

“Meet” the Speakers:

Alicia Rhea is a former school nurse and parent of a teen with T1D.

Edwin Bonner works for the Lincoln Public District, specializing in 504 plans. He was diagnosed with T1D at the age of 23.

Allison Nimlos is a therapist and diabetic health coach specializing in chronic illness, anxiety, relationships, and life transitions. Allison’s strong passion for chronic illness and its impact on individuals, couples and families stems from her more than 25 years living with T1D. Follow Allison on Instagram @thediabetictherapist

Annie Shultz is a Program Manager for Diabetes TrialNet based at the Benaroya Research Institute in Seattle, WA. Annie came to the T1D research worlds as a person who is directly impacted by T1D. Her father was diagnosed in 1964 at age 19, Annie herself was diagnosed at age 21. She and her family members have participated in numerous clinical research trials of type 1 diabetes. Specifically, Annie has participated in trials for the artificial pancreas at the Benaroya Research Institute. She is also a member of the JDRF Speakers Bureau, a Board Member for ConnectT1D an organization that puts on a type 1 diabetes family camp and a volunteer for JDRF Seattle.

She was recently awarded the Auto-immune Alliance-A3 Focus Award for her spirit, dedication and community involvement while living with an autoimmune disease—or four to be exact. Her passion for moving T1D research forward took on a new perspective when she and her husband welcomed their son Nico in January of 2019. She admits that while her story can be difficult to share, it demonstrates very clearly the tremendous advancements that are a direct result of JDRF funded research.

Kameran Ulferts helped form the first College Diabetes Network in State on the University of Nebraska at Kearney campus. She also serves as a counselor at Camp Floyd Rogers and Committee Chair for the Kearney One Walk; to name a few of her endeavors. Follow Kam on Instagram @kamahkzee

Lauren Plunkett is a Registered Dietitian Nutritionist (RDN) and Diabetes Care & Education Specialist (CDE) practicing in the Minneapolis area. She is a public speaker, fitness instructor, owner of LP Nutrition Consulting, and has lived with T1D for more than two decades. Her specialties include healthy lifestyle education for chronic disease support, sports performance, plant-based nutrition, weight management, and prevention with age. Read more of her motivational story at www.lpnutritionconsulting.com. Follow Lauren on Instagram @LPNC or Facebook @lp_nutrition_consulting

Steve Shirmang & Shana Durham serve as our Chapter Advocacy Team Chairs, building relationships with our Members of Congress. They both have a personal connection to T1D; Steve’s son Sam and Shana’s daughter Molly.

The information provided during the sessions and by guest speakers is intended as general information and discussion about type 1 diabetes and given as resource only. It is not to be used or relied on for disease management or legal advice. Please consult your healthcare provider before making any medical decisions.