must pick up kids on Lower Level		