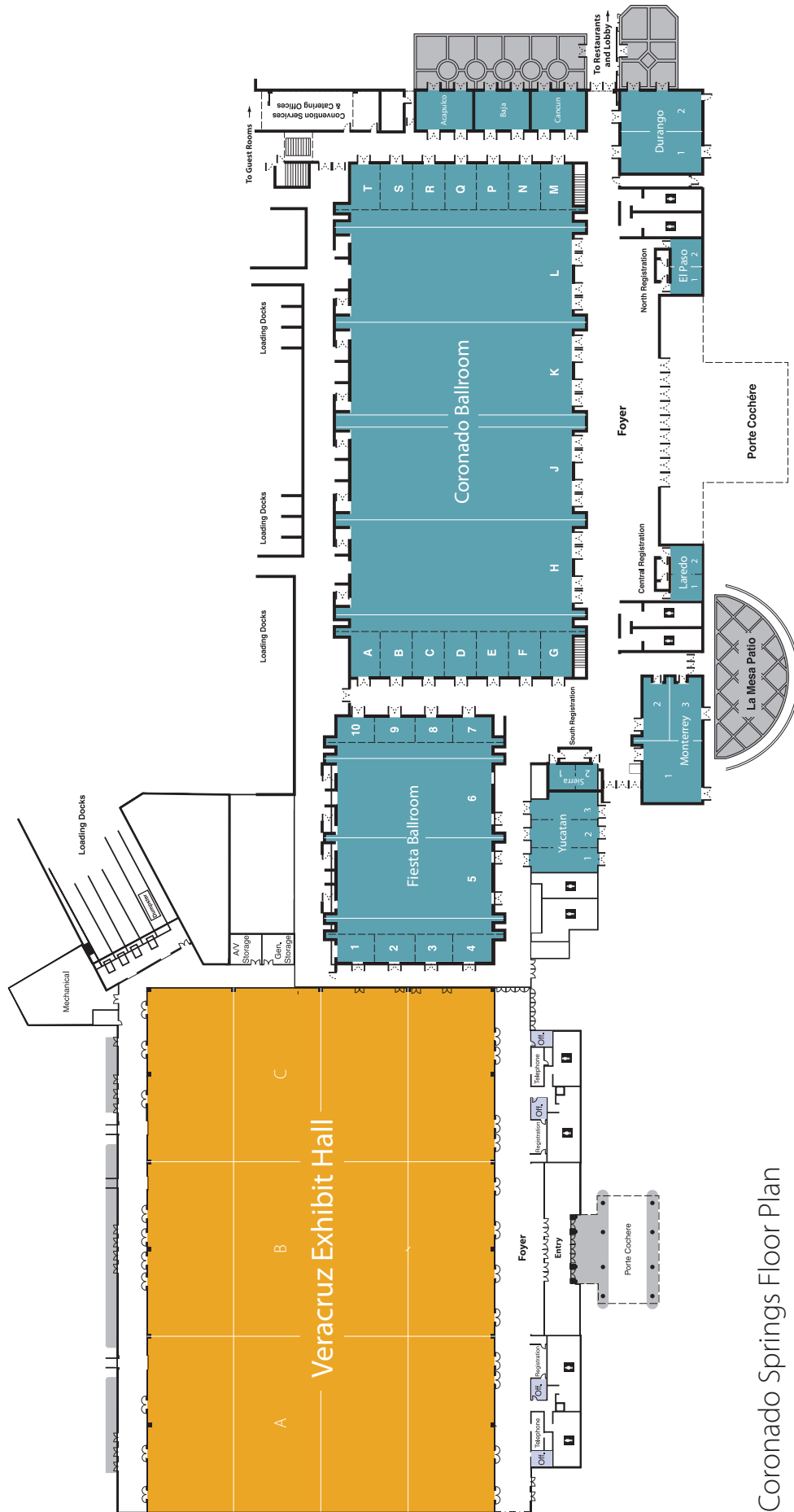


Map of the Convention Center



Coronado Springs Floor Plan



Program for Tuesday, July 16, 2019

South Registration	Veracruz North Registration	Acapulco / Baja / Cancun	Central Registration Laredo 1	Veracruz A
Attendee Registration 9:00 am - 4:00 pm Through Friday 12:00 pm	Sponsor & Exhibitor Registration 9:00 am - 4:00 pm Through Wednesday Afternoon	Retinal Screening 8:00 am - 5:00 pm Pre-Registration Required Screening Through Friday	TrialNet Screening 9:00 am - 5:00 pm Walk-Ins Welcome Pre-Registration Not Required Screening Through Friday	Sports Central Open Gym Hours 11:00 am - 3:30 pm Sponsored by Novo Nordisk

Attendee Registration Hours — South Registration

Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
9:00 am - 4:00 pm	7:30 am - 9:00 pm	7:30 am - 5:00 pm	8:00 am - 12:00 pm	Closed


Sports Central Open Gym Hours — Veracruz A

Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 am to 3:30 pm	9:00 am to 5:00 pm 8:00 to 10:00 pm	8:00 pm to 10:00 pm	12:00 pm to 2:00 pm	11:00 am to 2:00 pm



Ain't never had an FFL like me!

Friends for Life®
Flashback
2014
 <<





Program of Events and Sessions

Program for Wednesday, July 17, 2019							
Time	Coronado A	Coronado B	Coronado C	Coronado D	Coronado EF	Coronado M	Coronado N
7:00 - 9:00	Breakfast On Your Own						
9:00 - 10:15	First Timers Orientation for Parents and Adults Youth Attend Youth Programming Coronado H — Sponsored by Dexcom						
9:00 - 10:15		Dexcom Filming By Appointment Only	Omnipod Focus Group What's on the Horizon <i>Omnipod Users</i> <i>Pre-Registration Required</i>	Senseonics Focus Group Long-term Implantable CGM: Hear from Users & Help us Plan the Future.	Hands-On Pump, Pens, Glucagon, and Meter Training Janet Rodriguez, BSN, RN, CDE	Lilly Diabetes Prepare for Severe Low Blood Sugar	Roche Focus Group Taking the Mystery out of Insurance and Pumping <i>Pre-Registration Required</i>
10:15 - 10:45	Coffee Break On Your Own						
10:45 - 12:00	Sanofi Focus Group You be the boss: Moving towards Integrated Care: An open discussion on connected devices	Dexcom Filming By Appointment Only	Omnipod Focus Group What's on the Horizon <i>MDI Users</i> <i>Pre-Registration Required</i>	Tandem Diabetes Care Focus Group How Might Life Change With an Uninterrupted Night of Sleep? Dream Big!	Hands-On Pump, Pens, Glucagon, and Meter Training Janet Rodriguez, BSN, RN, CDE	Lilly Diabetes Prepare for Severe Low Blood Sugar	Roche Focus Group Sound off on a New Patch Pump Coming Soon <i>Pre-Registration Required</i>
12:00 - 1:30	Lunch Break On Your Own						
1:30 - 2:45	LifeScan, Inc. Focus Group Tell us what you want, what you really, really want....with CGM <i>Pre-Registration Required.</i>	Dexcom Filming By Appointment Only	Exploring the T1D Toolkit Anastasia Albanese-O'Neill, PhD, ARNP, CDE	Dexcom Focus Group Help Design Next-Generation CGM Alerts <i>Dexcom Users</i> <i>Pre-Registration Required</i>	Diabetes Basics for Significant Others Janet Rodriguez, BSN, RN, CDE	Medtronic Focus Group Separation anxiety! When the kids with T1D are away	Roche Focus Group Sound off on a New Patch Pump Coming Soon <i>Pre-Registration Required</i>
2:45 - 3:15	Coffee Break On Your Own						
3:15 - 4:30	Omnipod Focus Group Omnipod DASH Advocacy for Access	Dexcom Filming By Appointment Only	An Introduction to Monogenic Diabetes Toni Pollin, MS, PhD, CGC, Miriam Udler, MD, PhD, Kristin Maloney, MS, MGC, CGC, Kristin Skiados & Katharine Bisordi, MS, MGC, CGC	<i>Reserved for Meetings</i>	The Impact of Camp on Kids with T1D...and Their Parents Ryan Gagnon, PhD	<i>Reserved for Meetings</i>	Roche Focus Group Help us to help you! Explore new ideas to save you time and money with your pump therapy. <i>Pre-Registration Required</i>
6:00 - 9:00	Grand Opening Ceremony and Reception in Exhibit Hall 6:00 - 9:00 pm in Veracruz B and C						



Program for Wednesday, July 17, 2019

Time	Fiesta 4	Fiesta 7-8	Fiesta 9	Fiesta 10	Durango 1	Durango 2	Yucatan 1-3
7:00 - 9:00	Breakfast On Your Own						
9:00 - 10:15	First Timers Orientation Coronado H — Sponsored by Dexcom						
9:00 - 10:15	CWD Focus Group Help us make CWD and FFL Better	Pilots With Diabetes: Setting Records Straight, The Sky Is Not The Limit Douglas Cairns	Bringing the FFL Experience Home: Building a Local Support Community Susan Brennan & Mike Avery	How to DIY Loop Nightscout Faculty	Approaches to Managing Severe Low Blood Sugar Sponsored by Xeris	Bolus and Barbells Rodney Miller	Sugar Surfing Concepts Stephen Ponder, MD, FAAP, CDE
10:15- 10:45	Coffee Break On Your Own						
10:45 - 12:00	Type AU-SOME Leigh Fickling, MEd, MS, JD	Travel is the Answer, Even if Diabetes is the Question Oren Liebermann	Listen Up Doc: Getting Involved in Your Clinic and Making it Better Manmohan Kamboj, MD, & Kajal Gandhi, DO, MPH	How to DIY Loop Nightscout Faculty	Living With, Not For, Diabetes Chris Ruden	Docu-Diabetes V Ben Stroud, Kevin Covais, & Amanda Borges	Sugar Surfing Workshop Stephen Ponder, MD, FAAP, CDE
12:00 - 1:30	Lunch Break On Your Own						
1:30 - 2:45	Your Legal Rights with T1D: Encounters with Law Enforcement Cynthia Deitle, JD, LLM	Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle Arthur Ainsberg	Workshop for Parents: Off to College with CDN Christina Roth & Zach Hall	Loop Build Workshop Nightscout Faculty	Senseonics Focus Group Long-term Implantable CGM: Hear from Users & Help us Plan the Future.	The Future is Now—Omnipod Product Theater with Insulet's Medical Director Trang Ly, MBBS, FRACP, PhD	Lilly Product Theater
2:45 - 3:15	Coffee Break On Your Own						
3:15 - 4:30	Parenting Your Tween Jessica Kichler, PhD, CDE & Kenny Rodenheiser, BSN, RN, CDE	Inspiration & Encouragement: Stories From the FFL Community Leigh Fickling, MEd, MS, JD & Kerri Sparling with FFL Community Members	Parenting Your Teen Maureen Monaghan, PhD, CDE & Marissa Town, BSN, RN, CDE	MannKind Focus Group Tired of Switching Your Pump Sites or Mealtime Injections? Come Help Shape the Future of Inhaled Insulin	University of Florida Research Update Michael Haller, MD Reception to Follow	73 Years with Type 1 Diabetes Richard Vaughn	Wait Wait Don't Poke Me! The Diabetes Game Show Stacey Simms & Moira McCarthy
6:00 - 9:00	Grand Opening Ceremony and Reception in Exhibit Hall 6:00 - 9:00 pm in Veracruz B and C						



Program of Events and Sessions

Program for Thursday, July 18, 2019					
Time	Coronado H	Coronado J	Coronado K	Coronado AB	Coronado CD Adults with T1 Sponsored by Omnipod
8:00 - 9:00	Keynote Breakfast in Coronado Ballroom Music by Crystal Bowersox Sponsored by Lilly Diabetes				
9:00 - 10:00	Richard Rubin Memorial Opening Keynote Sponsored by Lilly Diabetes Progress Toward a Cure Desmond Schatz, MD				
10:00 - 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
10:45 - 12:00	Positive Caregiving, or How Not to be the Diabetes Police Bill Polonsky, PhD, CDE	Closing the Loop: State of the Art Bruce Buckingham, MD	Diabetes Basics for Families New to Type 1 Diabetes Kajal Gandhi, DO, MPH, & Wynola Wayne, BSN, RN	T1D and Risk: Everyday Management Through the Lens of Adventure Peter Nerothin, MA	Pregnancy Planning & Reproductive Health for Women with T1D Liz Robinson, MS, PA-C, CDE
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC				
1:30 - 2:45	Join the Culture of 'Yes!' How to Live Life Well Despite Diabetes Moira McCarthy	iLet Update: The Bionic Pancreas Ed Damiano, PhD		Accommodations in College, Graduate School, and Beyond: Workshop Leigh Fickling, MEd, MS, JD	Safe Zone for Significant Others Tamara Oser, MD, Bill Polonsky, PhD, CDE, & Anna Hewitt
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
3:30 - 4:45	Language Matters Jane Dickinson, RN, PhD, CDE	Making Sense of Sensor Data Gary Scheiner, MS, CDE	Preventing Type 1 Diabetes: Where Do We Stand? Desmond Schatz, MD	Carbohydrate Controversies: How Low Should You Go? Constance Brown-Riggs, MSEd, RD, CDE, CDN	The Emotional Burden of Diabetes Tamara Oser, MD, Sean Oser, MD, MPH & Bill Polonsky, PhD, CDE
6:30 - 8:30	Friends for Life 20th Anniversary Banquet and Ball Sponsored by Novo Nordisk 6:30 - 8:30 in Coronado HJKL				
8:30 - 10:30	Music and Dancing Sponsored by Novo Nordisk Following the Banquet 8:30 - 10:30 pm in Coronado HJKL				



Program for Thursday, July 18, 2019					
Time	Coronado EF	Fiesta 7-8 Young Adults (18-26) Sponsored by Omnipod	Yucatan 1-3	Durango 1-2 Advocacy	Veracruz ABC
8:00 - 9:00					
9:00 - 10:00					
10:00 - 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
10:45 - 12:00	Grandparent Guidelines Grandparents Faculty	Finding the Balance Kerri Sparling & Adam Brown	Low Carbohydrate Nutrition for Type 1 Diabetes: Patient and Research Perspective Andrew Koutnik	Hot Topics in Diabetes Advocacy: 2019 Edition Christel Marchand Aprigliano & Jake Johnston	Veracruz A Sports Central Sponsored by Novo Nordisk
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC				
1:30 - 2:45	Virtual Diabetes Clinics: Are They the Future? Gary Scheiner, MS, CDE, & Jay Hewitt	Mental Health in Your Twenties Laura Smith, PhD, CDE	Finding Your Tribe: Support & Knowledge in Social Media Kerri Sparling, Scott Johnson, Cherise Shockley, Mary Lucas, Nicole McGreevy, & Michelle Auerbach	From Passion to Action: Powerful Messages and Shared Experiences for Advocacy Christel Marchand Aprigliano, Jake Johnston, Stewart Perry, & DPAC Champions	Veracruz BC Exhibit Hall & Quilt for Life Open 10:00 am - 12:00 pm and 1:00 - 4:00 pm
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
3:30 - 4:45	Grandparent Common Fears Discussion Grandparents Faculty	Insurance 101 for Young Adults Samantha Merwin	Advocating for Yourself Kajal Gandhi, DO, MPH, Laura Smith, PhD, CDE, & Kerri Sparling	Advocating for Affordable Access to Insulin Christel Marchand Aprigliano	
6:30 - 8:30	Friends for Life 20th Anniversary Banquet and Ball Sponsored by Novo Nordisk 6:30 - 8:30 in Coronado HJKL				
8:30 - 10:30	Music and Dancing Sponsored by Novo Nordisk Following the Banquet 8:30 - 10:30 pm in Coronado HJKL				



Program of Events and Sessions

Program for Friday, July 19, 2019						
Time	Coronado H	Coronado J	Coronado K	Coronado L	Coronado AB	Coronado CD Adults with T1D Sponsored by Omnipod
	Breakfast On Your Own Special Early Morning Presentation: Everyday Management Through the Lens of Sport and Adventure JC Aragone and Peter Nerothin, MA 7:30 - 8:30 in Coronado L Sponsored by Tandem Diabetes Care					
9:00 - 10:00	Preparing for High School and Beyond Henry Rodriguez, MD & Jessica Kichler, PhD, CDE	On the Shoulders of Giants: How Tidepool Loop Is Building on the #WeAreNotWaiting Movement Howard Look	What Matters the Most: Learnings from 50 Years of Caring for Youth with T1D Wynola Wayne, BSN, RN	World's Worst Diabetes Mom Stacey Simms	Safe at School 101 Crystal Woodward	Careers and Insurance Issues for Adults with Type 1 Diabetes Tom Boyer & Stewart Perry
10:00 - 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
10:45 - 12:00	Avoiding and Overcoming Burnout Bill Polonsky, PhD, CDE	A History of Diabetes Device Innovation and A Look into the Future Claudia Graham, PhD, MPH	Read it Before You Eat it: Deciphering Food Labels Susan Weiner, MS, RDN, CDE, CDN	Time in Range: Moving Beyond Just HbA1c George Grunberger, MD	Safe at School Workshop Crystal Woodward	Parenting with Type 1 Diabetes Sean Oser, MD, MPH, Scott Johnson, Noor Alramahi, & Jay Hewitt
12:00 - 1:00	Lunch Buffet in Coronado Ballrooms HJK					
1:00 - 2:00	Dedicated Exhibit Hall Hour — Exhibit Hall Closes at 4:00					
2:00 - 3:15	Learnings from diaTribe Adam Brown	DRI Research Update: The State of Cell Therapy Norma Kenyon, PhD	Everything You Wanted to Know About Insulin but Didn't Know Who to Ask George Grunberger, MD	Diabetes Technology Update Lorraine Anderson, RD, CDE	Success with a Low Carb Regimen in Children Ages 5 to 14 Lester Hightower	Diabetes Can Be Complicated Sean Oser, MD, MPH, Bill Polonsky, PhD, CDE, Kerri Sparling, & Scott Johnson
3:15 - 4:00	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
4:00 - 5:00	Closing Keynote Putting It All Together with Two Dope D-Moms Stacey Simms & Moira McCarthy					
Evening	Family Movie Night Sponsored by Dexcom 7:30 - 9:30 pm in Coronado H			Dessert and Posters with the Faculty Sponsored by Omnipod 9:00 pm - 11:00 pm in Veracruz Pre-Function		

Program of Events and Sessions



Program for Friday, July 19, 2019						
Time	Coronado EF	Coronado PQR	Fiesta 7-8 Young Adults (18-26) Sponsored by Omnipod	Yucatan 1-3	Durango 1-2	Veracruz ABC
9:00 - 10:00	Caring for Kids in Multiple Households Justin Masterson	Exercise and Type 1 Diabetes Gary Scheiner, MS, CDE	Healthy Eating on a Budget, or Parfait Time! Susan Weiner, MS, RDN, CDE, CDN	diaTribe Panel Discussion Adam Brown & Invited Guests	Trends in Nutrition Lorraine Anderson, RD, CDE	Veracruz A Sports Central Sponsored by Novo Nordisk Open Gym 12:00 - 2:00 pm
10:00- 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
10:45 - 12:00	Pumping Tips and Tricks Lorraine Anderson, RD, CDE	Preventing and Managing Hypoglycemia Gary Scheiner, MS, CDE	Standing Up for Yourself: A Crash Course in Legal Rights & Self-Advocacy for Daily Life Leigh Fickling, MEd, MS, JD & Nia Grant	What You Should Know about DIY Closed Looping Dana Lewis	Meet the Sports Central Athletes Jimmy Dodson	
12:00 - 1:00	Lunch Buffet in Coronado Ballrooms HJK					
1:00 - 2:00	Dedicated Exhibit Hall Hour — Exhibit Hall Closes at 4:00					
2:00 - 3:15	Reclaiming Sleepovers and How to Avoid Diabetes Emergencies Grandparents Faculty		Navigating Relationships Laura Smith, PhD, CDE, with Young Adult Staff	Moms’ Discussion Group Lauren Lanning & Leigh Fickling, MEd, MS, JD	Dads’ Discussion Group Facilitated by Justin Masterson	
3:15 - 4:00	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC					
4:00 - 5:00						
Evening	Young Adults Dinner Sponsored by Omnipod 6:30 pm - 8:30 pm in Coronado L			Adults with Type 1 Evening Event — DASH-off, Dance off Sponsored by Omnipod 8:00 pm - Midnight in Fiesta 5-6		



Program of Events and Sessions

Program for Saturday, July 20, 2019

Time	Event and Location		
Early Morning	Wake Up and Celebrate! Second Annual Kids Diaversary and Birthday Celebration! For Tween FFLs ages 9-12 Fun Activities and Mickey Ice Cream Treats Pre-Registration Required • Limited to the first 150 children to register Sponsored by Logan Merwin 8:30am-10:00am in Yucatan 1-3		Advocacy Keynote: Affordable Access to Insulin & Other Things that Keep You up at Night George Huntley & Stewart Perry 9:00 - 10:15 am in Durango 1-2
	Morning Break on Your Own		
Late Morning	Panel Discussion: Being A Couple and Making it Work For Adults with Type 1 and Their Significant Others With Jimmy Dodson & Liz Dodson, Sam Billetdeaux & Grace Grande-Cassell, and Brian Grant, BSN, RN, CDE & Matt Point, MS 10:30 - 11:30 am in Fiesta 1	Parents and Teens Discussion For Parents and Teens 10:30 - 11:30 am in Fiesta 2	Sports Central Sponsored by Novo Nordisk Open Gym 11:00 am to 2:00 pm in Veracruz A
	Lunch on Your Own		
Afternoon			
Evening	Family Fun Night Beach Party 7:00 - 10:00 pm Coronado H All Ages Welcome Sponsored by Medtroinc	Tween Social Safari Party 7:00 - 10:00 pm Fiesta 5 Ages 9-12 Dress Nicely	Teen Dance Black Light Dance Party 8:00 - 11:00 pm Fiesta 6 Ages 13-17 Dress Nicely

Program for Sunday, July 21, 2019

Time	Event and Location
8:00 - 10:00	Farewell Breakfast Coronado HJ Join your new friends for life for a farewell breakfast. All families welcome.



Youth Program for Wednesday, July 17, 2019					
	Kiddie Kove Ages 0-2	Kiddie Kove Ages 3-5	Elementary Program Ages 6-8	Tween Program Ages 9-12	Teen Program Ages 13-17
Time	Monterrey 2-3	Monterrey 1	Fiesta 5 Main Room	Fiesta 6 Main Room	Coronado L Main Room
Early	Breakfast On Your Own				
9:00 - 10:15	Check In & Meet New Friends	Check In & Meet New Friends	It's All Fun and Games	Fairy Tale Dress Up & Ice Breakers	Dancing for Diabetes Elizabeth Forrest
10:15 - 10:45	Coffee Break On Your Own				
10:45 - 12:00	Exploring the Outdoors	Outside Play	Let's Go to The Movies	Dancing for Diabetes Elizabeth Forrest	First Timer Teens Orientation & Buddy Program Ice Breakers
12:00 - 1:30	Lunch On Your Own				
1:30 - 2:45	Music and Dancing	Painting Camp Shirts	Fort-Building	Diabetium	Ice Breakers for All Jen Hanson & CIM Team
2:45 - 3:15	Coffee Break On Your Own				
3:15 - 4:30	Movie & Rest Time	Movie & Rest Time	Dancing for Diabetes Elizabeth Forrest	Podding Up with Diabetes	One Backpack, Five Continents Oren Liebermann
6:00 - 9:00	Grand Opening Ceremony and Reception in Exhibit Hall 6:00 - 9:00 pm in Veracruz B and C				



Youth Program of Events and Sessions

Youth Program for Thursday, July 18, 2019				
Time	Kiddie Kove Ages 0-2	Kiddie Kove Ages 3-5	Elementary Program Ages 6-8	Tween Program Ages 9-12
	Monterrey 2-3	Monterrey 1	Fiesta 5 Main Room	Fiesta 6 Main Room
8:00 - 9:00	Keynote Breakfast in Coronado Ballrooms — Sponsored by Lilly Diabetes			
9:00 - 10:00	Check In	Binoculars and Bugs	Icebreakers & Big Group Games	Icebreakers
10:00 - 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC			
10:45 - 12:00	Playtime	Campfire Time	What's Your Story With Special Guests	Tech Talk
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC			
1:30 - 2:45	Visit Sports Central	We're Going on a Bear Hunt! Visit Sports Central	Scavenger Hunt	Tweens Ages 9-10 Green Team Fiesta 3-4 Orange Team Fiesta 1-2 Transition to Teens Tweens Ages 11-12
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC			
3:30 - 4:45	Movie & Rest Time	Movie & Rest Time	Fueling for Fun Harold Sanco	Sports Central
6:30 - 8:30	Friends for Life 20th Anniversary Banquet and Ball — Sponsored by Novo Nordisk 6:30 - 8:30 in Coronado HJKL			
8:30 - 10:30	Music and Dancing Following the Banquet — Sponsored by Novo Nordisk 8:30 - 10:30 pm in Coronado HJKL			



Youth Program for Thursday, July 18, 2019			
	Teen Program - Ages 13-17		
	Coronado L Main Room	Coronado M-S Breakout Rooms	
8:00 - 9:00	Keynote Breakfast in Coronado Ballrooms — Sponsored by Lilly Diabetes		
9:00 - 10:00	Tech Talk Bruce Buckingham, MD		
10:00- 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC		
10:45 - 12:00	Risky Business Panel Type 1 Ages 15-17 Marissa Town, BSN, RN, CDE, Brian Grant, BSN, RN, CDE, & Hannah Cope, BSN, RN	Navigating Parents and Peers Panel Type 1 Ages 13-14 Alanna Landry, RN, CDE & Jess Forster, MSW, RSW Coronado MNP	Diabetes Empathy & Videos Orange Team Ages 13-17 Rachel Wasserman, PhD Coronado QRS
12:00 - 1:30	Lunch Buffet in Coronado Ballroom — Visit Exhibits in Veracruz BC		
1:30 - 2:45	Concurrent Half Sessions — Teens Attend Two Sessions		
	Obstacle Course Jeopardy Hannah Cope, BSN, RN, & Mike Avery Coronado L Sick Days and Hangovers Brian Grant, BSN, RN, CDE Coronado M Tech Stress Marissa Town, BSN, RN, CDE Coronado N	#Adulting Christina Roth & Zach Hall Coronado P Navigating High School Alanna Landry, RN, CDE & Hannah Opdenaker Coronado Q	Exercise & Insulin Ben Tzeel, Bill King, & Jimmy Dodson Coronado R Food Apps Kathryn Hitchcock, MS, RD Coronado S
2:45 - 3:30	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC		
3:30 - 4:45	Concurrent Half Sessions — Teens Attend Two Sessions		
	Obstacle Course Jeopardy Hannah Cope, BSN, RN, & Mike Avery Coronado L Thinking Traps: Snakes & Ladders Jess Forster, MSW, RSW Coronado M Mindful Eating Marilyn Fry, RD, CDE Coronado N	Diabetes VIPs Coronado P The Face of Diabetes Maureen Monaghan, PhD, CDE Coronado Q	Stress & Burnout Jessica Kichler, PhD, CDE Coronado R T1: She Rachel Wasserman, PhD , Liz Robinson, MS, PA-C, CDE Coronado S
6:30 - 8:30	Friends for Life 20th Anniversary Banquet and Ball — Sponsored by Novo Nordisk 6:30 - 8:30 in Coronado HJKL		
8:30 - 10:30	Music and Dancing Following the Banquet — Sponsored by Novo Nordisk 8:30 - 10:30 pm in Coronado HJKL		



Youth Program of Events and Sessions

Youth Program for Friday, July 19, 2019					
	Kiddie Kove Ages 0-2	Kiddie Kove Ages 3-5	Elementary Program Ages 6-8	Tween Program Ages 9-12	Teen Program Ages 13-17
Time	Monterrey 2-3	Monterrey 1	Fiesta 5 Main Room	Fiesta 6 Main Room	
8:00 - 9:00	Breakfast on Your Own				Teens Off Site at Epcot Center
9:00 - 10:00	Check In	Packing for a Camping Trip with the Orange Team	Sports Central	Meet the Special Guests	Meet in Veracruz Foyer Outside of Exhibition Hall for 7:30 am departure
10:00- 10:45	Coffee Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				DO NOT BE LATE
10:45 - 12:00	Music & Dancing	Rock Painting	Orange & Green Team Fun	Get Moving with Harold	Breakfast is at Epcot Center Teens Due Back by 5:00 pm
12:00 - 1:00	Lunch Buffet in Coronado Ballrooms HJK				
1:00 - 2:00	Dedicated Exhibit Hall Hour — Exhibit Hall Closes at 4:00				
2:00 - 3:15	Exercise Time with Harold	Exercise Time with Harold	Games of Elementary	FFL: Food for Life Susan Weiner, MS, RDN, CDE, CDN	
3:15 - 4:00	Snack Break outside Exhibit Hall — Visit Exhibits in Veracruz BC				
4:00 - 5:00	Movie & Rest	Movie & Rest	Express Yourself Craft Time	Tweens Ages 9-10 Mindfulness Fiesta 6 Tweens Ages 11-12 Orange & Green Team Fun Fiesta 1-4	
Evening	Family Movie Night Sponsored by Dexcom 7:30 - 9:30 pm in Coronado H			Dessert and Posters with the Faculty Sponsored by Omnipod 9:00 pm - 11:00 pm in Veracruz Pre-Function	



Program for Saturday, July 20, 2019

Time	Event and Location		
Early Morning	Wake Up and Celebrate! Second Annual Kids Diaversary and Birthday Celebration! For Tween FFLs ages 9-12 Fun Activities and Mickey Ice Cream Treats Pre-Registration Required · Limited to the first 150 children to register Sponsored by Logan Merwin 8:30am-10:00am in Yucatan 1-3		Advocacy Keynote: Affordable Access to Insulin & Other Things that Keep You up at Night George Huntley & Stewart Perry 9:00 - 10:15 am in Durango 1-2
	Morning Break on Your Own		
Late Morning	Panel Discussion: Being A Couple and Making it Work For Adults with Type 1 and Their Significant Others With Jimmy Dodson & Liz Dodson, Sam Billetdeaux & Grace Grande-Cassell, and Brian Grant, BSN, RN, CDE & Matt Point 10:30 - 11:30 am in Fiesta 1	Parents and Teens Discussion For Parents and Teens 10:30 - 11:30 am in Fiesta 2	Sports Central Sponsored by Novo Nordisk Open Gym 11:00 am to 2:00 pm in Veracruz A
Lunch on Your Own			
Afternoon			
Evening	Family Fun Night Beach Party 7:00 - 10:00 pm Coronado H All Ages Welcome Sponsored by Medtronic	Tween Social Safari Party 7:00 - 10:00 pm Fiesta 5 Ages 9-12 Dress Nicely	Teen Dance Black Light Dance Party 8:00 - 11:00 pm Fiesta 6 Ages 13-17 Dress Nicely

Program for Sunday, July 21, 2019

Time	Event and Location
8:00 - 10:00	Farewell Breakfast Coronado HJ Join your new friends for life for a farewell breakfast. All families welcome.



Social Events

Wednesday, July 17

9:00 - 10:15 am

First Timers Orientation

For Parents and Adults - Youth attend Youth Program
Coronado H — Sponsored by **Dexcom**

6:00 - 9:00 pm

Grand Opening Ceremony and Reception in Exhibit Hall

Veracruz B and C

Thursday, July 18

6:30 - 8:30 pm

Friends for Life 20th Anniversary Banquet and Ball

Coronado HJKL — Sponsored by **Novo Nordisk**

8:30 - 10:30 pm

Music and Dancing

Coronado HJKL — Sponsored by **Novo Nordisk**

Friday, July 19

6:30 - 8:30 pm

Young Adults Dinner

Coronado L — Sponsored by **Omnipod**

7:30 - 9:30 pm

Family Movie Night

Coronado H — Sponsored by **Dexcom**

8:00 pm - Midnight

Adults with Type 1 Evening Event — DASH-off, Dance off

Fiesta 5-6 — Sponsored by **Omnipod**

9:00 - 11:00 pm

Dessert and Posters with the Faculty

Veracruz Pre-Function — Sponsored by **Omnipod**

Saturday, July 20

7:00 - 10:00 pm

Family Fun Night — Beach Party

Coronado H — Sponsored by **Medtronic**

7:00 - 10:00 pm

Tween Social — Safari Party

Fiesta 5

8:00 - 11:00 pm

Teen Dance — Black Light Party

Fiesta 6

Sunday, July 21

8:00 - 10:00 am

Farewell Breakfast

Coronado HJ



Moms Meet Ups

Tuesday, July 16	What	Where
7:00 am	Morning Walk Around the Lake	Meet at the Laguna Bar outside of the Mercado
9:00 - 10:00 am	MOFFLs and Waffles	Mercado—Look for the MOFFL sign
3:00 - 4:00 pm	Moms and Margaritas	Meet by the Laguna Bar outside of the Mercado
Wednesday, July 17	What	Where
7:00 am	Morning Walk Around the Lake	Meet at the Laguna Bar outside of the Mercado
8:15 - 9:00 am	MOFFLs and Waffles	Mercado Near the Exit - Look for the MOFFL sign
3:00 - 4:00 pm	Moms and Margaritas	Meet at the Laguna Bar outside of the Mercado
Saturday, July 20	What	Where
7:00 am	Morning Walk Around the Lake	Meet at the Laguna Bar outside of the Mercado
8:15 - 9:00 am	MOFFLs and Waffles	Mercado—Look for the MOFFL sign
3:00 - 4:00	Moms and Margarita	The Three Bridges Bar in the center of the lake

Dads Meet Ups

Tuesday, July 16	What	Where
8:00 - 9:00 am	FFL Scrambled Dads and Eggs	Mercado—Look for the Dads Meet Up sign
4:00 - 5:00 pm	Dads and Suds Happy Hour	Meet by the Laguna Bar outside of the Mercado
Wednesday, July 17	What	Where
7:30 - 8:15 am	FFL Scrambled Dads and Eggs	Mercado—Look for the Dads Meet Up sign
Saturday, July 20	What	Where
4:00 - 5:00 pm	Dads and Suds Happy Hour	Meet by the Laguna Bar outside of the Mercado

Dual Home Families Meet Up

Saturday, July 20	What	Where
9:00 - 10:00 am	Breakfast	Meet at the entrance of the Mercado

Young Adults (Ages 18-25) Meet Up

Wednesday, July 17	What	Where
5:30 pm	Young Adult Meet & Greet Meet-Up	Veracruz Porte Cochere, outside of exhibit hall



8:00 - 9:00

Breakfast on Your Own

9:00 - 10:15

Parent + Adult Sessions

9:00 - 10:15

First Timers Welcome Orientation
Coronado H
Sponsored By Dexcom

Dexcom Filming

Company: Dexcom
Audience: Parents and kids with T1D
Location: Coronado B

Dexcom is looking for a few dozen kids ages 4-9 who can tell us what they're passionate about, what makes them tick, what they'd like other kids to know about them. It could be a skill, a hobby, a special trip they took, a thing they know. We are only requesting a half hour of their time. If they want to bring something that shows what they're talking about – a picture, a small object, a prop relating to their hobby, feel free! But it's not necessary. To enter, please submit your child's name, date of birth, a recent photo or short video, and a sentence explaining what your child would want other kids to know about them (in their own words).

By appointment only. Continues all day in Coronado B.

Focus Group: What's on the Horizon

Company: Omnipod
Audience: Omnipod users
Location: Coronado C

The Omnipod® Team is looking for both adults and parents of children with T1D to participate in two focus groups to gather insights for shaping their next-generation automated insulin delivery product, the Omnipod HORIZON™ System. For this group we are looking to talk to adults or parents of kids with T1D who take Multiple Daily Injections. To register, visit <https://tinyurl.com/dQAFocusGroups>.

Focus Group: Long-term Implantable CGM: Hear from Users & Help us Plan the Future.

Company: Senseonics
Audience: Adults and parents
Location: Coronado D

The newest diabetes technology, the Eversense CGM system, is now available in the U.S. Hear from current users about their journey – from the insertion process to the removable transmitter to the on-body vibe alert to the sensor removal and re-insertion. Try one of our adhesive patch and see if gentle enough for your skin. Then help us design the next generation system for an even better experience. All adults with diabetes and parents of children with diabetes are encouraged to join in this interactive experience.

Hands-On Pump, Pens, Glucagon, and Meter Training

Presenters: Janet Rodriguez, BSN, RN, CDE
Audience: Everyone
Location: Coronado EF

Join Janet Rodriguez, BSN, RN, CDE for a review of the tools we use to care for type 1 diabetes, including insulin pumps, insulin pens, blood glucose meters, continuous glucose monitors, and glucagon. Stop by for a bit or stay for the full session.

Focus Group

Company: Lilly Diabetes
Audience: Everyone
Location: Coronado M

Prepare for severe low blood sugar.

Focus Group: Taking the Mystery out of Insurance and Pumping

Company: Roche Diabetes Care
Audience: Parents and kids with T1D
Location: Coronado N

Are you ever frustrated with the insurance process for pumps? Want to help change the way things are? Roche Diabetes Care, Inc. cordially invites **caregivers of kids and adults (18 years+)** who are **experienced pump users or new to pump therapy** to join an interactive group session to help design the ideal journey for going through the process of getting an insulin pump. We'll start by exploring your recent challenges and triumphs. Then we'll work together to identify the most compelling opportunities, and refine them to best suit your needs.

Pre-registration required.

Focus Group:

Company: Children with Diabetes
Audience: Everyone
Location: Fiesta 4

Join us for an exploration of ways to make Children with Diabetes and Friends for Life conference better for the families we serve.

Pilots With Diabetes: Setting Records Straight, The Sky Is Not The Limit

Presenter: Douglas Cairns
Audience: Everyone
Location: Fiesta 7-8

Douglas will talk about his world record-setting flying exploits, including his round-the-world flight and a recent 24-hour World Record non-stop to visit 29 US States. Douglas will also highlight the latest developments in the USA for aspiring and existing private and commercial pilots with type 1 diabetes.



Bringing the FFL Experience Home: Building a Local Support Community

Presenters: Susan Brennan and Mike Avery

Audience: Parents and adults

Location: Fiesta 9

Are you interested in starting a support community back home, to continue the Friends for Life experience? Join a team from PADRE to learn how to start and sustain a vibrant diabetes support community at home. You'll learn from a team that has succeeded in building and running one of the country's best known local support groups.

How to DIY Loop

Presenter: Nightscout Faculty

Audience: Everyone

Location: Fiesta 10

Are you tired of waiting for a user friendly closed loop? Join the Nightscout faculty as we give an overview of the many DIY closed loop solutions from our #WeAreNotWaiting community, and even show you how to build your own closed loop in our afternoon DIY Closed Loop build session. In case you missed it, earlier this year our community developers released 'DIY OmniPod Loop' enabling you to create a DIY closed loop without any tubing. If you have children involved in dance, swimming or sports, and like the idea of sleeping through the night, you will find our session both informative and empowering. You do not need high end technical skills to build your own DIY closed loop, join the thousands of formerly sleep deprived parents that have improved the quality of life for their children and themselves by deciding to not wait, because in our worldwide community of 66,000 families and individuals, #WeAreNotWaiting.

Approaches to Managing Severe Low Blood Sugar

Presenter: Xeris Pharmaceuticals

Audience: Parents and adults

Location: Durango 1

Join Xeris Pharmaceuticals in a discussion on severe low blood sugar. Hear from a Clinical Diabetes Educator as she discusses the prevalence and impact of severe hypoglycemia, as well as glucagon and its role in blood sugar control. The program will also feature a panel discussion with caregivers and a young adult with diabetes. Listen as they share their journey with diabetes and how they have managed severe low blood sugar.

Bolus and Barbells

Presenter: Rodney Miller

Audience: Everyone

Location: Durango 2

Bolus and Barbells presents "Feats of Strength" with type 1 diabetic Strongman Rodney Miller. Rodney will be doing a variety of strongman lifts, including rolling frying pans with his bare hands! Listen to Rodney explain why he feels having type 1 diabetes is like having a super power.

Sugar Surfing Concepts

Presenter: Stephen Ponder, MD, FAAP, CDE

Audience: Parents and adults

Location: Yucatan 1-3

Workshop attendees will learn the process of Dynamic Diabetes Management by applying frequent pattern management. A simple system of recognizable shapes will be introduced with a detailed explanation on their interpretation. Myths about Sugar Surfing will be dispelled. Overall workshop objectives include:

- Identify basic blood sugar trendline patterns using an intuitive naming system
- Interpret the significance of patterns or groups of patterns at the time they are being observed or experienced
- Choose specific diabetes self-care action(s) based on prior experience and training and situational awareness
- Evaluate chosen actions by frequent review of subsequent trendline patterns aimed at measuring the effectiveness of prior self-care actions or omissions.

10:15 - 10:45

Coffee Break on Your Own

10:45 - 12:00

Parent + Adult Sessions

Focus Group: You be the boss: Moving towards Integrated Care: An open discussion on connected devices

Company: Sanofi

Audience: Everyone

Location: Coronado A

What would be your ideal connected ecosystem in the near future? Let's have an open discussion on the features and customized characteristics that could make a difference.

Focus Group: What's on the Horizon

Company: Omnipod

Audience: MDI Users

Location: Coronado C

The Omnipod® Team is looking for both adults and parents of children with T1D to participate in two focus groups to gather insights for shaping their next-generation automated insulin delivery product, the Omnipod HORIZON™ System. For this group we are looking to talk to adults or parents of kids with T1D who use an Omnipod pump and a CGM. To register, visit <https://tinyurl.com/dQAFocusGroups>.

Focus Group: How Might Life Change With an Uninterrupted Night of Sleep? Dream Big!

Company: Tandem Diabetes Care

Audience: Parents and kids with T1D

Location: Coronado D

Attendees of this session will leave with new tips and tricks for navigating nocturnal landscapes. Tandem will share how t:slim X2™ with Basal-IQ™ technology is reducing night time burden of living with diabetes. Join us to experience the impact of sharing stories with fellow parents.



10:45 - 12:00

Parent + Adult Sessions

Hands-On Pump, Pens, Glucagon, and Meter Training

Presenters: Janet Rodriguez, BSN, RN, CDE

Audience: Everyone

Location: Coronado EF

Join Janet Rodriguez, BSN, RN, CDE for a review of the tools we use to care for type 1 diabetes, including insulin pumps, insulin pens, blood glucose meters, continuous glucose monitors, and glucagon. Stop by for a bit or stay for the full session.

Focus Group

Company: Lilly Diabetes

Audience: Everyone

Location: Coronado M

Prepare for severe low blood sugar.

Focus Group: Sound off on a new patch pump coming soon!

Company: Roche Diabetes Care

Audience: Parents and kids with T1D

Location: Coronado N

Do you want to help define the next generation of diabetes care technologies and products? In this interactive session you'll get a sneak peek at some interesting stuff! Roche Diabetes Care, Inc. cordially invites **kids, accompanied by a caregiver, and adults taking multiple daily injections** to come learn about a new insulin patch pump coming to the market. In this session, we will show you the product, explain its features, and seek your feedback. Please join us and let us know what you think! *Pre-registration required.*

Type AU-SOME

Presenters: Leigh Fickling, MEd, MS, JD

Audience: Parents and children

Location: Fiesta 4

If you are a parent or grandparent of a child with ASD, join us for a deeper dive into Friends for Life. We'll review the conference agenda and share tips about which sessions might present sensory challenges. We will share places that you can go if you need to take a break and will provide visual schedules so that you can help to prepare your child for the best week ever! Session is appropriate for Type AU-SOME green wristbands (type 1) or orange wristbands (siblings).

Travel is the Answer, Even if Diabetes is the Question

Presenter: Oren Lieberman

Audience: Anyone interested in advocacy

Location: Fiesta 7-8

There's no sugarcoating diabetes. Everyone knows how difficult it can be. But that's no excuse to give up on your dreams. Oren Lieberman was diagnosed with diabetes in Nepal while backpacking around the world. It was Valentine's Day. After a month at home to recover and educate himself, Lieberman went back to traveling, visiting China, Japan, Iceland, and many more places. Today, he is a CNN international correspondent, and he keeps traveling!

Listen Up Doc: Getting Involved in Your Clinic and Making it Better

Presenters: Manmohan Kamboj, MD, & Kajal Gandhi, DO, MPH

Audience: Parents

Location: Fiesta 9

Join Drs. Kamboj and Gandhi from Nationwide Children's in Columbus, Ohio, for a discussion about getting involved in your clinic's quality improvement program. Learn how you and your family can make a difference. Nationwide Children's is part of a ten-center QI program supported by the T1D Exchange.

How to DIY Loop

Presenter: Nightscout Faculty

Audience: Everyone

Location: Fiesta 10

Are you tired of waiting for a user friendly closed loop? Join the Nightscout faculty as we give an overview of the many DIY closed loop solutions from our #WeAreNotWaiting community, and even show you how to build your own closed loop in our afternoon DIY Closed Loop build session. In case you missed it, earlier this year our community developers released 'DIY OmniPod Loop' enabling you to create a DIY closed loop without any tubing. If you have children involved in dance, swimming or sports, and like the idea of sleeping through the night, you will find our session both informative and empowering. You do not need high end technical skills to build your own DIY closed loop, join the thousands of formerly sleep deprived parents that have improved the quality of life for their children and themselves by deciding to not wait, because in our worldwide community of 66,000 families and individuals, #WeAreNotWaiting.

Living With, Not For, Diabetes

Presenter: Chris Ruden

Audience: Everyone

Location: Durango 1

Learn to live WITH your diabetes not FOR your diabetes. Are you a "diabetic" trying to live life or do you choose to live life to the fullest and just so happen to have diabetes, too? Using three daily strategies, Chris Ruden will help you reshape your mindset so you can stop living for diabetes and start living with diabetes. Your condition is not a limitation on your happiness and after this talk, you will see why.

Docu-Diabetes V

Presenters: Ben Stroud, Kevin Covais, & Amanda Borges

Audience: Everyone

Location: Durango 2

Phone videos are everywhere. Parents will be encouraged to send a one minute phone-video in advance of the conference. The subject matter can be anything they want in the world of diabetes — from humorous to serious, real or made up, down-to-earth or absolutely crazy. The videos will be shown and discussed in this session. Portions of some might even be chosen to be shown at the banquet on Thursday evening. All are welcome but children must be accompanied by a parent.



Sugar Surfing Workshop

Presenter: Stephen Ponder, MD, FAAP, CDE

Audience: Parents and adults

Location: Yucatan 1-3

In the Sugar Surfing Workshop, attendees will learn a new approach to steering their own glycemic trendlines based on careful analysis and interpretation of recurring glycemic patterns. A method to allow each attendee to individualize their technique will be revealed. The concepts of pivoting, taking the drop, interpreting inflections, and appreciating the difference of a shelf versus drift, will be discussed.

Diabetes Basics for Significant Others

Presenter: Janet Rodriguez, BSN, RN, CDE

Audience: Spouses and significant others of adults with type 1

Location: Coronado EF

Does your significant other have type 1 diabetes? Are you unsure about how much you know about diabetes and the tools used to manage it? If so, this session is for you. You'll receive a review of the basics of type 1 diabetes and have an opportunity to get hands-on with insulin pumps, glucose meters, continuous glucose monitoring systems, and glucagon.

12:00 - 1:30

Lunch on Your Own

1:30 - 2:45

Parent + Adult Sessions

Focus Group: Tell us what you want, what you really, really want...with CGM.

Company: LifeScan, Inc.

Audience: CGM users and those interested in CGM

Location: Coronado A

LifeScan recently announced their entrance into the CGM category and want to hear from CGM users and those interested in CGM. Tell us what is great, not so great and any needs or wants that may exist for CGM products. Limited space available. *Pre-registration required.*

Focus Group: Separation anxiety! When the kids with T1D are away

Company: Medtronic

Audience: Parents and kids with T1D (7-21/college aged)

Location: Coronado M

Sleepovers, school, and sleep, oh my. Medtronic wants to learn about how diabetes affects your family when parents are away from their kids with T1D. Help us understand how our innovations might help you find peace of mind, whether the kids are across the street or in another state.

Focus Group: Sound off on a new patch pump coming soon!

Company: Roche Diabetes Care

Audience: Parents and kids with T1D

Location: Coronado N

Do you want to help define the next generation of diabetes care technologies and products? In this interactive session you'll get a sneak peek at some interesting stuff! Roche Diabetes Care, Inc. cordially invites **kids, accompanied by a caregiver, and adults already using an insulin pump** to come learn about a new insulin patch pump coming to the market. In this session, we will show you the product, explain its features, and seek your feedback. Please join us and let us know what you think!

Pre-registration required

Exploring the T1D Toolkit

Presenter: Anastasia Albanese-O'Neill, PhD, ARNP, CDE

Audience: Parents and adults

Location: Coronado C

People with diabetes spend only about 300 minutes a year with their diabetes care team. That means they have to manage diabetes on their own for the other 525,300 minutes each year. The University of Florida Pediatric Diabetes care team has developed an online education resource called T1D Toolkit that is available 24/7/365. Please join us to review the T1D Toolkit site and provide your valuable feedback. This will help us to better meet the needs of children, adolescents, and young adults with type 1 diabetes and their family members.

Your Legal Rights as a Person with Type 1: Encounters with Law Enforcement

Presenters: Cynthia Deitle, JD, LLM

Audience: Adults

Location: Fiesta 4

As a person living with type 1, have you ever thought about what would happen to you if you are stopped by police, detained, or arrested? If your child has T1D, do you feel that he or she is prepared for this encounter? While a surprise interaction with a law enforcement officer may never occur, it is essential to be prepared and know your rights. You must assume that the officer stopping you has never heard of type 1 diabetes and has no idea what you need to keep your blood glucose within range. This session will provide you with information on how to navigate the criminal justice system to protect yourself, or someone you love, from losing access to her insulin or diabetes supplies.

Focus Group

Company: Dexcom

Audience: Dexcom CGM users (pre-registration required)

Location: Coronado D

Dexcom invites parents, children, and young adults with T1D currently using Dexcom CGM for an interactive session to help us design next-generation CGM alerts. The purpose of our conversation is to learn about your preferences toward the various alert settings CGM devices have currently and those that may be added in the future. We will conduct an exercise to build your dream alert system, and have a group conversation about your ideas. This session is open only to current Dexcom CGM users and their family members. Parents are welcome to attend on their own or may bring the whole family. Children must be accompanied by an adult.



1:30 - 2:45

Parent + Adult Sessions

Breakthrough: Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle

Presenters: Arthur Ainsberg
Audience: Parents and adults
Location: Fiesta 7-8

Join author Arthur Ainsberg for an incredible journey back in time to the days before insulin was discovered to learn about Elizabeth Evans Hughes, daughter of the US Secretary of State, and her struggle to survive with type 1 diabetes. Elizabeth would be one of the first people in the world to be treated with the miracle of insulin.

Workshop for Parents: Off to College with College Diabetes Network

Moderators: Christina Roth & Zach Hall
Audience: Parents of teens preparing for college
Location: Fiesta 9

Join a team from the College Diabetes Network for a discussion about preparing for college with type 1 diabetes. Hear from FFL staff and learn about their successes and stumbles. **This session is for parents only.**

Loop Installation Workshop

Presenters: Nightscout Team
Audience: Everyone
Location: Fiesta 10

You do not need high end technical skills to build your own DIY closed loop, join the thousands of formerly sleep deprived parents that have improved the quality of life for their children and themselves by deciding to not wait, because in our worldwide community of 66,000 families and individuals, #WeAreNotWaiting.

Long-term Implantable CGM: Hear from Users & Help us Plan the Future.

Company: Senseonics
Audience: Adults and parents
Location: Durango 1

The newest diabetes technology, the Eversense CGM system, is now available in the U.S. Hear from current users about their journey – from the insertion process to the removable transmitter to the on-body vibe alert to the sensor removal and re-insertion. Try one of our adhesive patch and see if gentle enough for your skin. Then help us design the next generation system for an even better experience. All adults with diabetes and parents of children with diabetes are encouraged to join.

The Future is Now – Omnipod Product Theater with Insulet's Medical Director

Company: Insulet
Audience: Everyone
Location: Durango 2

Join Insulet's Medical Director, Trang Ly, and panel to learn about the Omnipod DASH™ Insulin Management System. Omnipod DASH is the foundation for all future innovation including the Omnipod® Horizon™ Hybrid-Closed Loop System.

Lilly Product Theater

Company: Lilly Diabetes
Audience: Parents and adults
Location: Yucatan 1-3

2:45 - 3:15

Beverage break on Your Own

3:15 - 4:30

Parent + Adult Sessions

Focus Group: Omnipod DASH Advocacy for Access

Company: Omnipod
Audience: Everyone
Location: Coronado A

All people living with diabetes should have affordable access to the latest medical advancements and cutting-edge technology. Learn more about AdvocacyforAccess.com and become an advocate for the change you want to see, for yourself and for future individuals living with type 1 or type 2 diabetes

An Introduction to Monogenic Diabetes

Presenters: Toni Pollin, MS, PhD, CGC, Miriam Udler, MD, PhD, Kristin Maloney, MS, MGC, CGC, Kristin Skiados & Katie Bisordi
Audience: Parents and adults
Location: Coronado C

Monogenic diabetes, or diabetes resulting from a change in a single gene, accounts for about 2% of diabetes but is often misdiagnosed as type 1 or type 2. This session will provide an introduction to monogenic diabetes and how it differs from other types of diabetes, how a diagnosis can change patients' treatment and lives, including examples, and how people learn if they have monogenic diabetes.

The Impact of Camp on Kids with T1D ... and Their Parents

Presenter: Ryan Gagnon, PhD
Audience: Parents and adults
Location: Coronado EF

Camps serving children with T1D offer a range of socioemotional, physical, and psychological benefits to youth and their families. This presentation will review what camps have to offer, some of the challenges these camps encounter with youth and their parents, and what the future of camping looks like for youth with chronic illness.



Focus Group: Help us to help you! Explore new ideas to save you time and money with your pump therapy

Company: Roche Diabetes Care
Audience: Parents and kids with T1D
Location: Coronado N

In this interactive session, you will explore what the future could look like for families and individuals embarking on or continuing an insulin pump journey. We'll discuss your ideas to alleviate the hassles of insulin pumping – things like pump supplies management, ordering (and re-ordering) supplies, dealing with distributors, and your thoughts around financial assistance solutions in this co-creation session!

Pre-registration required.

Focus Group: Tired of Switching Your Pump Sites or Mealtime Injections? Come Help Shape the Future of Inhaled Insulin

Company: MannKind
Audience: Parents and kids with type 1 diabetes
Location: Fiesta 10

MannKind is looking for both adults and parents of children with type 1 diabetes to participate in a focus group to gain insights on the potential of inhaled insulin therapy. We want to hear from you.

Please join us to provide feedback on the following topics:

- Challenges of mealtime control
- How does hypoglycemia impact day-to-day treatment decisions?
- How is technology changing the way you manage diabetes?
- Study design - How to optimize clinical trial participation
- Use of CGM combined with inhaled insulin

Parenting Your Tween

Presenter: Jessica Kichler, PhD, CDE & Kenny Rodenheiser, BSN, RN, CDE
Audience: Parents of teens (ages 9-12)
Location: Fiesta 4

Join Jessica Kichler, PhD, CDE & Kenny Rodenheiser, BSN, RN, CDE for an introduction to the Tween Programming at Friends for Life. This session is for parents of tweens who will be participating in the Friends for Life Orlando Tween Program (teens ages 9 through 12) and will help families of tweens get the most out of Friends for Life.

University of Florida Research Update

Presenter: Michael Haller, MD
Audience: Parents and adults
Location: Durango 1

Join Michael Haller, MD, Professor and Chief of Pediatric Endocrinology, for an informal talk about all of the cutting edge research at the University of Florida Diabetes Institute. Don't miss the opportunity to learn about everything going on right here in Florida. Topics will include TrialNet, TEDDY, nPOD, cell therapy, combination immune therapy, pancreatic imaging, and artificial pancreas systems. Dr. Haller welcomes questions from the audience for a fun and interactive discussion about improving the lives of children and families affected by T1D. Stay on for a reception with the UF Diabetes Institute Team for a casual hour of drinks and light hors d'oeuvres. Don't miss this unique opportunity to come ask questions one-on-one with our diabetes providers and researchers.

Inspiration & Encouragement: Stories from the FFL Community

Presenters: Leigh Fickling, MEd, MS, JD, & Kerri Sparling
Audience: Parents and adults
Location: Fiesta 7-8

The magic of Friends for Life is our community's ability to connect, share, and grow. Join us for this open discussion session about your experiences at Friends for Life and the power of our collective insight!

73 Years with Type 1 Diabetes

Presenter: Richard Vaughn
Audience: Parents and adults
Location: Durango 2

Richard Vaughn was diagnosed with type 1 diabetes in 1945 when he was just six years old. Join him for an inspirational reflection on a long life well lived with type 1 diabetes.

Parenting Your Teen

Presenter: Maureen Monaghan, PhD, CDE, & Marissa Town, BSN, RN, CDE
Audience: Parents of teens (ages 13-17)
Location: Fiesta 9

Join Maureen Monaghan, PhD, CDE, and Marissa Town, BSN, RN, CDE, for an introduction to the Teen Programming at Friends for Life. This session is for parents of teens who will be participating in the Friends for Life Orlando Teen Program (ages 13-17) and will help families of teens get the most out of their FFL experience.

Wait Wait Don't Poke Me! The Game Show

Presenter: Stacey Simms & Moira McCarthy
Audience: Everyone
Location: Yucatan 1-3

Be part of a special episode taping on site at Friends for Life! Based on NPR's popular "Wait Wait, Don't Tell Me," hosts Stacey Simms and Moira McCarthy put FFL presenters and faculty members to the test. Audience members are eligible to win prizes and could become part of the weekly Diabetes Connections weekly podcast.

6:00 - 9:00

Grand Opening of the Exhibition Hall
Veracruz BC
Food is served



8:00 - 9:00

Keynote Breakfast
Coronado HJK
Sponsored by Lilly Diabetes

9:00 - 10:00

Parent + Adult Sessions

Richard Rubin Memorial Opening Keynote: Progress Toward a Cure

Presenter: Desmond Schatz, MD
Audience: Parents and adults
Location: Coronado HJK

Although a closed loop system is imminent, insulin is not a cure. Tremendous progress has been made in the past 30 years toward our understanding of the natural history of type 1 diabetes. Without prevention there is unlikely to be a cure. Extensive studies have been undertaken worldwide and some preservation of insulin-producing beta cells has now been demonstrated. Exciting studies are underway to create an endless supply of human insulin producing cells from stem cells as well as novel ways to prevent the immune system from destroying those cells.

10:00 - 10:45

Coffee Break Outside of Exhibit Hall
Veracruz BC

10:45 - 12:00

Parent + Adult Sessions

Positive Caregiving, or How Not to Be the Diabetes Police

Presenter: Bill Polonsky, PhD, CDE
Audience: Parents and adults
Location: Coronado H

Join world-renowned psychologist Dr. Bill Polonsky for an exploration of approaches to provide motivational and positive support to the people with diabetes in your life -- and how to avoid being the Diabetes Police.

Closing the Loop: State of the Art

Presenter: Bruce Buckingham, MD
Audience: Parents and adults
Location: Coronado J

Teams of researchers around the world, as well as companies in several countries, are working hard to bring artificial pancreas technology to patients. Dr. Buckingham has served as principal investigator on studies of many artificial pancreas systems and will provide us with both background and the current state-of-the-art on this breakthrough technology.

Diabetes Basics for Families New to Type 1 Diabetes

Presenter: Kajal Gandhi, DO, MPH, & Wynola Wayne, BSN, RN
Audience: Parents and adults
Location: Coronado K

When you're diagnosed with type 1, you are inundated with education, often more than you can remember. Join a team from Nationwide Children's for a refresher course on the basics of type 1 diabetes.

T1D and Risk: Everyday Management Through the Lens of Adventure

Presenter: Peter Nerothin, MA
Audience: Parents and adults
Location: Coronado AB

This session will explore the value of risk-taking as it relates to living successfully with type 1 diabetes. The presenter will introduce relevant theory used in research, and share anecdotes from nearly two decades of experience in the outdoor adventure education field. He will emphasize the wide-ranging possible impacts of diabetes (and other) technologies on healthy human development. Participants in the audience will be asked to work in groups as they consider the difference between perceived vs. objective risks, consequences that are unique to diabetes decision-making, and approaches to finding a healthy balance of risk and reward. We will conclude with a discussion of adventure opportunities currently available to youth and adults living with type 1 diabetes.

Pregnancy Planning & Reproductive Health for Women With T1D

Presenter: Liz Robinson, MS, PA-C, CDE
Audience: Women with type 1
Location: Coronado CD

Pregnancy with type 1 doesn't have to be scary. There are many steps you can take to help achieve a healthy pregnancy. Join us as we review current medical guidelines and discuss a variety of women's health topics in a relaxed setting. Please note this session is for women only.

Grandparents Guidelines

Presenters: Grandparents Faculty
Audience: Grandparents
Location: Coronado EF

Grandparents, aunts, uncles and other caregivers who want to share time and fun with a child living with diabetes can do so with confidence, as long as they have a few skills and tools at their fingertips. Whether your goal is to go into town for a movie or set off on a weeklong vacation, this session will show you what you need for a safe and enjoyable caregiver experience.

Finding the Balance

Presenters: Kerri Sparling & Adam Brown
Audience: Young adults
Location: Fiesta 7-8

Diabetes is already a full-time job - how do you balance it with school, activities, family, friends, and more? Fellow T1Ds Kerri Sparling and Adam Brown have some ideas! Join them for an honest discussion on how to juggle everything without driving yourself crazy.



Low Carbohydrate Nutrition for Type 1 Diabetes: Patient and Research Perspective

Presenter: Andrew Koutnick
Audience: Parents and adults
Location: Yucatan 1-3

Andrew Koutnik, a metabolic researcher with type 1 diabetes, will be discussing the evidence for and against low carbohydrate nutrition for type 1 diabetes, from both a patient and research perspective.

Hot Topics in Diabetes Advocacy: 2019 Edition

Presenters: Christel Marchand Aprigliano & Jake Johnston
Audience: Parents and adults
Location: Durango 1-2

This session will explore what's hot in diabetes policy advocacy - and why you need to advocate for policy changes! We'll cover exciting policy advances in non-medical switching, copay accumulator programs, and diabetes self-management training, as well as new issues impacting all of us: how rebate reform will help lower the amount we pay at the pharmacy counter.

12:00 - 1:30 Lunch Buffet
 Coronado HJK

1:30 - 2:45 Parent + Adult Sessions

Join the Culture of 'Yes!' — How to Live Well Despite Diabetes

Presenter: Moira McCarthy
Audience: Parents and adults
Location: Coronado H

When diabetes comes into life, it's easy to make our answers to life's events "No!" Fear, stress, exhaustion with planning all come into play. Join long-time diabetes mom Moira McCarthy to explore how YOU can join a "culture of yes" and embrace all the great things in life out there, despite diabetes. Feel free to come with your own challenges — we will figure them out!

iLet Update: The Bionic Pancreas

Presenter: Ed Damiano, PhD
Audience: Parents and adults
Location: Coronado J

Ed Damiano, PhD, will present the latest on his team's work to create and deliver a bi-hormonal Bionic Pancreas. Dr. Damiano will trace the beginnings of his research, his earliest participation at Friends for Life in 2007, and share the current status of the iLet, the name for the Bionic Pancreas system he and his team created. You'll see the latest results of real-world, clinical trials, see the current iLet, and learn about upcoming clinical trials that are designed to achieve FDA approval of this revolutionary diabetes care technology.

Accommodations in College, Graduate School, and Beyond

Presenter: Leigh Fickling, MEd, MS, JD
Audience: Parents and adults
Location: Coronado AB

Hey, College Student! You've packed your bags and you're ready to tackle higher education. Before heading off on your own, have you made a plan for accommodations in the classroom or clinical setting? Have you met your team at student disability services? What about your prescriptions? Who will help with sick day management? What about your service animal? Do you need dining modifications? Join us for an interactive session where we will discuss college accommodations for people with diabetes and other health conditions.

Safe Zone for Significant Others

Presenter: Tamara Oser, MD, Bill Polonsky, PhD, CDE & Anna Hewitt
Audience: Spouses and significant others of adults with type 1 diabetes
Location: Coronado CD

This session is for significant others WITHOUT diabetes who are in a long-term relationship that involves diabetes. Share your concerns, fears, and questions about your relationship with your PWD and how diabetes impacts you both in this safe, closed setting. This group will address challenging situations in a way that fosters healthy discussions and positive actions at home.

This session is for significant others of adults with type 1 diabetes only. No parents or teens are permitted.

Virtual Diabetes Clinics: Are They the Future?

Presenters: Gary Scheiner, MS, CDE, & Jay Hewitt
Audience: Parents and adults
Location: Coronado EF

Your diabetes care team will soon be local and virtual. There is a growing trend of diabetes care provided in the gap between doctor visits by virtual and digital means funded by health plans or individual patient pay, offering personalized, tech-enabled coaching by CDE's and other care providers, cellular enabled devices, and kits with unlimited test strips. Virtual diabetes care will soon be the norm and possibly even mandatory for patients as healthcare providers are required to meet quality measures and demonstrate improved patient outcomes. We will inform and discuss the pros and cons of virtual care, the companies that provide it, and how to use it and be prepared for the future.

Mental Health in Your Twenties

Presenter: Laura Smith, PhD, CDE
Audience: Young adults
Location: Fiesta 7-8

Managing type 1 diabetes as a young adult comes with unique challenges. Join Dr. Laura Smith, PhD, CDE, in a discussion about the unique mental health challenges faced by young adults. You'll have the chance to share your own personal experiences and learn strategies for tackling various issues related to diabetes distress, burnout, and relationships.

This is a unique session in the Young Adult stream welcoming ONLY individuals with type 1 diabetes to the conversation.



1:30 - 2:45

Parent + Adult Sessions

Finding Your Tribe: Support & Knowledge in Social Media

Moderator: Kerri Sparling

Panelists: Scott Johnston, Cherise Shockley, Mary Lucas, Nicole McGreevy, & Michelle Auerbach

Audience: Parents and adults

Location: Yucatan 1-3

The Internet is filled with opportunities to connect with PWD peers and share stories, challenges, and triumphs unique to life with type 1 diabetes. Join us for a panel discussion featuring prominent voices from the diabetes online community talking about places to connect online and how to get the most out of your online interactions.

From Passion to Action: Powerful Messages and Shared Experiences for Advocacy

Moderator: Christel Marchand Aprigliano

Panelists: Jake Johnston, Stewart Perry, & DPAC Champions

Audience: Parents and adults

Location: Durango 1-2

Furious at being denied a CGM or a pump or a medication? Frustrated at paying list price for a life-essential drug? Wanting to scream standing at the pharmacy counter (but you know it's not the pharmacist who deserves to hear it)? Learn from those who have taken their passions (and anger!) and turned it into effective advocacy. Hear from diabetes advocates - both professionals and volunteers - to learn how they got involved, how they avoid advocacy fatigue, and how they use their time and energy to help the community through policy advocacy.

2:45 - 3:30

Snack Break Outside of Exhibit Hall
Veracruz BC

3:30 - 4:45

Parent + Adult Sessions

Language Matters

Presenter: Jane Dickenson, RN, PhD, CDE

Audience: Parents and adults

Location: Coronado H

Language plays an important role for every person with diabetes. Judgmental and shame-based language can have a negative impact on people with diabetes and even their experience living with and managing the disease. In this session we will discuss how using strengths-based and person-centered messages can improve people's diabetes experience and possibly even health outcomes.

Making Sense of Sensor Data

Presenter: Gary Scheiner, MS, CDE

Audience: Parents and adults

Location: Coronado J

Research has shown that continuous glucose monitoring (CGM) can improve glucose control and quality of life for people with diabetes, yet many are challenged to make effective use of this innovative technology. This program focuses on the practical aspects of CGM: overcoming their shortcomings, using CGM alerts and trending information to improve control and enhance safety in real-time, and performing analysis of CGM data to make adjustments to one's therapy.

Preventing Type 1 Diabetes: Where Do We Stand?

Presenter: Desmond Schatz, MD

Audience: Parents and adults

Location: Coronado K

For many years, researchers throughout the United States and around the world have been searching for a way to prevent the onset of type 1 diabetes. Many major, international studies have recruited patients and tested many therapeutic strategies. To date, nothing has proven successful in preventing type 1 diabetes. However, with each failure more is learned about the underlying nature of type 1 diabetes. With that knowledge, new strategies are being tested. Join Dr. Desmond Schatz for a review of past trials, hints at success, and where science stands in preventing type 1 diabetes.

Carbohydrate Controversies: How Low Should You Go?

Presenter: Constance Brown-Riggs, MEd, RD, CDE, CDN

Audience: Parents and adults

Location: Coronado AB

Many people with type 1 diabetes believe total carbohydrate restriction is the only way to manage diabetes. Others believe low carbohydrate intake is the best way to improve glycemia and reduce insulin needs. Current nutrition guidelines for people with diabetes state there is no ideal amount of carbohydrate. In fact, the new *ADA Consensus Report on Nutrition Therapy for Adults with Diabetes* acknowledges the growing body of evidence supporting the safety and efficacy of carbohydrate restriction. Yet, carbohydrate recommendations remain a source of controversy among healthcare providers and people with diabetes. In this session, we will review the pros and cons of carbohydrate recommendations over the past century, distinguish between low carbohydrate and very low carbohydrate intake and review evidence on the safety and efficacy of well planned, low carbohydrate diets for people with type 1 diabetes.

The Emotional Burden of Diabetes

Presenters: Sean Oser, MD, MPH, Tamara Oser, MD, & Bill Polonsky, PhD, CDE

Audience: Adults with type 1 and their significant others

Location: Coronado CD

Living with diabetes requires intense self-management and it is no wonder that people with diabetes report burnout, anxiety, and depression. This session will provide a safe outlet for discussion, support, and shared resources for dealing with these common conditions.

This session is for adults with type 1 diabetes and their significant others only. No parents or teens are permitted.



Grandparent Common Fears Discussion

Presenters: Grandparents Faculty

Audience: Grandparents

Location: Coronado EF

Fear is rational when you live with diabetes. It's also nearly universal. So, if you think you're alone in your fear, please attend this session and talk to others who have the same feelings. How have you dealt with your fears? What do we know that can help? Offer and receive support as well as practical advice for dealing with those common fears.

Insurance 101 for Young Adults

Presenter: Samantha Merwin

Audience: Emerging adults

Location: Fiesta 7-8

The session will cover important basics, insurance terminology, and how to navigate your medical benefits as a young adult with type 1. We will discuss important factors to consider when choosing your medical and dental benefits so you can make the decision that's best for you.

Advocating for Yourself

Presenter: Kajal Gandhi, DO, MPH, Laura Smith, PhD, CDE, & Kerri Sparling

Audience: Parents and adults

Location: Yucatan 1-3

Children with type 1 diabetes have evolved to be quite a diversified population, and the need to provide culturally sensitive, and sometimes individualized, comprehensive diabetes care becomes paramount to their success. This discussion will highlight the evolving characteristics of the type 1 diabetes population, as well as strategies/resources to obtain culturally sensitive diabetes care.

Advocating for Affordable Access to Insulin

Presenter: Christel Marchand Aprigliano

Audience: Parents and adults

Location: Durango 1-2

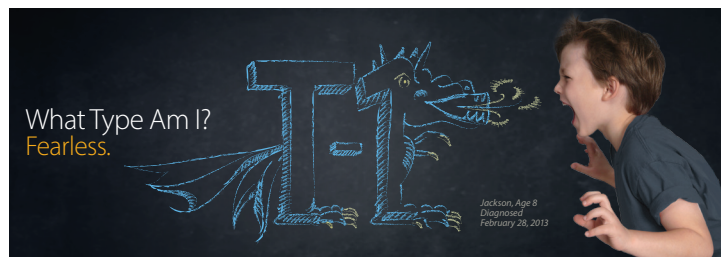
Over the last few months, affordable access to insulin, unsustainable list prices, and patient voices have finally gotten the attention in Congress that was long overdue. How will the policymakers decide to help our community with affordable access to insulin for everyone? What (and when) can we expect to see substantial relief at the pharmacy counter? We'll share what's happening in DC and help you build your effective policy advocacy plan to keep the pressure on Congress to take action.

6:30 - 8:30

Friends for Life 20th Anniversary Banquet
Coronado HJKL
Sponsored By Novo Nordisk

8:30 - 10:30

Music and Dancing
Coronado HJKL
Sponsored By Novo Nordisk



FFL Basket Auction



12 for \$20
25 for \$40
40 for \$60
80 for \$100*

* All purchases of the \$100 ticket option receive a free Golden ticket! The Golden ticket is valid for a bonus raffle for several amazing prizes. Option to purchase 1 Golden ticket for a \$25 donation. More details will be available at the auction booth!

Here's How It Works:

- Auction Prizes will be located in the CWD area of the Exhibit Hall
- Write your name and phone number on each ticket of the adult who will be picking up the prize if you win
- Put one or more tickets in the container of the item you want to win, and put a Golden Ticket in specified box if you have one
- Auction will be closing at 10:45 am Friday for winner pull. Prizes are available from 1:00-2:00 on Friday at the auction booth in the Exhibit Hall. With the exception of Teen Staff, winner must be present. We will contact backup winners if items are not picked up at 2:00

Prizes Include:

Disney World tickets • American Girl • Circle with Disney • Great Wolf Lodge • Sports tickets • Attraction tickets • Restaurant Gift Cards and so much more! Once again enjoy the "Made by Our People" section with homemade goods!

Suggested donation. CWD is recognized by the IRS as a 501(c)(3) nonprofit organization. Taxpayer ID 46-3704802.





Breakfast on Your Own

Everyday Management Through the Lens of Sport and Adventure

Presenters: Peter Nerothin, MA, & JC Aragone
Audience: Everyone
Location: Coronado L

Continuing favorite activities is an important aspect of managing diabetes well. In this two-presentation session, professional tennis player JC Aragone will discuss how he learned to manage his diabetes through playing tennis at a high level. Peter Nerothin, MA, will help attendees think critically about the value of risk in managing type 1 diabetes; Differentiate between perceived and objective risks; Make better decisions about the use of technology in day-to-day life; Know where to go to find and appropriate adventure for themselves or loved ones. Coffee and tea will be provided.

9:00 - 10:00

Parent + Adult Sessions

Preparing for High School & Beyond

Presenters: Henry Rodriguez, MD, and Jessica Kichler, PhD, CDE
Audience: Parents
Location: Coronado H

Kids face enormous challenges as they grow into the high school years and beyond. Type 1 diabetes adds to those challenges. Dr. Rodriguez and Dr. Kichler will help parents prepare for and deal with these challenges, helping to ensure that their kids with type 1 thrive during these potentially turbulent years.

This session is for parents only. No teens are permitted.

On the Shoulders of Giants: How Tidepool Loop is Building on the #WeAreNotWaiting Movement

Presenter: Howard Look
Audience: Parents and adults
Location: Coronado J

Standing on the shoulders of the giants in the #WeAreNotWaiting community, Tidepool is working to build and support an FDA-regulated version of Loop. The Tidepool Loop insulin delivery app will be available for iPhone and Apple Watch, and designed to work with commercially available insulin pumps and CGMs, including Insulet's Omnipod® DASH system. Hear from Tidepool founder, CEO, and T1Dad Howard Look, who will share Tidepool's nonprofit journey, their relationship with device makers and the FDA, as well as Howard's personal experience from the genesis of the #WeAreNotWaiting movement. Finally, you'll get a live demo of Loop.

What Matters the Most: Learnings from 50 Years of Caring for Youth with T1D

Presenter: Wynola Wayne, BSN, RN
Audience: Parents and adults
Location: Coronado K

Wynola Wayne, BSN, RN has been caring for kids for 50 years. She's share her experiences with you, focusing on what matters the most to help parents do the best for their kids with type 1 diabetes.

World's Worst Diabetes Mom

Presenter: Stacey Simms
Audience: Parents
Location: Coronado L

Perfection is not an option when it comes to managing type 1 diabetes. Even so, it's easy to feel like a failure. Join Diabetes Connections podcast host Stacey Simms for a funny and meaningful look at how mistakes and missteps can turn into a diabetes parent's secret superpower.

Safe at School 101

Presenter: Crystal Woodward
Audience: Parents
Location: Coronado AB

Children with diabetes spend a great deal of time in school and daycare. Federal regulations mandate that these facilities provide a safe environment. This session will discuss these issues and will briefly cover how to implement a care plan for a child with diabetes. There will be lots of time for questions, so bring your thoughts and be ready to share!

Careers and Insurance Issues for Adults with Type 1 Diabetes

Presenters: Stewart Perry & Tom Boyer
Audience: Adults
Location: Coronado CD

Led by professionals steeped in resolving health care insurance accessibility, availability and affordability challenges facing people with diabetes, the session will provide an overview of what's working or not when it comes to the US health insurance and care systems. Participants will obtain knowledge and tips on how best to equip themselves to make portions of America's health system work best for families.

Caring for Kids in Multiple Households

Presenter: Justin Masterson
Audience: Parents who share custody of a child with T1D
Location: Coronado EF

Caring for a child with diabetes can be both emotionally and logistically challenging, but for multi-home families with divorced or separated parents, those challenges can grow exponentially. In this -session, we will work together to identify primary challenges that multi-home families face, and share wisdom with each other on strategies to overcome those challenges for more fluid and stable diabetes care in all homes.

Exercise and Type 1 Diabetes

Presenter: Gary Scheiner, MS, CDE
Audience: Parents and adults
Location: Coronado PQR

People with type 1 diabetes engage (and excell!) in a variety of sports. Given that glucose control influences athletic performance, safety and well-being, this program focuses on strategies for optimizing blood sugar during exercise, general daily activity, and intense competition.



Healthy Eating on a Budget, or Parfait Time!

Presenter: Susan Weiner, MS, RDN, CDE, CDN
Audience: Young adults
Location: Fiesta 7-8

Kitchen organization and budgeting for food shopping can be challenging, especially when you move out on your own. Let's chat about essential tools, tips and tricks for good kitchen organization, healthy meal planning and food shopping so you can stay within your budget and eat nutritious and delicious meals. Bonus? This session includes building your own parfait using fresh and yummy ingredients.

diaTribe Panel Discussion

Panel: Adam Brown and Invited Guests
Audience: Parents and adults
Location: Yucatan 1-3

This panel will share useful tips and stories from experts! We'll touch on new technology; best practices for living with T1D; how to work with your healthcare provider; best practices in different families; coping with frustration and burnout; and more. Come prepared with questions!

Trends in Nutrition

Presenter: Lorraine Anderson, RD, CDE
Audience: Parents and adults
Location: Durango 1-2

Join registered dietitian and CDE Lorraine Anderson for a discussion on the latest in carb counting, choosing the "best" carbs, the skinny on low carb diets, and figuring out fat and protein.

10:00 - 10:45 Beverage Break Outside of Exhibit Hall
 Veracruz BC

10:45 - 12:00 Parent + Adult Sessions

Avoiding and Overcoming Diabetes Burnout

Presenter: Bill Polonsky, PhD, CDE
Audience: Parents and adults
Location: Coronado H

The emotional side of diabetes is often overlooked, but it's so important because many people experience burnout. They are overwhelmed by the day-to-day demands of diabetes. Feeling overwhelmed makes it almost impossible to take good care of your diabetes. Join Dr. Polonsky and learn how prevent or overcome diabetes burnout.

A History of Diabetes Device Innovation and a Look Into the Future

Presenter: Claudia Graham, PhD, MPH
Audience: Parents and adults
Location: Coronado J

The past several years has seen a flurry of innovation in diabetes devices, from sensors to pumps to algorithms to pens. Drawing on her decades-long career in the diabetes device world, Claudia Graham will share her insights and give her perspective on what kind of innovation is coming.

Read It Before You Eat It: Deciphering Food Labels

Presenter: Susan Weiner, MS, RDN, CDE, CDN
Audience: Parents and adults
Location: Coronado K

Do you find food shopping and label reading to be an overwhelming and daunting task? You're not alone! With over 45,000 different items available for purchase in a typical supermarket, it's important to be a food label expert. During this session we will discuss how to read food labels and decipher common terms such as sugar free, low sodium, natural, and organic. If you are wondering about "sell-by dates," ingredient lists, or the proposed new nutrition facts labels this session is for you. Please bring your questions to this lively discussion!

Time in Range: Moving Beyond Just HbA1c

Presenter: George Grunberger, MD
Audience: Parents and adults
Location: Coronado L

As more people with type 1 diabetes use continuous glucose monitoring systems, we've learned a lot about how different treatment strategies impact the time spent within nationally recommended glucose target ranges. Join Dr. George Grunberger, leader of an international group of experts preparing guidelines for time in range, for a discussion of how time in range is fast becoming important, if not more important, than HbA1c.

Safe at School Workshop

Presenter: Crystal Woodward
Audience: Parents
Location: Coronado AB

The Safe at School Workshop is a continuation of Safe at School 101. Here, Crystal Woodward will work with parents to identify specific issues and prepare documents to help their children succeed in school.

Parenting with Type 1 Diabetes

Presenters: Sean Oser, MD, MPH, Scott Johnson, Noor Alramahi, & Jay Hewitt
Audience: Adults with type 1 diabetes and their significant others
Location: Coronado CD

Parenthood is the longest learning curve in the world (with diabetes as a close second, at times). Join this frank discussion about sharing snacks, explaining low blood sugars to your child, and dealing with diabetes from the perspective of parents who live with it.

This session is for adults with type 1 diabetes and their significant others only. No parents or teens are permitted.

Pumping Tips and Tricks

Presenter: Lorraine Anderson, RD, CDE
Audience: Parents and adults
Location: Coronado EF

CDE Lorraine Anderson will review practical tips of life with a pump in the family, getting comfortable with advanced features, putting safety first.



Preventing and Managing Hypoglycemia

Presenters: Gary Scheiner, MS, CDE

Audience: Parents and adults

Location: Durango PQR

Low blood sugar is the greatest limiting factor in intensive diabetes management. Not only are lows dangerous, they also detract for our daily quality of life. Given that hypoglycemia is not 100% avoidable, how much is really "too much?" This session focuses on strategies for minimizing the frequency and severity of hypoglycemia, as well as proper treatment for mild, moderate and severe forms.

Standing Up for Yourself: A Crash Course in Legal Rights & Self-Advocacy in Daily Life

Presenter: Leigh Fickling, MEd, MS, JD, & Nia Grant

Audience: Young adults

Location: Fiesta 7-8

Are you a young adult preparing for college or graduate school? A new graduate searching for your first job? Are you preparing to study abroad or looking for an international relocation with your current company? Does any or all of those things freak you out a little? If so, then join us for an engaging session that will not only help you understand your legal rights as an individual with type 1 diabetes, but provide some tricks and tips for successful adulting. We will discuss how to disclose your diabetes to a potential employer or if you should disclose at all. We will also prepare you with interviewing experience for those tough questions that may come up as you are searching for the "dream position." Don't enter the "real world" without these tips and tools for success!

What You Should Know About DIY Closed Looping

Presenter: Dana Lewis

Audience: Parents and adults

Location: Yucatan 1-3

What does it mean to do-it-yourself (DIY) with a hybrid closed loop? What should you consider when evaluating closed loop "artificial pancreas" technology? Dana Lewis, one of the founders of the open source artificial pancreas system (OpenAPS) movement, will share the design behind OpenAPS, discuss what it's like to have worn a DIY closed loop for more than 30,000 hours, and provide tips for using either DIY or commercially available hybrid closed loop systems.

Meet the Sports Central Athletes

Presenters: Jimmy Dodson and the Sports Central athletes

Audience: Parents and adults

Location: Durango 1-2

Athletes from all over the US have come to FFL to meet our families and share their stories. This is an opportunity for parents and adults to meet these same athletes, ask questions about how they manage their diabetes, and hear some of the incredible things that they've accomplished!

12:00 - 1:00

Lunch Buffet
Coronado HJK

1:00 - 2:00

Dedicated Exhibit Hall Hour
Exhibit Hall Closes at 4:00
Veracruz BC

2:00 - 3:15

Parent + Adult Sessions

Learnings from diaTribe

Presenter: Adam Brown

Audience: Parents and adults

Location: Coronado H

diaTribe.org Senior Editor & Columnist Adam Brown will share surprising lessons, A-HA moments, and learning from nearly ten years working at diaTribe. Bring your diabetes tech questions too — Adam studies all the products and can answer what's coming next in CGM, pumps, closed loop, and smart pens.

DRI Research Update: The State of Cell Therapy

Presenter: Norma Kenyon, PhD

Audience: Parents and adults

Location: Coronado J

Exciting new innovations aimed at developing a biological cure for type 1 diabetes have emerged over the last 20 years: ways to engineer a site in the body to house transplanted islet cells; the development of safer agents to specifically target the immune system; addition of cell types that help control immune function and sustain islet survival; and effective methods for turning stem cells into insulin-producing cells or regenerating a person's own islets to address the limited supply. These three key research areas — collectively referred to as the Three S's — form the backbone of the DRI's BioHub strategy. DRI Deputy Director Dr. Norma Kenyon will present an array of new discoveries that have advanced the field of cell therapy over the last two decades and explain why she is so encouraged by the progress so far.

Everything You Wanted to Know About Insulin but Didn't Know Who to Ask

Presenter: George Grunberger, MD

Audience: Parents and adults

Location: Coronado K

Insulin is the life blood for people with T1D. Today, there are more insulins than ever to choose from, with more under development and coming to market. How do you choose which insulin is best for you or your child? What should you do if your insurance forces you to change your insulin? Join Dr. Grunberger for answers to all those questions and more.

Diabetes Technology Update

Presenter: Lorraine Anderson, RD, CDE

Audience: Parents and adults

Location: Coronado L

Confused about the latest diabetes tech? Lorraine will provide an overview of available technology, which technology is right for for, what to do with all the data, and what's coming in T1D management tools.



Success with a Low Carb Regimen in Children Ages 5 to 14

Presenter: Lester Hightower
Audience: Parents and adults
Location: Coronado AB

Dr. Richard K. Bernstein's diabetes management regimen is anchored in a low-carbohydrate, high-protein diet and his law of small numbers: "Big inputs make big mistakes; small inputs make small mistakes." Lester Hightower is father to Andrew, a 14 year old PWD who has followed Dr. Bernstein's regimen since his T1D diagnosis at age five. Lester will discuss his family's nine-year journey, Andrew's participation in a Boston Children's Hospital and Harvard Medical School study of this regimen, and share various tips and tricks learned along the way. Lester will also discuss his involvement with the not-for-profit Rivere Foundation and advocacy work being done through its Let Me Be 83 brand.

Diabetes Can Be Complicated

Presenters: Sean Oser, MD, MPH, Bill Polonsky, PhD, CDE, Kerri Sparling, & Scott Johnson
Audience: Adults with type 1 and their significant others
Location: Coronado CD

Diabetes complications aren't talked about because they are still associated with blame and shame. But diabetes-related complications need to be talked about, and dealt with, in order to remain as healthy as possible. Join Sean, Bill, Kerri, and Scott for a safe and open discussion about the fear and hope that comes with any additional diagnosis.

This session is for adults with type 1 diabetes and their significant others only. No parents or teens are permitted.

Reclaiming Sleepovers & Dealing with Diabetes Emergencies

Presenters: Grandparents Faculty
Audience: Grandparents
Location: Coronado EF

Sleepovers and get-aways — with friends, grandparents or other relatives — are often lost in the early days after diagnosis. But it's important to all concerned to reestablish those enjoyable old routines. Join this session to talk about strategies that can help you build the skills and confidence needed to get back in the game, recognize and overcome the very common fears of both parents and caregivers that are behind this problem, and make a plan to reclaim those special times.

Navigating Relationships

Presenters: Laura Smith, PhD, CDE, with Young Adult Staff
Audience: Young adults
Location: Fiesta 7-8

Your early adult years come with a ton of relationships to manage: friends, romantic partners, roommates, co-workers, parents. Some of these relationships need a tweak as you become more independent. Others are totally new and can be overwhelming. And when you throw type 1 in the mix, it can be a challenge to stay healthy and happy! Join Laura Smith, PhD, CDE, along with young adult staff in an open-format discussion about navigating and succeeding in your relationships as a young adult with type 1.

Moms' Discussion Group

Facilitators: Lauren Lanning & Leigh Fickling, MEd, MS, JD
Audience: Moms
Location: Yucatan 1-3

CWD moms have a lot on their minds and a lot to share by the end of the conference. Each year at Friends for Life, we hold the Moms Group, which breaks down into a number of topic-related or age-related discussions that are smaller in nature and easier to manage with so many participants. Please join us! Moms only, please.

Dads' Discussion Group

Facilitator: Justin Masterson
Audience: Dads
Location: Durango 1-2

Back again by popular demand ... the Dad's Hour! Whether you're new to diabetes or have been at this a long time, there is always good information to be shared in a forum like this. Join your facilitators for some great interaction. Dads only, please.

3:15 - 4:00

Snack Break Outside of Exhibit Hall
Veracruz BC

4:00 - 5:00

Parent + Adult Sessions

Closing Keynote: Putting It All Together with Two Dope D-Moms

Presenters: Stacey Simms & Moira McCarthy
Audience: Parents and adults
Location: Coronado HJK

Grab your beverage of choice and pull up a seat with D-Moms Stacey Simms and Moira McCarthy to talk about how we take all this FFL awesomeness and use it back home.

6:30 - 8:30

Young Adults Dinner — Coronado L
Sponsored by Omnipod

7:30 - 9:30

Family Movie Night — Coronado H
Sponsored by Dexcom

9:00 - 11:00

Dessert with the Faculty — Outside Veracruz
Sponsored by Omnipod

8:00 - 12:00

Adults with Type 1 Evening Event — Fiesta 5-6
Sponsored by Omnipod