

EVENT SCHEDULE

9:00am	Registration Opens, Mueller Center, 5th floor
9:00 - 9:45am	Exhibitor Fair, Mueller Center, 5th floor
9:45 - 10:30am	"The Evolution of Diabetes Care" with Gary Scheiner, MS, CDE For those who think we've failed because we still don't have a "cure", think again! Enjoy an amusing (and humbling) tour of where we've been, where we are, and where we're headed in the treatment of type-1 diabetes, complete with "show and tell". You'll be amazed at how far we've come! <u>Room:</u> Mueller Center A, 5th Floor

BREAKOUT SESSIONS

10:45 am-11:30 am

Fitness & T1D:

Bike, Bolus, Repeat

Presented by: Walt Drennan

Walt Drennan, fellow type 1, shares his experiences with cycling across the US three different times. Join Walt as he shares his experiences cycling cross country with Type 1 Diabetes, including his 2017 ride with Team Bike Beyond: the 4200 mile, 70 day, and 15 state ride completed by 20 riders all living with Type 1 Diabetes. Listen as Walt discusses how to manage Type 1 while also looking for a fitness routine that works for you.

Room: Mueller Center A, 5th floor

TECHNOLOGY & T1D

Presented by: Lori Bednarz, RN, MSN, CDE, CPT

Hear from Lori Bednarz, CDE on all your T1D tech options including pumps, cgms, and more. Ask questions, get answers, and find out what options are best for you and your loved ones.

Room: Mueller Center B, 5th Floor— (walk through Mueller Center A to the far wall)

MAKE A DIFFERENCE:

Advocacy & Free Healthcare Insurance

Presented by: Alexandra Kozak, Melanie Licnerski, & Kathryn Talerico

This session will cover the Pennsylvania healthcare loophole that offers free secondary insurance to anyone with T1D. You'll also hear about JDRF Advocacy and how you can help make a difference so the government will continue to fund ground breaking therapies and urgent healthcare coverage.

Room: Weisbrod Kitchen Classroom, 3rd Floor

11:45 am-12:30 pm

RAISING A T1D CHILD: PARENT PANEL

Presented by: Kara Stenger, Rob Witherell, Cheryl Talerico, and Frank Salpietro

This session is specifically designed for parents of T1D children ages 0-21. Our expert panel of seasoned "diabetes parents" will share tips & answer your questions about raising kids with T1D. Panel includes parents of toddlers, kids, teens, and young adults with T1D.

Room: Mueller Center A, 5th floor

STRIKE THE SPIKE

Presented by: Gary Scheiner, MS, CDE

When it comes to blood sugar control, nothing is more challenging (and frustrating) than those spikes that take place after meals. This session focuses on issues surround post-meal spikes, realistic goals, measurement techniques, and most importantly, management strategies.

Room: Mueller Center B, 5th Floor— (walk through Mueller Center A to the far wall)

T1D BURNOUT:

Changing Behavior When Changing Seems Impossible

Presented by: Heather Peaytt

Mrs. Ohio 2018, Heather Peaytt will share how she has lived over 20 years with type 1 and give you the best ways to stay motivated and be the best you possible! PLUS! Heather will be bringing along her diabetic alert dog!

Room: Weisbrod Kitchen Classroom, 3rd Floor

12:45 pm-1:30 pm

TAKING T1D TO SCHOOL

Presented by: Marilyn Clougherty, RN, MSN, CDE

This session will cover all topics regarding sending your child with T1D to school, including 504 plans, your child's rights, communicating with nurses & staff, field trips & special accommodations, and more!

Room: Mueller Center A, 5th floor

THRIVING WITH T1D:

Overcoming Psychological Aspects of T1D

Presented by: Justin Schreiber, DO

Psychologist Justin Schreiber will cover the most common issues regarding the psychosocial part of T1D and offer valuable solutions to live the best life with type 1 diabetes!

Room: Mueller Center B, 5th Floor— (walk through Mueller Center A to the far wall)

SOMEONE I LOVE HAS DIABETES

Presented by: Cheryl Talerico & Heather Peaytt

This session is geared toward anyone who wants to better understand T1D and how to support someone they love who has the disease. Whether you're newly diagnosed or a friend, extended family member, babysitter, or spouse of a T1D—we'd love to meet you!

Room: Weisbrod Kitchen Classroom, 3rd Floor

****Snacks will be available at 11:30am in the Mueller Center****

1:30pm-2:30pm

Lunch & Afternoon Keynote: Mike Avery

Mike Avery is a professional stuntman with over 100 film, television, and commercial credits. His advocacy efforts leading up to a recent Ironman triathlon helped Mike realize his true passion – educating and encouraging fellow people with diabetes.

Room: Mueller Center A, 5th floor

Kids Zone Schedule

DISCOVERY MULTIPURPOSE ROOM— 3rd Floor

Available to all children between the ages of 4-11, during the hours of 9:00am-1:30pm . Having type 1 is not required to attend Kids Zone. Feel free to come check on your child at any time, but the room will be supervised by diabetes trained volunteers and a nurse.

- 9:00am:** Kids Zone Opens
- 9:45-10:30am:** Magician Show by Billy Heh
- 10:30-11:30am:** In room activities, games, & crafts
- 11:30-11:45am:** *Parents might want to check kids and give them a snack before they head out into the History Center (optional)*
- 11:45-1:30pm:** Scavenger hunt through the Heinz History Center! Children will be paired by age and accompanied by volunteers
- 1:30pm:** Kids Zone Closes—Pick up children for Lunch

Teen Track Schedule

DISCOVERY MULTIPURPOSE ROOM— 3rd Floor

Teen Track is for teens between the ages of 12-17. Teen Track will be supervised by diabetes trained volunteers. Having type 1 not required to attend. *Teen Track schedule is shorter than Kids Zone because teens are to encouraged to attend the morning keynote speaker

- 10:30am:** Teen Track Opens
- 10:30-11:00am:** Introductions, Meet & Greet
- 11:00-12:30am:** Scavenger hunt through the Heinz History Center! Teens will be accompanied by volunteers
- 12:30-1:15pm:** Teens & T1D Breakout Session *presented by Heather Peaytt & Walt Drennan*
Room: DISCOVERY MULTIPURPOSE ROOM— 3rd Floor
- 1:30pm:** Teen Track Closes—Pick up Teens for Lunch

THANK YOU!

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