

Juvenile Diabetes Research Foundation

Inside Outreach

*JDRF Outreach recruits, supports, engages
and connects the type 1 community.*



The quarterly newsletter from the JDRF National Outreach Department

MESSAGE FROM THE CHAIR – FALL 2011

Carol Oxenreiter

As the temperatures start to drop and the days get shorter, we all settle into our new school year routines, watch football, and think about how to deal with Halloween. Fall is also the time of year for reaping the harvest and giving thanks. One area of the Outreach team for which we are very thankful is the Regional Outreach Chairs, ROC's.

The job of an ROC is to serve as a helper, advisor, and sounding board for the group of chapters they are assigned to support. They contact each of those chapters' Outreach chairs quarterly to talk about how things are going in their chapter and to disseminate if and where help is needed in the chapter. The ROC is then asked to report to the national Outreach department quarterly about how that chapter is doing. This role of liaison is crucial to building relationships between the chapters and national Outreach for JDRF.

This program originally started as a pilot with six ROCs and due to its popularity has become available to all chapters nationwide, this year. Moira McCarthy is the Chair of this talented volunteer group; Mary Beth Allegretti, Mary Allen, Lisa Bruner, Ginger Eichhorn, Priscilla Essert, Nancy Glynn, Dawn Holsinger, Rick Langel, Shelly Page, Beth White, and Leah Wooten. Some of these dedicated people are also still acting as Volunteer Outreach Chair, in addition to being a ROC. One reason we are thankful for their service is they have worked in Outreach for many years and are dedicated to our mission of engaging and supporting. This new layer of communication is helping us to find out what is working, as well as getting new programs out into the field as quickly as possible. Another benefit of this program is the camaraderie the ROC's have within the group as well as with their chapters. We are currently planning on expanding our ROC program, so if you think you would like to be part of this wonderful group, send me an email, carol@oxenreiter.com.

Enjoy the Cooler Weather

Halloween: A Survival Guide for Parents



With just a few tricks in mind, Halloween can still be a treat for children with type 1 diabetes. While children across the nation are going to parties, running from door to door, and eating chocolates and candy by the bagful, there are ways that Halloween can still be fun for children who don't have the traditional treats in their diet.

Dr. Aaron Kowalski, Scientific Program Manager for JDRF, was diagnosed with type 1 as a child, as was his brother. He grew up having to deal with Halloween envy. "It's hard to watch other kids tear into sacks of candy, but with a little pre-planning, our parents managed to make the holiday more fun for us," he said. Our parents made the neighbors aware of our situation, and they in turn

made sure to have healthy alternatives on hand and some even gave us coins instead of candy. We never knew the difference, and it saved us from feeling different from our friends."

By the time they're going trick-or-treating or being invited to Halloween parties, children with type 1 generally know what they can't eat and why. What's important is to exchange the sugar shock for something just as good--or better. Here are some ideas to help make sure there on no real scares during the holiday.

* **Trade candy for cash or toys.** Chef Michel Nischan has two sons with type 1 diabetes, and he says that a little candy on Halloween is OK, but suggests that most of their treats be exchanged for a toy or something they really want. "Parents can also buy back the collected candy with a coin for each piece," he says, adding that "older kids may appreciate their parents making a contribution to a worthy charity like JDRF or to the victims of Hurricane Katrina."

* **Plan alternative activities and treats.** Host a Halloween party and offer things like glow-in-the-dark insects, Halloween-themed stickers, and cause-related wristbands as treats. Popcorn balls and sugar-free candy and other sugar-free treats can replace the usual sweets. By placing the focus on fun and not food, the holiday can be better and healthier for everyone involved.

* **Inform teachers and health care officials at your child's school.** Prepare your child as well as faculty and staff with information about type 1 diabetes before Halloween events begin. The holiday can be an opportunity to teach about health, science, and diet. Some schools have used Halloween as an occasion to calculate the [carbohydrate counts for varied serving sizes of sweets](#) before classroom parties.

* **Take inventory.** If you are going to allow your child to eat candy, be sure to have them pick out only a few pieces at a time and eat them according to a supervised schedule.

Did You Know...

JDRF Holiday Cards are Here Again...
visit www.jdrf.org/cards for more information.



JDRF Holiday Cards are here!

Order Today!
Send holiday greetings to family, friends and business associates and contribute to a worthy cause.

MORETHANCARDS
...helping to fund a cure

JDRF
Dedicated to finding a cure

Did you know? MoreThanCards.com has raised over \$1.5 MILLION for the JDRF in the last ten years!

YEARS 10 STRONG

OUTREACH TRAINING UPDATE

MENTORING 2.0: ADVANCING YOUR MENTORING SKILLS

Advancing Your Mentoring Skills Training – Presented by Ilene Vinikoor, a family therapist, professional mentor trainer and adult with type 1 (diagnosed 35 years ago). Ilene provides mentor training programs across the country and has worked with us to develop an Advancing Your Mentoring Skills training session for your chapter's mentors. This is a not a training for NEW mentors and is not meant to replace our current initial training, but an opportunity for your chapter's current mentors to receive additional training to enhance their skills .This training will be offered again on Monday, October 24th at 7:00pm EST due to poor audio quality on the call held in August. All chapter mentors should be invited to attend. For more information, please email Maggie at mhenning@jdrf.org.

Stay tuned for more information about upcoming trainings for volunteers and staff.

We're Here to Help!

JDRF volunteers are available to answer your questions and help you get through this difficult time. Our goal is to respond within 48 hours.

Don't worry, you are not alone!



ATTENTION ODST VOLUNTEERS:

Greetings ODST volunteers! We hope all is well with you as the Fall season is upon us! Thanks to those of you who participated on the Town Hall call that was held on Tuesday, September 27. Carol Oxenrieter, Gary Feit and Andrea Hulke provided some wonderful updated information! If you haven't had a chance, please take a look at the JDRF website as the Marketing and Communications Department has made some wonderful changes to the site. In particular please take a look at the "Life With Diabetes" tab on the website as there is a lot of resource information that is very helpful!

ODST HOUSE KEEPING UPDATE:

We're excited to share with you a new email address (yes, one email address) that when used goes to ALL the ODST moderators! So when you're planning on being out of town or out of communication for a while, please send an email to odstmoderators@jdrf.org letting us know that you're not available for handoffs. This request really helps us keep the process response time efficient. Also if you have any questions for the moderators, please feel free to use this email address.

ODST VOLUNTEERS NEEDED:

JDRF is now recruiting volunteers to be ODST volunteers. If you are interested in any of these opportunities below, please email outreach@jdrf.org with either

1. **ODST Volunteer Adult Type 1** - who has lived with type 1 for a long time and/or those who have experience with complications due to type 1 and would like to share experiences for insight and support.
2. **ODST Volunteer** - Looking for volunteers whose child is around 5 years old to offer insight and support to parents for newly diagnosed children at a young age.
3. **ODST Volunteer Dual Diagnosis** - Looking for volunteers with dual diagnosis, such as diabetes/autism or diabetes/muscular dystrophy

Thank you for your time, support and unwavering commitment to provide this service on behalf of JDRF! We are grateful for what you do!

ODST Moderators: Ardy Johnson, Steve Winer, Katie Clark, Jane Dohrmann, Randie Harmelin, Dena Korsgard, Judy Premerlani, Stefanie Sonico, and Harold Wolff

WEBSITES AND RESOURCES



Diabetic Alert Dogs by Warren Retrievers, in collaboration with Master Trainer Dee Bogetti, has developed a proprietary and unique program for training dogs to alert Type 1 diabetics to changes in their blood sugar. These dogs can be trained to notice small changes in the scent of a type 1 diabetic's skin and/or breath and alert the individual – or a family member – that their blood sugar is going dangerously low or high.

Guardian Angel Service Dogs is the philanthropic arm of Warren Retrievers and assures that families, who need a Diabetic Alert Dog in their life, are afforded that opportunity through our fundraising and outreach programs. Guardian Angel also helps raise awareness of individuals and families who are struggling with invisible disabilities such as Type 1 or Type 2 Diabetes, Hypoglycemic Unawareness, Post Traumatic Stress and Traumatic Brain Injury.

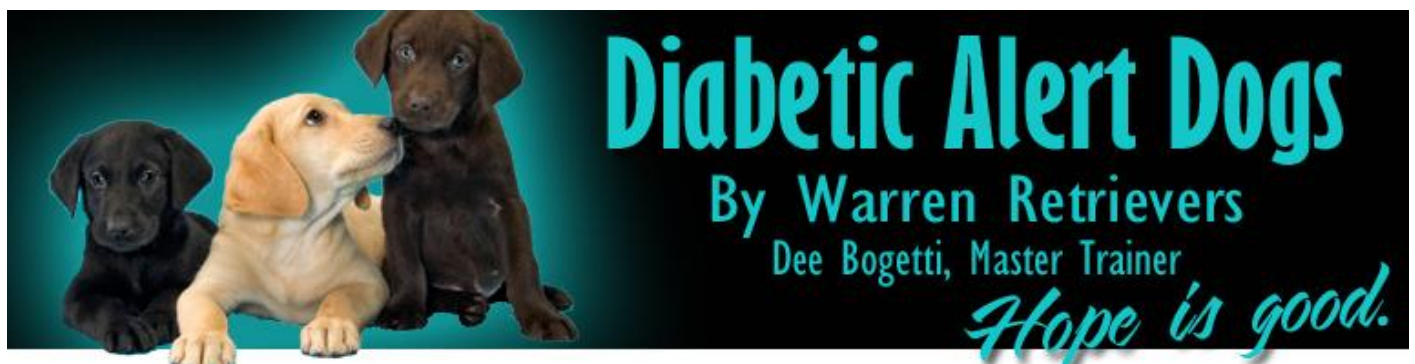
Why A Diabetic Alert Service Dog?

Diabetic alert service dogs are trained to recognize and alert on the scent of low and/or high blood sugar in diabetics. In studies, dogs have been shown to scent parts per *trillion*. Partnering with a Diabetic Alert Dog can have a significant impact on an individual's life including the potential to save it.

Our goal is for children and adults living with Type 1 or Type 2 diabetes to live a long, happy life without complications and to manage their diabetes appropriately until a cure is found. Until there is a cure, there is a dog.

Diabetic Alert Dogs by Warren Retrievers: www.diabetesalertdogs.com

Guardian Angel Service Dogs, Inc.: www.guardianangelservicedogs.org



My Bridge 4 Life™

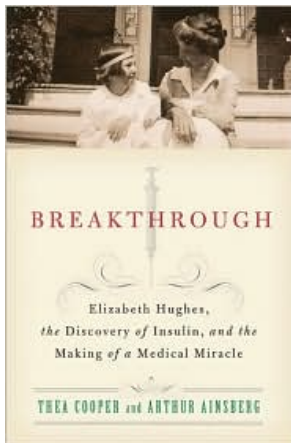
My Bridge 4 Life is a wellness network for patients, caregivers, supporters, and healthcare professionals.

- **My Bridge Plan** - Reduce the overwhelming nature of a life threatening diagnosis into manageable phases; a guide from Diagnosis to Wellbeing
- **My Community** - Gather your strongest allies, including your healthcare professionals, and unite them as an integrated part of your wellness journey
- **My Bridge Book** - Conform your Bridge Plan into a printed organizer/journal for doctor's appointments, critical information, questions, answers and more
- **Tips 4 Life** - A global database of real world wisdom and a way for you to get vetted advice from people who have been through the challenge you are facing now

If you or someone you know has received a life-threatening diagnosis, My Bridge 4 Life is here to help. We're an online and offline wellness program that takes the overwhelming nature of a major health crisis, divides it into manageable phases, helps set goals for each phase with you and your community, AND builds a wellness plan in the process. For more information, please visit <http://www.mybridge4life.com/> .

NEW!!! Book Review Corner

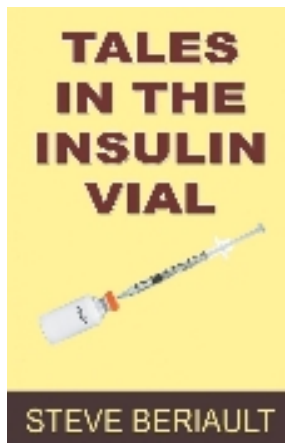
Here are a couple books that we think you would enjoy. For more information, visit the links provided below:



***Breakthrough: Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle* by Thea Cooper and Arthur Ainsberg**

“It is 1919 and Elizabeth Hughes, the eleven-year-old daughter of America's most-distinguished jurist and politician, Charles Evans Hughes, has been diagnosed with juvenile diabetes. It is essentially a death sentence. The only accepted form of treatment – starvation – whittles her down to forty-five pounds skin and bones. Miles away, Canadian researchers Frederick Banting and Charles Best manage to identify and purify insulin from animal pancreases – a miracle soon marred by scientific jealousy, intense business competition and fistfights. In a race against time and a ravaging disease, Elizabeth becomes one of the first diabetics to receive insulin injections – all while its discoverers and a little known pharmaceutical company struggle to make it available to the rest of the world.”

This is a unique telling of the true story of the discovery of insulin. The book is currently available through Barnes & Noble www.barnesandnoble.com and a percentage of all proceeds are donated to JDRF.



Tales in the Insulin Vial by Steve Beriault

According to the author, “There is an underlying warrior mentality in the book. It assumes that the diabetic is at war with a “beast or demon”. It shows no mercy and it is relentless in its pursuit to destroy the diabetic’s quality of life and, finally, kill them. The fight for life with diabetes is apparent in many of the stories, ‘**Bully Boy, Warriors, Exceptional Day, Voyageur, Steel Legs and Kidney Transplantation**’. All the stories describe events that challenge the diabetic’s will and character to overcome his/her personal enemy and succeed in life.”

This book is an autobiographical review of Steve Beriault’s life with diabetes from the age of 2 to 58. It is made up of a series of stories and fables taking the reader from childhood and adolescence to adulthood with Type 1 diabetes. It covers major concerns and successes of living with diabetes. The book is currently available through www.amazon.com.



JDRF is kicking off the first annual **T1Day** on **11.1.11**. We're asking all members of the type 1 diabetes community to help us make this day a huge success by raising awareness about type 1 diabetes on this day and throughout the month of November. Some of the activities we have planned are:

- Major announcement from JDRF, which better emphasizes our focus on type 1 diabetes
- [Team JDRF](#) events and fundraising pages in honor of **T1Day**
- Urging advocates to [sign a petition](#) to the FDA asking them to issue guidance for artificial pancreas technology advances to better treat and potentially cure type 1 diabetes
- Facebook and Twitter activities involving the community to raise awareness of type 1 diabetes throughout the day
- Ongoing status updates on FB and Twitter at 1-minute past the hour throughout the day
- Visible presence on a number of national media outlets announcing **T1Day**
- And much more throughout the month of November!

Follow us on [Facebook](#) and [Twitter](#), and check back here frequently for updates on how you can help!

ARTIFICIAL PANCREAS CAMPAIGN

Recently, JDRF launched the Artificial Pancreas Campaign, and today we're asking you to join us and sign a petition to the Food and Drug Administration (FDA). The goal of the initiative is to convince the FDA to adopt the recommendations of clinical experts to advance the development of an artificial pancreas, a device which **has the potential to be the most revolutionary advancement in the treatment of T1D since the discovery of insulin.** The petition will be presented to the FDA and leading Members of Congress to demonstrate the enormous support for accelerated progress on making a safe and effective artificial pancreas available in America as soon as possible.



Ideally, this petition would not be necessary. But FDA obstacles have already prevented Americans affected by T1D from using the low glucose suspend (LGS) insulin pump, a precursor to the artificial pancreas. Meanwhile, patients in over 40 other countries, including Canada, England, France, and Germany, can obtain the LGS device. We need to act now so that development of the first and future generations of artificial pancreas systems can proceed without delay. Clearly, T1D patients and families cannot take anything for granted, especially when the stakes are so high.

And the artificial pancreas will do more than just help those living with diabetes. If widely adopted, the artificial pancreas will help address our nation's spiraling medical costs, saving Medicare nearly \$2 billion over 25 years, according to a recent study.

Thank you for considering this most important request, and for all you are doing for JDRF and people with T1D!

