

Diabetes Solutions
of Oklahoma

DSOK type 1 Conference



November 6, 2010

**Oklahoma City
Community College
Oklahoma City, OK**

- Tear down old ideas and negative attitudes about diabetes.
- Build the framework for a healthier life.
- Design and style diabetes to fit your life!

**For adults
with type 1 diabetes and
parents
of children and teens with
type 1 diabetes**

www.dsok.net

DATE: NOVEMBER 6, 2010

Oklahoma City Community College

Main building - College Union entrance
7777 S. May Ave
Oklahoma City, OK 73159
(more details will be sent to registrants closer to the conference day)
Child care will NOT be provided.

PRESENTED BY:
DIABETES SOLUTIONS
OF OKLAHOMA

Diabetes Solutions is a non-profit organization. Our mission is to **improve the lives of people with diabetes in Oklahoma** and to reduce the incidence of diabetes and its complications through education and behavioral research.

Please help Diabetes Solutions continue this mission by making a donation or helping us locate needed funding for all of the programs offered by DSOK.

Diabetes Solutions
3333 NW 63rd, Suite 100
Oklahoma City, OK 73116
405-843-4386
Fax 405-843-3455
www.dsok.net

WILLIAM H. POLONSKY, PHD, CDE

Dr. Polonsky is President and Founder of the **Behavioral Diabetes Institute**, the first organization dedicated to tackling the unmet psychological needs of people with diabetes. A licensed **clinical psychologist**, **Certified Diabetes Educator** and associate clinical **professor in Psychiatry at the University of California San Diego**, Dr. Polonsky has served on the editorial boards of numerous professional and lay publications, including *Diabetes Care*, *Diabetes Forecast*, *Clinical Diabetes*, *Diabetes Self-Management* and *Diabetes Health*. In addition to his professional and research publications, he is probably best known as the **author of *Diabetes Burnout: What to Do When You Can't Take it Anymore***. Dr. Polonsky received his PhD in clinical psychology from **Yale University** and has served as **Senior Psychologist** at the **Joslin Diabetes Center** in Boston, faculty member at **Harvard Medical School** and Chairman of the **National Certification Board for Diabetes Educators**.



THE TYPE 1 CONFERENCE

Diabetes Solutions of Oklahoma presents the type 1 conference. The Extreme Diabetes Makeover will serve as a good start for you and many others who share your concerns and have similar questions about living with diabetes.

This conference is designed for:

- Adults with type 1 diabetes who must live with the daily struggles of diabetes management.
- Parents of children and teens with type 1 diabetes who want to help their children grow and develop appropriately.

Diabetes self-management is more than simply taking the steps necessary to control diabetes—it's about having control over your entire life. Many adults with type 1 diabetes no longer seek the assistance of any diabetes health care professional. Unfortunately they *fall through the cracks*, missing out on new technology and treatments for effective diabetes management and complication prevention.

The *EXTREME Diabetes Makeover* will offer solutions to these problems. *This conference is an opportunity to meet and talk with others who live similar lives with similar experiences.*

CONFERENCE DESIGN PLAN

SATURDAY, November 6, 2010

- 8:30-9:15 a.m. **Sign in / Registration**
Meet and greet
- 9:15 **Welcome and Introductions**
Kim Boaz Wilson, RN, BSN, CDE, PWD
- 9:30 - 10:20 **From the Ground Up:**
An Historical Look at Diabetes from Yesterday to Today
Sharon Domek, RN, CDE
- 10:30 - 11:45 **Constructing Relationships that Work: *The Secrets of Diabetes Etiquette***
William Polonsky, PhD, CDE
- 12:00 Lunch
- 1:00 - 2:00 **SESSION A**
1. Site Contractor: *Parenting a child with diabetes*
Gant Ward, PhD
2. Support Beams: *For Spouses and Significant Others*
Mr. Jeff & Dr. Dawn Hensley, DO, PWD
3. It's Your Home Now: *Young adults with diabetes, taking responsibility*
William Polonsky, PhD, CDE
4. Foundation Preservation: *Maintaining good health as an adult with type 1 diabetes*
Cheryl Black, MD, PWD
Tim Seawright, MS, RD/LD, CDE, PWD
- 2:15 - 3:15 **SESSION B**
5. Blueprint for Control: *Carb counting from the ground up*
Micki Hall, MS, RD/LD, CDE, PWD
6. Toxin Prevention: *Diabetes, depression and burnout*
William Polonsky, PhD, CDE
7. High End Diabetes Management:
Advanced Insulin Management for Pumpers or Shooters
Heather Lackey, MS, RD/LD, CDE, BC-ADM, PWD
8. Planning & Construction of a New Addition: *Diabetes & Pregnancy*
Shannon Bailey, RD/LD, CDE, PWD
Also featuring Laura Igo-Young, RD/LD, PWD; Julie Igo-Dodge, PWD; and Lisa Owens, PWD
- 3:15 pm BREAK
- 3:45 - 4:45 **SESSION C**
9. Dining Décor: *The Art of Restaurant Eating*
Heather Lackey, MS, RD/LD, CDE, BC-ADM, PWD
10. Diabetes Engineering: *Safely Managing Exercise and Diabetes*
Larry Stanbrough, RD/LD, CDE
11. Constructing a Family: *Adoption as a Positive Option*
Molly Shockley, RN, BSN, CDE, PWD, proud mother of 4
12. Building A Strong Infrastructure: *Developing Realistic Relationships with Schools*
Margaret Enright, MPH, CDE
Rachel Bussett, mom of school age child with diabetes
- 5:00 -5:45 **Showroom of Custom Designs:**
Living life despite diabetes!
Special guests share their achievements as successful people with diabetes (PWD)
- 5:45 - 6:00 Closing & participant evaluations

PWD = Person With Diabetes (type 1)

REGISTRATION

Name _____

Spouse Name if attending _____

Street Address _____

City _____ State _____ ZIP _____

Phone _____

Email address _____
(for sending additional information and reminder)

Please select your session choices:

(Select 1 class per session)

Session A

____ 1 ____ 2 ____ 3 ____ 4

Session B

____ 5 ____ 6 ____ 7 ____ 8

Session C

____ 9 ____ 10 ____ 11 ____ 12

Spouse/significant other Session Choices:

Session A

____ 1 ____ 2 ____ 3 ____ 4

Session B

____ 5 ____ 6 ____ 7 ____ 8

Session C

____ 9 ____ 10 ____ 11 ____ 12

Please tell us about yourself:

____ I am a parent/caregiver to a child with diabetes

____ I am an adult with type 1 diabetes

Year I was diagnosed with diabetes: _____

I give insulin by ____ injections ____ pump

My spouse, who is attending,

____ does not have diabetes

____ does have diabetes

Year diagnosed: _____

Gives insulin by ____ injections ____ pump

____ I am a health care / school professional.

Please select:

____ **\$35 Individual registration**

Register before October 29th. Includes lunch, snacks, conference materials & participant educational packets.

____ **\$60 Couples registration**

Register before October 29th. This option is for two adults. It includes lunch, materials, and packets. Perfect for parents of a child with diabetes or for an adult and his or her significant other.

____ **\$50 Late or On site registration**

Registration after October 29th. This also includes registering the day of the conference.

\$50 per person with no discounted rate.

Payment Method:

____ I have enclosed a check or money order in the amount of \$ _____

____ Please bill my debt or credit card \$ _____

____ VISA

____ MasterCard

Card # _____

Card Expiration Date _____

Cardholders billing Zip Code _____

Card 3 digit security code (on back of card) _____

Signature _____

Please mail payment and registration to:

Diabetes Solutions-OK, Inc.

3333 NW 63rd, Suite 100

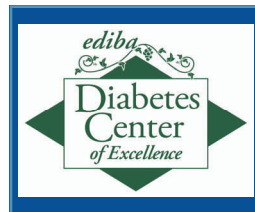
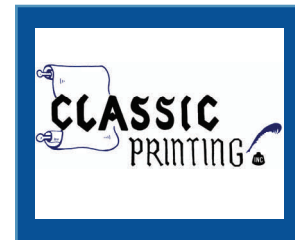
Oklahoma City, OK 73116

If using a credit card, you may fax your registration to 405-843-3455

**Register NOW!
Space is limited!**

Thank you to all of those who donate
your time, talent, and treasure to help Diabetes Solutions.
Without your help,
programs offered by Diabetes Solutions could not be possible.
(Make your donation today to add your logo to this page!)

SPONSORSHIP & SUPPORT



**Thank you for your generous support to this
wonderful community enhancing event!**

Updated 9/15/2010

Cancellations on or before October 29 are subject to a \$10 processing fee. There will be no refunds on cancellations made after October 29th.

For questions, please call 405-843-4386 or email kim@dsok.net.

We are seeking additional funding to help cover the most basic costs of this conference. All donations are tax deductible. If you would like to make a donation to this program, please make check payable to and send to:

Diabetes Solutions
3333 NW 63rd, Suite 100
Oklahoma City, OK 73116
405-843-4386

*Diabetes Solutions is an Oklahoma non-profit organization - 501(c)3.
Our mission is to improve the quality of life for people in Oklahoma who have diabetes
and to decrease the risk of diabetes and its complications through education and behavioral research!
Tax ID 73-1590673*