



VIRTUAL SLIPSTREAM

FEBRUARY

10-11

2023

A Master Class in Type 1 Diabetes Care

2023 PROGRAM

CONTENTS

ABOUT CONNECTED IN MOTION	3
SLIPSTREAM TEAM	4
GUIDE TO VIRTUAL SLIPSTREAM	5
SCHEDULE AT A GLANCE	6
SPEAKERS AND FACILITATORS	8
SESSION DESCRIPTIONS	10



CONNECTED IN MOTION

Connected in Motion (CIM) is a Canadian Registered Charity, founded in 2008. CIM creates a culture of support and engagement in diabetes self-management through experiential diabetes education and outdoor adventure pursuits. Just as a cyclist tucks in and drafts with a peloton, or a flock of geese soars in V-formation, when people living with Type 1 diabetes work together, we move further, faster and stronger.

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 T1D now and tomorrow.

3 >

THE CIM TEAM



Jen Hanson,
Executive Director



Lucy McGroarty,
Managing Director



Julie De Vos,
Slipstream Manager



Kendra Dempsey,
Communications
Manager



Sarah Gaughan,
Adventure Manager



Beatriz Pardal Costa,
Social Media Specialist

THE SLIPSTREAM TEAM

Hosting an incredible gathering of community does not happen without a dedicated group of staff. When you see one of them during the weekend, give them a virtual high five!



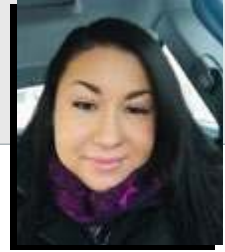
PAUL CHALMERS
Tech Support



HANK DEVOS
Tech Support



KRISTYN BOGLI
Room Captain



ANNA KUPRIANIAK
Room Captain



SHANNON FREEMAN
Tech Support



AMY BURROWS
Room Captain



STEVE CORRAL
Tech Support



KEVIN SCHOLZ
Tech Support



RYAN NEAL
Tech Support



TROY SANDY
Room Captain

GUIDE TO VIRTUAL SLIPSTREAM

BE ON TIME

Consider joining your session five minutes early. This gives you time to troubleshoot any technical difficulties. Being on time is important, especially for your WORKSHOP sessions.

MUTE WHEN NOT SPEAKING

Please make sure your microphone is muted when you're not speaking.

SHARE THE MIC

In WORKSHOPS, you will have the chance to share, question, and discuss. Use the 'Raise Hand' or chat box function if you would like to join in.

USE GALLERY VIEW

Use 'Gallery View' (top right corner of your screen) instead of 'Speaker View' during WORKSHOPS. You can adjust your settings to see up to 49 people.

PAY ATTENTION TO LIGHTING

Make sure there is no light directly behind you during your WORKSHOP sessions, as this could make it very difficult for your peers to see you.

THINK ABOUT YOUR BACKGROUND

Check out who or what you might have on display behind you in your WORKSHOP sessions. Try to keep distractions to a minimum.

REFRAIN FROM SCREENSHOTS, PLEASE

Please do not take screenshots or record during sessions. If you would like to take a photo of your new friends in a session, please ask for permission.

HAVE FUN!

This is not your typical conference. We're all here to connect, share, learn, grow and make new friends along the way!

SCHEDULE AT A GLANCE

TOPIC STREAMS:

EXERCISE &
ADVENTURE

FOOD &
NUTRITION

TECH &
INNOVATION

MENTAL
HEALTH

SPECIAL
TOPIC

Friday
February 10

8:00PM ET - OFFICIAL WELCOME & SOCIAL

9:00PM ET - HOT TOPICS

Men's
Mental Health

T1D Finances

Troubleshooting
BG Management

Pregnancy, Birth &
Postpartum

Diabetes & Other
Autoimmune Diseases

Exercise &
Adventure

< 6

Saturday
February 11

10:00AM ET - MORNING SESSIONS

How to Exercise with
Type 1 Diabetes

Diabetes Stigma in a
Cultural Environment

Beyond Clinical Trials: how
to leverage your story in
diabetes research

Ginger Vieira
Presentation

Anita Sabidi
Presentation

Linxi Mytkolli
Moderated Panel

12:00PM ET - MIDDAY SESSIONS

Using CGM to Optimize
Glucose Levels

Sleep and T1D

What You Need to Know
about the CPG for Mental
Health and Diabetes

Gary Scheiner
Presentation

Becky Marval
Workshop

Dr Jessica Kichler
Presentation

Saturday,
February 11
(cont'd)

2:00PM ET - EARLY AFTERNOON SESSIONS

This is Terrible Advice

Allison Nimlos
Workshop

'Well, that could have gone better' - Experiences in healthcare settings

Ciara Stevens &
Lisa deMolitor
Workshop

Advanced Topics in Exercise and T1D: how to reach your athletic goals

Dr Anne Marie MacDonald
Workshop

4:00PM ET - LATE AFTERNOON SESSIONS

A Healthy Relationship With Food

Lauren Newman
Workshop

Habit Anchoring As a Tool for T1D Management

Lissie Poyner
Presentation

Diabetes is a Door to a Good Life; Meditation is the Doorknob

Sam Tullman
Workshop

Control IQ: beginner and advanced conversations

Tandem Diabetes Care
Presentation with Breakout Rooms

7 >

6:00PM ET - EVENING SESSIONS

Body Image and Diabetes: improving your relationship to your body

Kelly Six
Workshop

Food & AID

Leah Groppo
Presentation

Communities of Care

Charles Woodford
Workshop

8:00PM ET - WRAP-UP + SOCIAL

SESSION TYPES:

WORKSHOP

You'll have the opportunity to interact with both participants and presenters in small groups through hands-on activities.

PRESENTATION

You'll gain new knowledge and inspiration through a traditional presentation format, followed by a facilitated Q&A session.

MODERATED PANEL

You'll have the advantage of hearing multiple opinions on a single topic from a diverse group of experts.

SPEAKERS + FACILITATORS

Thank you to our fantastic speakers and facilitators for sharing your time with us!



Person living with T1D



Support Crew/5.5er



LEAH GROPPA
RD, MS, BC-ADM, CDCES

Leah has experience counseling patients on how to achieve their health goals, interpret pump and CGM data focused on customized diabetes management.



DR ANNE MARIE MACDONALD
MD, MSc

Anne Marie is a modern HCP and passionate medical thought leader who advocates for chronic disease self-management, preventive medicine, and healthy active living.



LINXI MYTKOLLI
Strategic Leader

Linxi is passionate about building bridges between people with lived experience and research, with the goal of improving the lives of communities on the ground.



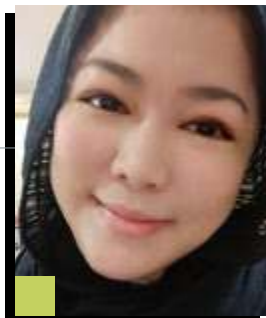
SAM TULLMAN
MPH, Mindfulness Student & Teacher

Sam researches mindfulness and other meditation practices, expanding practices and experiences in the fields of Neuroscience, Psychology, and Public Health.



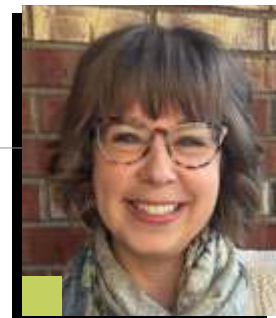
DR JESSICA KICHLER
CDCES, PhD, CPSYCH

Dr Kichler specializes in clinical intervention research focusing on psychosocial adjustment and coping with Type 1 diabetes.



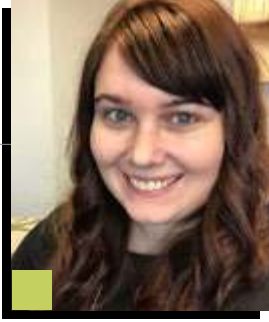
ANITA SABIDI
Illustrator, Designer

Anita is an artist, illustrator and designer with a passion for increasing diabetes awareness through her art.



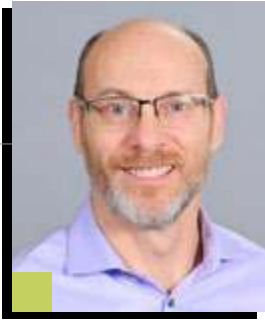
KELLY SIX
MS, RD

Kelly's ultimate goal is to guide her clients to find wellness, peace with food, and respect for their bodies in ways that can last.



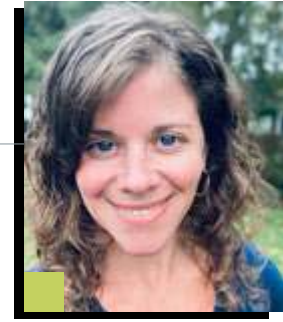
ALLISON NIMLOS
MA, LMFT

Allison works in a private practice where she specializes in chronic illness, primarily focusing on Type 1 diabetes.



GARY SCHEINER
MS, CDCES

Gary has dedicated his professional life to improving the lives of people with insulin-dependent diabetes.



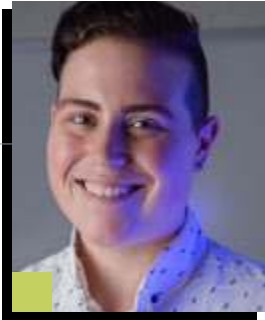
GINGER VIEIRA
Author, writer, speaker, advocate

Ginger has spent her entire adult life creating content that helps people juggle the daily challenges of Type 1 and Type 2 diabetes.



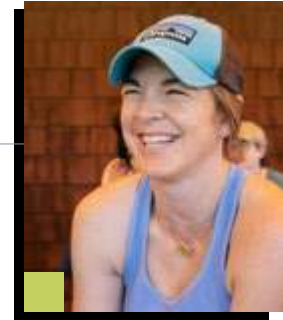
LISA DEMOLITOR
RD, CDE

Lisa loves talking about food, thinking about food, and eating food, and is also excited about diabetes tech.



CHARLES WOODFORD
PhD, Content Developer

Having had his T1D and other aspects of his identity used against him in school, work, and social settings, he has developed a passion for better, more inclusive communities.



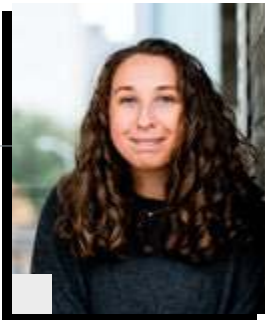
CIARA STEVENS
RN, BScN CDE, Certified Yoga Teacher

Ciara is passionate about the power of community, and has helped to develop a sense of community amongst people living with diabetes in Nova Scotia.



LISSIE POYNER
Diabetes Health Coach

Lissie helps individuals who are overwhelmed with their Type 1 diabetes gain more predictability in their blood sugars so they can finally take their plans off hold and welcome new life experiences.



LAUREN NEWMAN
RD, LD, CDCES, CEDS

Lauren is passionate about helping individuals with diabetes make peace with food and their bodies.



BECKY MARVAL
OT Reg (NS), CDE

As an occupational therapist, health team lead and private diabetes educator, Becky jumps at any opportunity to engage with folks in the diabetes community.

SESSION DESCRIPTIONS

Saturday
February 11

10:00AM ET - MORNING SESSIONS

How to Exercise with Type 1 Diabetes

Ginger Vieira

Presentation

Learn how to exercise without scary lows and frustrating highs! This session offers easy-to-grasp guidance on exercise physiology and insulin timing to help you prepare for any type of basic workout without wild blood sugar fluctuations.

Diabetes Stigma in a Cultural Environment

Anita Sabidi

Presentation

Growing up with diabetes in cultural environments has its own challenges and the stigma affects the whole family. We'll discuss, the importance of family and peer support, how to advocate ourselves in our own environments, and how to align with HCPs in our circle of support.

Beyond Clinical Trials: how to leverage your story in diabetes research

Linxi Mytkolli

Moderated Panel

Have you ever wondered how T1D researchers decide what to explore and investigate? Or what it's like to participate in a study? Have you ever had an idea you cared about and wished someone could research? Join this session to find out how your lived expertise of T1D can not only inform research, but also how you might be able to participate in studies tailored to your interests.

12:00PM ET - MIDDAY SESSIONS

Using CGM to Optimize Glucose Levels

Gary Scheiner

Presentation

Research has shown that continuous glucose monitoring (CGM) can improve glucose control and quality of life for people with diabetes. Yet, many are just scratching the tip of the iceberg when it comes to BENEFITTING from this innovative technology. This session focuses on the practical aspects of CGM: Setting & using CGM alerts, applying trend information to improve control and enhance safety, and analyzing CGM data to make adjustments to one's therapy.

Sleep and T1D

Becky Marval

Workshop

Sleep is foundational to health, including the metabolic health of people with T1D. Yet, diabetes poses vulnerability to sleep issues and carries unique challenges to optimal sleep. Learn about the relationship between sleep and diabetes and troubleshoot some common and diabetes-specific sleep challenges!

What You Need to Know about the CPG for Mental Health and Diabetes

Dr Jessica Kichler

Presentation

Understand how these clinical practice guidelines for mental health may impact your diabetes care in the future and how to advocate for your psychosocial needs with your healthcare team within the framework of these new guidelines.

< 10

Saturday
February 11
(cont'd)

2:00PM ET - EARLY AFTERNOON SESSIONS

This is Terrible Advice

Allison Nimlos

Workshop

In this workshop, we'll discuss the terrible advice we receive while managing our diabetes, and what we can do instead to live our best lives.

'Well, that could have gone better' - Experiences in healthcare settings

Ciara Stevens & Lisa deMolitor

Workshop

This will be a laid back, facilitated session where we discuss the good, the bad and the ugly when it comes to our experiences in healthcare as someone living with T1D. The goal is to come up with suggestions for how healthcare folks can improve our clinical experiences.

Advanced Topics in Exercise and T1D: how to reach your athletic goals

Dr Anne Marie MacDonald

Workshop

Learn about how to fuel properly for long runs or extended activities like cycling and hiking without going too low or too high, and how to make and accomplish big athletic goals and perform at your best. The most recent sports nutrition science and T1D exercise research will be shared and explained in a way that makes sense for you!

11 >

4:00PM ET - LATE AFTERNOON SESSIONS

A Healthy Relationship With Food

Lauren Newman

Workshop

Food is complicated, especially with diabetes! In this interactive presentation, we'll explore what a healthy relationship with food means, what it looks like with diabetes, and how you can take steps to improve your own relationship with food!

Habit Anchoring As a Tool for T1D Management

Lissie Poyner

Presentation

When living with T1D, it can be very difficult establishing goals that can be achieved through changes in habit. This is especially true if you're feeling overwhelmed with a particular aspect of self-management or with other parts of your life. Join us as we discuss productive ways to work through habit anchoring, building a toolkit for success.

Diabetes is a Door to a Good Life; Meditation is the Doorknob

Sam Tullman

Workshop

How is it that something so painful could be so profoundly helpful for living a deeply fulfilling life? It comes down to one word: transformation. This workshop will cover some of the ancient foundations of meditative practice and how they speak directly to our lives with diabetes, as well as give each participant a taste of a meditative mind and perspective, and resources to continue to develop their practice further.

SESSION DESCRIPTIONS

Saturday
February 11
(cont'd)

4:00PM ET - LATE AFTERNOON SESSIONS (CONT'D)

Control IQ: beginner and advanced conversations

Tandem Diabetes Care

Breakout 1

Intro to Tandem Diabetes Care and the t:slim X2 with Control-IQ Technology

Conversations for the Control-IQ Technology-curious!

Join the Tandem team to learn the fundamentals of the t:slim X2 insulin pump with Control-IQ technology. If you are exploring pump therapy or this system for the first time, the team is ready to help!

Breakout 2

Optimizing with Tandem Diabetes Care and the t:slim X2 with Control-IQ Technology

Conversations for success with Control-IQ Technology – Learn from our clinical experts.

Are you a Tandem pump user with questions about optimizing your experience? Join the team from Tandem to ask your questions about the system's advanced features.

6:00PM ET - EVENING SESSIONS

Body Image and Diabetes: improving your relationship to your body

Kelly Six

Workshop

Living in a world that values particular and unattainable ideals can be an assault on our body image. Living in the world with diabetes only compounds this. In this session, we will discuss frameworks for understanding body image, learn about how the brain processes and influences our body image, and practice skills to start developing a more peaceful and compassionate relationship with our bodies, all within the context of living with T1D.

Food & AID

Leah Groppo

Presentation

Automated insulin delivery (AID) is a way of delivering insulin through an insulin pump that communicates with a continuous glucose monitor (CGM). This presentation focuses on ways in which we can use AID to better our food management. Learn how best to use AID when eating a variety of macronutrients and what to do when life complicates your eating patterns!

Communities of Care

Charles Woodford

Workshop

Communities of care are social spaces where people sharing a common identity can interact and support each other. Slipstreams are communities of care based on our shared experiences, hardships, and joys of living with T1D. A key component to a community of care is inclusion and celebrations of how we are different while connecting through how we are the same. This session will tackle barriers and road-bumps in creating and maintaining communities of care, and how we can improve our community to ensure everyone with T1D is welcome, supported, and cared for.

Connected in Motion is sincerely thankful for the continual support from our sponsors. These companies make what we do possible.



Medtronic