

## PROFESSIONAL PROFILE

Diabetes advocate and consultant balancing being a person of faith, living with a chronic condition, blogging about both, and everything in between.

## SUMMARY OF QUALIFICATIONS

- Experienced presenter on many topics including basic diabetes education, the benefits of social media involvement, and the physical effects of psychological stressors
- Active social media participant involved in blogging communities, message boards, Twitter chats, and featured guest on various diabetes related podcasts
- Completed an advanced degree in education, specifically student development and college counseling, in 2005.
- Frequent advocate for issues in the diabetes community on subjects such as the need for accurate diagnosing, reviews of diabetes products and services, the integration of faith and chronic illness, fundraising as a Diabetes Diplomat for the Diabetes Research Institute, and living each “moment” to the fullest

## DIABETES RELATED EXPERIENCE

### Founding Member

February 2010 - Present

#### Diabetes Advocates

- Campaigns on behalf of patient-serving diabetes organizations and bloggers. Organizationally the program is hosted by the Diabetes Hands Foundation, a 501(c)3 nonprofit that connects people touched by diabetes and raises diabetes awareness.
- Founding principles include building a program to support areas of mutual interest and connecting members and facilitating joint projects and diabetes awareness initiatives.

### Featured Contributor

January 2009 – Present

#### Diabetes Daily

- Provide regular contribution to the Diabetes Daily website including posts on the latest diabetes news, research, technology, and reviews of diabetes products and services.
- Invited member of the Roche Social Media Summit - an opportunity for bloggers and social media experts active in diabetes issues to come together for discussions about the latest trends and issues in online community, addressing diabetes issues such as management, research, and nutrition.

### Writer

June 2006 - Present

#### Blog: Moments of Wonderful

- Began blog as one of the earliest members of the diabetes online community, which led to the invitation to join Diabetes Daily as a paid featured contributor
- Participated in the Diabetes365 project chronicling a year in the life of someone with Type 1 diabetes - <http://www.flickr.com/photos/saraknic/sets/72157602338735002>.
- Recounted two relief trips taken to Haiti six weeks and one year after the earthquake <http://momentsofwonderful.com/haiti>

### Moderator

December 2007 - December 2009

#### Diabetes Daily

- A leading online support network (with over 20,000 registered members and over 2 million annual visitors) that helps people affected by diabetes live a better life.
- Features one of the largest diabetes forums, as well as original recipes, meal plans, cookbooks, blogs, educational resources, online blood glucose tracking, health challenges and diabetes related news.
- Monitored the message boards and chatrooms for inappropriate content and communicated with other moderators to resolve issues.
- Ensured that new members were welcomed and directed to quickly to the most helpful content.

## PUBLICATIONS AND PRESENTATIONS

Featured Guest (2011). *Continuing the Conversation: Diabetes Conferences*. Diabetes Social Media Advocacy Live. <http://www.blogtalkradio.com/diabetessocmed/2011/01/14/dsma-live>.

Featured Guest (2010). *Family of Strangers*. Just Talking Podcast. <http://justtalkingpodcast.com/2010/10/05/family-of-strangers>.

Featured Guest (2010). *Creeping is Caring*. Just Talking Podcast. <http://justtalkingpodcast.com/2010/08/31/creeping-is-caring>.

Nicastro, S. (2010). *Finding and Following a Good Lead*. Presented October 9, 2010 at the Greater Miami Association of Diabetes Educators Seminar. South Miami Hospital. Miami, FL.

Guest Blogger (2010). *Guest Post: Balance*. SixUntilMe. [http://sixuntilme.com/blog2/2010/05/guest\\_post\\_balance.html](http://sixuntilme.com/blog2/2010/05/guest_post_balance.html)

Cited in Blogger Bob (2009). *Traveling 101 for Diabetics* [Electronic Version]. The TSA Blog. <http://blog.tsa.gov/2009/03/traveling-101-for-diabetics.html>.

Cited in Author Unknown. (2009). *Top 10 Tips for Eating Healthy in College* [Electronic version]. On Life with Type 1 Diabetes section of <http://www.jdrf.org>.

Cited in Blanchard J.L. (2008). *Finding Community in Diabetes Blogs* [Electronic version]. Diabetes Health Magazine.

Plaxton-Hennings, C., Wong-Goodrich, S., Nicastro, S., Brown, J., & Zaha, N. (2004). *The Effects of Stress on Immune Functioning in College Students*. Poster presentation April 25, 2004 at the 84th annual convention of the Western Psychological Association. Phoenix, AZ.

Plaxton-Hennings, C., et al. (2003). *Eating Disorders and Religiosity*. Presented June 20, 2003 at Christian Association for Psychological Studies International Convention. Anaheim, CA.

## CONFERENCES ATTENDED

Roche Social Media Summit	June 2010, 2011
Children With Diabetes: Friends for Life	July 2008, 2009, 2011
DRI Diabetes 2.0 -> Connecting the Community from Care to Cure	November 2009

## EDUCATION

<b>Master of Education in College Student Affairs</b>	<b>May 2005</b>
Azusa Pacific University	Azusa, CA

- Thesis - The Effects of Religiosity on Eating Behaviors for Students on Campuses in the Coalition for Christian Colleges and Universities

<b>Bachelor of Arts in Psychology with a Minor in Business Administration</b>	<b>May 2003</b>
Azusa Pacific University	Azusa, CA

- Honors Scholar, Summa Cum Laude - 3.93
- Member of Psi Chi and Alpha Chi - National Psychology Honors Society and National College Honor Scholarship Society