



Program of Events and Sessions

Friday, October 4, 2019

6:00 - 9:00 pm	Registration and Reception / Exhibits Open — Tickets Reception Space
7:00	Young Adults (18-26) Meet Up — Tickets Reception Space

Saturday, October 5, 2019

Time	Salons I + II	Salon III	Salon IV	Salon V
8:00 - 9:00	Buffet Breakfast in Salons IV + V and Visit Sponsors and Exhibitors			
9:00 - 10:00	Opening Keynote: Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle Arthur Ainsberg			
10:00 - 10:45	Refreshment Break and Exhibits Open in Tickets Reception			
10:45 - 12:00	Succeeding as an Adult and Parent with Type 1 Sean Oser, MD, MPH	Accommodations in High School, College, and Beyond: A Parent's Guide Leigh Fickling, MEd, MS, JD	Exercise and Sports with Type 1 Diabetes Gary Scheiner, MS, CDE	Hot Topics in Diabetes Advocacy & Making a Fuss About Them Stewart Perry & George Huntley
12:00 - 1:00	Buffet Lunch in Salons IV + V and Visit Sponsors and Exhibitors			
1:00 - 2:15	Adulting with T1D Kristen O'Dell, MS, RD, Matt Point, MS, & Sam Billetdeaux	Safe Zone for Significant Others Tamara Oser, MD	A Carb is a Carb ... or is it? Applying the Glycemic Index Gary Scheiner, MS, CDE	Become a Diabetes Champion Stewart Perry, George Huntley, Sara Bone and Jessica Lynn-Lato
2:15 - 3:00	Refreshment Break and Exhibits Open in Tickets Reception			
3:00 - 4:15	Diabetes Can Be Complicated Sean Oser, MD, MPH & Kerri Sparling <i>Session for Adults with T1D and Their Significant Others Only</i>	Accommodating Diabetes in the Workplace and Beyond Leigh Fickling, MEd, MS, JD	An Introduction to Monogenic Diabetes Toni Pollin, MS, PhD, CGC	Diabetes Care Update: State of the Art in 2019 Henry Rodriguez, MD

Sunday, October 6, 2019

Time	Salons I + II	Salon III	Salon IV	Salon V
8:00 - 9:00	Buffet Breakfast in Salons IV + V			
9:00 - 10:00	Adventuring with T1D Jimmy Dodson	Finding Support Through Social Media Kerri Sparling	Positive Caregiving Maureen Monaghan, PhD, CDE	Sick Days and Stress Days Henry Rodriguez, MD & Janet Rodriguez, BSN, RN, CDE
10:00 - 10:45	Refreshment Break in Tickets Reception			
10:45 - 12:00	Dealing with Burnout for Adults Sean Oser, MD, MPH, & Tamara Oser, MD	Grandparents & Occasional Caregivers: Diabetes Basics & Reclaiming Sleepovers Janet Rodriguez, BSN, RN, CDE, & Maureen Monaghan, PhD, CDE	Making Sense of Sensor Data Gary Scheiner, MS, CDE	Carbohydrate Controversies: How Low Should You Go? Constance Brown-Riggs, MEd, RD, CDE, CDN
12:00 - 1:00	Buffet Lunch in Salons IV + V			
1:00 - 2:15	Helping Parents with Transitions for Tweens, Teens, and Young Adults Maureen Monaghan, PhD, CDE		iLet Update: The Bionic Pancreas Ed Damiano, PhD	
2:15 - 3:00	Refreshment Break in Tickets Reception			
3:00 - 4:15	Closing Keynote: What's Your Everest? Will Cross			

Youth Program of Events and Sessions

Friday, October 4, 2019

6:00 - 9:00 pm

Registration and Reception / Exhibits Open — Tickets Reception Space

Youth Program for Saturday, October 5, 2019

Time	Kiddie Kove (ages 0-5) Salon VIII	Elementary (ages 6-8) Salons VI + VII	Tween (ages 9-12) Vienna + Falls Church	Teen (ages 13-17) Great Falls + Arlington
8:00 - 9:00	Buffet Breakfast in Salons IV + V and Visit Sponsors and Exhibitors			
9:00 - 10:00	Check In & Meet New Friends	Icebreakers and Big Group Games	Icebreakers	Meet Your Squad
10:00 - 10:45	Refreshment Break and Exhibits Open in Tickets Reception			
10:45 - 12:00	Toys & Games	Scavenger Hunt	Expressing Your Diabetes	Keep Calm and Carry On Kathryn Hitchcock, MS, RD
12:00 - 1:00	Lunch and Visit Sponsors and Exhibitors			
1:00 - 2:15	Crafts Orange Team Visits	What's Your Story? With Special Guests	FFL: Food for Life	What Are My Rights? Leigh Fickling, MEd, MS, JD
2:15 - 3:00	Refreshment Break and Exhibits Open in Tickets Reception			
3:00 - 4:15	Movie and Rest	It's All Fun and Games Diabetium!	Tween Olympics with Harold	Steering the Ship: Navigating Parents and Peers

Youth Program for Sunday, October 6, 2019

Time	Kiddie Kove (ages 0-5) Salon VIII	Elementary (ages 6-8) Salons VI + VII	Tween (ages 9-12) Vienna + Falls Church	Teen (ages 13-17) Great Falls + Arlington
8:00 - 9:00	Buffet Breakfast in Salons IV + V			
9:00 - 10:00	Toys, Games, & Stories	Green Team (Type 1) and Orange Team (Siblings)	Meet the VIPs	Wake Up! It's Harold Time
10:00 - 10:45	Refreshment Break in Tickets Reception			
10:45 - 12:00	Scavenger Hunt	Harold Time	Green Team (Type 1) and Orange Team (Siblings)	Tech Update: The Bionic Pancreas Ed Damiano, PhD
12:00 - 1:00	Buffet Lunch in Salons IV + V			
1:00 - 2:15	Harold Time Active Games	What Are You Eating?	Insulin and Beyond	Green Team (Type 1) and Orange Team (Siblings)
2:15 - 3:00	Refreshment Break in Tickets Reception			
3:00 - 4:15	Movie and Rest	Express Yourself!	Diabetium	Thinking Traps: Snakes and Ladders