Christopher Goss

Seventeen Years, One Journey: Living Fully with Type 1 Diabetes

Seventeen years ago, at the age of 24, I was diagnosed with late-onset Type 1 diabetes. Like many, I began with multiple daily injections and later transitioned to a tubed insulin pump. But it wasn't until I discovered the Omnipod System in 2008 that I truly found a way to align diabetes management with my lifestyle.

As someone who has always loved the water, the tubeless design of Omnipod was a game-changer. It gave me the freedom to swim, travel, and live more spontaneously—without the constant worry of tubes or disconnections. Paired with a continuous glucose monitor (CGM), it became the foundation for a life of mobility, confidence, and control.

This technology didn't just support my personal life—it empowered my professional one. As a full-time business traveler conducting social compliance audits in hazardous factory environments, I needed reliability and discretion. The Omnipod and CGM combo gave me peace of mind, allowing me to focus on my work without the fear of dangerous highs or lows. That chapter of my career eventually led me to a full-circle moment: joining the very company that helped me thrive.

Since 2023, I've proudly served as a **Sustainability professional at Insulet**, working in Procurement as a **Supplier Responsibility Program Manager**. My role allows me to champion ethical practices and sustainability—values that resonate deeply with my personal and professional journey.

Beyond my day-to-day work, I'm also the **founder and co-chair of the Podders Alliance Network (PAN)**, an Employee Resource Group dedicated to amplifying the voices of those living with diabetes and their caregivers. PAN serves as a bridge between internal teams and the customer experience, while also supporting external advocacy efforts. It's a space where lived experience meets innovation, and where community drives impact. Originally from Miami, I now live in the Greater Boston area with my amazing wife, our two wonderful kids, and our beloved dog and cat. I'm proud to be a "Pod Dad," and forever grateful to my loving caregivers who have walked this journey with me.

This charitable event is more than just a gathering—it's a celebration of resilience, technology, and community.

I share my story to inspire others, to raise awareness, and to remind everyone that with the right tools and support, life with Type 1 diabetes can be full, fearless, and fulfilling.

Our Diabetic journey: Taylan and Ryan Farnham

Our Diabetic journey began in February 2012 when my daughter Taylan was diagnosed with Type 1 at the age of 16 months. Taylan had been sick with hand, foot & mouth right before she was diagnosed so the doctors kept assuming the illness was just taking longer for her to get over. After 3 trips to the doctors and my daughter being lethargic and drinking endless amounts of water, I went back in and demanded tests be done because I knew something was wrong. At the time I didn't know anything about diabetes, later that afternoon I got a phone call telling me that my daughter has Type 1 diabetes and that I needed to consider it an emergency and get her to Dartmouth right away. It was roller coaster of emotions; I was so scared for my daughter and what this would mean for her future. I was so sad that a carefree childhood was taken away from her.

Fast forward to February 2021, my son Ryan had just turned 4 years old when I started noticing him having behavioral outbreaks, constant thirst and bed wetting. By then I had years of experience taking care of my daughter, so I knew the signs and symptoms and decided to check his sugar. It was close to 300, I began to cry in disbelief as I called the doctor's office. We went in and they tested his urine and told me that his sugar level was fine and they could not explain why his sugar was high when I checked it at home and that basically that the chances of me having two children with diabetes just wouldn't happen and sent us home. The same symptoms continued happening and his sugar was once again high. I took him back to the doctors; told them I know he has diabetes and that I was not leaving until we had blood work done. After the blood work we went back to the pediatrician's office to wait for the results and when the nurse came in to give the doctor the results, I could see it in her face and knew right then that my son also had Diabetes.

The wave of emotions hit me hard, all of those same emotions I had all those years ago came right back to the surface and now my son's carefree childhood was ripped away from him.

It is hard, but it got easier. By the time my son was diagnosed I had already been taking care of my daughter for 12 years so was confident in my abilities. But having two children with Type 1 Diabetes can be completely overwhelming and exhausting. Two different Dexcom's, alerts going off day or night and not knowing which child it is, being completely exhausted in the middle of the night and giving the wrong child juice when it was the other that was low. Insulin pumps failing, insulin injections, finger pricks, ketone strips and so on. Going away for just a weekend requires a large amount of planning and supplies, you also have to think of the "what ifs" because it is my child's lives at risk. As sad as I am that this happened to both of my children, I am extremely thankful for technology and modern medicine that allows my children to live a fairly normal life and am happy to say that they are both thriving.

Their fight is my fight, I will always advocate for them, will always be there to help them and teach them how to care for themselves and prepare them for life as they grow into adulthood.

WHY WE PLAY // *T1D Stories From The Fields, Ball Courts and Backyards of Life!*

Hannah Phelps

T1D's got nuthin' on her!

Wednesday, January 16, 2013 our entire family's life changed forever. Our daughter, Hannah was diagnosed with Type 1 diabetes. She was eight years old. I remember everything about that day. I remember the car ride to the emergency room being the longest ride of my life. I remember constantly watching Hannah and thinking, "Is she ok? Is she going to pass out in the car? What is Type 1 diabetes? How did our lives suddenly changed in the blink of an eye!?" When the doctor walked into the room and told us the news, I still remember not knowing what to think.

My husband Josh and I struggled with a mix of emotions in the hospital while we waited on the next doctor's visit. One minute we were crying, the next we are laughing all the while trying to keep Hannah's mind off of what was happening.

The stay in the hospital was overwhelming. We received an avalanche of information in the three days.

We were given a crash course in what Type 1 diabetes (T1D) is, how to count carbs, how to give an injection, what correction factors are, how to treat blood sugar lows and highs, and most importantly how to keep our little girl healthy from that day forward. On the day we were to leave, I remember being terrified that my husband and I were now responsible for not only keeping Hannah healthy, but keeping her alive. I said to Josh, "It's time to put on my big girl pants and deal with this!"

Two weeks after Hannah was diagnosed with Type 1 diabetes, our friend and fellow Blue Jay's teammate of Josh's introduced us to Sam Fuld, and then Jeff Kolok and the SLAMT1D family. Over the past twelve years we have met so many wonderful people through this organization. Hannah has attended the Sam Fuld's T1D Sports Camp in Tampa. In addition, our family and friends had a team in the SLAMT1D WIFFLE Ball Tournament all 5 years it was held. Team "Sick of Prick's" has been voted the most creative team name in the tournament. "Sick of Pricks" refers to the amount of times people with Type 1 diabetes has to prick themselves to check their blood sugar levels (3,285 time per yr. !) as well as change out their port sites for their insulin pump (121 times per yr.) and continuous glucose monitor CGM (52 times per yr). That's needles and punctures every time!

Fast forward twelve years and even now, at 20 years old, Hannah is thriving still. Hannah graduated high school in 2023 with her associate's degree, and now, she is a student at the University of South Florida, where she plans to become a Speech-Language Pathologist. While college life brings its own set of challenges, especially when balancing academics alongside managing Type 1 diabetes, Hannah continues to handle it all with the same strength and resilience she has shown since day one. She still uses her insulin pump and CGM daily, and while Type 1 Diabetes is ever-present, it doesn't define her. Hannah still finds the time to do the things she loves, whether that be going to concerts, spending weekends traveling and going to music festivals with friends, or going roller skating when she can find a free afternoon between school and work. Hannah may have grown up with Type 1 diabetes, but it has never dimmed her light. If anything, it's only made it shine brighter. Hannah has gone from a scared eight-year-old in a hospital bed to a confident, ambitious 20-year-old college student. And just like always, she's chasing her dreams- needles, numbers, and all.

Our family operates in the same way other families do; we just have to deal with a few more "pricks" in our life.