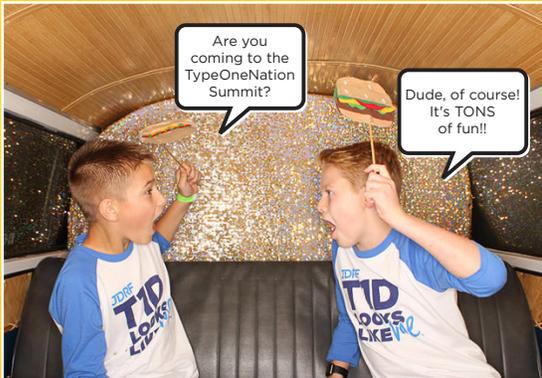


JDRF Southwest Ohio
8050 Hosbrook Rd. Suite 314
Cincinnati, OH 45236

JDRF
typeone
nationsummit
IMPROVING LIVES. CURING TYPE 1 DIABETES. **T1D**
SOUTHWEST OH

NOVEMBER 4, 2018 | 8:30 am - 3:30 pm



Register today at typeonenationsummit.org

#TONSofFUN

Space is limited, so register online by November 1 at:
TYPEONENATIONSUMMIT.ORG

“

I look forward to the Summit each year so I can learn what's new going on in the T1D world. I also love connecting with families to share my story and show newly diagnosed families that you can be successful and have an amazing life.

—Rae Nichols, T1D



”

A free day of
EDUCATION,
INSPIRATION & HOPE
for the type 1 community

Network with individuals, families, & caregivers affected by type 1 diabetes (T1D) at all life stages.

Talk to experts about research advances, meet with other attendees to exchange ideas, & participate in discussions important to you!

This event is provided to the community at no charge thanks to our generous sponsors.



NOVEMBER 4, 2018

8:30 am – 3:30 pm

SHARONVILLE CONVENTION CENTER
11355 Chester Rd. | Sharonville, OH 45246

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DIABETES



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

2018 **Featured Speakers**



Scott Benner
T1D dad, blogger,
author & the
voice behind the
Juicebox Podcast



Lauren Salko
Professional skier
living with T1D



Chris Ruden
T1D, adversity
coach, & elite
powerlifter



Keary Cheney
Mother-daughter
brought together
by T1D & living
the low carb life



**Carmella
Evans-Molina**
Co-Executive
Director of nPOD



Tom Brobson
Past National
Director at JDRF &
artificial pancreas
trial participant

Register online today at:

TYPEONENATIONSUMMIT.ORG

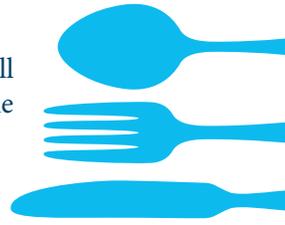
NATIONAL SUPPORTING
SPONSORS

Medtronic





EVENT LOGISTICS



COFFEE BAR & LUNCH

Complimentary coffee, hot tea, hot chocolate, water and fruit will be available throughout the day. This year we are offering guests the option of an affordable hot lunch buffet for only \$5 per person (all ages) which includes a drink. Vegetarian and gluten-free options will be available. Carb counts for all food items will be posted.



KID CAMP

Kid Camp (aka Camp Need-A-Cure) provides supervised care and structured activities for kids ages 5–12, with a nurse on site for those with type 1. While older kids are welcome to attend sessions, this is a great opportunity for them to get to know campers their age in the type 1 community. Camp is for children with and without T1D. Camp will be closed from 11:45-1:00pm for lunch.



Thanks to our Camp Need-A-Cure sponsor, Insulet!



Our son loves Kid Camp! He especially loves being surrounded by other kids who have to check their blood sugar or treat a low. We love the peace of mind of knowing he's safe and having fun."



—Melissa Webber, T1D Mom



TEEN ZONE

New this year, we've completely overhauled the teen experience. As always, teens are welcome to participate in any of the general sessions, but we also have an exciting and fun series of teen programming as an option, as well, through Teen ZONE, which is available for those with and without T1D, ages 13–17. Teen ZONE is closed for lunch from 11:45-1:00pm.

LODGING 🏠

Need a place to stay? A reduced rate block of rooms are available for just \$105/night at the Hyatt Place, conveniently connected to the Sharonville Convention Center. Call 513-771-1718 and mention "TypeOneNation Summit" to make reservations.

WINED DOWN 🍷

Adult T1Ds, join us after the TypeOneNation Summit for a drink to "wined down" after a great day. We will be meeting at the bar in the Hyatt Place attached to the convention center immediately following the last session.

Session I: Coffee & Conversation [10:45 am - 11:45 am]

Teens can enjoy an exclusive coffee bar, complete with pastries and treats, and start the session with casual mingling and conversation. We will then split into groups and have a more in-depth discussion about all of the issues, both serious and silly, that face young people who are impacted by type 1 diabetes.

Session II: Group Painting Session [1:15 pm - 2:15 pm]

Cheers to Art! will present an exclusive painting session where participants can create their own masterpiece on canvas and take it home afterwards.

Session III: T1D Escape [2:30 pm - 3:30 pm]

Teens will be split into groups and tasked with overcoming an escape room challenge. Teams will have just 30 minutes to solve riddles and clues to break out of a jail cell, and those that successfully complete the escape within the allotted time will receive a prize.

EVENT SCHEDULE

REGISTER ONLINE TODAY AT
TypeOneNationSummit.org

8:30am	Registration Opens
8:30-9:30am	Exhibitor Fair
9:30-10:30am	Opening Keynote with Tom Brobson In this Mission Message, you'll hear the latest in JDRF's quest to turn type one into type none by advancing research and development in priority areas including artificial pancreas technology, beta cell encapsulation, restoration, and others.
10:45-11:45am	Session I: See Options Below
11:45am-1pm	Exhibitor Fair & Lunch with LIVE Juicebox Podcast Scott Benner has been the parent of a T1D child for twelve years. He hosts the <i>Juicebox Podcast</i> and writes the blog <i>Arden's Day</i> . In this lunchtime session, Scott will interview Marc Luley, a local adult with T1D who is also the parent of a T1D child. In this session Scott will discuss the simple strategies that he's developed for managing his daughter's blood sugars. Being bold with insulin is the key to his Arden's health and to an A1c that has been between 5.4 and 6.2 for five years—with zero food restrictions. The session will be recorded and made available at JuiceboxPodcast.com or on your favorite podcast apps. <i>Note: Attendees can purchase in advance a \$5 lunch ticket which provides them with access to a hot food buffet, although it is not required to attend this session. Guests are also welcome to bring their own lunch.</i>
1:15 -2:15pm	Session II: See Options Below
2:30-3:30pm	Session III: See Options Below

LOCAL PRESENTING SPONSORS



BREAKOUT SESSIONS

Session I

10:45 am - 11:45 am

T1D STRONG

Chris Ruden is an elite powerlifter who in spite of living with T1D and being born with one hand has never let these factors stand in his way. Chris will share his inspiring story, provide workout tips and nutrition tactics, and discuss mindset shifts to help you change the way you look at diabetes forever.

T1D DISTRESS & DEPRESSION

Many people who live with T1D at some point suffer from distress and depression. In this session, Dr. Rebecca Adams will frankly discuss the negative feelings and emotions associated with living with managing diabetes, and share best practices for seeking support during periods of burnout.

DEVELOPING DIABETES

In order to prevent T1D, researchers must figure out first what triggers the body's autoimmune response. Hear from Dr. Carmella Evans-Molina from nPOD as she discusses the key immunological, histological, viral, hereditary and metabolic questions related to how T1D develops

DIABETES 101

This informative panel discussion of diabetes experts is specifically designed for those who were diagnosed with T1D (of all ages) within the past two years. Topics include diabetes best practices and dealing with the basics of learning to navigate life with diabetes.

Session II

1:15 pm - 2:15 pm

UNCONVENTIONAL T1D

In this session, *Grace & Salt* blogger Keary Cheney will share her story of being diagnosed with T1D as an adult and then adopting a Ugandan child with T1D. Keary will also provide helpful tips about managing T1D while living an atypical lifestyle—in her case, living in an RV.

ADVOCACY & INSURANCE

In addition to dealing with the disease itself, people living with T1D also have to manage a variety of issues such as navigating insurance, rising insulin prices, and advocating for diabetes choice. This panel discussion will help participants in dealing with these issues.

T1D TIPS, TRICKS, & TECH

In this panel discussion, diabetes experts and medical professionals will share the latest in insulin pump technology and diabetes research, innovative blood sugar management techniques, and tips to maximize life with T1D.

TRAVELING WITH T1D

Imagine being detained in an airport because your pump is mistaken for a bomb. Or, arriving at a vacation destination to realize you've left your child's insulin at home. Hear these stories and learn helpful travel tips and lessons learned from a panel of diabetes experts.

Session III

2:30 pm - 3:30 pm

NO LIMITS T1D

In this session, award-winning professional alpine ski racer and Ironman finisher Lauren Salko will share her story and provide inspiration for not letting diabetes stand in your way while pursuing your dreams.

ADULTING WITH T1D

This panel will provide their experiences and tips when it comes to issues specific to adult T1Ds, such as disclosing diabetes at work or during a job interview, handling sick days and stress, the financial burden of the disease, and parenting with T1D.

D-MOMS AND DADS

This panel session is designed for parents of T1Ds up to age 12, and will include practical topics such as 504 plans in schools, communicating with school nurses, managing sleepovers, interacting with family caregivers, and navigating extracurricular activities.

PARENTING TYPE ONE TEENS

This panel discussion is designed for parents of T1Ds ages 13-22 and will cover topics such as diabetes burnout and hormones along with college transition topics including drinking, communicating with professors, living on campus and academic accommodations.

Each breakout session has four topic options. When you register online at TypeOneNationSummit.org, please select which one session topic you would like to attend during that breakout session.