**AGENDA**

**National Federation of the Blind**

**Diabetes Action Network**

**First Annual**

**Knowledge is Sweet Seminar**

**St. Louis, Missouri**

**April 26 and 27, 2024**

Welcome. We are delighted you are here to learn about how better to control your diabetes and to contribute to the learning of others by sharing what you know. We believe our experience and encouragement are valuable tools to share. We know that growth comes from taking in new ideas, synthesizing them into the knowledge we have about this disease, factoring in what we know about our bodies, and then being active participants in our health care.

Your registration gets you four plated meals, meaning you are already coming out ahead for the $99 you have paid. You get breakfast and lunch on both Friday and Saturday. The lunch break will be long enough to eat leisurely, make new friends, and renew old ones.

**Friday, April 26**

**Morning Session**

7:00 Breakfast

8:30 Time for an after Breakfast Stretch

9:00 Welcome: Debbie Wunder, President, Diabetes Action Network

9:10 Strategies for Living Your Best Life: David De Notaris, Chief Innovations Officer at Sky's the Limit Communications

9:40 The Importance of Sleep in Diabetes Control and so Much More: Jennifer Lyman, RN, BS, Non-24 Nurse Educator, Vanda Pharmaceuticals Inc.

10:10 The Difference Between Medicare and Medicare Advantage: Marc Mantiaa, Independent Agent, Review Medicare Benefits

10:30 The Medical Device Nonvisual Accessibility Act: Anil Lewis, Director of Blindness Initiatives, National Federation of the Blind

10:50 Better Management of our Diabetes that Should be Available to Everyone: Mary Davis, Contractor and Consultant with the Nebraska Commission for the Blind and Visually Impaired working in Alternative Techniques with Diabetics in the Management of Their Diabetes; and Melanie Torrance, RN Retired and the Head of the Diabetes Action Network of South Carolina

11:25 Strategies for Effective Finger Sticks When You are Blind: Danielle McCann, Treasurer, National Federation of the Blind Diabetes Action Network

11:40 Recognizing the Doctor as the Expert but I'm Still in Charge of My Body: Mark Feliz, Retired School Teacher and a Member of the Board of Directors of the Diabetes Action Network

12:00 Lunch

**Friday Afternoon**

2:00 Rethinking Diabetes: Gary Taubes, Journalist and Author

3:00 Questions from the Floor

3:15 I'm Not a Diabetic but I am an Advocate for you as You are an Advocate for Me: Ever Lee Hairston, Former Member of the National Board of Directors and Former President of the National Federation of the Blind of California

3:30 When Diabetes Takes Your Sight, Your Sense of Touch, and You Still Can Function: Curtis Chong, retired computer programmer, technology center director, and technology teacher

4:10 Being a Kidney Donor and Taking Care of Your Kidneys: Tim McGue, National Kidney Foundation

5:00 Recess for the Evening

**Saturday, April 27**

**Morning Session**

7:00 Breakfast

8:30 Time for an after Breakfast Stretch

9:00 The Psychology of Blindness and Diabetes: Gary Wunder, Practicing Diabetic and the Editor of the *Braille Monitor* magazine

9:30 Yes I'm Diabetic but Living my Best Life: Amber Woods, Mark Feliz, and Curtis Chong

10:15 All Things Diabetes from the Perspective of a Endocrinologist: Michael Gardner, Associate Professor of Clinical Medicine in the Department of Internal Medicine; Medial Director of the Cosmopolitan International Endocrinology and Diabetes Center

11:15 Identifying Gaps and Strengths: Characterizing Diabetes Technology Use and Self-management Education in Blind Adults: Dr. Naz Heydarian, University of Texas Rio Grande Valley School of Social Work; and Dr. Ally Hughes, Ohio University Heritage School of Osteopathic Medicine

12:00 Lunch

**Afternoon Session**

2:00 : What is Accessible Pharmacy—Medication Management, Seminars, and Diabetes Programs: Lynn Heightz, Director of Business Engagement and Certified Diabetes Lifestyle Coach

3:00 How to Control the Sound of your CGM in Meetings: A Group Discussion

3:25 All About our Listserv: What is it, How to Join, and Ways you can Help and be Helped

3:35 Summing Up the Seminar: What Did you Like, What Could We have Done Differently, and Should We do This again:

5:00 Adjourn