



Breakthrough T1D Community Summit Bethesda

Saturday, March 8, 2025

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
9:00 – 10:15 am	Welcome Jaclyn Toll, <i>Executive Director</i> , BreakthroughT1D Mid-Atlantic Breakthrough T1D Mission Update Lynn Starr, <i>Chief Global Advocacy Officer</i> , Breakthrough T1D Courtney Ackeifi, PhD, <i>Senior Scientist</i> , Breakthrough T1D	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	Thriving with T1D: Tips and Tricks for Adults with T1D	Salon A
	Supporting Your Teen with T1D	Salon B
	Nutrition Tips for Optimizing Energy and Managing Glucose During Exercise	Salon C
	From Diagnosis to Resilience: Support for Your T1D Journey	Strathmore – Lower Level
12:00 pm	Summit Program Ends	



Breakthrough T1D Community Summit Bethesda

Youth & Teen Program

Reminder: Parents must remain on-site at the Summit 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 Lower Level
8:30 am	Ice breaker activities in grade level groups	Youth – White Oak Tweens – Glen Echo Teen – Forest Glen
9:15 am	Youth - Magic Show with Abracadabra Alex Tweens – iCode Robots Teens – Guest Speakers Champions Program – Evan Schwartz Diabetes Safe – Ivy Spencer Teen Topics – Annie Cooper and members of Johns Hopkins Diabetes Link	
10:00 am	Youth – Activity Stations Crafts, Rufus Checkup, iCode robots, games, and more! Tweens – Free Activities Bracelet and button making, games and more! Teens – Free Activities Diabetes Would You Rather, bracelet making, and more!	
11:00 am	Youth – Continue Activity Stations Tweens – Bingo (with prizes!) Teens - Bingo (with prizes!)	
11:45 am	Program Ends - Parents pick up youth and teens	White Oak Foyer Lower Level



Breakthrough T1D Community Summit Bethesda

Breakout Session Information

Thriving with T1D – Tips and Tricks for Adults with T1D

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*

Speakers: [Larry Soler](#), Patient Advocate, [Toni Bethea](#), Patient Advocate, [David Levitt, MD](#), Maryland Primary Care Physicians, [Michelle Hale](#), Patient Advocate, and [Karen Dimentstein, PhD, MPH](#), Kennedy Krieger Institute and Johns Hopkins School of Medicine

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: [Tim Burkett](#), Parent and patient advocate, [Jen Reilly, RD, CDCES](#), Children's National Hospital and parent advocate, [Kristin Arcara, MD](#), Johns Hopkins, [Tawni Doliveira](#), Johns Hopkins Diabetes Link member and patient advocate, [Lauren Clary, PhD](#), Children's National Hospital

Nutrition Tips for Optimizing Energy and Managing Glucose During Exercise

This session will cover how to balance eating and insulin to better manage energy and blood glucose during exercise. You'll leave with tips on when and how to fuel during exercise and how to adjust your eating when exercise duration changes. *Audience: Parents/caregivers and adults with T1D*

Speaker: [Megan Robinson, MS, RDN, CDCES, CSSD, LDN](#), Children's Hospital of Philadelphia and Diabetes Training Camp

From Diagnosis to Resilience: Support for Your T1D Journey

This insightful panel discussion is tailored for families navigating a recent diagnosis. The session features a diverse group of healthcare providers, caregivers, and adults living with T1D who will share their experiences on topics including managing T1D at school, the emotions that come with a new diagnosis, new onset clinical trials, as well as practical tips for living with and managing T1D. *Audience: Parents/caregivers of a child with T1D*

Speakers: [Jessica Flynn](#), Parent Advocate, [Alyssa Danner, BSN, RN, CDCES](#), Children's National Hospital and patient advocate, [Angelica Eddington, PhD](#), Children's National Hospital, [Jenny Sapolsky, MSN, FNP-BC, CDCES](#), Inova Children's Endocrinology, [Sandy Salsberg, MD](#), Johns Hopkins