

# Schedule

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**8:30 AM**

**CHECK-IN OPENS**

**YOUTH & TEEN PROGRAM CHECK-IN OPENS**

**T1D RESOURCE VENDOR HALL** (*James River*)

**NEWLY DIAGNOSED WELCOME AREA** (*James River*)

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**9:00 – 10:00 AM**

**KEYNOTE SESSION**

**Building Your Tribe: JDRF and You!**

(*Innsbrook*)

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**10:00 - 10:30 AM**

**BREAK**

*Light refreshments available (Foyer)*

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**10:30 – 11:30 AM**

**BREAKOUT SESSIONS** (Choose one)

- **Taking T1D to School**  
(*Commonwealth A*)
  - **Lessons Learned from Life with T1D: Adult Perspectives**  
(*Commonwealth B*)
  - **Teens and T1D: Celebrating Successes & Overcoming Challenges**  
(*Commonwealth C*)
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**11:45 AM**

**YOUTH & TEEN PROGRAM ENDS**

*Parents pick up kids outside of Innsbrook*

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**12:00 PM**

**SUMMIT CONCLUDES**

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# Summit Sessions

All sessions will be interactive and include Q&A with healthcare providers and parent/patient advocates.

## KEYNOTE SESSION: 9:00 – 10:00 AM

### Building Your Tribe: JDRF and You!

The T1D community is often referred to as “the best club you never wanted to join.” Hear from volunteer leaders in your community about how they support and advocate for our T1D community and learn how you can take action to drive research progress, advance legislative priorities, and improve the quality of life for all those affected by T1D – until we find a cure.

**Speakers:** Shannon Davis (*Central Virginia Advocacy Team Chair*), Alana Ritenour (*Mid-Atlantic Board of Directors*), Sally Southard (*Virginia Mission Board President*)

## BREAKOUT SESSIONS: 10:30 – 11:30 AM (Choose one)

### Lessons Learned from Life with T1D: Adult Perspectives

Living with T1D requires intense self-management. 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 and spouses/partners or caregivers

**Speakers:** Mike Anderson (*Patient Advocate*), John Clore, MD (*Bon Secours Mercy Health*), Brian Davis (*Patient Advocate*), Jayne deWysocki-Shearer (*Patient Advocate*), Sally Southard (*Virginia Mission Board President*)

### Taking T1D to School

Children with T1D spend a great deal of time in school, which requires a lot of preparation and planning. Discuss strategies to build a partnership with your school care team and get advice to ensure that your child has the best possible school experience.

**Audience:** Parents/caregivers of school-aged children with T1D

**Speakers:** Tara Logwood, RN (*Henrico County Public Schools*), Janice McNally, MS, RN (*Children’s Hospital of Richmond at VCU*), Allison Zabel (*Chesterfield County Public Schools*)

### Teens and T1D: Celebrating Successes & Overcoming Challenges

Kids face challenges as they grow through their teen years and T1D adds to those challenges. The teen years can be full of anxiety and apprehension for both the child and the parents. Join professionals, parents, and young adults for a candid discussion on navigating those teen years.

**Audience:** Parents/caregivers of teens with T1D

**Speakers:** Jody Cametas (*Parent Advocate*), Laura Eubanks, RD, CDCES (*VCU Health*), Kamryn Owen (*Patient Advocate*), Katie Marchione (*University of Richmond Diabetes Link*)

# Youth & Teen Program

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Parents must 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 Check-In Opens

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**8:30 AM**

Find A Friend & Ice Breaker Activities

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**9:15 AM**

Youth – Magic Show with Jonathan Austin  
Teens - Off To College Panel with Diabetes Link students

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**10:00 AM**

Bathroom Break & Blood Sugar Checks

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**10:15 AM**

Youth Advocacy Presentation by Joshua Davis

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**10:30 AM**

Let's Get Crafty! Superheroes, Tie Dye, and More!

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**11:45 AM**

**Youth Program Closes**  
*Parents must pick up kids outside of Maymont*

# T1D Resource Vendor Hall

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**Vendor tables will be open throughout the event.**

Abbott

Ariel Brown, Author - *Pumped 4 My Life*

Camp Holiday Trails

Dexcom

Diabetes Link (formerly College Diabetes Network)

Diabetes Support Group

Do Rights Grants Assistance Program

Insulet (Omnipod)

JDRF Advocacy

JDRF One Walk & Ride to Cure Diabetes

Lions Camp Merrick

Mankind

Medtronic

Provention Bio

Sweet Living T1D Retreats

Tandem

VCU TrialNet

Virginia Diabetes Council

Xeris