

DISCOVERIES

Meet Our Honored Walk to Cure Families

Hudson Valley Honored Family
The Suneson Family - The Glucose Gurus



On Saturday, October 18 at Scenic Hudson's Long Dock Park, the Beacon Walk to Cure Diabetes was proud to honor the Suneson Family of Wappingers Falls, NY. When Andrew Suneson was diagnosed with T1D in 2005 at age 12, it unfortunately wasn't his family's first experience with the disease. Three members on his mom's side of the family all had T1D. During the Sunesons stay at the hospital, they learned about the Walk to Cure Diabetes and decided to join

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Norwalk Honored Family
The Collis Family - Kimberly's Klan



At the Norwalk Walk to Cure Diabetes on Sunday, October 19 at Calf Pasture Beach in Norwalk, CT, JDRF was proud to honor Kimberly's Klan and the Collis Family of Monroe, CT, as the 2014 honored family. Kimberly's Klan was formed in 2004 after Kimberly was diagnosed with diabetes at age 27 months, and they have been participating in the Walk to Cure Diabetes for the 11 years since. Kimberly's grandmother, Joanne Erdmann, is the team captain and is very involved in

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Westchester Honored Family
The White Family
William's Walkers



JDRF was delighted to honor the White Family of White Plains, NY at the Yonkers Walk to Cure Diabetes on Sunday, October 26 at Yonkers Raceway at Empire City Casino. In December 2009, William White was diagnosed with T1D at the age of 4. William enjoys a variety of activities and interests including baseball and taking a hip-hop dance class, and is a busy, fun-loving eight-year old who

handles his diabetes with an amazing attitude and grace. With the support of his school nurse and physical education teach-

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Ridgefield Honored Family
The Tierney Family
Julia's Angels



The Ridgefield Walk to Cure Diabetes was proud to honor the Tierney Family of Julia's Angels on Sunday, November 2 at the Ridgefield Recreation Center in Ridgefield, CT. Julia was diagnosed with type 1 diabetes in 2002, a few weeks before her third birthday. Living in Texas at

the time, the family joined the Fort Worth JDRF Chapter and walked with a friend's team. In 2003, they formed their own

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Honored Families *continued*



The Suneson Family - The Glucose Gurus

the Diabetes Wellness Center's team. They had a great experience and soon created their own small team, Andrew's Avengers. Over the years, this name changed to The Glucose Gurus, in memory of Andrew's Aunt Carol, a type 1 diabetic, and grew to be a team that included the entire extended family. The Sunesons are very involved in all aspects of JDRF, including being a part of the walk committee and volunteering wherever they are needed. Andrew is now 21 and will be transferring to SUNY New Paltz to finish his degree in graphic design. The Glucose Gurus are celebrating their 10th Walk season and have raised over \$23,000 for JDRF.



The Collis Family - Kimberly's Klan

JDRF--helping with the Kids Walk, volunteering on Walk Day and at other chapter fundraisers, and participating on the Outreach Committee. Kimberly was named Kids Walk Ambassador in 2012 when her school, Fawn Hollow Elementary School, participated in the JDRF Kids Walk program raising over \$3,000. Kimberly loves dance, plays the viola, and has a black belt in tae kwon do. Kimberly also enjoys attending the Clara Barton Diabetes Camp each year. To date, Kimberly's Klan has raised over \$128,000.



The White Family - William's Walkers

er, William's school, Post Road Elementary, held a JDRF Kids Walk back in 2012 to generate diabetes awareness and approximately \$4,500 was raised. William's mom, Linda, is very active in our outreach programs and is a mentor for families living with T1D. This year marked William's Walkers fifth JDRF Walk to Cure Diabetes and each year the team is comprised of caring family and friends who come out to show their support in finding a cure. Their supporters have contributed generously, helping William's Walkers to raise approximately \$75,000 in the last four years.



The Tierney Family - Julia's Angels

family walk team, Julia's Angels, and have walked every year since. When the Tierneys moved to Connecticut in 2004, they joined the Fairfield County Chapter, walking in Stamford, Norwalk and Ridgefield along with family and friends who join them year after year. Julia is now 15 and a sophomore at Ridgefield High School. She plays on the field hockey team, runs for the track team, and is involved in student government. She enjoys babysitting, especially for children with diabetes with whom she shares a special bond. In addition to the Walk, the Tierneys attend the Gala annually and host an annual poker tournament. Julia's dad, Mark, is a member of the JDRF Board and participates in the Golf Tournament, and Julia's mom, Kathleen, is a mentor for newly diagnosed families. Julia's Angels has raised over \$136,000 to date.

The Westchester/Fairfield/Hudson Valley Chapter was pleased to have these four outstanding families represent the T1D community at our Walks to Cure Diabetes this year. These families have all demonstrated their unwavering support of JDRF and are a valuable force in raising money for T1D research through the Walk to Cure Diabetes.

Calendar of Events

Hudson Valley Meet & Greet

Wednesday, November 19, 2014

Poughkeepsie Galleria Mall, Poughkeepsie NY

Chapter Open House

Tuesday, December 2, 2014

JDRF Westchester Office, White Plains NY

Thursday, December 4, 2014

JDRF Fairfield Office, Norwalk CT

CATWALK 5

Fashion, Food & Friends for a Cure

Thursday, March 5, 2015

Loading Dock, Stamford CT

Black & White Gala

JDRF Westchester/Fairfield Gala

Saturday, April 25, 2014

Hyatt Regency Greenwich, Greenwich CT

Hope Gala

JDRF Hudson Valley Gala

Spring 2015

Location TBD

A Mild Sprain

Sunday, May 17, 2015

Sprain Ridge Park, Yonkers NY

Noah's Ride

May 2015

Freedom Park, LaGrange NY

Annual Research Update

June 2015

Greenwich Library, Greenwich CT

Strides to Cure Diabetes

Sunday, June 7, 2015

Brookfield CT

Family Fun Day

JDRF Awareness/Health Expo

June 2015

Rye Playland, Rye NY

Peace, Love, Cure

Fun, fitness, and friends for a Cure

July 2015

Location TBD

Children's Congress

July 13 to 15, 2015

Washington DC

From the Presidents

We are pleased to represent the newly merged Westchester/Fairfield/Hudson Valley Chapter. For JDRF, FY2015 also brings a new message with an ever-present focus on the mission to find a cure: “Type One to Type None.” We want to thank you for your ongoing support and hope you will continue to be involved in the coming year as we put forth efforts aimed at a world without T1D.

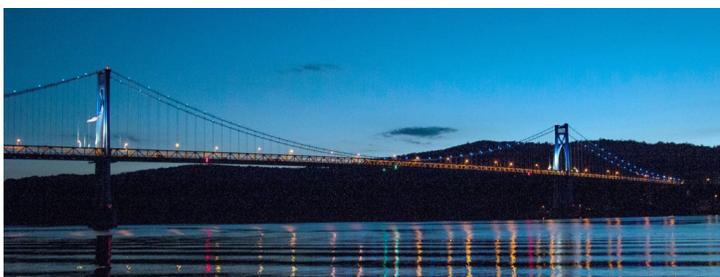
This edition of the newsletter is chock full of news on our recent annual chapter events. We were very fortunate to have many supporters hold community events to raise funds for JDRF and these efforts will be featured in a separate publication titled Community Events Update. We hope you find inspiration in their success. No idea is too small; we encourage you to reach out to your chapter staff. They can help turn your ideas into fundraising opportunities.

JDRF is the only global organization with a strategic research plan to end T1D. Our plan ensures that there will be an ongoing stream of life-changing therapies moving from development through to commercialization that lessen the impact of T1D. We want to keep people with T1D healthy and safe today until we reach our ultimate goal of a cure and universal prevention of T1D.

Whether it is volunteering time, talents, or treasures, your efforts will help us find a cure for T1D. We ask for your continued support and look forward to the wonderful year ahead.

Robert Carpenter and Max Gaujean

National Diabetes Awareness Month



During the month of November, many national monuments, buildings and bridges are illuminated in blue in recognition of National Diabetes Awareness Month. The city of Poughkeepsie lit the Mid Hudson Bridge in blue on November 3. This majestic bridge served as a reminder to all of the work JDRF has accomplished and what still needs to be done.

Photo contributed by Duane Beyer

Chapter News



Our new website launched in May 2014. Visit us at westchesterfairfield.jdrf.org. The website is well organized and easier for our most important audience to navigate – YOU!

Some of the highlights of the website include:

- More information for all ages at all stages
- Up-to-date support group information
- Increased access to JDRF funded research
- Ways to get involved and make a difference

Email kvadenais@jdrf.org with events or information to add to our website or Facebook page.

DISCOVERIES

With a focus on improved communications, we are also pleased to announce an enhanced newsletter program for 2015. Our Chapter newsletter is *Going Green!* and changing it’s distribution schedule. Three times a year, the Westchester/Fairfield/Hudson Valley Chapter will publish an e-newsletter with upcoming event information and recap news. A Community Events Update e-newsletter will also be published twice a year featuring the fundraising efforts of our JDRF families and supporters.

Subscribers will receive a notification by email when each newsletter has been uploaded to the chapter’s website. The newsletter will be available for viewing on-line or downloading by making the selection from the dropdown menu under the News tab on our chapter website.

To subscribe, email Joan Benz at jbenez@jdrf.org and enter “subscribe to newsletter” in the subject line. If you subscribe by December 31, you might just win TWO tickets to a 2015 JDRF event of your choice.

Stay connected



westchesterfairfield.jdrf.org

Walk to Cure Diabetes

Full is Walk season at JDRF and this year our chapter had four Walks within a three week period, putting us on track to raise close to **one million dollars**. The Walk to Cure Diabetes is a morning full of celebration, community and families gathering together to support their loved ones and raise funds and awareness for T1D. Participants enjoyed several new activities this year, including our very popular Money Booth, where walkers had a chance to catch gift certificates donated by area businesses. There were also annual favorites including Tumblebus, the game truck, Home Depot crafts, facepainting, and lawn games. Special guests included Congressman Jim Himes, U.S. Representative from CT, Rudy Marconi, First Selectman of Ridgefield, Mike Spano, Mayor of Yonkers, and Chuck Benfer of iHeart Radio. In addition to a special appearance by The Monroe Dance Academy, program warm ups were provided by Will2Lose and Zumba.

View more Walk photos at [our Facebook page](#)



From big teams to small teams, we had them all! Over 5,700 walkers from 158 returning teams and 125 new teams participated in our four Walks to Cure Diabetes.



Congressman Jim Himes joined the hundreds of volunteers, sponsors and supporters who pitched in and gave their best to ensure our success.



Whether it was building stuff, playing dress-up, winning prizes or just horsing around, we had activities galore and fun was had by all!



Unfortunately, diabetes doesn't take a break even for the Walks.



Our honored families cut the ribbons and the Walks to Cure Diabetes began!

Photos contributed by Duane Beyer, Ben Cotten, Joaquin Cotten, Mary Harold, and Frank Kwok

Walk Kickoff Events

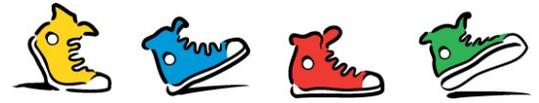
From balloons to bouncing

The Westchester/Fairfield/Hudson Valley Chapter was busy this summer hosting three Walk to Cure Diabetes Kick-off events. The events showcased the commitment our T1D community has to the JDRF Walk to Cure Diabetes.

On June 21, the ninth annual JDRF Family Day & Expo/Walk Kick-Off was held in the pavilions at Rye Playland in Westchester County. A portion of the morning was dedicated to promoting the four Walk to Cure Diabetes events in our counties. 38 teams pre-registered their Walk teams and those families received one additional ride and entrance band. Several returning team captains along with many new families visited the Walk information table to ask questions and many were able to register their Walk team on-site. Our Walk staff enjoyed meeting so many families dedicated to supporting JDRF and the Walk to Cure Diabetes.



Photos contributed by Elaine Miskolcze



2014 Top Walk Teams (as of Walk day)

Battling Brothers
Carpenters Crew for a Cure
ChappaCURE and Friends
Clan Dan
D'Errico
Ebinger Express
Emma's Expedition
Glucose Gurus
Julia's Angels
Kimberly's Klan
Princess Jamie Lynn & Her Royal Court
Ragin' Katies
Sweet Siblings
Team Amanda
Team Jessica
Team Noah's Ark
Team Sweet Madeline
Team Zoe
Type 1 Toughs
William's Walkers
Woodlawn Warriors

Thank you to all for collectively raising over \$270,00 (and counting!)

Special Thanks to Our Corporate Sponsors

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Stamford Hospital
Starbucks • Stew Leonard's
Stop and Shop • Vassar College
Westchester Family Magazine
Westchester Medical Center/ Maria Fareri
Children's Hospital
WestMed



Photos contributed by Mary Harold

In Northern Fairfield County, over 70 of our walkers bounced their way into the Walk season on July 17 at SkyZone in Bethel, CT. This unique Walk kick-off event was sponsored by Tandem Diabetes Care. The JDRF Walk staff was able to provide the "bouncers" and their families with information about the Walk program, the registration website and new fundraising tips. It was a fun evening and productive way to communicate the Walk mission and to get people excited about the Walk season.

BOUNCE! Trampoline Sports in Poughkeepsie, NY hosted a Walk Kick off in the Hudson Valley on July 30. Similar to the SkyZone experience, families gathered to learn more about the Walk program, JDRF's Kids Walk program and network with other families.

Crystal Ball

JDRF hosted its 2014 Crystal Ball on Saturday, April 26 at the Hyatt Regency in Greenwich, CT. The Stagg Family, of Purchase NY, was the recipient of the inaugural Founder's Award for their outstanding volunteerism and community outreach.



The Stagg family: Ryan, Ashley, Theresa, Mark, Tyler, Amanda, Justin

Mark and Theresa began their work for JDRF when their daughter, Amanda, was diagnosed with T1D in 2003. In a bejeweled ballroom, over 500 guests and sponsors attended the event which raised \$700,000 for T1D research.

The Gala Committee worked together to produce an elegant evening that featured a live and silent auction of trips and exclusive dining and entertainment packages. Under the leadership of Barbara Arman, an array of beautiful auction items were procured which then raised well over \$100,000.

The Kids Art Project, 'The Healing Circle', was conceived and orchestrated by Jessica Lynch, who led our chapter children in creating a mandala out of brightly colored canvas fabric.

Through this shared experience and within the final artwork, the hope of each child is creatively embodied in support of finding a cure for T1D. Special thanks to Barbara and Jessica, along with Dahlia Swerdloff, Entertainment Chair, Jennifer D'Errico and Felicia DePaola, Journal Co-Chairs, and Natalie Chizak and Laura Daniels, PR Co-Chairs.



The Healing Circle

This year's FAC speaker, Kristen Rivera, of Weston CT, spoke eloquently about her life with T1D likening it to that of Space Mountain, a scary roller coaster ride of twists, turns, highs and lows. She noted that life with T1D is similar, except you can't get off and it's not much fun. During the FAC video, Jennifer Stagg's vocal performance was enjoyed by all.



FAC speaker, Kristen Rivera

Thank you to everyone involved in the planning process and to all our guests, sponsors and volunteers. Save the date for the Black & White Gala, Saturday, April 25, 2015 at the Greenwich Hyatt Regency. Please contact [Stephen Gnojewski](#) if you would like to join our 2015 gala committee, donate an auction item or become a sponsor.

A Recipe for Hope

JDRF hosted its 2014 A Recipe for Hope Gala at the Culinary Institute of America (CIA) on Friday, May 30 in Hyde Park, NY. Over 120 guests attended the gala which featured a delicious four-course dinner at the Caterina de Medici restaurant. This inspiring evening raised nearly \$50,000 for T1D research.



Robert Hettinger and Heather Caparosa

Robert M. Hettinger, President and Owner of Valucharge of the Hudson Valley, was the recipient of the Corporate Honoree award. Heather Caparosa, Gala Chair, had the honor of presenting the award to Robert.

She spoke graciously of Robert's longtime support for JDRF and her daughter, Emily age six, who was diagnosed in 2010.

Katie Rapp, LCSW and Case Manager of Pediatrics at Vassar Brothers Medical Center, was honored as this year's T1D Advocate for her continuing support of children and families living with T1D.



Julie Raines presents Katie Rapp with the T1D Advocate Award

The award was presented by Julie Raines who, along with her daughter, Sarah, has been attending Katie's T1D support group for five years.



FAC speaker, Brendan Kackley

Brendan Kackley served as the evening's FAC speaker and spoke about his diagnosis less than 4 years ago and involvement with JDRF's Ride and Walk programs.

The Kids Art Project featured an entire dinner set colorfully painted by the kids of the Hudson Valley. The set was comprised of 6 four piece place settings and each child decorated their piece with an image of what they hope for in the future.



Just a few of the beautiful pieces in the Kids Art Project

The evening's cocktail hour was held in the CIA's campus herb garden where guests viewed and bid on the amazing packages in the silent auction. Thank you to all our guests, sponsors and volunteers for their continued involvement and support of this event. Please contact [Stephen Gnojewski](#) if you would like to become involved in planning the Hudson Valley Gala.



*Special thanks to
our generous gala sponsors*

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 The Kimble Family • The Kivel Family • The Koller Family
 The Lynch Family • The Myers Family • The Rivera Family
 The Scherb Family • The Stagg Family • The Stagg Group
 The Tobin Family • The Waldman Family • The Winrow Family
 Titan Capital • Westwood Organics • William & Lauren Thaler

To view more photos of the Crystal Ball and Recipe for Hope, visit [our Facebook page](#)

Spring Events

Peace, Love, Cure *A morning of fun, fitness, and friends*



The first annual Peace, Love, Cure was held on Tuesday, July 22 at Willow Ridge Country Club in Harrison, NY. This event was inspired by the committee's collective love of tennis and interest in yoga. It was a perfect weather day for those who chose the tennis instruction which was led by club professionals. Guests choosing yoga took a class with Debbie Zimmerman, an instructor from Radiate Yoga in Pelham NY.

A luncheon followed the activities where committee member Kirsten Krohn spoke about her son's diagnosis in 2012 and of not only the familial affect, but also of the devastating societal and economic effects of T1D.

Many attendees went home with raffle prizes that included USTA tickets, restaurant certificates, and exercise classes. The invigorating and inspiring event was rounded out with laughter courtesy of comedian Cory Kahaney whose act had everyone in stitches. The event raised nearly \$20,000 and plans have begun for the next Peace, Love, Cure in July 2015.



Peace, Love, Cure Committee Members model the commemorative tank top that each guest received.

A Mild Sprain

On Sunday, May 18 more than 300 runners joined us for the third annual A Mild Sprain at Sprain Ridge Park, Yonkers, NY. This year's event raised awareness and more than \$98,000 for JDRF. Over the past three years A Mild Sprain has contributed over \$224,000 to T1D research!

The event chairs, David Vogel and Brant Brooks, along with an active committee have grown this event into one of the largest fundraising grassroots events in the county. JDRF congratulates the entire committee for all they do for JDRF.

JDRF, along with David and Brant, would like to thank the event sponsors: Tommy Hilfiger, The Vault, Studio23.com, Westchester's Ridge Hill and Good Hill Partners.

Please save the date for the fourth annual A Mild Sprain trail run on Sunday, May 17, 2015.



Event co-chairs, Brant Brooks and David Vogel celebrate the day.



Brant and David with Dawn Byck, first woman to cross the finish line.



And the runners take off!



First place finisher, Ryan Fitzsimons on the trail.

Kids Walk to Cure Diabetes

KIDS WALKS....NOT JUST FOR KIDS!

Our Kids Walk program is growing! Join us and help expand this fun, educational, in-school fundraising program in one of three exciting ways.

BE A PART OF OUR HIGH SCHOOL INTERNSHIP PROJECT

This new endeavor is an exciting opportunity for students in high school to earn community service hours while being a part of the Kids Walk program. Students will recruit an elementary school within their district for participation in the Kids Walk and manage the campaign from start to finish. JDRF will provide full support and training and interns will gain valuable experience. This is an opportunity you can't afford to pass up!

JOIN OUR NEW KIDS WALK COMMITTEE

Interested in being a part of this fun, educational, school fundraising program? Join our Kids Walk Committee and help with any one or all of the following: recruit new schools, present Kids Walk assemblies at area schools, attend walk days at area schools, assemble packets and prizes for participating schools, identify possible program sponsors and/or matching gift sponsors. There's something for everyone! Join us and find out how you can help!

TELL YOUR SCHOOL ABOUT THE KIDS WALK PROGRAM

Elementary schools and their students are learning about diabetes and helping JDRF raise money for our mission. Huckleberry Hill Elementary School, our top fundraising school this year, raised more than \$10,000! Help get your school involved today!

Visit kidswalk.jdrf.org or contact your local coordinator, Jean Marie Trick, at 914-606-0513 or jmtrick@jdrf.org



Kids Walk Spotlight

Huckleberry Hill Elementary School



Huckleberry Hill fourth graders, Aidan and Kyle, lead their school's Kids Walk alongside Nurse Walsh.

JDRF is excited to shine the Kids Walk School Spotlight on Huckleberry Hill Elementary School (HHES) in Brookfield, Connecticut. HHES is home to 550 students in grades two

through four. The school has participated in the JDRF Kids Walk to Cure Diabetes program for the past three years, raising nearly \$31,000 to support JDRF and fund T1D research.

Aidan and Kyle assisted during the Kids Walk assembly during this past school year. They answered questions posed by their curious classmates and shared their stories of daily life with T1D. Several weeks later, after their friends and teachers raised more than \$10,000 in their honor, the boys led Huckleberry Hill's Kids Walk around their school.

The continued support and commitment from Mrs. Walsh, the school nurse, has made each Kids Walk an incredible success. Most importantly, this event helps students become more educated about T1D and feel a sense of pride in raising funds for a worthy cause.

Thank you Huckleberry Hill Elementary School!

JDRF Advocacy Update

The first quarter of FY15 has been an exciting time in the JDRF Advocacy office. Between July and October, two federal CGM bills have been introduced in Congress.

On July 30, U.S. Senators Susan Collins of Maine and Jeanne Shaheen of New Hampshire introduced S. 2689, the 'Medicare CGM Access Act of 2014,' which would provide [continuous glucose monitor \(CGM\) coverage for seniors](#) 65+ who are either on Medicare, or will soon become eligible. Currently, when seniors turn 65 and become Medicare eligible, they no longer have coverage for their potentially life-saving CGM, even if they were previously on a successful treatment plan as prescribed by their physician. On September 18, U.S. Representative Tom Reed of New York, Diana DeGette of Colorado and Ed Whitfield of Kentucky (the leadership of the Congressional Diabetes Caucus), introduced a bipartisan House companion bill, H.R. 5644.

If successful, this legislation would not only provide coverage for these life-changing technologies, but will also create a reimbursement pathway for future technologies, such as artificial pancreas systems when they become available.

If you haven't done so yet, please take our three quick actions today:

- 1) [Email your Senators](#)
- 2) [Email your Representative](#)
- 3) [Sign our petition to Medicare](#)

This issue is very important not just to seniors, but to the entire T1D community, and this is why our advocates have been meeting with Members of Congress while they have been back home working in states and districts throughout the fall. We have been enjoying this time spent educating Members and their staff on a new issue, while also asking them to co-sponsor these critical bills.

So far, 2014 has proven to be a wonderful year for T1D Advocacy, and for our volunteer leaders across the nation – and we still have one more month to go! Along with the CGM legislation, and the Children's Congress event, FY2015 will also include our efforts before Congress to renew the Special Diabetes Program, so we are really going to need all hands on deck for advocacy.

We look forward to working with the newly elected Members of Congress and educating them about T1D.



Do you know a child living with T1D, ages four to seventeen, who would make a great advocate for the T1D community on Capitol Hill next summer? Have them apply for JDRF 2015 Children's Congress NOW!

Applications to participate in JDRF 2015 Children's Congress are now available at: <http://cc.jdrf.org>. JDRF 2015 Children's Congress, our ninth biennial event held for children aged 4-17 living with T1D, will take place in Washington, D.C. from July 13-15, 2015. More than 150 children from across the country will have the unique and empowering opportunity to share their story of living with T1D to Members of Congress to help them understand why research for better treatments and a cure for T1D is so important.

Why should you apply for JDRF Children's Congress 2015? In addition to explaining what it is like to live with T1D during meetings with Members of Congress and their staff, you'll meet other kids with T1D from across the country and hear from celebrity role models who are also living with T1D.

Highlights from past JDRF Children's Congress events have included: a Town Hall with Supreme Court Justice Sonya Sotomayor; meet-and-greets in separate years with President Obama and Vice President Biden; Town Hall sessions with a wide range of exciting celebrity role models thriving with T1D; and listening to panelists such as Mary Tyler Moore, Nick Jonas, Sugar Ray Leonard, Kevin Kline, Jean Smart and Ray Allen testify about diabetes alongside a Children's Congress Delegate before a Senate Subcommittee! See last year's [exciting CC event highlights video](#) to get a better idea of just how extraordinary this event is.

If you are interested in applying to represent the Westchester/Fairfield/Hudson Valley Chapter by participating in JDRF 2015 Children's Congress, you must first complete an online application by December 1, 2014. Applications are available at: <http://cc.jdrf.org/apply>. Children must be between the ages of 4 and 17 at the time of the event.

Help us turn type one into type none by speaking up and sharing your personal story in Washington, D.C.! For more information, check out the Children's Congress website at: <http://cc.jdrf.org>. If you have any questions, please contact the JDRF Advocacy Team at: childrenscongress@jdrf.org.

Outreach Supporters

Thank you Entergy

JDRF would like to extend a special thank you to the Entergy Corporation for their continuing support for our Annual Expo and Family Fun day at Rye Playland. On Saturday, June 21, the ninth Annual Expo and Family Fun Day at Rye Playland with over 350 people in attendance. The vendor fair featured representatives from diabetes device manufacturers, pharmaceutical companies and medical centers. For the kids, we had awesome face painters, a magician, and kids crafts. It was a fun day of family, friends and T1D information. The Westchester/Fairfield/Hudson Valley Chapter of the JDRF is extremely grateful to have Entergy's continued commitment to programs like Expo that educate and celebrate JDRF.

Thank you Tandem Diabetes Care

Through the generous support of Tandem Diabetes Care, JDRF was able to host a fun evening at the SkyZone Indoor Trampoline Park in Bethel CT. On a warm summer evening, over 70 people from 24 families came out for some bouncing fun that included trampoline basketball, dodge-ball, a foam-zone pitch and of course lots of high-flying jumping! After an hour of fun fitness, the group moved on to a pizza dinner and an opportunity to learn more about Tandem's T-Slim insulin pump and our Walk to Cure Diabetes.

In addition to our SkyZone event, Tandem recently offered to underwrite the cost of our PEDS/JDRF Kid's Connections group. The goal of this group is to give children, ages 7 to 12 living with T1D, a comfortable place to build connections with their peers and gain self-esteem through team building and social activities. This generous grant of \$1,250 will cover the cost of facilitation by Bonnie Rumilly, MSW, as well as refreshments and craft supplies. Special thanks to Amy Sullivan and Kevin Harrington of Tandem for their help in securing funding for both SkyZone and Kid's Connections.

Thank you Dr. Heptulla & Dr. Brodsky

JDRF is able to offer School Nurse education programs that focus on T1D in schools through a partnership with the Children's Hospital at Montefiore (CHAM). Thanks to the staff of Dr. Rubina Heptulla, Chief of Pediatric Endocrinology and Diabetes at CHAM, over 400 school nurses have participated in this program within the past year. These events cover topics that the school nurses encounter daily, such as: insulin pumps, carbohydrate counting, sick day rules, and ketones. The feedback from school nurses has been extremely positive and the district supervisors and superintendents have been extremely supportive of this program. Thanks to the support of CHAM, JDRF has been able to reach more nurses and school districts with this program and improve the lives of more students with T1D.

We extend a special thank you to Dr. Jill Brodsky, Pediatric Endocrinologist at Mid Hudson Medical Group (MHMG), for her continuing support of JDRF and the School Nurses of the Hudson Valley. Dr. Brodsky graciously donates her time and space at the Poughkeepsie office of MHMG to offer school nurse educational programs that provide the opportunity for school nurses in the area to learn more about managing the student with T1D, which in turn vastly improves the lives of the students.



HEALTH MATTERS

T1D and the Flu

By Miranda Vincent, MSN, APRN, CDE

Winter weather in the northeast brings cold weather, snowstorms, skiing, sledding and fun holidays. Unfortunately it also brings germs, coughs, cold and the dreaded flu.

Children with T1D are no more at risk for getting the flu than children without diabetes. However, managing their blood sugars during any illness can be very difficult, and can even be dangerous.

The flu is highly contagious. It is spread by droplets (cough or sneeze) or by direct contact of an infected person's secretions.

The best way to prevent children with diabetes from getting the flu is to vaccinate them annually. Everyone in the family should be vaccinated to prevent exposure. The flu vaccine is very safe and is usually available in early fall. Hand washing also prevents germ spread and can help prevent transmission of the flu.

Flu symptoms generally consist of high fever, chills, body aches, sore throat, headache and dry cough. People often think that nausea and vomiting are symptoms of the flu, but generally this is not the case.

If your child is diagnosed with the flu, it is important to contact your diabetes care provider and to follow your sick day rules. Checking the blood sugar every 2-4 hours, check ketones with uncontrolled high blood sugars and drink more fluids than usual. If blood sugars are elevated, use clear diet fluids (non carbohydrate). Children can also be treated with Tamiflu early on in the course of the illness, so be sure to contact your doctor (pediatrician) as soon as you suspect the flu. Tamiflu attacks the virus at its source and prevents the spread and shortens the course of the illness.

Miranda Vincent, MSN, APRN, CDE is a certified diabetes educator and practitioner working at Pediatric Healthcare Associates (PHA). They have 6 offices located in Shelton, Bridgeport, Trumbull, Stratford, Fairfield and Southport. Miranda manages children of all ages with T1D.

→ Target Taking a Shot

...a column dedicated to the outstanding achievements of our chapter children

Nick D'Errico from Mamaroneck, NY

How did you spend your recent summer vacation? Nick D'Errico, of Mamaroneck, NY, spent his on a humanitarian aid trip to Costa Rica. The opportunity to combine community service work with some sightseeing was very appealing and something he has always wanted to do. "Interacting with children was a main part of the service. The children were happier with the human interaction (knowing that someone cared about them) than receiving material goods", commented Nick.

Nick is 15 years old and was diagnosed with T1D at the age of 7. Being so far away from home and managing his diabetes was a considerable challenge. Nick said, "the counselors and campers were very helpful throughout the trip, reminding me to test and holding supplies for me during



day trips; however, one challenge was trying to calculate how many carbs my meals were. The local restaurants and markets helped me to translate and configure my carb counts." Having diabetes doesn't hold Nick back from living and enjoying his life.

Nick's story is an inspiration to all of our chapter children and JDRF applauds his accomplishments.

Eli Bertan from Hastings, NY



Eli Bertan, a bike-riding enthusiast and eighth grader at Farragut Middle School in Hastings, NY, recently became a B'nai Mitzvah at Woodlands Community Temple. As part of this process, he was to complete a Tzedakah project to help those in need. Since spinning and bike riding is a hobby for the entire Bertan Family and because

Eli's mother has T1D, he decided a fundraiser for JDRF that involved spin cycling would be a perfect project.

On Saturday May 3, Eli hosted the event at Spincredible in Ardsley, NY, where he taught two classes to the more than 40 friends that came out to support him. To register for the classes, people made a donation on Eli's Team JDRF website, eventually raising more than \$1,800 for T1D research.

Eli said, "It means a lot to donate time and money, but it means even more to donate time and energy. Receiving the news that a loved one has diabetes could be a catastrophe – my mission is to help JDRF find a cure." As a thank you, each participant received a goody bag from Eli which contained JDRF bracelets, power bars, flyers about diabetes, and a coupon for a free spin class at Spincredible.

JDRF extends it's appreciation to Eli for his unique "spin" on fundraising. Mazel Tov to Eli.

Julianna Fiero from Middletown, NY



Meet Julianna, Walk Team Captain for Julianna's Trotters and an avid animal lover and competitive horseback rider.

Julianna and her family have been involved with the Hudson Valley Branch of JDRF since her diagnosis at the age of five, raising money through their Walk team and through their school's participation in the Kids Walk program.

Outside of JDRF, Julianna volunteers her time at Pets Alive, an animal rescue organization based in Middletown, New York. She has also been actively riding horses for the last ten years and recently joined the Interscholastic Equestrian Association (IEA) Riding Team. At least once a month, Julianna competes in horse shows and, this past year, she won best overall rider at one of those shows.

Most recently, Julianna qualified for the Marshall & Sterling Insurance League's HITS-on-the-Hudson State Finals, an exciting milestone in her horseback rid-

ing career. When asked how she manages her diabetes while riding and, more importantly, during competitions like these, Julianna said that she always checks her blood sugar before riding and she tries to eat protein to stabilize her levels during long competition days.

Julianna balances middle school, her volunteer work, horseback riding all while taking her T1D in stride. She hopes to open up her own animal rescue organization or become a horse trainer when she grows up. "Maybe," she said, "I'll do both!"

→ Target Taking a Shot

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Sam Diamond of Stamford CT

Not too long ago Sam Diamond, an 8th grader at Scofield Magnet Middle School in Stamford, was preparing to make his Bar Mitzvah and was pondering what he would do for the Mitzvah project. The Mitzvah project is about helping others and donating to a good cause, so he decided to raise funds for diabetes research and he chose JDRF because

he has family and friends who live with both type 1 and type 2. Sam's dad, Seth, has type 1 and some of his grandparents and great-grandparents have or had type 2. In addition, Sam has friends at school who live with type 1.

Once the charity was chosen, he then had to decide how to raise money. Sam did not just want to ask people to make a donation; he wanted to make a bigger commitment. Sam and his mom, Liz, were kicking around some ideas and she suggested he could swim. As a competitive swimmer, Sam

thought this was a great idea. He would ask people to make a donation and he would swim a lap for every dollar he collected. He set a goal of \$1,500 and several members of his family offered to "chip in" to help him swim the laps. He was joined by his mom, dad, his sister, Carly, and brother, Jack, and his Grandpa, Zeyde.

That was a very good thing, too, because Sam exceeded his goal by over \$1,000! Sam and his family swam 2,504 laps! In addition to raising money, Sam said he learned a lot about JDRF: that it is a global organization funding T1D research around the world and that JDRF's mission is to remove the impact of T1D from people's lives. He also learned more about what happens when the pancreas stops producing insulin, about insulin pens and pumps as well as how the treatment of T1D has changed dramatically over the years, in large part due to the research funded by JDRF.

Like Sam's family, we are very proud of his incredibly successful Mitzvah project. The Westchester/Fairfield/Hudson Valley Chapter extends their thanks and appreciation to Sam for his dedication and support of JDRF's mission.



Come learn about JDRF, meet the staff and our volunteer leadership.

Westchester Office

Tuesday, December 2, 2014

4:00 - 7:00 pm

30 Glenn St., Suite 400, White Plains NY

Fairfield Office

Thursday, December 4, 2014

4:00 - 7:00 pm

200 Connecticut Ave., Suite 4E, Norwalk CT

For more info and to RSVP: call the Norwalk office at 203-854-0658 or email jbenz@jdrf.org



America's Most Convenient Bank®

TD Bank will donate to JDRF one tenth of 1% of the combined balances in all linked accounts over the

course of a year. This can translate into tens of thousands of dollars for T1D research. Please share this with your friends, family and business circles.

If you already bank with TD, just stop into your local branch and have them link your current account to JDRF. **The code for our chapter is: AF471.** If you open a new TD account, simply give this number to the bank representative and they will link your new account to JDRF.

For more information, call the JDRF offices at 914-686-7700 or 203-854-0658.



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Potential Breakthrough in Encapsulation Technology

JDRF-funded researchers develop novel method of protecting islets for implantation into people with type 1 diabetes

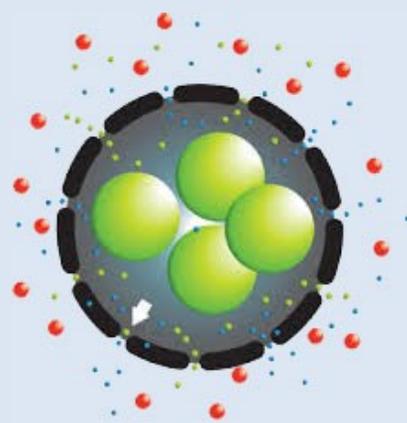
Pancreatic islet transplantation has restored insulin independence in some individuals with T1D, but the procedure is not widely available due to the limited supply of donated islets and the need for strong immunosuppressive drugs to prevent rejection of the transplanted cells. JDRF's encapsulation research program is designed to overcome these hurdles by making implantable cell replacement therapy without the need for antirejection drugs widely available. While a market-ready encapsulated cell therapy for treating T1D is still a ways off, JDRF is helping to develop of a variety of promising encapsulation concepts. Progress towards clinical trials on one encapsulation concept was recently [announced](#) by JDRF partner ViaCyte. This macroencapsulation technique protects replacement cells in a single implantable device.

JDRF is also supporting the development of novel encapsulation technologies for use in future-generation encapsulation products. One such potential encapsulation technology breakthrough was recently [reported](#) in the *Proceedings of the National Academy of Sciences* by JDRF-funded investigator Dr. Alice Tomei from the University of Miami. Instead of protecting beta cells or islets in a macroencapsulation device, this process encases individual islets with a thin protective film—[like](#) shrink wrapping individual cells, but on a microscopic level. This microencapsulation technology gets

the cells in closer contact with the body making transport of nutrients and oxygen more efficient and hopefully, as a result, improving cell survival and functioning. The material used for the special coating is a gel-like material, similar to a porous contact lens. This coating has been shown to support the survival and normal functioning of transplanted mouse islets.

The next step is to test whether the coating can protect the cells from both the T1D autoimmune attack and the immune system's attack on the transplanted materials. "Pancreatic islets are the most sensitive cells that I have worked with, and keeping them happy while enclosing them in a protective bubble is a very hard task," [said](#) Dr. Tomei. Animal studies with the novel coating are ongoing so human tests are likely still years away.

Macroencapsulation Concept



JDRF Ranked as Top Non-Governmental Diabetes Research Funder

Independent analysis of key scientific literature found JDRF among the top organizations funding diabetes research globally

In a recent independent analysis of key diabetes-related scientific literature, JDRF was ranked as the third most frequently cited funder of diabetes research globally, behind only the U.S. National Institutes of Health and the National Natural Science Foundation of China. JDRF was the top ranked non-

governmental or charitable funder of diabetes research. This [analysis](#) is a confirmation of the significant impact JDRF's strategic research plan is having on advancing diabetes research—made possible because of JDRF's generous supporters.

Thomson Reuters, a world leader supplying intelligent information for businesses and professionals, conducted the independent analysis of key scientific literature devoted to diabetes to determine the most common funders of diabetes-related research. Using

their "[Web of Science](#)" database, they searched for publications between January 2008 and July 2013 on "diabetes" and related terms. From the roughly 200,000 publications and reports they identified, the organizations explicitly acknowledged as the funders of each were compiled and ranked by frequency of mentions.

Using this unique database allowed funding acknowledgements to be linked with research publications. The analysis of such links is complicated for several reasons, but provides an inde-

Continued on page 15

Artificial Pancreas System Gears up for Test Drive

Pilot study will evaluate advanced artificial pancreas technology under real-world situations

For several years, JDRF-funded researchers at the University of Virginia Center for Diabetes

Technology have been hard at work designing an artificial pancreas system that would allow individuals with T1D to go about their daily lives and sleep through the night with less worry

The consortium is committed to advancing the delivery of fully automated, 24-hour artificial pancreas systems that are able to keep blood-glucose levels within a specific range with little to no user intervention.

about life-threatening blood-sugar highs and lows. Now, the budding technology—one of several similar systems being developed by a variety of researchers—is gearing up for a real-world test drive thanks to the Food and

Drug Administration's (FDA) recent approval of a pilot study expected to get under way later this summer.

The pilot will be the first U.S.-based long-term study to test unsupervised daily and overnight use of an artificial pancreas system that—when coupled with mealtime bolusing—automatically controls insulin delivery and keeps blood glucose within a specific range. It will enroll up to 48 adults with T1D to test the system over an 11- to 14-week period. Participants will be asked to use the experimental system (which combines a Dexcom continuous glucose monitor, a Roche Accu-Chek insulin pump, and a cell phone fitted with the University of Virginia's novel predictive software) to monitor their blood-glucose levels and automatically adjust insulin delivery throughout the day, evening, and while sleeping. If the technology proves safe under these real-world conditions, researchers plan to launch a large-scale international

study by mid-2015 to further test the system's safety and effectiveness.

The forthcoming studies and the developing system are part of work being conducted under the JDRF Artificial Pancreas Program's worldwide consortium of researchers. The consortium is committed to advancing the delivery of fully automated, 24-hour artificial pancreas systems that are able to keep blood-glucose levels within a specific range with little to no user intervention. If the University of Virginia's findings prove positive, the research may ultimately be developed into a commercially available, next-generation artificial pancreas system. Such technology would improve upon current systems (which only have the ability to suspend or reduce insulin delivery to prevent low blood sugar) by adjusting insulin delivery as needed in order to keep blood-sugar levels within a predetermined range.

JDRF Ranked as Top Non-Governmental Diabetes Research Funder *continued*

pendent view of the key funders in this field. Limitations of this analysis include the fact that authors may fail to mention multiple funders, different papers may acknowledge the same grant from the same funder, and authors may fail to mention funding sources. The "Web of Science" database upon which the analysis is based is a premier resource for research, its content used by more than 6,000 of the world's leading scholarly institutions responsible for scientific policy making.

This independent analysis shows the important impact JDRF is having on diabetes research and our goal of creating a world without T1D. The top ranking of JDRF demonstrates not only the scope of the research plan JDRF is supporting, but also the quality of the research being funded toward turning Type One into Type None.

Funders of Diabetes Research

PROMINENT FUNDERS OF DIABETES RESEARCH (2008-2013)	
1	US National Institutes of Health
2	National Natural Science Foundation of China
3	JDRF
4	US National Institute of Diabetes and Digestive and Kidney Diseases
5	Canadian Institutes of Health Research

Ranked by number of diabetes-related publications in which funding entity is expressly acknowledged during January 2008 to July 2013. Source: [Thomson Reuters – Funding Diabetes Research](#)

Rebalancing the Immune System

Novel therapy to increase beneficial immune cells shows promise in pilot T1D clinical study

T1D is caused when a person's immune system mistakenly destroys their insulin-producing beta cells. How and why this misguided attack begins remains a mystery, but JDRF research has helped shed light on the disease process, opening the door to potential therapies. Previous research has shown that an important feature of T1D is the imbalance between two critical immune cells; T-regulatory cells (Tregs) and T-effector cells (Teffs). In T1D, the destructive Teff cells multiply unchecked, and the outnumbered Tregs are unable to rein them in, allowing a continuous attack on beta cells.

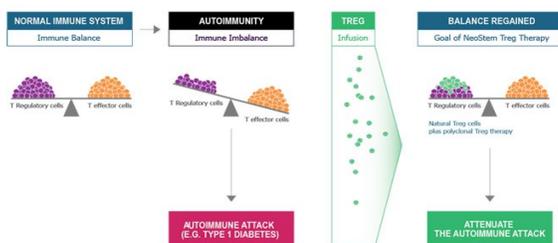


Photo source: NeoStem website.

In previously conducted mice studies, an infusion of Tregs successfully treated T1D by reestablishing the balance between Teff and Treg cells. Now an important JDRF-supported translational study has tested this concept for the first time in people with T1D. The [study results](#) showed that increasing a person's Treg cell count could rebalance

the immune system and may provide benefit for people with T1D. The therapy involved collecting a person's Treg cells, growing them in the lab, and infusing the new cells back into the same person to increase their Treg cell counts

The pilot study included 14 people newly diagnosed with T1D and was led by [Dr. Stephen Gitelman](#) at University of California, San Francisco, and [Dr. Kevan Herold](#) at Yale University. The main goal of this small initial study was to evaluate the safety and tolerability of the experimental infusion, but it also

captured some information on benefit. The infusions were well tolerated by the study participants.

In addition to monitoring the overall health of participants, each person's C-peptide level (an indicator of beta cell activity) was tracked to determine if the infusion accelerated or worsened their disease. The average C-peptide levels of the participants remained steady for the two-year study period, suggesting a stabilization of beta cell function. Clinical studies to confirm these preliminary findings and determine the practical utility of such a procedure for people with T1D are being planned by a company called NeoStem.

For more information and to support JDRF's T1D research program, [click here](#).



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We're the grateful type

Together, we will
create a **WORLD WITHOUT
TYPE 1 DIABETES.**

Happy Thanksgiving

As we gather with family and friends at Thanksgiving, we give thanks for you and all that you do for JDRF.

