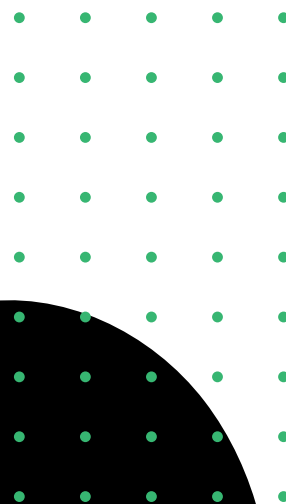




HEALTH CARE PROVIDER

2021 VIRTUAL SLIPSTREAM MAY 14, 2021

A day of connection and continuing education for health care providers who work with people with Type 1 diabetes.



WELCOME

Thank you so much for joining us at HCP Virtual Slipstream! We are honoured to have the opportunity to bring the HCP community together to connect, learn, and share experiences. We are grateful to each and every one of you for sharing your time with us on May 14 and for helping make life with Type 1 diabetes just a little bit easier. The Virtual Slipstream program is built by HCPs for HCPs and is created on a foundation of lived T1D experiences. We look forward to “seeing you” at Virtual Slipstream.

Jen Hanson, MEd, RKin, CDE
Executive Director, Connected in Motion



ABOUT CIM

Who We Are

Connected in Motion is a Canadian Registered Charity founded in 2008 with a mission to connect the diabetes community and breathe fresh air into diabetes education. CIM creates a culture of support and engagement in diabetes self-management through experiential diabetes education and outdoor adventure pursuits. By creating a community that is motivating, supporting, and inspiring individuals to take charge of their health today, we are helping to improve the quality of life for people with diabetes now and tomorrow.

Just as a cyclist tucks in and drafts with the peloton or a flock of geese soar in 'Flying V' formation, when people living with diabetes travel together, we move further, faster, and stronger. It was this philosophy from which CIM was born and upon which CIM's Slipstream programs are built: When we travel together, we can take turns breaking trail, forging paths, and providing direction; creating a slipstream for the Type 1 community to ride along in.

By taking turns in the lead, we allow for the community to explore the diverse environment that surrounds us, often pushing our own limits and stepping outside of our comfort zones - always knowing that someone has 'got our back'. We also allow ourselves to take breaks, to come along for the ride, and to realize the ease at which we can cruise when surrounded by a community who has been there, done that, speaks the language, and 'gets it'.

Staff Team



Jen Hanson

Executive Director



Heather Gomez

Slipstream Director



Julie De Vos

Slipstream Coordinator



Kendra Dempsey

Communications
Coordinator



Sarah Gaughan

Adventure Coordinator



Hank Devos

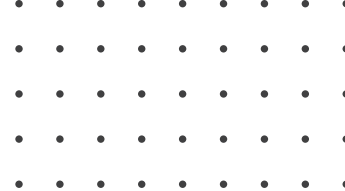
Film & Media



Mike Last

Web & Photo

A GUIDE TO VIRTUAL SLIPSTREAM



Be on time

Consider joining your session 5 minutes early. This gives you time to troubleshoot any technical difficulties. Even though we're going virtual, being on time is still very important, especially for our WORKSHOP and BREAKOUT sessions where you'll be interacting directly with the speaker... and each other!

Mute when not talking

In WORKSHOPS and BREAKOUTS, there will be times when you're talking and sharing with one another. When you're not sharing, please make sure your microphone is muted to make things easier for our speakers and volunteers.

Share the mic

In WORKSHOPS and BREAKOUTS, you'll have the chance to share, question, and discuss. Joining in on the conversation can be extra tricky in a virtual space, so we need to take care to be respectful of our peers and make sure that all voices get heard. Use the 'Raise Hand' or chat box function if you'd like to share to help the Room Captain and Speaker know you have a thought or a question!

Use gallery view

Look in the top right corner of your screen during WORKSHOPS and BREAKOUTS and use Gallery View instead of Speaker View. This will let you see up to 16 people on your screen. Are there more than 16 people in your session? You can scroll between screens too!

Lighting is key

Have you joined a WORKSHOP or BREAKOUT? Think about your lighting! Make sure there isn't light directly behind you. That can make it impossible for your peers to see you. Consider moving a small lamp or light over to the area you'll be using during Virtual Slipstream sessions.

No screenshots, please

Please refrain from taking screenshots or self-recording during sessions. If you are dying for a photo of all of your new friends in that great breakout session, please get the group's permission first and give folks an opportunity to turn off their video if they'd prefer not to be included.

Think about your background

Have you joined a WORKSHOP or BREAKOUT? Don't forget that everyone will be peering into your space! Check out what (and who!) you have on display behind you - try to keep distractions to a minimum. The plainer your background, the better!

Guest appearances

We know that for some of you, life is WILD right now. We realize that there may be guest appearances (specifically of the child/pet cat/partner-cooking-you-lunch type) throughout Virtual Slipstream. Do what you can to stay focused, but otherwise, we'll just go with the flow.

HAVE FUN!

This ain't no regular conference. We're here to connect, share, learn, and grow our community. Make some new friends and have fun!

TOPIC STREAMS

EXERCISE &
ADVENTURE

FOOD &
NUTRITION

TECH &
INNOVATION

MENTAL
HEALTH

SPECIAL
TOPICS

ACTIVITIES

SESSION TYPES



PRESENTATIONS

More traditional-style educational sessions. A speaker will share their screen and present to the group, followed by a conversation in which participants can choose to share their video, speak with one another, and ask the presenter questions.



WORKSHOPS

Sessions have a smaller participant to presenter ratio. You'll have the chance to interact with the presenter and one-another through video, chat, and hands-on activities. There will be a limit on the number of individuals who can sign up for these sessions.



BREAKOUTS

Sessions are facilitated discussions with your peers. You'll have the chance to connect via video with one another in small groups, share your experiences, and tackle themed topics with the help of a facilitator.



ACTIVITIES

We love hands-on learning! In these sessions, you'll likely be up, moving and putting lessons into practice. Consider taking part in a group yoga class, participating in a cooking class, or getting creative with an art lesson.

SUMMIT SPONSOR



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DIABETES CARE

SCHEDULE

FRIDAY MAY 14, 2021

9:00am-10:00am ET

Eastern/Atlantic Community Circle: Creative Solutions in the Clinic

Moderated by Becky Marval, OT(NS), CDE

10:15am-10:45am ET

Coffee & Conversations

Community Moderated

Mindfulness & Guided Meditation

Taught by Sam Tullman, Mindfulness Teacher

11:00am-12:15pm ET

Exercise & T1D: Troubleshooting common issues

Presented by Dr. Dessi Zaharieva, PhD, Stanford University

Managing Mental Health & T1D: PWD Experiences

Moderated by Dr. Mark Heyman, Diabetes Psychologist

Discussion Group: Aging & T1D

Moderated by Julie De Vos, RKin, CDE

1:00pm-2:15pm ET

Psychosocial Concerns in the T1D population

Presented by Dr. Jessica Kichler, Clinical Psychologist

Activity: Tough Cases in Diabetes Care

Facilitated by Heather Gomez, BKin, Connected in Motion

2:15pm-2:45pm ET

Coffee & Conversations

Community Moderated

Yoga for Every Body

Taught by Sarah Petti, Yoga Instructor

3:00pm-4:15pm ET

Language Matters: Creating a T1D-friendly environment in your clinic

Presented by Dr. Arno Kumagai, MD, UofT

Beyond Carbs: Protein & Fat Dosing

Facilitated by Alanna Chambers, RD, CDE

The role of a Support Crew in T1D Management: Panel

Moderated by Dr. Tricia Tang, Clinical Psychologist, UBC

5:00pm-6:00pm ET

Western/Central Community Circle: Creative Solutions in the Clinic

Moderated by Lorraine Anderson, RD, CDE

Eviola
diagnosed
2012

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 and Sleep Activities for more targeted control

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sold separately.



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



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* If glucose values are predicted to be above 10.0 mmol/L, Control-IQ technology calculates a correction bolus using the Personal Profile settings and a target of 6.1 mmol/L 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: The t:slim X2™ insulin pump with Control-IQ technology (the System) consists of the t:slim X2 insulin pump, which contains Control-IQ technology, and a compatible continuous glucose monitor (CGM, sold separately). The t:slim X2 insulin pump is intended for the subcutaneous delivery of insulin, at set and variable rates, for the management of diabetes mellitus in people requiring insulin. The t:slim X2 insulin pump can be used solely for continuous insulin delivery and as part of the System. When used with a compatible CGM, the System can be used to automatically increase, decrease, and suspend delivery of basal insulin based on CGM sensor readings and predicted glucose values. The System can also deliver correction boluses when the glucose value is predicted to exceed a predefined threshold. The pump and the System are indicated for use in individuals six years of age and greater. The pump and the System are intended for single user use. The pump and the System are indicated for use with NovoRapid or Humalog U-100 insulin. The System is intended for the management of Type 1 diabetes.

WARNING: Control-IQ technology should not be used by anyone under the age of six years old. It should also not be used in users who require less than 10 units of insulin per day or who weigh less than 25 kilograms.

The System is not indicated for use in pregnant women, people on dialysis, or critically ill users. Do not use the System if using hydroxyurea.

Users of the pump and the System must: be willing and able to 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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SPEAKERS & FACILITATORS



Alanna Chambers
RD, CDE

Alanna Chambers is a Registered Dietitian and Certified Diabetes Educator from Kelowna. She is currently focusing her time on community insulin pump and sensor trainings, and also works casually at the Central Okanagan Diabetes Centre. She enjoys blending her professional and personal experiences in Type 1 diabetes to try to make a difference.



Dr Arno Kumagai
MD, Professor of Medicine, UofT

Dr. Arno Kumagai is a professor at UofT and Vice-Chair, Education, in the Department of Medicine. He also holds the F.M. Hill Chair in Humanism Education from Women's College Hospital and the University of Toronto. An endocrinologist with expertise in the intensive management of Type 1 Diabetes Mellitus, Dr. Kumagai is an internationally recognized educational scholar.



Becky Marval
OT Reg(NS), CDE

Becky Marval has been living with T1D since she was 9 years old. An occupational therapist, health team lead and a private diabetes educator, she jumps at any opportunity to engage with folks in the diabetes community, especially through Connected in Motion.



Caleb Pope
Panelist

Caleb Pope is an Undergraduate student at Capilano University's School of Kinesiology while working under Dr. Tricia Tang as a research assistant at the University of British Columbia, Department of Medicine, Division of Endocrinology. She was diagnosed with type 1 diabetes at the age of 12 and managed her diabetes while playing high-level sports.



Callum Leong
Panelist

Callum has been living with type 1 diabetes since 2012. Upon being diagnosed, he struggled with the lifestyle change transitioning into living with type 1 diabetes, which led him to fitness and resistance training as an important role of managing type 1 diabetes. Today, Callum is a certified personal trainer working as a fitness coach helping others achieve their fitness goals.



Dr Dessi Zaharieva
PhD, Postdoctoral Research Fellow

Dessi completed her PhD at York University in Toronto, Canada under the supervision of Dr. Michael Riddell. Her PhD research focused on strategies to reduce dysglycemia around exercise in adults with Type 1 diabetes. Currently, she is a postdoctoral scholar at Stanford University working under the supervision of Dr. David Maahs. Her research focuses on exercise physiology and blood glucose management in T1D.



Ellen Fraser
Panelist, Neuroscientist, Scientific writer

Ellen is a Canadian neuroscientist, scientific writer, and outdoor enthusiast. She has grown up with Type 1 diabetes. Her work with the diabetes community has ranged from youth programming with Diabetes Canada to academic research on the implications of diabetes on the brain, and the benefits of peer-support interventions for folks living with diabetes.



Heather Gomez
BKIn, Connected in Motion

Heather was diagnosed with T1D in 2006. After completing her degree in Kinesiology from Acadia University, she worked for a number of diabetes organizations before joining the team at CIM. She lives with her husband and daughter in Kingston, Ontario and loves to get out for long walks no matter how crazy the weather is.



Janis Reed
Panelist, B.Sc. (Food Sci.), B.Ed

Janis was incorrectly diagnosed with T2D in 2005. Her son was diagnosed in 1999 with T1D. Janis uses the FreeStyle Libre system and more recently, the insulin pump. She shares active rural living with her supportive husband, a retired engineer. Together they have weathered the pandemic but are missing their family, especially grandchildren.



Jen Hanson
MEd, RKin, OCT, CDE

Jen is the Executive Director of Connected in Motion, where she works to bridge the gap between clinical care and 'real life' for adults with Type 1 diabetes. She has volunteered around the world with the Young Leaders in Diabetes. Jen is a Registered Kinesiologist, Certified Diabetes Educator, and Teacher. She has a Masters Degree in Education, focused on Experiential Diabetes Education.

SPEAKERS & FACILITATORS



Dr Jessica Kichler
C.Psych, Clinical Psychologist

Dr. Jessica Kichler, Ph.D., C.Psych (interim autonomous), is a Clinical Psychologist and Associate Professor in the Department of Psychology at the University of Windsor, who specializes in clinical intervention research focusing on psychosocial adjustment and coping with type 1 diabetes. She is interested in how to most effectively support college-aged students with type 1 diabetes transition into young adulthood.



Julie De Vos
RKin, CDE

Julie has spent much of her life volunteering and working in the T1D community. She has a degree in Kinesiology and Health Sciences and a career path in the diabetes industry, focused on building programs and communities for not-for-profit diabetes organizations. Today, Julie is a Registered Kinesiologist, Certified Diabetes Educator, and Health Coach.



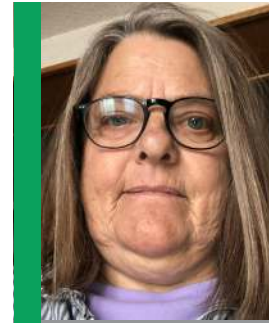
Lorraine Anderson
Tandem Diabetes Care, RD, CDE

Lorraine Anderson is a Registered Dietitian and Certified Diabetes Educator. She recently joined Tandem Diabetes Care as their Regional Clinical Manager for Canada. When not at work, Lorraine is a busy mom and stepmom to six young adults and two golden retrievers. She has lived with Type 1 for over 30 years and understands firsthand the ups and downs of daily life with diabetes.



Dr Mark Heyman
Diabetes Psychologist, CDE

Dr. Mark Heyman is a diabetes psychologist, Certified Diabetes Educator and the Director of the Center for Diabetes and Mental Health (CDMH). Mark lives in San Diego with his wife Gayle and daughter Hannah. He loves cooking, cocktails and spending time at the beach. Mark has been living with Type 1 diabetes since 1999.



Maureen Duncan
Panelist

Maureen is 63 years old and living with Type 1 diabetes. She was wrongly diagnosed with Type 2 diabetes, 15 years ago. Maureen is currently using an insulin pump and a flash glucose monitor to manage her diabetes. She has one daughter and lives with her pug and cat.



Michael Roberson
Panelist, The Glucose Gang

Michael Roberson is the founder and creator of The Glucose Gang LLC. He has been living with Type 1 diabetes for 21 years. He works to bring people with diabetes together through Glucose Gang Live, hosted every Thursday. Michael believes life doesn't end after diagnosis, that is just when it starts to get more interesting.



Sam Tullman
Mindfulness Teacher

Sam is a mindfulness teacher with a background in neuroscience research and brain and performance hacking. He was diagnosed with Type 1 diabetes at age 8 and has made it a point to never allow it to limit what he could do in life. Sam is preparing for a year abroad to study neuroscience in Brazil on a Fulbright scholarship.



Sarah Petti
Yoga Instructor

Sarah has lived with Type 1 diabetes since 2005. Her experiences with depression, burnout, and diabulimia inspired her to seek out better tools to help navigate recovery. As a yoga and meditation teacher, reiki practitioner, and women's empowerment leader, Sarah hopes to share what has helped her to heal and manage the symptoms of chronic illness and diabetes complications like gastroparesis, neuropathy, retinopathy.



Dr. Tricia Tang
Clinical Psychologist, Associate Professor

Dr. Tricia Tang is an Associate Professor in the Department of Medicine, Division of Endocrinology at the University of British Columbia Faculty of Medicine. She is also a registered clinical psychologist and behavioral scientist with over 20 years experience developing and evaluating low-cost and sustainable models to improve long-term diabetes-related health outcomes.

SESSION DESCRIPTIONS

FRIDAY MAY 14, 2021



9:00am-10:00am ET

EASTERN/ATLANTIC COMMUNITY CIRCLE: Creative Solutions in the Clinic

Hosted by Becky Marval, OT Reg(NS), CDE

Meet up with other clinicians in your (general) region to share the creative things you're doing in your clinic to tackle some of your biggest obstacles and challenges.

10:15am - 10:45am ET

Coffee & Conversations

 Breakout, Activity Stream

Casual Drop-in Session

Drop-in to the cafe for this casual coffee and chat. This session is not facilitated. Come and go as you please!

Mindfulness & Guided Meditation

 Activity, Activity Stream

Facilitated by Sam Tullman, Mindfulness Teacher

Learn about the benefits of meditation for your own mental health and your practice as a Health Care Provider. Participate in this short introduction and guided meditation practice.

11:00am-12:15pm ET

Exercise & T1D: Troubleshooting common issues

 Presentation, Exercise & Adventure Stream

Presented by Dr Dessi Zaharieva, PhD, Stanford University

Do you work with people with Type 1 diabetes who are interested in being more active? Join us to learn and share the most common challenges faced as HCPs, and discover solutions that work.

Managing Mental Health & T1D: PWD Experiences

 Workshop/Panel, Mental Health Stream

Moderated by Dr Mark Heyman, Diabetes Psychologist

Mental Health is important for anyone seeking a healthy, balanced life; however, people with Type 1 diabetes face an extra layer of challenges. Join us to hear directly from a panel of people living with Type 1 diabetes about their experiences managing mental health. Ask questions directly to the moderated panel.

Discussion Group: Aging & T1D

 Breakout, Special Topics Stream

Facilitated by Julie Devos, RKin, CDE

More folks than ever are gracefully aging into their senior years with Type 1 diabetes. Come together with other HCPs to evaluate the challenges, share resources, and discover solutions in this facilitated discussion about aging and diabetes.

1:00pm-2:15pm ET

Psychosocial Issues in the T1D Population

 Presentation, Mental Health Stream

Presented by Dr Jessica Kichler, Clinical Psychologist

Managing Type 1 diabetes is a full-time job that often leaves people managing not only a chronic condition but a range of psychosocial issues as well. Join us for a discussion about the many psychosocial issues that people with Type 1 diabetes live with and the strategies and tools we can implement to help make life with diabetes just a little bit easier.

Activity: Tough Cases in Diabetes Care

 Workshop, Special Topics Stream

Facilitated by Heather Gomez, BKin, Connected in Motion

Join us as we assess three common tough cases faced by diabetes educators in their clinics, as decided by YOU! We'll share case studies, discuss opportunities for solving the tough cases, and share strategies with one another. Walk away with new resources for your T1D toolkit.

FRIDAY APRIL 23, 2021

2:15pm - 2:45pm ET

Coffee & Conversations



Breakout, Activity Stream

Casual Drop-in Session

Drop-in to the cafe for this casual coffee and chat. This session is not facilitated. Come and go as you please!

Yoga for Every Body



Activity, Activity Stream

Facilitated by Sarah Petti, Yoga Instructor

Whether you're brand new to yoga or you've done downward dog more times than you can count, you're welcome in this class! You will be guided through this accessible hour of yoga, and appropriate modifications will be provided for all experience and ability levels.

3:00pm-4:15pm ET

Beyond Carbs: Protein & Fat Bolusing



Workshop, Food & Nutrition Stream

Facilitated by Alanna Chambers, RD, CDE

Learn practical applications from the latest academic research surrounding dosing insulin for fat and protein. Build strategies to use with the people with Type 1 diabetes who you work with.

Language Matters: Creating a T1D-friendly environment in your DEC



Presentation, Special Topics Stream

Presented by Dr Arno Kumagai, MD, Professor UofT

Join us for a discussion about the importance of language and how we can impact the culture of our clinic appointments through small shifts.

The role of a Support Crew in T1D Management



Workshop/Panel, Mental Health Stream

Moderated by Dr Tricia Tang, Clinical Psychologist

Type 1 diabetes impacts entire families and support circles. This session will look at why connection to the community and building a strong support crew is so important to a healthy life with Type 1 diabetes, as well as the ways Type 1 diabetes impacts a person's support crew.

5:00pm-6:00pm ET

CENTRAL/WESTERN/PACIFIC COMMUNITY CIRCLE: Creative Solutions in the Clinic

Hosted by Lorraine Anderson, RD, CDE

Meet up with other clinicians in your (general) region to share the creative things you're doing in your clinic to tackle some of your biggest obstacles and challenges.

Activity Stream

Special Topics Stream

ACTIVITY

WORKSHOP

Mental Health Stream

Tech & Innovation Stream

BREAKOUT

Recorded

Exercise & Adventure Stream

Food & Nutrition Stream

PRESENTATION



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