

## Diabetes Update

### Friday, Nov. 6th

7:30 **Registration & Continental Breakfast**

8:00-9:30 **Breakouts**

- Line Dancing
  - Bands & Balls
- Karen Donaldson, MS, RD, LD*
- “Walk the Walk”
- Eileen DeLeeuw, MS, RD, CDE*

9:30-10:30 **Breakouts**

- Creative Dietary Instruction for Children *Rick Allen, Executive Chef & Michelle Whipple, RD, CD, CNSD*
- House Calls *Lucinda Ross, MS, APRN & Michele Lichtman, APRN*

10:30-11:15 **Break with Vendors**

11:15-12:15 **Breakouts**

- Behavior Modification
- Jon Skidmore, Psy.D*
- Exercise with Diabetes (Panel Discussion)
- Eileen DeLeeuw, MS, RD, CDE*  
*Sheldon Smith, MS, CDE*  
*Dana Dopita, RN, MSN, CDE*  
*Tracy Roxburgh, Pharm Tech.*

12:15-1:15 **Lunch with Vendors**

### General Sessions

1:15-2:15 **Weight Loss Surgery**  
*Sherman Smith, M.D.*

2:15-3:15 **Testing in Pairs**  
*William Polonsky, PhD, CDE*

3:15-3:30 **Break**

3:30-4:30 **Knowledge Does Not Equal Weigh Loss**  
*Molly Gee, MEd, RD, LD*

4:30 **Evaluations, Adjourn**

### Faculty

*Molly Gee, MEd, RD, LD*  
 Baylor College of Medicine, Houston, TX

*Eileen R. DeLeeuw, MS, RD, CDE*  
 Real Life Diabetes, LLC

*Nedra K. Christensen, PhD, RD*  
 USU Extension Specialist

*Emily Cannon, RD, CDE*  
 St. Mark's Diabetes Center

*Grant Sunada, MPH*  
 Utah Diabetes Prevention & Control Program

*Ginny Burns, RN, CDE, MPH*  
 Intermountain Healthcare

*Nancy Lombardo, MLS*  
 University of Utah, Eccles Library

*R. Todd Vandenberg, MLS/TM*  
 University of Utah, Eccles Library

*Dawn Higley, MS, RN, CDE*  
 Utah Valley Regional Medical Center

*Michele Litchman, MS, APRN*  
 Wasatch Endocrinology

*Robert E. Jones, MD*  
 University of Utah, Utah Diabetes Center

*Lucie Jarrett, MS, APRN, CDE*  
 Primary Children's Medical Center

*Barry M. Stults, MD*  
 University of Utah Health Sciences Center

*Carol Rasmussen, MSN, NP-C, CDE, CPT*  
 Exodus Healthcare

*Valarie Lambert, L.C. S.W*  
 Private Practice

*Karen Donaldson, MS, RD, LD*  
 EXECCEL at Health & Wellness

*Rick Allen, Executive Chef*  
 Primary Children's Medical Center

*Michelle Whipple, RD, CD, CNSD*  
 Primary Children's Medical Center

*Lucinda Ross, MS, APRN*  
 Wasatch Endocrinology

*Jon Skidmore, Psy.D*  
 Private Practice

*Sheldon Smith, MS, CDE*  
 University of Utah - Dept. of Physical Therapy

*Dana Dopita, RN, MSN, CDE*  
 St. Mark's Diabetes Center

*Tracy Roxburgh, Pharm Tech.*  
 Diabetes Specialty Center

*Sherman Smith, MD, FACS*  
 Rocky Mountain Associated Physicians

*William H. Polonsky, PhD*  
 Behavioral Diabetes Institute

### Hotel Information

Hotels that are close to the Larry H. Miller Campus  
 Salt Lake Community College

Country Inns and Suites  
 10499 S. Jordan Gateway  
 South Jordan, Utah 84098  
 (801) 553-1151

Courtyard by Marriott  
 10701 S. Holiday Park Dr.  
 Sandy, Utah 84070  
 (801) 571-3600

Comfort Suites  
 10680 S. Auto Mall Dr.  
 Sandy, Utah 84070 (801) 495-1317

Association of Diabetes Educators of Utah  
 P.O. Box 183  
 Farmington, UT 84025



ONLINE REGISTRATION NOW AVAILABLE

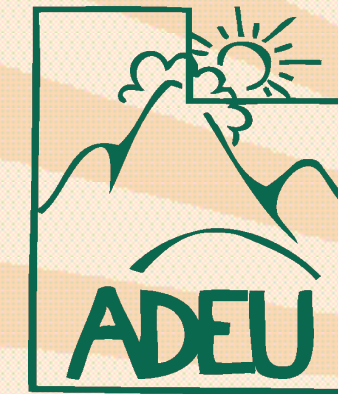
[www.aadeutah.org](http://www.aadeutah.org)

# Association of Diabetes Educators of Utah

## Update Conference 2009

**Pre-Conference: November 4, 2009**  
**Diabetes Update: November 5-6, 2009**

[www.aadeutah.org](http://www.aadeutah.org)



Association  
 of Diabetes  
 Educators of Utah



American Association  
 of Diabetes Educators

**Larry H. Miller Campus**  
**Salt Lake Community College**  
**9750 South 300 West**  
**Sandy, Utah 84070**

## Registration Form

**Online-Registration:** [www.aadeutah.org](http://www.aadeutah.org)

Payment due at time of registration.

Credit card payments call Jessica Gibbons 801-662-8507 or [jessicargibbons@yahoo.com](mailto:jessicargibbons@yahoo.com)

\* Required for Registration

\*Name: \_\_\_\_\_ \*Title: \_\_\_\_\_

\*Organization: \_\_\_\_\_

\*Address: \_\_\_\_\_

\*Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

### Pre-Conference: November 4th Holiday Cooking/Making the Holidays Fun 11:30am - 4:00pm

- Members (lunch included).....\$55  
 Non-member (lunch included).....\$75

### Social Networking in Diabetes, 12:30-4:00pm

- Members (no lunch).....\$30  
 Non-members (no lunch).....\$45

### Registration for Nov. 5th-6th

**Exercise Breakout Nov. 6th 8:00-9:30 a.m.**

**Indicate 1st and 2nd Choice:**

\_\_\_\_ Line Dancing (limited space) \_\_\_\_ Bands & Balls (limited space)  
 \_\_\_\_ "Walk the Walk"

- AADE member (full conference).....\$125  
 AADE Membership #: \_\_\_\_\_

- Non-Member (full conference).....\$200  
 To join AADE register at [www.diabeteseducator.org](http://www.diabeteseducator.org)

- One Day Registration Member.....\$75

- One Day Registration Non-Member.....\$125

- Student Registration.....\$30/day

Thurs, Nov 5th  Fri, Nov 6th

\$ \_\_\_\_\_ **Total Amount Enclosed**

### **PAYMENT MUST ACCOMPANY REGISTRATION FORM**

A fee of \$25 will be added to all registrations received after **Oct. 15th.**

A refund of all but \$50.00 will be allowed until October 15th.

**Please mail registration & make check payable to:**  
**Association of Diabetes Educators of Utah (ADEU)**  
**P.O. Box 183**  
**Farmington, UT 84025**

## General Information

### Program Goal:

To provide clinical and practice information in diabetes management, education & research.

Program Learning Objectives:

1. Participants will be able to utilize new knowledge to enhance teaching skills.
2. Participants will be able to integrate new research findings into practice.
3. Participants will be able to identify strategies to improve glycemic control among patients.

### Target Audience:

Professionals who work with people who have diabetes, including but not limited to Certified Diabetes Educators, Nurses, Dietitians, Nurse Practitioners, Pharmacists, Social Workers, Physician Assistants, and Physicians.

### Conference Sponsors:

Association of Diabetes Educators of Utah (ADEU), an affiliate of the American Association of Diabetes Educators (AADE), and the Utah Diabetes Prevention & Control Program.

### Continuing Education Credits:

**Nurses:** Application has been submitted to the Utah Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**Dietitians:** Attendance & completion of the evaluation are required for credit. A certificate of credit will be issued to those completing the evaluation.

**Pharmacy CE:** Available through approved provider.

**Membership:** For ADEU and AADE membership visit [www.diabeteseducator.org/membership/chapter/join.html](http://www.diabeteseducator.org/membership/chapter/join.html)

**Scholarships:** Available to members. For more information email Karla Howe, [karla.howe@imail.org](mailto:karla.howe@imail.org)

## Pre-Conference Update

### Wednesday, Nov. 4th

#### Diabetes Doesn't Take a Holiday... But **YOU** Can!

- 12:30-1:00 Introduction: Situational Obstacles to Dietary/Diabetes Adherence  
 1:00-1:30 Holiday Meal with "Entertainment"  
 1:30-2:00 Psychology of Holiday "Adherence"  
 2:00-2:30 Dietary Consideration: Carbs vs. Calories  
 2:30-3:00 Dietary Substitutions  
 3:00-3:20 Exercise During the Holidays  
 3:20-3:50 Medication During the Holidays  
 3:50-4:00 Q&A, Evaluation, Adjourn

*Speakers: Nedra Christensen, PhD, RD; Emily Cannon RD, CDE.; Eileen DeLeeuw, MS, RD, CDE.*

#### Weighing in on Social Media: Hands-On Social Media Workshop\* 1:00-4:00

- What Is Social Media?
- How Does It Relate to Diabetes Education?
- Who Is Using Social Media & Diabetes Education in Utah?
- How Does It Empower CDEs & Especially Patients?

\*Bring a laptop

*Speakers: Nancy Lombardo, MLS; Todd Vandenbark, MLS/TM; Ginny Burns, CDE, RN, MEd; Grant Sunada, MPH*

### Utah Diabetes Alliance Forum

**4:30-6:00 Hors d'oeuvres served**

ADA, AADE and State of Utah.

Which Certification is Right for Your Program?  
 • Requirements • Reimbursement • Pros and Cons •

*Speakers: Carol Rasmussen, MSN, NP-C, CDE, CPT; Dana Dopita, RN, MSN, CDE; Nathan Peterson, MPH; Dawn Higley, MS, RN*

No cost, but must register at  
[www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)

sponsored by the American Diabetes Association

## Diabetes Update

### Thursday, Nov. 5th

**7:15 Registration & Continental Breakfast**

8:00 Welcome *Dawn Higley, ADEU President*

### General Sessions

8:15-9:15 Obesity & Diabetes: Treating the Twin Epidemics  
*Molly Gee, MEd, RD, LD*

9:15-10:15 Health Behaviors of the Healthcare Professional  
*Michele Lichtman, APRN*

### 10:15-10:30 Break

10:30-11:30 Diabetes Medications: Weight Loss vs. Weight Gain *Robert E. Jones, M.D.*

### 11:30-1:00 Awards/Lunch

*Special Guest Speaker, Makeleta Fauolo, former Miss Tonga Utah 2008-2009*

### 1:15-2:15 Breakouts

- Update on Diabetes in Schools *Lucie Jarrett, APRN, CDE*
- Dyslipidemia *Barry Stults, M.D.*

### 2:30-3:15 Break with Vendors

### 3:15-4:30 Breakouts

- Educator Options for DSME in Primary Care *Carol Rasmussen, MSN, NP-C, CDE, CPT*
- Stress Management *Valerie Lambert, L.C.S.W.*

