

TypeOneNation Summit Boston
Saturday, March 25, 2023
Sheraton Boston Hotel

AGENDA

-
- 8:30 - 9:30 a.m.** ATTENDEE CHECK IN / VENDOR FAIR
2nd Floor, Grand Ballroom Foyer and Constitution Ballroom B
-
- 9:30 - 11 a.m.** WELCOME REMARKS / MISSION ADDRESS / KEYNOTE ADDRESS
2nd Floor, Grand Ballroom
-
- 11:15 a.m. - 12:15 p.m.** EDUCATIONAL SESSION #1 / YOUTH PROGRAMMING
2nd Floor, Constitution Ballroom A, Back Bay Ballroom, and Republic Ballroom
Refer to Floor Plan for Room Assignments
-
- 12:15 - 1:15 p.m.** LUNCH / NETWORKING / VENDOR FAIR / MEDITATION SESSION
2nd Floor, Grand Ballroom and Constitution Ballroom B
-
- 1:30 - 2:30 p.m.** EDUCATIONAL SESSION #2 / YOUTH PROGRAMMING
2nd Floor, Constitution Ballroom A, Back Bay Ballroom, and Republic Ballroom
Refer to Floor Plan for Room Assignments
-
- 2:30 - 3 p.m.** VENDOR FAIR / OPTIONAL ATTENDEE NETWORKING
2nd Floor, Constitution Ballroom B and Grand Ballroom
-

THANK YOU



JDRF TYPE 1 DIABETES INNOVATION SUMMIT BOSTON

Saturday, March 25, 2023

Sheraton Boston Hotel

EDUCATIONAL SESSIONS

Beep or Buzz? Human Factors in the Cockpit vs. Diabetes Devices | How often do you think about how diabetes data is delivered to you? What works and what could be better? Buckle your seatbelt and put your tray table up as we take off into the world of human factors! We will even design our own ideal diabetes device and compare settings with fellow diabetes captains! *Intended Audience: Adults with T1D; Teens with T1D and Parents / Caregivers Also Welcome*

From Surviving to Thriving with T1D: Tips and Tricks for the First Few Years | The focus of this session is to help answer common questions and concerns that arise when managing type 1 diabetes. We will discuss adapting to the new norm of diabetes, the importance of understanding diabetes fundamentals, how diabetes technology can help you succeed, and facilitating independence while developing strategies to manage your diabetes successfully! *Intended Audience: Parents / Caregivers of Newly Diagnosed or Anyone with T1D Looking for a Refresher*

I'm Hungry! Nourishing Kids with T1D | Why, what, when, and with whom we eat becomes front and center in diabetes care. This workshop will start with the basic role of carbohydrates and goes further to unpack the myriad factors that complicate insulin dosing and glucose levels after eating. Examples of continuous glucose monitor tracings with different foods illustrate some of these challenges, with constructive ideas to address them. This session will explore how diabetes can change a family's relationship with food, and encourages creative ways to incorporate curiosity, mindfulness, and compassion to preserve connections at mealtime. A case study will tie together these concepts as you follow one family's journey. *Intended Audience: Parents / Caregivers of Newly Diagnosed or Anyone with T1D Looking for a Refresher*

T1D Prevention and Cure: Why Screening Matters | Join this interactive session to learn about JDRF's mission to improve lives today and tomorrow by accelerating life-changing breakthroughs to cure, prevent, and treat T1D and its complications. This session focuses on type 1 diabetes risk screening and its importance to prevention and cure. The session includes some fabulous prizes!

Whose Diabetes is it Anyway? | Diabetes affects everyone in the family, and that means we each have a role to play. Does everyone in your family know their role when it comes to diabetes? What happens when the roles shift and kids become tweens and then teens? "I wish he would just remember to bolus"...sound familiar? In this session we will dig into defining, and establishing roles, boundaries and how to maintain family sanity from diagnosis toward young adulthood. *Intended Audience: Parents / Caregivers*

Bonus Session—Meditation and T1D: Bringing Wisdom to Life with Diabetes | Join us after lunch (and before the second educational session) for this special session! Facilitators from DiabetesSangha will guide an introductory meditation practice, discuss strategies for bringing meditation into everyday life, and share some of their own journeys bringing a meditative mind to diabetes care.

SPEAKER BIOGRAPHIES

[Mission Address and T1D Prevention and Cure](#)

Anastasia Albanese O'Neill, Ph.D., APRN, CDCES, JDRF Director, Community Screening & Clinical Trial Education, Mother of a Child with T1D: Dr. Anastasia Albanese O'Neill has been involved with diabetes care, education, advocacy, and research since 2008, and has dedicated her career to improving the lives of people with diabetes. At JDRF, she serves as the director of community screening and clinical trial education, with a focus on accelerating progress toward a cure for type 1 diabetes (T1D). Anastasia spent 14 years in academic medicine and directed the Pediatric Diabetes Clinic and Diabetes Education Program at the University of Florida. As a professor in medicine and nursing, she published research findings on diabetes education, diabetes technologies, and quality improvement in journals including *The Lancet*, *Diabetes Care*, and *Pediatric Diabetes*. She was recently chosen by ADCES as the 2023 Diabetes Care and Education Specialist of the Year. Anastasia plans to retire when a cure for T1D is discovered, but not a moment earlier.

[Keynote Address and Beep or Buzz? Human Factors in the Cockpit vs Diabetes Devices](#)

April Blackwell, NASA ADCO Flight Controller, Aerospace Engineer, Writer, and Blogger, Living with T1D since age 11: April Blackwell is an Aerospace Engineer and lifelong astronaut hopeful who flies the International Space Station (ISS) from NASA Mission Control. April has worked at NASA for nine years but has been passionate about space since kindergarten when she decided to become an astronaut. A diagnosis of T1D at age 11 seemed like an insurmountable roadblock as living with the disease is an automatic disqualification on the astronaut application. But instead of giving up she doubled down—learning Russian in high school, studying hard in math, and receiving a full scholarship to attain an Aerospace Engineering degree.

In her aerospace career, April has flown more than 250 hours in experimental Army aircraft and passed qualifications in the Army Special Operations helicopter dunker program, altitude chamber, and parachute course—all of which normally preclude T1D participants. Since she received her NASA flight controller certification, she has acquired more than 3,000 console hours in Mission Control, responsible for piloting the ISS. April hasn't given up on her ultimate dream of becoming an astronaut, but she has added an extra challenge—to be the first person living with T1D in space!

She is passionate about sharing her experiences to inspire fellow T1Ds to push boundaries in pursuit of their dreams.

[Educational Sessions](#)

I'm Hungry! Nourishing Kids with T1D | Nicole Patience, MS, RDN, LDN, CDCES, CEDRD, Nutrition Educator and Eating Disorder Specialist, Joslin Diabetes Center: Nicole Patience (she/her) is a licensed dietitian nutritionist. She supports individuals of all genders at both the Joslin Diabetes Center and the Counseling and Nutrition Center 360 in the Boston area. She is a Certified Diabetes Care and Education Specialist and a Certified Eating Disorders Registered Dietitian Supervisor. For the past 18 years she has worked in the diabetes field to support individuals with diabetes (T1D, T2D, LADA). As part of Joslin Diabetes, she serves in the Young Adult Clinic, the Latino Diabetes Initiative, and the Hypoglycemia Clinic. Nicole aligns with individuals as they navigate the complexities of diabetes care and nutrition with a goal of both safety and the cultivation of a healthy relationship with food and body. Nicole has a host of experiences that have contributed to her professional development. In the decade

she spent as a campus dietitian at Temple University, Bryn Mawr College, and Haverford College, she supported individuals as they navigated food with the independence of living away from home, athletic teams, promoted allergy-friendly dining halls, and spearheaded an eating disorder prevention initiative. Proficient in Spanish, she provides bilingual nutrition counseling and provides both individualized and collaborative care. In the last year she presented a host of topics at three national conferences: American Diabetes Association conference in New Orleans, the Association of Diabetes Care and Education Specialists in Baltimore, and the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo in Baltimore. While she holds a passion for supporting emerging adults with T1D, her presentation at the summit is focused on the caregiver who lays the foundation of balanced nutrition that young individuals with T1D will build upon for a lifetime.

From Surviving to Thriving with T1D: Tips and Tricks for the First Few Years | Marie Botte, CDCES, Family Nurse Practitioner, Boston Children's Hospital: Marie Botte is a Family Nurse Practitioner and Certified Diabetes Care and Education Specialist with over 20 years of experience caring for individuals with diabetes in a variety of primary care and specialty environments. She has been a part of the Boston Children's Hospital diabetes program since 2016 where she sees individuals from infancy to young adulthood. For the past several years she has been developing and leading the New Onset Type 1 Diabetes Academy, an innovative interdisciplinary multi-visit group medical visit model that brings individuals newly diagnosed with type 1 diabetes and their families together for support and education as well as the successful utilization of evolving diabetes technologies. Marie is passionate about diabetes education and empowering families with technology to make living with diabetes as easy and painless as possible.

Whose Diabetes is it Anyway? | Anna Sabino, MSW, CDCES, Founder of Finding Smiles Coaching, LLC, Living with T1D since Kindergarten: Anna Sabino has been living with T1D for over 30 years and currently serves parents and families with T1D in her new virtual private coaching practice called Finding Smiles Coaching. She spent the majority of her childhood summers attending, volunteering, and working directly with diabetes summer camps and has over 15 years' experience creating and overseeing youth and family programs with several diabetes nonprofits such as the College Diabetes Network (now The Diabetes Link), ADA, and the T1D Exchange. As a MSW and CDCES she serves on the national planning committee for the ADCES Annual Meeting and looks forward to providing mental health support and education for people with diabetes across the globe.

Bonus Session—Meditation and T1D: Bringing Wisdom to Life with Diabetes | Brianna (Bri) Schiavoni, LCSW, LISW, Coach, Counselor, Mindfulness and Movement Arts Instructor, Owner of Mindful Milestones, Living with T1D since age 14: Diagnosed with T1D at age 14, Bri wanted nothing more than to escape her mind and body as she transitioned from adolescence into adulthood. During the years of numbing, running and hiding that followed, she found that yoga and meditation would ultimately provide the sanctuary she so desperately needed; but she couldn't sit still long enough to explore these practices until understanding the nuances of also having ADHD. Bri's values, character strengths and skill sets led to the fields of psychology and medical social work, but despite a colorful resume with plenty of fancy titles, she is (like each of you) perfectly imperfect.

As a guide, Bri delights in offering accessible forms of meditation for those who find it particularly difficult to settle; but as a fellow practitioner, admits to feeling resistance, discomfort and frustration in response to her body's limitations. Fortunately, there are gifts in every practice opportunity and in imperfection itself.

Bonus Session—Meditation and T1D: Bringing Wisdom to Life with Diabetes | Sarah Petti, Founder of Grace & Growth, Full-Spectrum Doula, Living with T1D since age 15: Sarah's diagnosis of T1D came at the age of 15 when she was a freshman in high school. It wasn't until many years later that she discovered the diabetes community and the power of peer support.

For the last decade Sarah has been leading support groups for people with all types of diabetes in the Boston area as well as virtually. Her experiences with type 1, as well as diabetes complications such as gastroparesis and neuropathy, inspired her to study integrative nutrition, as well as yoga and meditation. Most recently Sarah trained to become a full-spectrum doula. To help herself, she has gained knowledge and developed practices that have allowed her to be an even better resource for others living with diabetes and chronic illness.

Sarah is the founder of Grace & Growth, a group that focuses on spiritual wellness for women with diabetes. She is also the host of *The Diabetes Doula Podcast*, a program that explores pregnancy, postpartum, and reproductive health through the lens of living with diabetes.