



Breakthrough T1D Community Summit Bethesda

Saturday, January 24, 2026

8:30 am	Attendee Check-In Begins	Grand Foyer
8:30 am	Youth & Teen Program Check-In Begins	White Oak Foyer Lower Level
8:30 am	T1D Resource Vendor Hall (open throughout event) Visit the vendor booths and mingle with others in our Mid-Atlantic T1D community	Grand Foyer
	Welcome Jaclyn Toll , Territory Executive, BreakthroughT1D Mid-Atlantic	
9:00 – 10:15 am	Breakthrough T1D Mission Update Lynn Starr , Chief Global Advocacy Officer, Breakthrough T1D Claudia Graham, PhD , Member, Breakthrough T1D International Board of Directors	Salons BC
10:15 - 10:45 am	Break Coffee, tea, and light snacks available	Grand Foyer
	Breakout Sessions (Choose one)	
10:45 – 11:45 am	Fine-Tuning T1D as an Adult Supporting Your Teen with T1D Tackling T1D as a Family Loving & Learning: A Grandparents Role in T1D	
12:00 pm	Summit Program Ends	



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Youth & Teen Program

Reminder: Parents can drop off children but must remain on-site at the Marriott and will manage their child's diabetes throughout the event.

You may be called to make treatment decisions.

Please bring all necessary diabetes supplies including low treatments.

8:30 am	Youth & Teen Program Check-In	White Oak Foyer
8:30 – 9:05 am	Youth – Activity led by Camp Possibilities Teens – Activity led by Camp Holiday Trails	Youth Rooms: White Oak & Glen Echo Teen Room: Forest Glen
9:10 – 9:45 am	Youth – Activity led by Camp Accomplish Teens – Activity led by Brainy Ridge Camp	
9:50 - 10:25 am	Youth – Activity led by Camp Holiday Trails Teens – Activity led by Camp Possibilities	
10:30 - 11:05 am	Youth – Activity led by Brainy Ridge Camp Teens – Activity led by Camp Bru	
11:10 - 12:00 pm	Magic Show with Abracadabra Alex	
12:00 pm	Program Ends Parents must sign out kids and teens	White Oak Foyer



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Breakout Session Information

Fine-Tuning T1D as an Adult

Whether you've been living with T1D for years or are recently diagnosed, navigating T1D as an adult presents a unique set of challenges. Join other adults with T1D for a frank discussion on dealing with issues related to T1D including exercise, technology, aging, and burnout. *Audience: Adults with T1D*

Speakers: [Larry Soler](#), Patient Advocate, [Toni Bethea](#), Patient Advocate, [Austin Colish, PT, DPT, CSCS](#), True Sports Physical Therapy and CJR Foundation, [David Levitt, MD](#), Maryland Primary Care Physicians, [Diana Smith](#), Shady Grove Medical Center

Supporting Your Teen with T1D

The teen years can be full of anxiety and challenges for both the child and the parents. Join healthcare professionals, parents, and young adults for a candid discussion on navigating this stage of life and making a successful transition to independence with T1D management. *Audience: Parents/caregivers of a child with T1D*

Speakers: [Amy Lotz](#), Parent Advocate, [Karen Dimentstein, PhD, MPH](#), Kennedy Krieger Institute and Johns Hopkins Pediatric Diabetes Center, [Amanda Palmer, MPH, RN, CDCES](#), Johns Hopkins Pediatric Diabetes Center, [Jack Lotz](#), Patient Advocate

Tackling T1D as a Family

This insightful panel discussion is tailored for families of toddlers and younger children with T1D. Healthcare providers and experienced T1D caregivers will share their best tips and advice on topics including managing T1D at school, mental health and wellness for caregivers and children, and building a strong support network. *Audience: Parents/caregivers of a child with T1D*

Speakers: [Stacey Simms](#), Diabetes Connections, [Kristin Arcara, MD](#), Johns Hopkins Pediatric Diabetes Center, [Jessica Flynn](#), Parent Advocate, [Melissa Filippone](#), Patient Advocate, [Tim Holtzclaw, MSN-Ed, RN, CDCES](#), Children's National Hospital

Loving & Learning: A Grandparents Role in T1D

Grandparents and extended family and friends play an important role in supporting a person living with T1D and their caregivers. This session will provide an opportunity to ask questions and learn more about T1D basics and get advice and tips for becoming a trusted source of practical and emotional support for your loved ones. *Audience: Grandparents, extended family, and friends of a person with T1D*

Speakers: [Lynn Stith-Bennett](#), BT1D Mid-Atlantic Board of Directors, [Bill Andrews](#), Patient Advocate, [Renee Andrews](#), Caregiver Advocate, [Jen Reilly, RD, CDCES](#), Children's National Hospital, [Sandy Salsberg, MD](#), Johns Hopkins Pediatric Diabetes Center