



Oregon/SW Washington Chapter

**2020 Type One Nation Summit  
5th Annual Comprehensive Free Educational Symposium**

**Saturday, March 14, 2020 | 10:00 am - 3:35 pm**

**Embassy Suites Washington Square  
Tigard, OR**



# SCHEDULE OF EVENTS

10:00-10:30 am	<b>Check-in/Exhibitor Fair Opens</b>	Columbia Foyer and Rogue River
10:30-11:30 am	<b>SESSION 1</b> <b>Welcome &amp; Opening</b> Keynote Speaker: Sanjoy Dutta, Ph.D. Vice President, JDRF Research	Sandy and John Day River
11:30 am-12:15 pm	<b>Lunch/Exhibitor Fair</b>	Deschutes River Ballroom/Columbia Foyer & Rogue River
12:15-1:15 pm	<b>SESSION II</b>	
	<b>Adult Track:</b> Managing Diabetic Retinopathy in 2020	Crooked River
	<b>Youth Track:</b> Guiding Tweens/Teens to Independent Management	John Day River
	<b>Exercise/Sports Track:</b> Managing T1D with Different Exercise Needs	Sandy River
	<b>Hypoglycemia:</b> Conversations about Severe Low Blood Sugar and New Treatment Options	Cascadia Private Dining Room
1:15-1:25 pm	<b>Break Time with Exhibitors</b>	Columbia Foyer and Rogue River
1:25-2:25 pm	<b>SESSION III</b>	
	<b>Adult Track:</b> Beyond Carbs & Blood Sugar: Eating for Optimal Personal & Planetary Health	Crooked River
	<b>Youth Track:</b> Schools and the 504 Plan	John Day River
	<b>Exercise/Sports Track:</b> Managing T1D with Different Exercise Needs	Sandy River
	<b>Hypoglycemia:</b> Conversations about Severe Low Blood Sugar and New Treatment Options	Cascadia Private Dining Room
2:25-2:35 pm	<b>Break Time with Exhibitors</b>	Columbia Foyer and Rogue River
2:35-3:35 pm	<b>SESSION IV</b>	
	<b>Adult Track:</b> Communication and Conflict Management for Relationships Impacted by T1D	Crooked River
	<b>Youth Track:</b> Sick Day/Ketone Management: How to Manage Sick Days and Ketones at Home	John Day River
	<b>Exercise/Sports Track:</b> Who Wants to be the Ultimate T1D Athlete?	Sandy River
	<b>Advocacy:</b> Learn about Advocacy Being Done by JDRF and How You Can Participate	Cascadia Private Dining Room

Adjournment

*Note: Child Care is located in the Umpqua River Room*

## Welcome to the JDRF Oregon/SW Washington Chapter 2020 Type One Nation Summit!

We are proud to present the 5th Annual Type One Nation Summit and are honored to be involved once again. Working together to create and present this program to help inspire and educate those affected by Type 1 Diabetes (T1D) and your friends and family members is a rewarding experience. As members of the Board of Directors of the JDRF Oregon/SW Washington Chapter, we are pleased to assist the Chapter in providing such a meaningful experience.

As we embark on this new decade, we are excited about the new advances being made daily in T1D research. Our keynote speaker, Sanjoy Dutta, Ph.D., is Vice President of Research at JDRF, and offices in our Corporate Headquarters in New York City. We will all be interested to hear the latest research and technology as it relates to T1D.

You asked for it, we are providing it! This year we have four educational tracks of concentration: Adult, Youth, Athletics and General. Our Adult Track will feature a session on Managing Diabetic Retinopathy in 2020, Beyond Carbs & Blood Sugar: Eating for Optimal Personal & Planetary Health, and Communication and Conflict Management for Relationships Impacted by T1D. Our Youth Track includes a session on Guiding Teens to Independent Management, Schools and the 504 Plan; and Sick Day/Ketone Management: How to Manage Sick Days and Ketones at Home. Our last track is all about Exercise/Sports and T1D. Session 1 and 2 will be the same content, culminating in a game show type Q&A with T1D athletes as they square off to win the prize of the most knowledgeable athlete managing food and insulin while being active. Our General Track will include sessions on Hypoglycemia and Advocacy.

Be sure to stop by our Exhibitors who will be providing valuable information in many areas. Learn about updated technology that is now on the market for T1D. Stop by the JDRF booth and learn about all things JDRF. We even have Vendors that can answer questions about insurance and other available opportunities such as camps.

Thank you to Judy Summers and Delanie Delmont for their help in putting this Summit together. When you return home, if you are not already involved, we hope that you will consider becoming a part of JDRF's Mission to cure, better treat and prevent T1D. Every day, JDRF staff and volunteers all over the world actively work to achieve our Mission. There are many opportunities available for you, including becoming a volunteer, advocate and donor. JDRF was founded by volunteers and you are the catalyst for all that we do. You provide motivation and volunteer time that enables our Chapter to be so successful.

**Thank you for taking the time to be with us today! We want it to be a valuable and enjoyable experience.**



**Jessica Castle, M.D.**

Co-Chair, Type One Nation Summit  
Associate Professor  
Harold Schnizer Diabetes Health Center  
at OHSU



**Sevket Yigit, M.D.**

Co-Chair, Type One Nation Summit  
Medical Director  
Children's Diabetes & Endocrine Center  
Randall's Childrens Hospital

# JDRF 5th Annual Type One Nation Summit

## CONFERENCE SPEAKERS



### **Session 1: Keynote Speaker: Sanjoy Dutta, Ph.D.; Vice President, Research-JDRF New York City**

**Room: Sandy and John Day River**

Sanjoy Dutta, Ph.D., is the Vice President of Research at JDRF. He oversees all of JDRF's efforts to cure type 1 diabetes and improve the lives of those living with it, which includes beta cell therapies, immunotherapies, glucose control and complications. He is also responsible for international partnerships with world-leading government, non-government, foundation and commercial organizations. Dr. Dutta joined JDRF in 2009.

Prior to coming to JDRF, Dr. Dutta was the associate director of translational medicine and clinical biomarkers at Bristol-Myers Squibb and principal scientist of cardiovascular and metabolic diseases at Hoffmann-La Roche.

Dr. Dutta obtained his doctorate from the department of biochemistry and molecular biology at the University of Southern California and was a JDRF Postdoctoral Fellow in the department of cell biology and the Joslin Diabetes Center at Harvard Medical School.

## **Breakout Session II – 12:15-1:15 pm**



### **Adult Track-Managing Diabetic Retinopathy in 2020: Diagnosis, Treatment, and Prevention**

**Presented by: Merina Thomas, MD-Casey Eye Institute, School of Medicine**

**Room: Crooked River**

In this informative session, Dr. Thomas will explain the diagnosis process, treatment and prevention of retinopathy.

Dr. Merina Thomas is a vitreoretinal specialist whose clinical interests include diabetic retinopathy, age-related macular degeneration, disease of the retina and vitreous, and vitreoretinal surgery. She went to medical school at Vanderbilt University, then went on to complete her residency at the Illinois Eye and Ear Infirmary at the University of Illinois and a fellowship in vitreoretinal surgery at the University of Michigan's Kellogg Eye Center. Care of patients with diabetic retinopathy is a significant component of her practice, and she is an investigator in the NIH funded Diabetic Retinopathy Clinical Research Network.



### **Youth Track-In the Driver's Seat: Guiding Tweens/Teens to Independent Management**

**Presented by: Allison Nimlos, MA, LAMFT-Greater Than Counseling and Coaching. Minneapolis, MN**

**Room: John Day River**

As parents, our job is to get our teen ready for the "real world." But what happens when the "real world" involves self-managing type 1 diabetes? In this presentation, parents will learn how teen brain development impacts diabetes management, how to manage delicate issues like hormones and burnout, and practical strategies for initiating self-managed care.

Allison Nimlos is a licensed associate marriage and family therapist and diabetic health coach. While she is originally from the Portland suburbs (and is an '07 UO grad! Go Ducks!), she currently lives and works in Minneapolis. Allison has a private practice where she counsels individuals, couples and families on a variety of issues, and specializes in the impact chronic illness and diabetes have on mental health. She also coaches individuals with diabetes, helping them improve their mindset and management at the same time! Allison has lived with type 1 diabetes for more than 25 years and currently resides in the Twin Cities with her husband and son.



### **Exercise and T1D: The Highs and Lows of T1D and Exercise**

**Presented by: Tariq Ahmad, MD-San Francisco Bay Area**

**Room: Sandy River**

Learn how anaerobic exercise vs aerobic exercise can be better managed while working out. What types of food should you eat before certain types of exercise? When should you reduce or suspend insulin before sports or working out? These and other questions will be addressed.

Dr. Ahmad went to Cornell University for undergraduate, New York Medical College for medical school, and did his pediatric residency at the Children’s Hospital at Cleveland Clinic. Having grown up in Oregon, he returned to the west coast to complete a pediatric endocrinology fellowship at Childrens Hospital Los Angeles, and has been on staff at UCSF Benioff Children’s Hospital Oakland since 2006, in the Division of Pediatric Endocrinology.

For the last 18 summers, Dr. Ahmad has been working with children at diabetes camps, including Camp Ho Mita Koda outside of Cleveland, Ohio, Camp Conrad-Chinook, Painted Turtle, both in southern California, and for the past 12 years at Camp de Los Ninos in the Santa Cruz mountains. He also is part of the comprehensive Thalassemia clinic at UCSF Benioff Children’s Hospital Oakland.



### **Hypoglycemia: Conversations about Severe Low Blood Sugar and New Treatment Options**

**Presented by: Amy Hess-Fischl MS, RD, LDN, BC-ADM, CDE**

**Room: Cascadia Private Dining Room**

Amy Hess-Fischl, MS, RD, LDN, BC-ADM, CDE is a program coordinator for the Teen and Adolescent Diabetes Transition Program at the University of Chicago’s Kovler Diabetes Center. She is also a certified diabetes educator, nutrition specialist, and certified insulin pump trainer.

Her professional activities include writing CE test items for the American Association of Diabetes Educators, reviewing submissions for the Journal of the American Dietetic Association, and participating on the advisory boards of Nature’s Way, Dreamfields Pasta, and Jolly Time Popcorn.

She completed her undergraduate degree at Northern Illinois University in DeKalb, IL. While earning her Master of Science degree from Mount Mary College in Milwaukee, WI, she researched the effect evening snacks have on blood sugars of patients with type 1 diabetes.

## **Breakout Session III – 1:25-2:25 pm**



### **Adult Track: Beyond Carbs & Blood Sugar: Eating for Optimal Personal & Planetary Health**

**Presented by: Don Kain, MA, RD, LD, CDE-Harold Schnitzer Diabetes Health Center at OHSU**

**Room: Crooked River**

People with type 1 diabetes often receive plenty of schooling on carb counting for blood glucose management. Of course, healthy eating for type 1 diabetes involves more than carb counting. This presentation will outline some important dietary considerations for personal health as well as how food choice impacts the health of our planet. Spoiler alert...Making healthy food choices is good for the planet!

Don Kain has been a registered dietitian since 1989 and a certified diabetes educator since 1995. He has BS in Dietetics from Northern Arizona University, and completed a dietetic internship at the Los Angeles County-University of Southern California Medical Center. Don also has an MA in Physical Education with an Exercise Physiology emphasis from San Diego State University.

Don joined the Harold Schnitzer Diabetes Health Center in 2008, and his work has a clinical and community outreach focus. Don’s clinical passion centers around exercise and type 1 diabetes, and his outreach interests target diabetes prevention in those at high risk for developing type 2 diabetes. In 2011 Don became a Master Trainer of Lifestyle Coaches for the National Diabetes Prevention Program through the Diabetes Training and Technical Assistance Center at Emory University in Atlanta, GA.

## Youth Track: Schools and the 504 Plan

**Presented by: Heather Jacobs, MPA; Nancy Carlisle, RN, BSN; Lise Massey-T1D parent**

**Room: John Day River**



Join this lively panel trio to learn three different perspectives of communicating with schools developing a 504 plan for your child.

Heather Jacobs (left) is a diabetes specialist and life health coach. She lives with T1D herself, and was responsible for the Safe at School program when she was manager of Community Health Strategies at ADA.

Nancy Carlisle (middle) has been a school nurse for over 34 years, most recently with the North Clackams School District. She has been instrumental in developing 504 plans with parents.

Lise Massey (right) is a Program Manager at the International Institute for Analytics. She is the parent of a son living with T1D for seven years. She will share her experience with establishing a 501 plan for her son.

## Exercise and T1D: The Highs and Lows of T1D and Exercise

**Note: This is a repeat from Session II**

**Presented by: Tariq Ahmad, MD**

**Room: Sandy River**



Learn how Anaerobic exercise vs aerobic exercise can be better managed while working out. What types of food should you eat before certain types of exercise? When should you reduce or suspend insulin before sports or working out? These and other questions will be addressed.

Dr. Ahmad went to Cornell University for undergraduate, New York Medical College for medical school, and did his pediatric residency at the Children's Hospital at Cleveland Clinic. Having grown up in Oregon, he returned to the west coast to complete a pediatric endocrinology fellowship at Childrens Hospital Los Angeles, and has been on staff at UCSF Benioff Children's Hospital Oakland since 2006, in the Division of Pediatric Endocrinology.

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## Hypoglycemia: Conversations about Severe Low Blood Sugar and New Treatment Options

**Note: This is a repeat from Session II**

**Presented by: Amy Hess-Fischl MS, RD, LDN, BC-ADM, CDE**

**Room: Cascadia Private Dining Room**

Amy Hess-Fischl, MS, RD, LDN, BC-ADM, CDE is a program coordinator for the Teen and Adolescent Diabetes Transition Program at the University of Chicago's Kovler Diabetes Center. She is also a certified diabetes educator, nutrition specialist, and certified insulin pump trainer.

Her professional activities include writing CE test items for the American Association of Diabetes Educators, reviewing submissions for the Journal of the American Dietetic Association, and participating on the advisory boards of Nature's Way, Dreamfields Pasta, and Jolly Time Popcorn.

She completed her undergraduate degree at Northern Illinois University in DeKalb, IL. While earning her Master of Science degree from Mount Mary College in Milwaukee, WI, she researched the effect evening snacks have on blood sugars of patients with type 1 diabetes.

## Session IV — 2:35-3:35 pm

### **Adult Track: I Love You, I Need You, Please Leave Me Alone: Communication and Conflict Management for Relationships Impacted by T1D**

**Presented by: Allison Nimlos, MA, LAMFT**

**Room: Crooked River**



Calling anyone in a relationship with a T1D... or T1Ds in a relationship with someone without diabetes! Are you butting heads with your significant other about your teen's diabetes management? Feel like your spouse is more like the Diabetes Police? Wondering how you can see eye-to-eye with your withdrawn teen? This presentation will cover some of the essential tools of communication to help get us out of conflict and back on the road to supportive, loving relationships.

Allison Nimlos is a licensed associate marriage and family therapist and diabetic health coach. While she is originally from the Portland suburbs (and is an '07 UO grad! Go Ducks!), she currently lives and works in Minneapolis. Allison has a private practice where she counsels individuals, couples and families on a variety of issues, and specializes in the impact chronic illness and diabetes have on mental health. She also coaches individuals with diabetes, helping them improve their mindset and management at the same time! Allison has lived with type 1 diabetes for more than 25 years and currently resides in the Twin Cities with her husband and son.

### **Youth Track: Sick Day/Ketone Management — how to manage sick days and ketones at home**

**Presented by: Matthew Luttrell, RN, BSN, Diabetes Educator-Randall Children's Hospital at Legacy Emanuel**

**Room: John Day River**



Getting sick, is never fun. But getting sick with diabetes has it's own special challenges. This informative session will share tips on best practices when your little one with T1D isn't feeling well.

Matthew Luttrell is a diabetes educator at Randall Childrens Hospital (RCH). He has been living with T1D for 22 years and has been on an insulin pump for the past 15 years. He has worked or volunteered at diabetes summer camps for the past 7 years. Prior to becoming a diabetes educator, Matt was a pediatric staff nurse for two years at RCH on the cardiac/cancer floor and was assigned all the newly diagnosed T1D children.

### **Exercise and T1D: Game Show Edition**

**Presented by: Tariq Ahmad, MD**

**Room: Sandy River**



Sit back and enjoy this lively game show rendition with local athletes answering questions about how they can manager their T1D while being active. Dr. Ahmad will be back to see who is top of their game, while educating people in this fun game show format.

Dr. Ahmad went to Cornell University for undergraduate, New York Medical College for medical school and did his pediatric residency at the Children's Hospital at Cleveland Clinic. Having grown up in Oregon, he returned to the west coast to complete a pediatric endocrinology fellowship at Childrens Hospital Los Angeles, and has been on staff at UCSF Benioff Children's Hospital Oakland since 2006, in the Division of Pediatric Endocrinology.

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### **Advocacy 101**

**Presented by: Shamron Cook and Gregory Smith**

**Room: Cascadia Private Dining Room**



Learn about advocacy being done by JDRF and how you can participate. Shamron and Gregory have been involved with the JDRF Oregon/SW Washington Chapter as an advocacy volunteer for many years and currently serve on the Board of Directors. They have attended countless meetings with members of Congress both locally and in Washington D.C., where they advocate for continued funding for research and medical advances.

## Premier Sponsor



## Supporting Sponsors



EDUCATIONAL GRANT PROVIDED BY



# Medtronic

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# General Exhibitors



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JDRF Ride to Cure Diabetes



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Jul 23-26  
Sponsored by 

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**El Tour de Tucson, Tucson, AZ**  
Nov 19-22

Call 888-533-9255 or visit [ride.jdrf.org](http://ride.jdrf.org) for more information.  
Or connect with your local JDRF chapter:  
Oregon/SW Washington  
Delanie Delimont  
ddelimont@jdrf.org  
503-716-1021  
jdrf.org/oregon

**JDRF** IMPROVING LIVES. CURING TYPE 1 DIABETES.

# JDRF | ONE WALK®

FOR A WORLD WITHOUT TYPE 1 DIABETES T1D

## CENTRAL OREGON

Drake Park, Bend  
April 18, 2020  
<http://walk.jdrf.org/bend>

## CORVALLIS, OREGON

Crystal Lake Sports Park  
May 9, 2020  
<http://walk.jdrf.org/corvallis>

## PORTLAND, OREGON

Portland International Raceway  
October 4, 2020  
<http://walk.jdrf.org/Portland>  
Registration open soon

For more information contact Delanie Delimont  
ddelimont@jdrf.org 503-716-1021

# 25

YEARS STRONG

# JDRF Hope Gala

2020

April 25, 2020

**JDRF** IMPROVING LIVES. CURING TYPE 1 DIABETES.

### For more information, please contact:

Susie Rice, Development Manager, JDRF Oregon/SW Washington Chapter  
srice@jdrf.org | (503) 716-1013 | [www.jdrf.org/oregon/event/25th-annual-hope-gala](http://www.jdrf.org/oregon/event/25th-annual-hope-gala)

SAVE THE DATE



# Embassy Suites at Washington Square

