Children with Diabetes®
Friends for Life®

April 1–3, 2022 • Crowne Plaza • Indianapolis, Indiana • FFLIndy22

THE DEXCOM G6 LETS YOU SEE YOUR CHILD'S GLUCOSE NUMBERS ON YOUR SMARTPHONE.*†

Smart devices sold separately*

PERMITTED FOR CHILDREN 2 YEARS AND OLDER.

ALERTS AND ALARMS.

ZERO FINGERSTICKS.‡

Leeann R., Dexcom Warrior with diabetes and her mom.

DexcomG6

MAKE KNOWLEDGE YOUR SUPERPOWER.

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*For a list of compatible devices, visit www.dexcom.com/compatibility.
†Separate Follow app required

‡If your glucose alerts and readings from the G6 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.

Brief Safety Statement: Failure to use the Dexcom G6 Continuous Glucose Monitoring System (G6) and its components according to the instructions for use provided with your device and available at https://www.dexcom.com/safety-information and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the G6 do not match symptoms, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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Dear CWD Friends,

Welcome to the Friends for Life Indianapolis 2022 conference! Whether you have come from near or far, we know that this weekend's event will leave you with new technology concepts to think about, new ideas for diabetes management, new advocacy routes, and best of all—new friends.

Please take a few minutes to look over the schedule for Friday, Saturday and Sunday. During some time slots for adults, we have scheduled only one speaker. At other times, we will divide the adults into breakout sessions. You may attend any of the adult sessions; no sign-up is necessary. Sessions for adults and parents are in the Illinois St East and Illinois St West rooms. Note that some sessions are just for adults with type 1 or their partners—not for parents of children with diabetes.

The children's age groups are in the following rooms, all named after famous rail road companies:

Teens (ages 13-17): B&O
Tweens (ages 9-12): C&O
Elementary (ages 6-8): Milwaukee
Kiddie Kove (ages 0-5): Southern

The kids will report to these rooms each session, each day. Childcare (Kiddie Kove) will be provided on Saturday and Sunday for little ones ages 0–5. While we will always check a child's blood glucose if there is a question or if a child doesn't feel well, we ask that you continue to manage your child's diabetes as you would at home.

A great big thank you to the staff and speakers who are joining us this weekend. Some of our staff include CWD young adults who have grown up 'through the ranks' of Friends for Life conferences, and are now here as great role models with optimism to share! Our program leaders and staff include several individuals who have been to every single conference since 2001, working with, teaching, and supporting our kids and families. There's a lot of history and experience among the staff with us in Indianapolis. Please make sure you take the time to meet with and talk with them.

Finally, a big thank you to our sponsors and exhibitors. Holding a Friends for Life conference is expensive and costs significantly more per person than we charge for registration. We are able to hold our conferences because of our generous sponsors. We know that your resources are limited, and we appreciate that you have taken the time away from your own families to be with us this weekend. It is our hope that every single one of you meets every single conference participant! Please feel free to join in our educational sessions. We'll all learn together.

Have a wonderful conference!

Jeff Hitchcock

Founder and President
Children with Diabetes
jeffh@childrenwithdiabetes.com

Laura Billetdeaux

Vice President, Education and Programs
Children with Diabetes
laurab@childrenwithdiabetes.com

Lilly Diabetes Solution Center

NEED HELP PAYING FOR YOUR INSULIN OR DIABETES CARE?

The Lilly Diabetes Solution Center may help lower out-of-pocket costs for people taking Lilly insulin who:

- are in the deductible phase of their insurance plan
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Call 1-833-808-1234

Or visit www.insulinaffordability.com

Help is available at the Lilly Diabetes Solution Center

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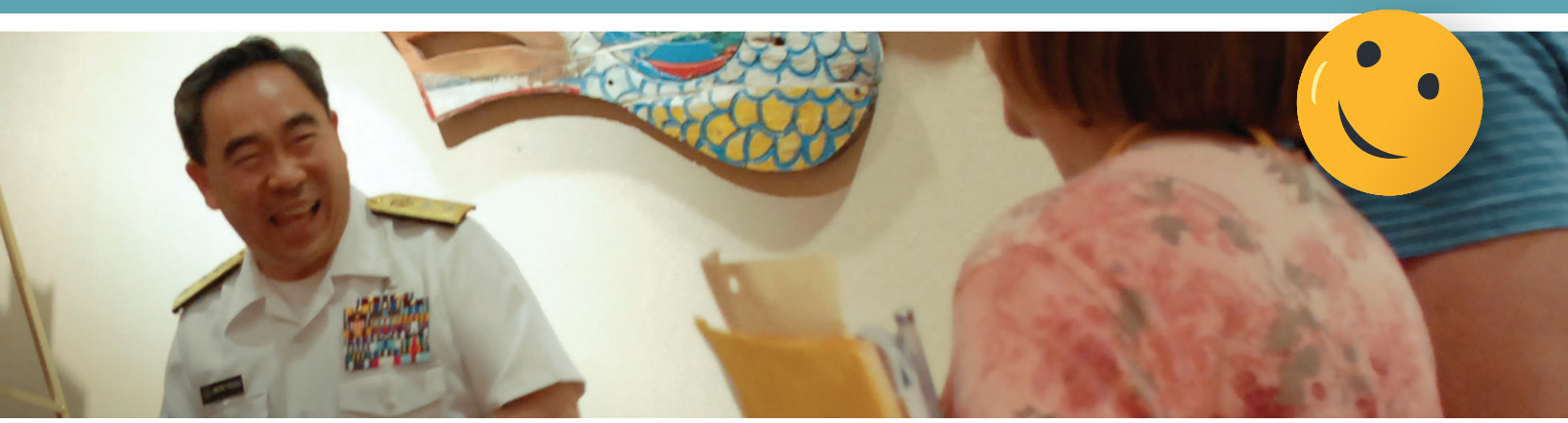


Dear Friends,

As Chairman of the Board of Children with Diabetes, welcome to Friends for Life Indianapolis 2022.

I first attended Friends for Life over a decade ago, and was literally blown away! I felt then, and I continue to feel today, that Friends for Life is a life-changing experience, not only for individuals living with T1D, but for their parents, families and friends, and for all who have the good fortune—and wisdom— to attend. Being in this "safe" environment, where everyone is aware of our challenges, where everyone is watching out for everyone else, where everyone can enjoy the events and educational and social settings, is both uplifting and liberating. We hope this continues to set the groundwork for expanding this safe and supportive environment into our daily lives, where we learn, work, play, and thrive!

Children with Diabetes has been in existence for over two decades and continues to evolve and thrive as a 501(c)(3) nonprofit. One visible evolution is our branding. For years, we have identified ourselves with a smiling face. You will note that we have not abandoned that smile, but rather have updated its image to better reflect our modern focus. Another evolution is our website, which we redesigned to be increasingly user-friendly, and easier to navigate, in keeping with current social media and technology. What we have kept, and what we carefully nurture, is our long-standing commitment to putting people with diabetes at the center of everything we do.

Rest assured, our Board of Directors provides continuing guidance and assistance to Jeff and Laura to ensure that Children with Diabetes will continue to be a resource to you! Every board member is passionate about diabetes, because each of us has been touched by the diabetes journey, either personally or professionally.

This year is shaping up to be our most ambitious one yet, with new conference locations, a dynamic website and social media channels, and our big goal of bringing Friends for Life to a broader community. We want to serve more families, and with your support, we're able to make a real difference for more people living with diabetes. Your donation helps us bring Friends for Life to families across the country. Children with Diabetes and our community thrive as a direct result of your generosity. Because caring for diabetes is better when we do it together.

For each of us here in Indianapolis, I wish a reaffirmation of the life-changing experience of Friends for Life!

Kenneth P. Moritsugu, MD, MPH, FACPM
Former Surgeon General of the United States

Chairman of the Board, Children with Diabetes
ken@childrenwithdiabetes.com

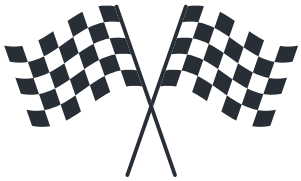
Adult Program

FRIDAY, APRIL 1	
6:00 – 9:00	Registration and Reception/Exhibits Open (All attendees)

	SATURDAY, APRIL 2		SUNDAY, APRIL 3	
	Illinois St East	Illinois St West	Illinois St East	Illinois St West
8:00 – 9:00	Buffet Breakfast in Grand Hall			
9:00 – 10:00	Opening Keynote: CWD Origin Story *Jeff Hitchcock*		Managing Exercise with T1D *Samantha Redden*	Managing Sick Days and Stress Days *Nadine Haddad, MD*
10:00 – 11:00	Refreshment Break and Exhibits Open in Grand Hall			
11:00 – 12:00	Accessing Medications and Supplies: Behind the Scenes of Prior Authorizations *Jasmine Gonzalvo, Pharm.D, BCPS, BC-ADM, CDCES, LDE, FAADE*	Insulin Technologies: Smart Pens and Insulin Pumps *Linda DiMeglio, MD, MPH*	Finding Your Diabetes Support Network *Leigh Fickling, MEd, MS, JD and Cherise Shockley*	Identifying Glucose Patterns and Making Adjustments *Kajal Gandhi, DO, MPH*
12:00 – 1:30	Lunch in Grand Hall			
1:30 – 2:30	Accommodations in College and the Workplace *Leigh Fickling , MEd, MS, JD and Matt Point, MS*	CGM Tips: Challenges, Benefits, and Navigating Data Sharing *Kajal Gandhi, DO, MPH*	Closing Keynote: Self-Compassion for People with Diabetes and Caregivers *Laura Smith, PhD, CDCES*	
2:30 – 3:30	Refreshment Break and Exhibits Open		Conference ends. Enjoy drinks or dinner with your Fiffles!	
3:30 – 4:30	Dealing with Diabetes Burnout *Laura Smith, PhD, CDCES*	Affordable Access to Insulin and Other Things That Keep you up at Night *George Huntley and Stewart Perry*		
6:00 – 8:00	Dinner in Grand Hall *Cash bar opens at 5:30 pm and will stay open until 9:00 pm*			

Be sure to tag CWD in your photos from this weekend and use the hashtag **#FFLIndy22**

@CWDiabetes
@CWDiabetes
fb.com/cwdiabetes



Youth Program

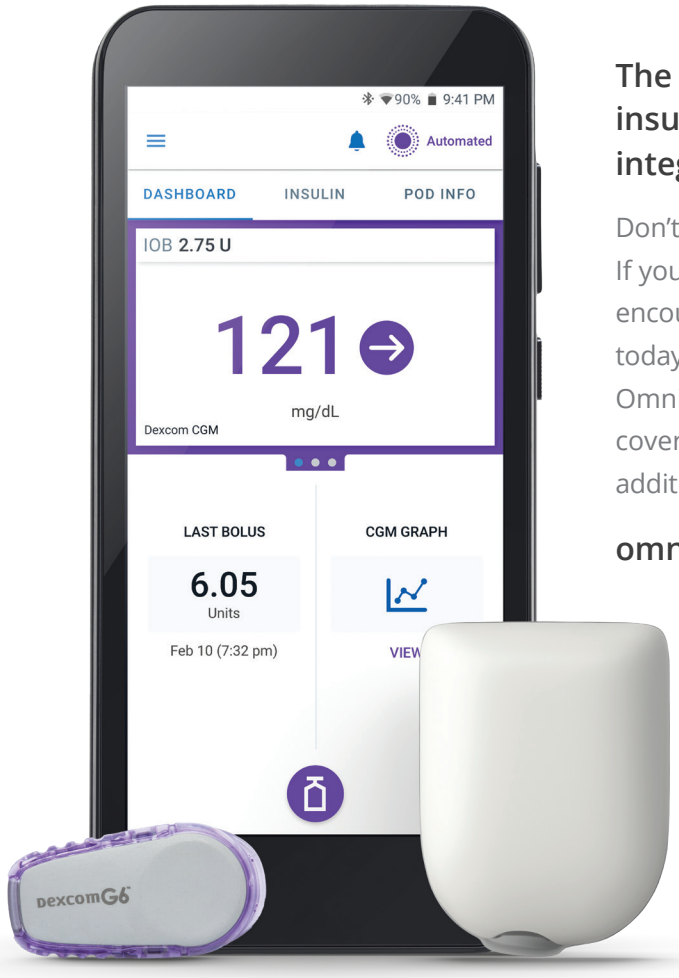
SATURDAY, APRIL 2				
	Kiddie Kove	Elementary	Tween	Teen
8:00 – 9:00	Buffet Breakfast in Grand Hall			
9:00 – 10:00	Check In and Morning Meeting	Icebreakers and Big Group games	Meet the Tweens	Meet the Squad
10:00 – 11:00	Beverage Break in Grand Hall			
11:00 – 12:00	Toys, Games, and Stories Orange Team Visits	Scavenger Hunt	VIPs	Navigating Peers and Parents
12:00 – 1:30	Lunch in Grand Hall			
1:30 – 2:30	Making Binoculars	Orange + Green Team	Diabetes Jeopardy	Wellness with Laura Smith
2:30 – 3:30	Snack Break in Grand Hall			
3:30 – 4:30	Movie and Rest	Nutrition made fun!	Get Moving with Harold	Jeopardy
6:00 – 8:00	Dinner in Grand Hall			

SUNDAY, APRIL 3				
	Kiddie Kove	Elementary	Tween	Teen
8:00 – 9:00	Buffet Breakfast in Grand Hall			
9:00 – 10:00	Check In and Morning Meeting Making Bug Jars	FFL Olympics	Green + Orange Teams	Harold Time
10:00 – 11:00	Beverage Break in Grand Hall			
11:00 – 12:00	Going on a Bug Hunt	Exercise with Harold	Expressing Yourself with Games	Tech Update
12:00 – 1:30	Lunch in Grand Hall			
1:30 – 2:30	Exercise Time with Harold	Express Yourself! (Craft Time)	Food is Fuel	Wrap up and debrief
2:30 – 3:30	Conference ends. Enjoy drinks or dinner with your Fiffles!			

omnipod® 5
automated insulin delivery system

NOW FDA CLEARED FOR PEOPLE WITH
TYPE 1 DIABETES, AGES 6 YEARS AND OLDER!

MEET THE Omnipod® 5 System



Pod and Dexcom G6 shown without the necessary adhesive.

The first tubeless automated insulin delivery system that integrates with Dexcom G6.

Don't wait to experience tubeless freedom! If you have not tried the Pod yet, we encourage you to start on Omnipod DASH® today. With our OmnipodPromise,™ once Omnipod 5 is available and you have coverage, you can easily upgrade at no additional cost and no long-term contract.

omnipod.com/CWD

The OmnipodPromise™ allows users to start on Omnipod DASH through the pharmacy and upgrade to any future Omnipod technology for no additional cost, when covered by insurance. The OmnipodPromise™ is only available for users with valid prescription and coverage through their pharmacy benefit. Upgrades subject to user's insurance coverage and product cost is subject to copays as required by insurance coverage.

The Omnipod 5 Automated Insulin Delivery System is indicated for use by individuals with type 1 diabetes mellitus in persons 6 years of age and older. The Omnipod 5 System is intended for single patient, home use and requires a prescription. The Omnipod 5 System is compatible with the following U-100 insulins: NovoLog®, Humalog®, and Admelog®.

The Omnipod 5 ACE Pump (Pod) is intended for the subcutaneous delivery of insulin, at set and variable rates, for the management of diabetes mellitus in persons requiring insulin. The Omnipod 5 ACE Pump is able to reliably and securely communicate with compatible, digitally connected devices, including automated insulin dosing software, to receive, execute, and confirm commands from these devices. SmartAdjust™ technology is intended for use with compatible integrated continuous glucose monitors (iCGM) and alternate controller enabled (ACE) pumps to automatically increase, decrease, and pause delivery of insulin based on current and predicted glucose values. The Omnipod 5 SmartBolus Calculator is intended to calculate a suggested bolus dose based on user-entered carbohydrates, most recent sensor glucose value (or blood glucose reading if using fingerstick), rate of change of the sensor glucose (if applicable), insulin on board (IOB), and programmable correction factor, insulin to carbohydrate ratio, and target glucose value.

WARNING: SmartAdjust technology should NOT be used by anyone under the age of 6 years old. SmartAdjust technology should also NOT be used in people who require less than 6 units of insulin per day as the safety of the technology has not been evaluated in this population.

The Omnipod 5 System is NOT recommended for people who are unable to monitor glucose as recommended by their healthcare provider, are unable to maintain contact with their healthcare provider, are unable to use the Omnipod 5 System according to instructions, are taking hydroxyurea as it could lead to falsely elevated CGM values and result in over-delivery of insulin that can lead to severe hypoglycemia, and do NOT have adequate hearing and/or vision to allow recognition of all functions of the Omnipod 5 System, including alerts, alarms, and reminders. Device components including the Pod, CGM transmitter, and CGM sensor must be removed before Magnetic Resonance Imaging (MRI), Computed Tomography (CT) scan, or diathermy treatment. In addition, the Controller and smartphone should be placed outside of the procedure room. Exposure to MRI, CT, or diathermy treatment can damage the components. Visit www.omnipod.com/safety for additional important safety information.

WARNING: DO NOT start to use the Omnipod 5 System or change settings without adequate training and guidance from a healthcare provider. Initiating and adjusting settings incorrectly can result in over-delivery or under-delivery of insulin, which could lead to hypoglycemia or hyperglycemia.

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Jeff Hitchcock

Jeff Hitchcock is the Founder, President, creator, editor, and webmaster of Children with Diabetes. After earning a degree in computational mathematics in 1981, Jeff worked in high tech and traveled the world, meeting Brenda, who would become his wife, in Africa. In September of 1989, their first child was diagnosed with type 1 diabetes at the age of two. Jeff worked in defense-related industries until 1995, when he started a small internet company and launched Children with Diabetes to share his family's experience caring for a child with T1D. He subsequently worked at LEXIS-NEXIS and Pearson plc on Internet initiatives, and now works full time bringing Children with Diabetes to you. Jeff also serves on the Board of Directors for the Diabetes Patient Advocacy Coalition (DPAC) and Beta Bionics.

Laura Billetdeaux

A finicky connoisseur of hotel meeting space, cappuccino, and kid-friendly cheese and fruit platters, **Laura Billetdeaux** is CWD's VP of Education and Programs. Since the first CWD event in June 2000, Laura has organized Friends for Life conferences, always keeping in mind the true purpose of Children with Diabetes—education and support of families with type 1, and always keeping in mind why it all works—the efforts of so many dedicated individuals. Laura lives in Manchester, Michigan with her husband Neal. They are parents of Sam and Carolyn, who both serve as faculty at Friends for Life conferences as time allows.

Matthew Point, MS

Matthew (Matt) Point, MS, serves as CWD's Director of Advancement. Matt is responsible for CWD's fundraising and development, working with our generous sponsors, and managing our conference scholarship program. In 2013, Matt attended his first CWD event—Friends for Life Orlando. Matt's favorite part of being involved with CWD and the Friends for Life Conferences is having the opportunity to meet other significant others of people with type 1 diabetes.

Marissa Town, BSN, RN, CDCES

Marissa Town, BSN, RN, CDCES, has lived with type 1 diabetes for 31 years and has been coming to the Children with Diabetes Friends for Life conferences since the beginning in the year 2000. She realized early on that helping other people living with diabetes was what she wanted to devote her life to, so she became a nurse and a diabetes educator. Marissa has worked in a diabetes clinic, as a pump trainer, as a Clinical Research Manager at Stanford University in diabetes research, and has recently started as the Clinical Director for CWD. Her main goal is to help improve peoples' quality of life and reduce barriers to quality healthcare. Marissa and her partner Adam have two young children, Connor and Everly, who also enjoy coming to Friends for Life to share their experiences growing up with a mom with type 1 diabetes. Marissa loves game nights, hiking with her dog Baxter, traveling (when it's not a pandemic), and crafting with her kids.

Sasha Squibb

Sasha Squibb is a visual communication specialist with a focus in non-profit marketing, serving as CWD's Creative Director. Sasha was diagnosed with type 1 diabetes more than 25 years ago and in a previous role oversaw outreach and marketing initiatives for the T1D community across Southwest Ohio. She is highly passionate about providing education and support for people with T1D and their families.

Beth Levering

Beth Levering is a part-time Project Manager and Administrative Assistant for Children with Diabetes. Beth was diagnosed with type 1 at the age of 21, shortly after graduating from the University of Cincinnati with a Communication degree. She is married and lives in the Cincinnati area and mom to three - two boys and a girl. Beth co-created a support group in the Northern Cincinnati area called "Sisterhood of the Defunct Pancreases" for adult T1 women. She enjoys spending time with her family, reading, spending time outdoors, and traveling to new places.

Denotes CWD Staff member with diabetes

Linda DiMeglio, MD, MPH

Linda Anne DiMeglio, MD, MPH is an Associate Professor in the section of Pediatric Endocrinology/Diabetology at Riley Hospital/ Indiana University in Indianapolis, Indiana. She is board-certified in Pediatrics and Pediatric Endocrinology. She is the President of the American Diabetes Association Indianapolis Affiliate, and has been the medical director of the Indiana ADA Diabetes Camp since 1998.

Dr. DiMeglio has received career development awards and funding from the NIH and Juvenile Diabetes Research Foundation. Her primary research interest in the field of pediatric diabetes is related to outcomes of children using insulin pump therapy, although she is also involved in projects related to cardiovascular outcomes of persons with diabetes.

In her spare time she researches care of pediatric bone diseases, and spends time with her husband and two sons.

Saturday	11:00 am – 12:00 pm	Illinois St West	Insulin Technologies: Smart Pens and Insulin Pumps

Leigh Fickling, MEd, MS, JD

Collector of orange and green wristbands, **Leigh Fickling, MEd, MS, JD**, is the Executive Director of the Disability Management System at Duke University and Health System. With over 20 years of higher education administration experience, Leigh is an expert in college and workplace accommodations for individuals with disabilities. As a former solo legal practitioner, Leigh's law firm specialized in education law, disability law, and family law. Leigh is the mom to twins, Ava (green band) and Davis (orange band), and can most often be found in the FFL hallways shouting, "SLOW DOWN!" Leigh feels that FFL is the number one most important tool in her diabetes tool kit and can't imagine trying to dia-beat-this without the strong support from her friends for life. FFL Conferences are the highlight of the year for the Fickling family and they can't wait to welcome new and returning families into their circle of friends! #greenandorangeforlife

Saturday	1:30 – 2:30 pm	Illinois St East	Accommodations in College and the Workplace
Sunday	11:00 am – 12:00 pm	Illinois St East	Finding Your Diabetes Support Network

Kajal Gandhi, DO, MPH

Kajal Gandhi, DO, MPH, is an assistant professor of pediatrics and pediatric endocrinology at Nationwide Children's Hospital/ The Ohio State University in Columbus, OH. She is board-certified in pediatrics and pediatric endocrinology, and completed her training in pediatric endocrinology from Texas Children's Hospital/Baylor College of Medicine. Her primary research interests include medical education, improving diabetes care and outcomes through quality improvement programs, as well as investigating ethnic/racial disparities in type 1 diabetes, to ultimately create a culturally sensitive diabetes education curriculum for medical providers and patients/families.

Saturday	1:30 – 2:30 pm	Illinois St East	CGM Tips: Challenges, Benefits, and Navigating Data Sharing
Sunday	11:00 am – 12:00 pm	Illinois St West	Identifying Glucose Patterns and Making Adjustments

Jasmine D. Gonzalvo, Pharm.D, BCPS, BC-ADM, CDCES, LDE, FAADE

Jasmine D. Gonzalvo, Pharm.D, BCPS, BC-ADM, CDCES, LDE, FAADE, is a Clinical Associate Professor of Pharmacy Practice in the College of Pharmacy at Purdue University. Her clinical practice for Eskenazi Health involves the provision of Cardiovascular Risk Reduction services operating under a collaborative practice agreement in a population with serious mental illness and for those who primarily speak Spanish in an underserved population. Dr. Gonzalvo's research interests and publications relate to cardiovascular risk reduction in individuals with serious mental illness, integration of the Spanish language into both her practice and academic settings, and diabetes self-management education and services in the pharmacy setting. Her teaching areas within the College of Pharmacy involve diabetes, dyslipidemia, patient-centered medical homes, motivational interviewing, and cultural competence. She served on the Board of Directors for the American Association of Diabetes Educators (AADE) from 2015 through 2017. She is the current Chair of the Board of Directors for the Certification Board for Diabetes Care and Education Specialists. She is active in diabetes-related advocacy efforts at the state and federal levels. In 2018, she was appointed as one of 12 non-federal members to the National Clinical Care Commission. She has been recognized with several teaching and mentorship awards throughout her career.

Saturday	11:00 am – 12:00 pm	Illinois St East	Accessing Medications and Supplies: Prior Authorizations

Denotes faculty member with diabetes

Nadine Haddad, MD

Nadine Haddad, MD is an Associate Professor of Pediatrics in the section of Endocrinology and Diabetology at Riley Hospital for Children at IU Health in Indianapolis. Dr. Haddad completed her fellowship in Pediatric Endocrinology in 2003 and has been in practice at Riley Hospital since. She has had more than 20 years of experience taking care of children with diabetes, and has participated in various educational activities related to diabetes, helped at diabetes summer camps, and has run the high risk diabetes clinic.

Sunday	9:00 – 10:00 am	Illinois St West	Managing Sick Days and Stress Days

Jeff Hitchcock

Jeff Hitchcock is the Founder, President, creator, editor, and webmaster of Children with Diabetes. After earning a degree in computational mathematics in 1981, Jeff worked in high tech and traveled the world, meeting Brenda, who would become his wife, in Africa. In September of 1989, their first child was diagnosed with type 1 diabetes at the age of two. Jeff worked in defense related industries until 1995, when he started a small internet company and launched Children with Diabetes to share his family's experience caring for a child with T1D. He subsequently worked at LEXIS-NEXIS and Pearson plc on Internet initiatives, and now works full time bringing Children with Diabetes to you. Jeff also serves on the Board of Directors for the Diabetes Patient Advocacy Coalition (DPAC) and Beta Bionics.

Saturday	9:00 – 10:00 am	Illinois Street Ballroom	Opening Keynote: CWD Origin Story

George Huntley

George Huntley is a founding member of the Diabetes Leadership Council (DLC) and currently serves as the CEO of both the DLC and its affiliate, the Diabetes Patient Advocacy Coalition (DPAC). He has been living with type 1 diabetes since 1983 and has 3 other family members also living with type 1. A passionate advocate for people with diabetes, George served as the National Chair of the Board of the American Diabetes Association (ADA) in 2009. George is also the Chief Operating Officer and Chief Financial Officer of Theoris Group, Inc., an IT and engineering professional services firm based in Indianapolis, Indiana, where he has been the plan administrator of a self-insured, employer-based health plan for over 20 years. In addition, George serves as the Treasurer of Children with Diabetes.

Saturday	3:30 – 4:30 pm	Illinois St West	Affordable Access to Insulin...

R. Stewart Perry

R. Stewart Perry grew up in Lexington, Kentucky. Since 1983 he has been the co-owner of Perry & Perry State Farm Insurance, one of the largest State Farm Insurance agencies in the state of Kentucky, and is a Diabetes Consultant and Advocate. Stewart's family has been dramatically affected by diabetes. His son had type 1 diabetes, both parents, and sister have all had diabetes during their lifetime. He has lost a son, uncle, grandfather, and great-grandmother to complications of diabetes. Stewart was diagnosed with type 2 diabetes in 1990. Since that time, he has been actively involved in diabetes issues and groups. Stewart was the Chairman of the National Board of Directors and the Chair of the National Advocacy Committee for five years at the American Diabetes Association. Stewart is a member of the Kentucky Diabetes Network and a founding member of the Fayette County Diabetes Coalition. Stewart was appointed by two different Governors of Kentucky to the GET FIT KY Board and The Diabetes Research Trust Fund Board. Stewart is one of the founders of the Diabetes Leadership Council and currently serves as Chairman of that organization where he has been instrumental in passing Diabetes Action Plan legislation in 28 states. He is currently the Vice-Chair of the Diabetes Patient Advocacy Coalition and served as interim CEO for three months. He is a very well-know speaker in diabetes circles on advocacy related topics. Stewart serves on the board of Children with Diabetes.

Saturday	3:30 – 4:30 pm	Illinois St West	Affordable Access to Insulin...

Denotes faculty member with diabetes

Matthew Point, MS

Matthew (Matt) Point, MS, serves as CWD's Director of Advancement. Matt is responsible for CWD's fundraising and development, working with our generous sponsors, and managing our conference scholarship program. In 2013, Matt attended his first CWD event – Friends for Life Orlando. Matt's favorite part of being involved with CWD and the Friends for Life Conferences is having the opportunity to meet other significant others of people with type 1 diabetes.

Saturday	1:30 – 2:30 pm	Illinois St East	Accommodations in College and the Workplace

Samantha Redden

Samantha Redden was diagnosed with Type 1 Diabetes in 1997. She is a Master Instructor for Cyclebar, the largest indoor cycling franchise in the world. She graduated with a degree in Mass Communication from Wright State University, and briefly worked as the Development Manager for JDRF in Dayton, OH before she began her career in fitness. Samantha is active on social media sharing her story of living with T1D and working in the fitness industry. In 2019 she was awarded the title of "Diabetes Female Fitness Influencer of the Year" at the Myabetic Diabetes Awards. When she's not connecting online or riding the bike, Samantha enjoys spending time with her husband and 5-year-old daughter Gracie.

Sunday	9:00 – 10:00 am	Illinois St East	Managing Exercise with T1D

Cherise Shockley

Cherise Shockley was diagnosed with LADA (Latent Autoimmune Diabetes in adults) June 2004. She is the founder of Diabetes Social Media Advocacy (#dsma), creator of the Blue Fridays initiative, and WOCDiabetes (Women of Color living with Diabetes). Cherise is a subject matter expert in diabetes social media, online communities, and peer support. She is a wife, mother, and veteran.

Sunday	11:00 am – 12:00 pm	Illinois St East	Finding Your Diabetes Support Network

Laura Smith, PhD, CDCES

Laura Smith, PhD, CDE, is a professor of pediatrics, a pediatric psychologist, and certified diabetes educator at Cincinnati Children's Hospital Medical Center and the University of Cincinnati. Dr. Smith provides clinical care and conducts research in the area of pediatric type 1 diabetes. Her research focuses on disordered eating and type 1 diabetes, how family interactions impact diabetes management, and the psychological impact of being genetically at-risk for type 1 diabetes. Dr. Smith has published research articles in these areas and speaks on these topics to various groups of healthcare providers, researchers, and patients. She also provides clinical services to individuals living with type 1 diabetes and their families. Dr. Smith's work is guided by her own experience: she was diagnosed with type 1 diabetes 20 years ago and believes that having diabetes can be challenging, but is manageable with education, a positive outlook, and a good support network.

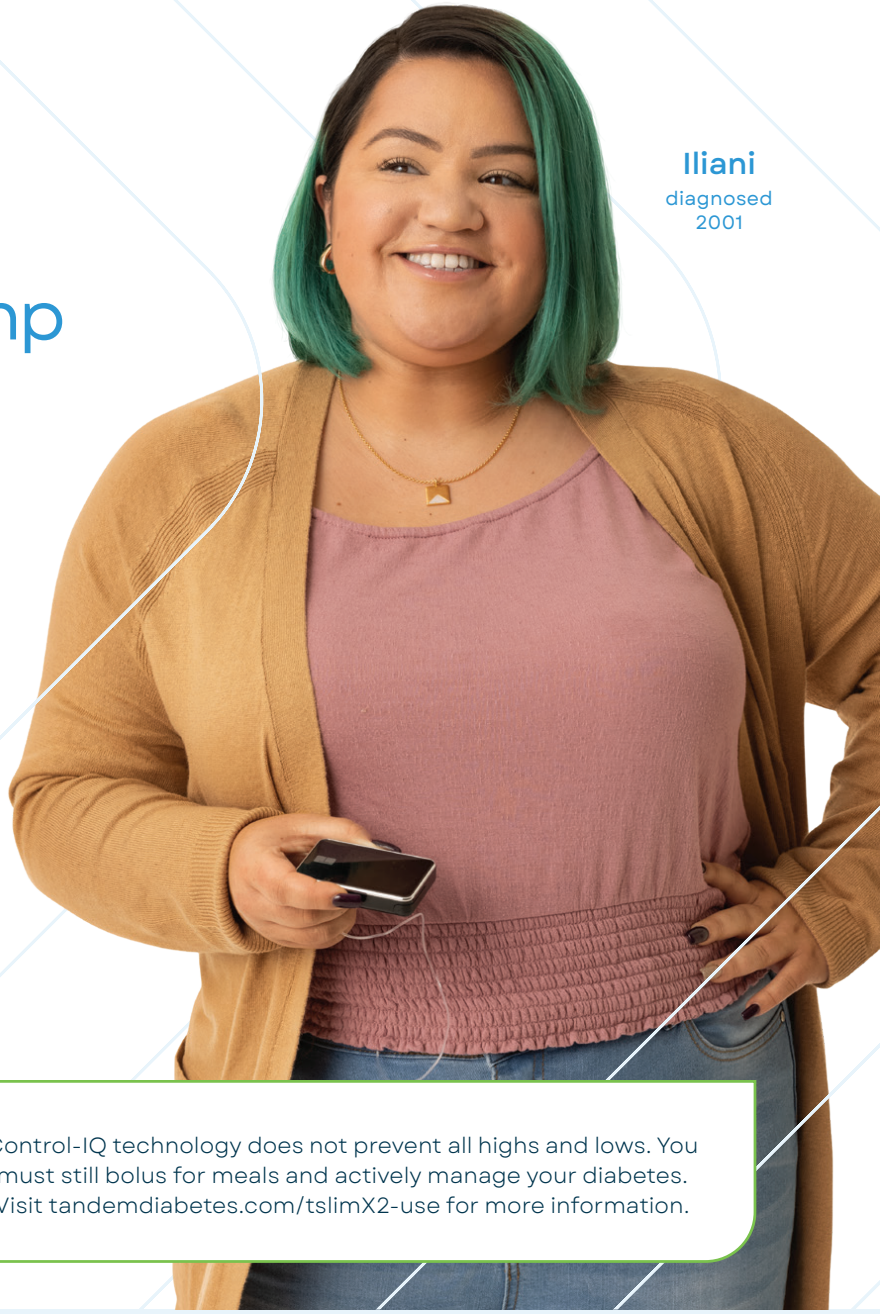
Saturday	3:30 – 4:30 pm	Illinois St East	Dealing with Diabetes Burnout
Sunday	1:30 – 2:30 pm	Illinois Street Ballroom	Self-Compassion for People with Diabetes and Caregivers

Denotes faculty member with diabetes

See How Easy Control Can Be

t:slim X2 Insulin Pump
WITH Control-IQ TECHNOLOGY

- Adjusts basal insulin delivery to help prevent highs and lows
- Delivers automatic correction boluses (up to one per hour)*
- Dedicated Exercise Activity and Sleep Activity for more targeted control



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2001

Control-IQ technology does not prevent all highs and lows. You must still bolus for meals and actively manage your diabetes. Visit tandemdiabetes.com/tslimX2-use for more information.

* If glucose values are predicted to be above 180 mg/dL, Control-IQ technology calculates a correction bolus using the Personal Profile settings and a target of 110 mg/dL and delivers 60% of that value. An Automatic Correction Bolus will not occur within 60 minutes of a bolus that has been delivered or cancelled.

Important Safety Information: RX ONLY. The t:slim X2 pump and Control-IQ technology are intended for single patient use. The t:slim X2 pump and Control-IQ technology are indicated for use with NovoLog or Humalog U-100 insulin. t:slim X2 insulin pump: The t:slim X2 insulin pump with interoperable technology is an alternate controller enabled (ACE) pump that is intended for the subcutaneous delivery of insulin, at set and variable rates, for the management of diabetes mellitus in people requiring insulin. The pump is able to reliably and securely communicate with compatible, digitally connected devices, including automated insulin dosing software, to receive, execute, and confirm commands from these devices. The t:slim X2 pump is indicated for use in individuals six years of age and greater. Control-IQ technology: Control-IQ technology is intended for use with a compatible integrated continuous glucose monitor (iCGM, sold separately) and ACE pump to automatically increase, decrease, and suspend delivery of basal insulin based on iCGM readings and predicted glucose values. It can also deliver correction boluses when the glucose value is predicted to exceed a predefined threshold. Control-IQ technology is intended for the management of Type 1 diabetes mellitus in persons six years of age and greater.

WARNING: Control-IQ technology should not be used by anyone under the age of six years old. It should also not be used in patients who require less than 10 units of insulin per day or who weigh less than 55 pounds.

Control-IQ technology is not indicated for use in pregnant women, people on dialysis, or critically ill patients. Do not use Control-IQ technology if using hydroxyurea. Users of the t:slim X2 pump and Control-IQ technology must: use the insulin pump, CGM, and all other system components in accordance with their respective instructions for use; test blood glucose levels as recommended by their healthcare provider; demonstrate adequate carb-counting skills; maintain sufficient diabetes self-care skills; see healthcare provider(s) regularly; and have adequate vision and/or hearing to recognize all functions of the pump, including alerts, alarms, and reminders. The t:slim X2 pump, and the CGM transmitter and sensor must be removed before MRI, CT, or diathermy treatment. Visit tandemdiabetes.com/safetyinfo for additional important safety information.

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TANDEM Diabetes Care
(877) 801-6901
tandemdiabetes.com

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A virtual pump demo on your smartphone

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Founding Sponsor

dexcom

CONTINUOUS GLUCOSE MONITORING

Dexcom, Inc., headquartered in San Diego, CA, is dedicated to developing innovative glucose sensing technology and products to help patients and healthcare providers better manage diabetes. The Dexcom G6™ Continuous Glucose Monitoring (CGM) System does not require fingersticks for calibration or diabetes treatment decisions* and features simple, one-touch sensor insertion. The System provides exceptional accuracy with an overall MARD of 9.0%† and features an Urgent Low Soon alert that can warn users 20 minutes in advance of severe hypoglycemia (55 mg/dL). Dexcom is the only provider of CGM systems indicated for children ages 2 years and older. Please visit **www.dexcom.com**.

*If your glucose alerts and readings from the G6 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.
†MARD is a statistical measure of accuracy; the lower the number, the better.

Founding and Advocacy Sponsor

Lilly

DIABETES

Lilly has been a global leader in diabetes care since 1923, when we introduced the world's first commercial insulin. Today we are building upon this heritage by working to meet the diverse needs of people with diabetes and those who care for them. Through research, collaboration and quality manufacturing we strive to make life better for people affected by diabetes and related conditions. We work to deliver breakthrough outcomes through innovative solutions—from medicines and technologies to support programs and more.

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simplify life™

Insulet Corporation (NASDAQ: PODD), headquartered in Massachusetts, is an innovative medical device company dedicated to making the lives of people with diabetes and other conditions easier through the use of its Omnipod® product platform. The Omnipod® Insulin Management System provides a unique alternative to traditional insulin delivery methods. With its simple, wearable design, the disposable Pod provides up to three days of non-stop insulin delivery, without the need to see or handle a needle. Insulet also leverages the unique design of its Pod, by tailoring its Omnipod® technology platform for the delivery of non-insulin subcutaneous drugs across multiple therapeutic areas. Founded in 2000, more than 140,000 users across the globe rely on Insulet's Omnipod® Insulin Management System to bring simplicity and freedom to their lives. For more information, visit **www.myomnipod.com**.

TANDEM
Diabetes Care

Tandem Diabetes Care, Inc. is a medical device company dedicated to improving the lives of people with diabetes through relentless innovation and revolutionary customer experience. The Company takes an innovative, user-centric approach to the design, development and commercialization of products for people with diabetes who use insulin. Tandem manufactures and sells the t:slim X2 insulin pump with Control-IQ technology. The t:slim X2 pump is capable of remote feature updates using a personal computer. Tandem is based in San Diego, California.

RX ONLY. The t:slim X2 insulin pump, Basal-IQ technology, and Control-IQ technology are intended for single patient use. The t:slim X2 pump, Basal-IQ technology, and Control-IQ technology are indicated for use with NovoLog or Humalog U-100 insulin.

proventionbio

Provention Bio, Inc. (Nasdaq: PRVB) is a biopharmaceutical company focused on advancing the development of investigational therapies that may intercept and prevent debilitating and life-threatening immune-mediated disease. The Company's pipeline includes a late-stage product candidate for type 1 diabetes (T1D) as well as clinical drug candidates in other autoimmune diseases, including celiac disease and lupus. We are proud to be part of the T1D ecosystem and are committed to bringing awareness to the importance and urgency of screening people with a family history of T1D for early-stage disease. Visit ProventionBio.com for more information or follow us on Twitter: @ProventionBio.

Beta Bionics™

Beta Bionics is a public benefit corporation and certified B corp. committed to commercializing the iLet® bionic pancreas. We're a people-focused company, here to serve the wider diabetes community. We want to make a difference and aim to improve the lives of people living with diabetes and hope to reduce the data and decision-making overload that PWD and their caregivers often deal with. To learn more about Beta Bionics, our team and our mission visit us at **www.betabionics.com** and @BetaBionics on social media.

Friends for Life® Orlando 2022

July 5–10, 2022 • Disney's Coronado Springs Resort • Orlando, FL

WE'RE GONNA HAVE A WILD TIME!

Register Today for **Friends for Life Orlando**

Feeling like you need to reconnect? Missing your Fiffles?

Join our dedicated group of world-renowned faculty, adults, children, and families with diabetes—including siblings and children of adults with type 1 diabetes—for a great weekend of education and support. Attend educational sessions with cutting-edge diabetes management ideas. Participate in discussion groups, share your story, and help motivate and support others who walk in similar shoes. Watch kids and teens, college students and professionals, young parents and grandparents, new and practiced diabetes clinicians, all make new and lifelong friendships.

When: July 5–10, 2022
Where: Disney's Coronado Springs Resort

Registration is $210 per person for ages 6 and older, $60 per person for ages 0-5.

Scholarships are available! CWD offers a limited number of scholarships to a limited number of applicants. Full scholarships can cover the cost of registration for up to four people, your hotel room for five days, and round-trip airport transfers, if needed. Applications are due April 30, 2022. To apply, visit **CWD.is/scholarships**.

For more information and to register and book your hotel, visit:

CWD.IS/Orlando

inaugural event

Friends for Life® Golf Outing 2022

Disney's Oak Trail Golf Course • July 9, 2022

Join us for the Inaugural Children with Diabetes – Friends for Life Golf Outing on Saturday, July 9 at Disney's Oak Trail Golf Course during FFL Orlando 2022. This exciting event, open to attendees, staff, and sponsors of all ages and abilities, will help raise funds for the Friends for Life scholarship fund. Participation is limited to the first 55 registrants–complete your registration today. Learn more and register now at **cwd.is/Golf2022**.

HOW DO YOU protect against an invisible threat? Get Type 1 Tested.

If type 1 diabetes (T1D) is in your family, you or your loved ones could be at risk:

Risk of developing T1D with:

No family history

1 in 300

Family history – up to –

15x

GREATER RISK

(1 in 20)

SIGN UP

for **Together Through T1** to get helpful information and resources about the importance of T1D screening.

Type1Tested.com

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Empowering Families **Enriching** Lives

Better Together Society

The Better Together Society (BTS) is CWD's monthly giving program. Through the BTS, your generosity funds scholarships and activities for the Friends for Life Conferences. Joining is easy! By setting up a recurring monthly donation of at least $10, you automatically become part of this big-hearted, charitable group. BTS members are recognized in CWD's conference and annual publications. You can become a member of the Better Together Society today and join the ranks of the members listed below by registering at **CWD.is/BTS**.

Better Together Society Members

The Abel Family
Mary Babin
Joan K. Bardsley
Carolyn Billetdeaux
Laura Billetdeaux
Sam Billetdeaux
Teresa Brandt
Chelsea Carr
Leslie Collins
Robert and Donna Cope
The Deitle Norris Family
Jimmy and Liz Dodson
Leigh Fickling
Mark Fox
Tina Ghosn
Parker Grand
Brian Grant and Matthew Point
Tina Hammer
Jeff and Brenda Hitchcock
George Huntley
Hannah Klippel
Rachel Knight
Lauren Lanning
Ashlyn Mills
The Moritsugu Family
The O'Dell Family
Hannah Opdenaker
Stewart Perry
Kenneth Rodenheiser
Deborah Ruppert
Carla Scott
Kerri Sparling
Sasha and Jordan Squibb
Joanne Stroud
Natalie Toomey
Marissa Town
Melissa Waits

CWD Fiffle Circle

The Fiffle Circle is CWD's individual giving program which recognizes cumulative giving and major gifts. Fiffle Circle members are recognized with a lapel pin upon entering the circle at the $10,000 level. The Fiffle Circle recognizes at each giving level (listed to the right) with a CWD challenge coin made of solid bronze, silver, and gold. Members of the Fiffle Circle are also recognized each year in CWD's annual report and conference programs.

CWD Fiffle Circle Members

Chairman's Circle
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President's Circle
Anonymous Family +
Helen Finegold and Will Nowak +
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Stewart Perry +
Miriam Stoddard +

Fiffle Circle
The Abel Family
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Gigliola and Edward Hawthorne +
Al and Sue Johnson
The Karitis Family
Teresa and Troy Littlefield
The Lukhard Family
The Merwin Family
The Moritsugu Family

+ denotes a major gift donation in 2021 or earlier

Fiffle Circle Levels of Giving

$150,000
CHAIRMAN'S CIRCLE
Gold Clad Solid Silver CWD Challenge Coin

$75,000
PRESIDENT'S CIRCLE
Silver CWD Challenge Coin

$25,000
PARTNER'S CIRCLE
Bronze CWD Challenge Coin

$10,000
FIFFLE CIRCLE
Fiffle Circle Lapel Pin and CWD Challenge Coin

Fiffle Circle Challenge Coins

Other Ways to
HELP US GROW

Legacy Society

The Legacy Society is CWD's planned giving program. By including CWD as a beneficiary of your life insurance program, 401k, or in your will, you will be "seeding the success of the next generation" of families living with diabetes. Your participation in the Legacy Society will allow CWD to continue to provide care our families need. Members of the Legacy Society are recognized with a special lapel pin. Information on joining can be found at **cwd.is/fundraising**.

Make an Individual Gift

CWD is led by science and empowered by your support. Help us bring our mission of education and inspiration to life with a gift today at **cwd.is/donate**.

Donate Stock or Mutual Funds

CWD accepts donations of stocks, mutual funds, and gifts from investment accounts. Did you know that donating stock may allow you to avoid capital gains taxes on these assets? However, you should always speak with your financial advisor.
DTC Number: *0075;* ***Account Number:*** *4586-4785;* ***Account Name:*** *T-1 Today, Inc.*

Matching Gifts

Matching gifts can essentially double your donation to CWD—don't forget to file your paperwork with your employer! These programs are generally managed by your company's human resources team. Need verification of your gift to CWD for HR? Email **donations@childrenwithdiabetes.com**.

Social Media for Social Good

Instagramming your advocacy? Facebook posts for birthday fundraisers? We're using social media to make a difference in the community. Check out the CWD Facebook page for more details at **facebook.com/cwdiabetes**.

@CWDiabetes @CWDiabetes fb.com/cwdiabetes linkedin.com/company/children-with-diabetes

Made with humanity™

To our
Friends For Life,

We all wish that we could be there in person this year, but we're incredibly excited to share our new branding with you instead.

You have been part of our journey from the very beginning, and we wanted to unveil everything to you first!

Thank you for your continued support, and we cannot wait to see you again soon!

All the best from our family to yours,

The Beta Bionics Team.

Beta Bionics™

Upcoming FFL Conferences

Mark your calendars for these upcoming Friends for Life events!

2022

Friends for Life Orlando 2022 at Disney's Coronado Springs Resort
Lake Buena Vista, Florida | July 5-10, 2022

Friends for Life College Park 2022 at the College Park Marriott
Hyattsville, Maryland | October 7-9, 2022

2023

Friends for Life Seattle 2023 at the Renaissance Seattle
Seattle, Washington | March 17-19, 2023

Friends for Life Orlando 2023 at Disney's Coronado Springs Resort
Lake Buena Vista, Florida | July 4-9, 2023

Friends for Life White Plains 2023 at the Sonesta White Plains
White Plains, New York | October 6-8, 2023

2024

Friends for Life Indianapolis 2024 at the Crowne Plaza
Indianapolis, Indiana | March 22-24, 2024

Friends for Life Orlando 2024 at Disney's Coronado Springs Resort
Lake Buena Vista, Florida | July 9-14, 2024

Friends for Life Anaheim at the Disneyland Hotel
Anaheim, California | October 25-27, 2024

Future Dates for Friends for Life Orlando

Friends for Life Orlando 2024 at Disney's Coronado Springs Resort
Lake Buena Vista, Florida | July 9-14, 2024

Friends for Life Orlando 2025 at Disney's Coronado Springs Resort
Lake Buena Vista, Florida | July 8-13, 2025

Friends for Life Orlando 2026 at Disney's Coronado Springs Resort
Lake Buena Vista, Florida | July 7-12, 2026

Friends for Life Orlando 2027 at Disney's Coronado Springs Resort
Lake Buena Vista, Florida | July 6-11, 2027

Friends for Life Orlando 2028 at the Gaylord Palms
Kissimmee, Florida | July 4–9, 2028

Friends for Life Orlando 2029 at the Gaylord Palms
Kissimmee, Florida | July 3–8, 2029

Friends for Life Orlando 2030 at the Gaylord Palms
Kissimmee, Florida | July 2–7, 2030

Thank You

Thank you to our generous sponsors for making Friends for Life® Indianapolis 2022 possible.

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