

# DISCOVERIES

## Join Us at the Annual Spring Galas

### JDRF Crystal Ball 2014

The Westchester County and Fairfield County Chapters of JDRF are proud to host the 2014 Crystal Ball on Saturday, April 26 at the Hyatt Regency Greenwich, in Greenwich, CT. JDRF will honor the Stagg Family, of Purchase, NY, with the Inaugural Founders Award for their outstanding volunteerism and community outreach. The Stagg family became involved with JDRF after Amanda, now 13, was diagnosed with T1D in 2003. Mark and Theresa Stagg have served on the Board of the Westchester County Chapter, and their children, Ryan, Tyler, Justin, Amanda, and Ashley have all volunteered at the JDRF

office. The entire family also participates in the Walk to Cure Diabetes and Team Amanda has collectively raised more than \$350,000 and counting for T1D research.



*Gala Honorees Mark and Theresa Stagg*

This annual fundraising event, with dinner and dancing, will feature an exciting evening of entertainment, silent and live auctions. Thank you to our Gold Sponsors, The Stagg Group, NY Stone & Masonry Supply, and HKS Capital Partners, LLC. Thank you to our Silver Spon-

sors, Becton Dickinson, Brown, Gruttadaro, Gaujean, Prato, LLC, and Westwood Organic Recycling.

Kristen Rivera of Weston, CT will serve as the evening's Fund A Cure speaker. Kristen was diagnosed in 2004, and is now a junior in high school. She is an honors student and a member of the varsity tennis team. Her position as this year's Fund A Cure speaker allows her to raise awareness and advocacy for T1D.



*Fund A Cure speaker, Kristen Rivera*

Visit [www.jdrf.org/crystalball](http://www.jdrf.org/crystalball) to purchase tickets, make a donation or for more information.



The Hudson Valley Branch is excited to host its 2014 gala, A Recipe for Hope, on Friday, May 30 at the Culinary

Institute of America in Hyde Park, NY. This evening will include a four-course dinner at the Caterina de Medici restaurant on the CIA campus.

Katie Rapp, of Poughkeepsie, NY will be honored for her work leading the local



*Gala Honoree, Katie Rapp*

T1D support group. A social work manager at Vassar Brothers Medical Center, Katie was the recipient of Hudson Valley's 40 Under 40 Mover and Shaker Award by the Dutchess County Chamber of Commerce last March.

The evening's Fund A Cure speakers will be Claire and Brendan Kackley of Poughquag, NY. Claire and Brendan are



*Fund A Cure speakers, Brendan and Claire Kackley*

captains of the walk team "Kickin' it with Kax". Brendan is very active in a number of sports and participated in his first Ride to Cure Diabetes this past year. You can read about his experience on page 15.

For more information on the galas, contact Stephen Gnojewski at [sgnojewski@jdrf.org](mailto:sgnojewski@jdrf.org).

## INSIDE

Walk to Cure Diabetes	4	Kids Walk Program	10	Taking a Shot	15
Ride to Cure Diabetes	8	Promise Meeting	13	Artificial Pancreas News	16
Upcoming Events	9	Outreach News	14	Encapsulation Update	17

# From the Presidents

**W**e are more than halfway through the year with our combined Boards of Directors, and excellent progress has been made. The Westchester, Fairfield and Hudson Valley Chapters have made incredible strides, and it is clear that all have benefited from the merger.

As most of you know, beginning in May 2013, the combined executive leadership met with the new Executive Director, Margie Ostrower, to reorganize and refocus the Chapters, with the goal of being more in line with the **Type One into Type None** mission of CEO Jeffrey Brewer and JDRF National. Combining the Boards has yielded outstanding results. Walk revenues were very strong from the fall of 2013. Five Walks were held, two in the Hudson Valley region, one in Westchester County and two in Fairfield County. More than one million dollars was raised across the five sites. Walk remains the flagship program within JDRF and families look forward to coming out each year to support JDRF and other T1D families.

Research and funding cultivation events were held in Fairfield and Westchester. Rob and Lisa Carpenter hosted Dr. Sanjoy Dutta in New Canaan, CT and Mark and Theresa Stagg hosted Dr. Aaron Kowalski in Purchase, NY. Both events were well attended, with over 40 guests present at each. Other successful events include a School Nurse Outreach Program, as well as

a Parent Coffee series sponsored by JDRF and Children's Hospital at Montefiore.

Additionally, Executive Director Margie Ostrower has been quietly working to increase both revenue and visibility for JDRF with such projects as the TD Bank Program, "The Giving House" Real Estate program, and The Montefiore Partnership, which is scheduled to bring in \$20,000 over the next two years.

Much has taken place in the last eight months with more to come, including our annual Spring Galas: the Crystal Ball on Saturday, April 26 at the Hyatt Regency Greenwich and A Recipe for Hope on Friday, May 30 at the Culinary Institute of America in Hyde Park, NY. We are also hosting our annual golf outing at Quaker Ridge Golf Club on Tuesday, June 10 in Scarsdale, NY.

The combined Chapters operate with locations in White Plains and Norwalk. We welcome you to stop by or call the office at any time to get involved and learn more about all that is going on in today's fight to find a cure. Thanks, as always, for your support.

*Robert Carpenter, Don Friedman, Max Gaujean*



**T**he Catwalk 4 Fashion Show was held on Thursday, March 6, at the Loading Dock in Stamford,

CT. Featuring the Pantone Color of the Year, radiant orchid, this annual event proved, once again, to be a popular afternoon of fashion, food and friends for a cure.

During the cocktail hour, the IT Bag Raffle was so popular that tickets quickly sold out. The raffle featured gorgeous bags donated by Chanel, Kate Spade, Salvatore Ferragamo, and Louis Vuitton, among others. After cocktails, the guests headed into the ballroom for lunch and a fashion show put on by Saks Fifth Avenue of Greenwich. The Catwalk 4 Fund A Cure speakers were Jakob Berger and Hallie Sheinbaum, who shared their T1D stories with the guests.

Guests were also encouraged to "bring their bling" and exchange outdated or unwanted gold and silver for cash at the gold table sponsored by D'Errico Jewelers. Other sponsors of the event included Serendipity, Sweet Lisa's Exquisite Cakes, Lumene, Vineyard Vines, TD Bank and Massage Envy.

In addition to the IT Bag Raffle, this year's door prize was a Lululemon exercise bag with a one year membership to Chelsea Piers. The live auction featured a special experience for

two at the Marie Claire headquarters in New York City.

Special thanks to the committee chairs, Jennifer Fitzpatrick and Anastasia Brien, and to the entire Catwalk committee for another successful year!

*Photos contributed by Mary Harold*



*Spring fashions were featured on the runway.*



*The 2014 Catwalk Committee*

## Calendar of Events

### *Crystal Ball*

*JDRF Westchester/Fairfield Gala*

**Saturday, April 26**

Hyatt Regency Greenwich, Greenwich CT

### *A Mild Sprain*

**Sunday, May 18**

Sprain Ridge Park, Yonkers NY

### *Noah's Ride*

**Sunday, May 18**

Freedom Park, LaGrange NY

### *A Recipe for Hope*

*JDRF Hudson Valley Gala*

**Friday, May 30**

Culinary Institute of America, Hyde Park NY

### *Annual Research Update*

**Monday, June 2**

Greenwich Library, Greenwich CT

### *Strides to Cure Diabetes*

**Sunday, June 8**

Brookfield High School, Brookfield CT

### *Annual Golf Tournament*

**Tuesday, June 10**

Quaker Ridge Golf Club, Scarsdale NY

### *Family Fun Day*

*JDRF Awareness/Health Expo*

**Saturday, June 21**

Rye Playland, Rye NY

### *Peace, Love, Cure*

*A morning of fun, fitness, and friends*

**Tuesday, July 22**

Willow Ridge Country Club, Harrison NY

### *Best of Westchester*

**Wednesday, July 23**

Glen Island Harbour Club, New Rochelle NY

## Chapter News

*By Margie Ostrower, Executive Director*

It has been a long hard winter and all of us have been busy with our shovels!! I'm happy to report that despite the snow, it hasn't stopped our supporters from working hard to raise funds for JDRF!

JDRF was the beneficiary of a Gingerbread house auction held over the holidays at the W.R. Berkley Corporation in Greenwich, CT. Each year employees create beautiful gingerbread houses which are then auctioned off at a holiday party. The baker of the winning bid then chooses a charity and we were extremely thrilled to be chosen by the bakers from the W.R. Berkley Human Resources Department. The winning bid of \$10,000 was then matched by W.R. Berkley Corporation bringing their donation total to \$20,000!

The Jewish Communal Fund presented us with a check from the Shteingart Family Fund for \$1,242. Four young girls from Westchester County sold jewelry as part of a Bat Mitzvah project. We extend our thanks to Simone Shteingart, Maya Richman, Korina Kesler, and Sophia Loeber for choosing to donate the funds to JDRF.

Saunders High School held their annual basketball tournament, Hoops for a Cure, at Monroe College in New Rochelle, NY, and they raised almost \$3,000. The four-game extravaganza featured one girls game and three high-flying boys games with 6 area high schools participating in the tournament.

Thanks to all of you who shopped at the very successful Two's Company holiday warehouse sale. JDRF and Guiding Eyes for the Blind were each presented with a check for \$25,000 as a donation from the four-day sale in

December.

Our Chapter was recently named the beneficiary charity for the "Best of Westchester" 2014 summer party. Mark your calendar for Wednesday, July 23 and join us at the Glen Island Harbour Club in New Rochelle, NY. The "Best of Westchester" is an event that hosts thousands at a party honoring the best in all businesses in the county. Ticket prices are \$110 for VIP Party Access and \$85 for General Party Access. Tickets are available through the Chapters and we keep 100% of the proceeds of those we sell, so please call the office to buy your tickets. For more information on the event, visit [www.westchestermagazine.com/bestofwestchester](http://www.westchestermagazine.com/bestofwestchester).

We are fortunate to have so many in the community supporting JDRF by raising awareness and funds for a cure.

The staff has been very busy working on our upcoming events: two galas, annual golf tournament and a brand new event "Peace, Love, Cure" which will be a morning of tennis, yoga and fine food. We also have more great third party events on the calendar: A Mild Sprain – the third annual trail run in Sprain Ridge Park, the eighth annual Brookfield Lions Club/JDRF Strides to Cure Diabetes Run and Walk and Julia's Angels fourth annual Charity Poker Classic in Mount Kisco, NY.

There are lots of opportunities to get involved! We have committees forming for the Walk and our new event, Peace, Love, Cure. Volunteers are needed for the galas and golf event. Perhaps you have a great fundraising idea – we'd love to hear it. Please give us a call or stop in to visit to learn how you can help!

# Walk to Cure Diabetes

Within one month last fall, more than 5,000 walkers came out to participate in our five Walks in the Fairfield, Westchester and Hudson Valley areas, collectively raising more than \$1.1 million dollars for research.

Across the country, JDRF holds more than 200 Walks every year to raise money for research and has raised more than \$1 billion since 1992 through the hard work and generosity of supporters like we have in our Chapters.



Walk photos contributed by Duane Beyer, Ben Cotten, Mary Harold, and Frank Kwok

# Walk to Cure Diabetes



In addition to our walkers and walk teams, our sponsors contribute to the success of our events. From Westchester, thank you to our Presenting Sponsor, Empire City Casino at Yonkers Raceway, and thank you to Bleakley Platt, Entergy, Westchester Medical Center, Maria Fari Children's Hospital, WestMed Medical Group, and BGGP Attorneys at Law. Special thanks to Nestle Waters, Dannon Water, and Seaside Johnny's!

Hudson Valley would like to thank our Presenting Sponsor, Healey Brothers, and recognize Party Barn, 101.5 WPDH, Durants Party Rentals, St. Anthony's

Community Center, and the Orange Regional Medical Center. A very special thank you to the Middletown and Fishkill Home Depots for bringing their Kid's Crafts Tents to our Walks.

Fairfield extends gratitude to our Presenting Sponsor, Stamford Hospital, and thanks Nestle Waters, Hubbell, Aon Hewitt, Stop and Shop, Statoil, and Starbucks. Thank you to all of our regional partners, including Stop and Shop, Advanced Auto Parts, Marshall's, Walgreen's, The Fresh Market, and Hudson Valley Bank. Next time you're shopping in their stores be sure to say thanks!



# Walk to Cure Diabetes

We are especially happy to recognize our amazing walkers and teams for their commitment and dedication to the JDRF Walk to Cure Diabetes.

Our Honored Families exemplify that dedication with their continued success. The Jensen family was the Honored Family at the Ridgefield Walk. Representing team T1 Rex, Rex Jensen and his mother, Valerie, cut the ribbon to start the Walk off with their family and friends cheering them on. The Westchester Honored Family was the Bieber family and their team, Ragin' Katies, from Katonah, NY. Katie and her family have been participating in the Westchester Walk for several years and their team and fundraising total grows each year. In Norwalk, the Carpenter family was our Honored Family. Bobby and Isabelle worked together to cut the ribbon and set off surrounded by family and friends on the Walk through Calf Pasture Beach. We extend our heartfelt thanks to our honored families for rais-

ing over \$48,000 total for this year, and for their continued dedication and support for JDRF! It's easy to get involved and fun for the whole family! Learn more by going to [walk.jdrf.org](http://walk.jdrf.org).

We're already thinking about our 2014 Walks! If you are interested in joining our Walk committee, want to find out how to become a sponsor, or for more information on starting a Walk team. Contact Kaitlyn Vadenais at 203-854-0658 or [kvadenais@jdrf.org](mailto:kvadenais@jdrf.org)



*Carpenter Crew for a Cure, of New Canaan, CT, cut the ribbon to get the walkers on the way.*



*Ragin' Katies, from Katonah, NY, gather at the start line to kick off the Walk.*



*Team T1-Rex of Ridgefield, CT, gets the Walk started under beautiful blue skies.*



## Save the date for the 2014 Walks to Cure Diabetes

Beacon Walk to Cure Diabetes • **Saturday, October 18**  
 Norwalk Walk to Cure Diabetes • **Sunday, October 19**  
 Westchester Walk to Cure Diabetes • **Sunday, October 26**  
 Ridgefield Walk to Cure Diabetes • **Sunday, November 2**

Visit [walk.jdrf.org](http://walk.jdrf.org) for more information

## *Congrats to...*

### **Top Teams**

*(donations greater than \$10,000)*

- Battling Brothers
- Byram Hills
- Carpenter Crew for a Cure
- Charlotte's Team
- Empire City
- Empire City Marketing Team
- Julia's Angels
- Kimberly's Klan
- Ragin' Katies
- T1 Tacklers
- Team Amanda
- Team Jessica
- Team Noah's Ark
- William's Walkers
- WPDH Walkers

### **Rookie of the Year Teams**

*(top fundraising new teams)*

- Beacon - Team Sophia
- Goshen - Team Sugar Rush
- Norwalk - Kyle's Crew for a Cure
- Ridgefield - Byram Hills
- Westchester - Princess Jamie Lynn and her Royal Court

### **Best Team T-Shirt Winners**

- Beacon - Emmy's Sugar Pack
- Goshen - Team Mason-Dixon
- Norwalk - Jenna's Jellybeans
- Ridgefield - OKC: Oxford Kids for a Cure
- Westchester - Gavin's Walkers

### **Kid's Walk Ambassadors**

- Abby & Jenny Flynn  
Tashua Elementary School
- Julianna Fiero  
Otisville Elementary School

**For the 2013 Walk season, we had 142 golden sneaker recipients. These awards recognized individuals who raised over \$1000.**

## Kids Art Project

The Kids Art Project has become a fun tradition for kids with T1D and their siblings to get involved in the quest for a cure. This year's project took place on Sunday, April 2 at the Greenwich Art Society in Greenwich, CT. Directed by Jessica Lynch, thirty creative kids from the Fairfield and Westchester Chapters came out to get their hands dirty creating a group mandala by combining individual pieces to make a whole. Mandala means "circle" in Sanskrit and is also referred to as the center, the universe, the healing circle and the magic circle. Mandalas have been created all over the world in different cultures, and the one created for the gala represents the hope for the future of T1D research and progress toward a cure. The completed art project will be auctioned off to the highest bidder at JDRF's Crystal Ball Gala on Saturday, April 26.



Photos contributed by Ryan Lynch

## Stamford Hospital Sponsorship News

JDRF is proud to announce that Stamford Hospital is the Presenting Sponsor for the upcoming Connecticut Walks in Fall 2014. "Stamford Hospital is a pivotal partner on the healthcare front in the Fairfield County area and we at JDRF are lucky to have them support us", says Margie Ostrower, Executive Director. Stamford Hospital will proudly anchor the Norwalk, Calf Pasture Beach Walk on Sunday, October 19 and the Ridgefield Recreation Center Walk on Sunday, November 2. Please stop by their area at the Walks and thank them on behalf of your family.



## Best of Westchester

JDRF is thrilled to have been selected as the charity beneficiary of the 2014 Best of Westchester party to be held on Wednesday, July 23 at Glen Island Harbour Club in New Rochelle, NY. This annual party, hosted by Westchester Magazine, lets guests sample over 100 of the very "BEST" in the County as voted on by magazine readers and editors. This includes food from the best restaurants, treatments from the best spas, products from the best stores, and services from the best businesses.

Glen Island Harbour Club, with its magical lights and glistening views of the Long Island Sound, provides the perfect setting for this summer event. More than 3,000 people come out to celebrate those exceptional people, places and things honored as THE BEST.

JDRF will be selling a limited number of admission tickets and will keep all the proceeds. There are two ticket options: the VIP ticket is \$110 and allows you to enter the party at 5:30 pm, and the general admission ticket is \$85 to enter at 7:00 pm. As the designated charity for the 2014 Party, 100% of the proceeds from the silent auction will also go to JDRF. This is a huge honor and a wonderful event and we hope to see you there! To purchase your tickets, please go to [jdrf.org/bestofwestchester](http://jdrf.org/bestofwestchester).



## Annual Research & Awards Reception

On Monday, June 2, the Westchester, Fairfield and Hudson Valley Chapters will host the Annual Research & Awards Reception. The event will take place at Cole Auditorium, Greenwich Library at 7:00 pm.

We take this opportunity to recognize some of our outstanding volunteers and JDRF supporters and will be presenting awards for their support, generosity and commitment to the JDRF mission.

This event is open to everyone and is free of charge. Coffee and dessert will be served. Please join us for this informative evening which will include a research update on current clinical studies funded by JDRF.

To RSVP, please contact Kathy Fox at [kfox@jdrf.org](mailto:kfox@jdrf.org) or call 914-686-7700. We look forward to seeing you there.

# Ride to Cure Diabetes



Riders from around the world take on two challenges: raising the money needed to fund research for better treatments and a cure for diabetes, and reaching a personal training goal to prepare for a destination cycling experience.

The JDRF Ride to Cure Diabetes offers:

- Multiple fundraising and mileage options
- Training with a USA Cycling certified coach
- Ride destinations designed for riders of all fitness levels

The journey begins by traveling to one of our destination Ride locations. Meet up with fellow riders and begin a fun-filled weekend including safety seminars, planned excursions, and team building celebrations. It all leads up to the big event ... Ride Day.



Register today for the 2014 Rides!

Burlington, VT: July 24 — 27

La Crosse, WI: August 14 — 17

Lake Tahoe, CA: September 5 — 8

Nashville, TN: October 30 — November 2

**SOLD OUT:** Death Valley, CA: October 16 — 19

Tucson, AZ: November 20 — 23

Visit [JDRF Ride to Cure Diabetes](http://JDRFRideToCureDiabetes.com) to learn more or contact Jill Waller at [jwaller@jdrf.org](mailto:jwaller@jdrf.org)



Riders support JDRF at the Burlington Ride to Cure Diabetes.

## The McManus Family Rides Together

This will be our 12th year participating in the JDRF Ride to Cure Diabetes. We ride to honor the memory of our son, Scott. Scott was diagnosed when he was 10½ years old during a physical for Boy Scout camp. T1D never held Scott back from doing anything! He was an avid bicyclist, roller blader, skier and he achieved Eagle Scout, too. Scott succumbed to complications of T1D shortly before his 19th birthday.

We have ridden 10 years in Death Valley, CA and one year in Tucson, AZ. This year we will be participating in 2 Rides - Burlington, VT and Death Valley.

Our goal is to raise money to help fund research to find a cure for T1D and turn **Type One into Type None**. We are proud to be part of the Ride to Cure Diabetes. This program has raised over \$20 million for research.

We can't change what happened to Scott, but we hope to make a change in the lives of others with T1D and their families. Think about doing a Ride to Cure Diabetes - it will change your life.

It is said that it is a Ride - not a Race.

True: but there is a race for the cure.

Be well, ride safe and see you on the road.

*Nancy & Tom McManus*



Nancy and Tom have raised over \$100,000 for diabetes research.



JDRF is our #1 at the Death Valley Ride to Cure Diabetes.

# Upcoming Events

## A Mild Sprain



Join us on **Sunday, May 18** for the third annual A Mild Sprain Trail Race, a 4.25-ish mile trail race in Sprain Ridge Park in Yonkers, NY. This course is a great, fun test of trail running.....it has some great climb, fun downhill, single track, switchbacks, along with plenty of rocks and logs to navigate.

Start time is 9:45am (check in is between 8:30 & 9:30am).

All net proceeds go to JDRF whose mission is to find a cure for T1D and its complications through the support of research.

### Here's what one runner had to say—

*"Thanks so much for organizing the race this past weekend. It was so fun!! Being a type 1 for almost 20 years, it was amazing to see the community come together for diabetes. I recently started doing races and other group activities and it has been a challenge, but very rewarding"*

Click [here](#) for more information and to register.

For information contact Jill Waller at [jwaller@jdrf.org](mailto:jwaller@jdrf.org)

## Strides Run & Walk

Come out and join the fun at the 8th Annual Brookfield Lions Club/JDRF Strides Run & Walk to Cure Diabetes on **Sunday, June 8** in Brookfield, CT. Due to renovations at the town park, this year the event will be located at Brookfield High School, 45 Long Meadow Hill Rd. The new route will be a 10K run through a peaceful New England neighborhood and will finish with a one-mile flat stretch. The 5K walk will traverse through some of the same picturesque area.



Our friends from the Brookfield YMCA will be joining the event to provide some educational fun and games. With a focus on healthy eating and daily fitness, kids of all ages will benefit from their expertise.

As always, Mark Lyon, from the Brookfield Lions Club, and the Strides committee are planning a fun-filled day. So get your running or walking shoes and invite family and friends to join you.

For information contact Jill Waller at [jwaller@jdrf.org](mailto:jwaller@jdrf.org)

## Golf Tournament

On **Tuesday, June 10**, JDRF will be hosting a golf tournament at the Quaker Ridge Golf Club in Scarsdale, NY. Join us for a great day of golf which begins with brunch at 11:00am, a shot gun start at 1:00pm, followed by cocktails, dinner, a silent auction and awards ceremony at 5:45pm.



Don't miss this opportunity to play one of the best courses in the metropolitan New York area. The par-70, 6,772-yard A. W. Tillinghast design, often called "Tillie's Treasure", is a favorite among accomplished golfers. Two-time Masters Champion Ben Crenshaw said, "It is so much of a treat to play. There is such a beautiful mix of holes at Quaker Ridge; it is truly a Tillinghast gem."

You can play as an individual or register as a group. This year you'll also have the opportunity to play with a celebrity golfer.

For information contact  
Ellen Adnopo at [eadnopo@jdrf.org](mailto:eadnopo@jdrf.org)

## Peace, Love, Cure

Save the date for our new tennis and yoga event, Peace, Love, Cure.



This morning of fun, fitness, and friends is set to be held on **Tuesday, July 22**, with a rain date of Wednesday, July 23, at the Willow Ridge Country Club in Harrison, NY. The Club offers tennis enthusiasts a beautiful facility with six well-maintained Har-Tru courts.

Registration will begin at 9:30am. Guests will have the option to participate in tennis or yoga at 10am, before enjoying a luncheon and raffles at noon. The cost is \$125 per person.

Yoga will be instructed by Debbie Zimmerman of Radiate Yoga in Pelham, NY. She has been practicing yoga for over a decade. Tennis instruction will be provided by the Club.

For information contact  
Kaitlyn Vadenais at [kvadenais@jdrf.org](mailto:kvadenais@jdrf.org)

# Kids Walk to Cure Diabetes

## Diabetes By Me!

*You may think it is scary, but I do not think diabetes is scary. A lot of people are afraid of diabetes. Well, there are 2 types of diabetes. Sadly, scientists have no cure for diabetes. Type one diabetes is when your pancreas stops working for good. It quits. But in type 2, your pancreas needs help to give you insulin. Scientists are trying to make a bionic pancreas, so people with diabetes almost have a cure.*

**By Aileen, 3<sup>rd</sup> grader, Fishkill, NY**

In November, Aileen's school participated in JDRF's Kids Walk program. She shared what she learned in this open letter to her teacher and parents. Her classmates did the same and, together, they raised nearly \$3,000 for JDRF.

By teaching them about diabetes – the impact of a healthy lifestyle on type 2 diabetes and the challenges of life with type 1 diabetes – students like Aileen are making a real difference in the lives of millions of people. Educational assemblies, provided to each participating Kids Walk school, empower students to affect change and encourage them to support their fellow classmates who live with this disease.

This Spring, we'll visit schools across Fairfield, Westchester and the Hudson Valley. Will your school be one of them? Join this growing army of students nationwide and help us get a Kids Walk started at your school!

Contact your Kids Walk Coordinator, Jean Marie Trick, at 914-606-0513 or [jmtrick@jdrf.org](mailto:jmtrick@jdrf.org) or check us out online at [kidswalk.jdrf.org](http://kidswalk.jdrf.org)



## Diabetes Summer Camp A Perspective by Julia Tierney



*Julia Tierney enjoys the high ropes course at diabetes camp.*

Thirty Ennis Road, North Oxford, MA. This is the address of the place I look forward to going to all year long. The place where I have made so many friends and memories. The place that I have gone to every summer since I was 9 years old. This place is Clara Barton Camp (CBC) by the Barton Center for Diabetes Education. CBC is a summer camp for girls with T1D. I started going there the summer after third grade. I only went for four days but I loved it. I loved the counselors, nurses, health care team, and other campers. I loved the games, activities, field trips and electives I participated in. But most of all, I loved how I felt when I was there.

When I go to Clara Barton Camp, I forget that I have diabetes. I don't feel like the girl with the weird thing on her arm or the girl who has to prick her finger. Everyone around me; the counselors, nurses, and fellow campers are the same as me. We all have diabetes. We all know what it's like constantly having to check our blood sugar, count carbs, take insulin and be careful about what we eat. We all know what

it is like to have high and low blood sugars and we all know how annoying diabetes can get. When I am at CBC, I know that my friends understand what I'm going through. I don't feel different like I do in school. I feel a part of one big loving diabetes family.

CBC is more than just a summer camp, for me it is a second home. After going to CBC for 6 years, I know all the counselors and look forward to meeting up with friends I haven't seen since last summer. This will be my 7<sup>th</sup> year going to camp and I am so excited. It doesn't matter that I've been going here for so long and that I already know what to expect. I could never get tired of CBC. Campfires, dances, gaga games, arts and crafts, swimming, talent shows, zip lining, hiking, and scavenger hunts are just some of the many activities offered at CBC. With all these to choose from, I'm never bored. I'm always busy trying new things and making new friends. Every time I go to camp it is like a new adventure and I couldn't imagine my life without it.

.....  
**The Barton Center for Diabetes Education operates summer resident camps and area day camps. For more information go to [www.bartoncenter.org](http://www.bartoncenter.org). To explore other diabetes camp options, try Diabetes Camping Association or the Camps section of the Children with Diabetes website. JDRF has no affiliation with the Barton Center for Diabetes Education.**

# Team JDRF Success Stories

## Bethany Horne takes on the Dopey Challenge

JDRF supporters find all sorts of ways to raise money for the cause. Bethany Horne chooses to run miles for her nephew, Hunter Parsons. Hunter was diagnosed in 2008 at age 6. Now as a pre-teen, he balances his T1D with a love for snowboarding, rock climbing, and playing the trombone.

Bethany has competed in a number of other races. When she decided to run in the inaugural Dopey Challenge at Disney World in January 2014 for Team JDRF, she knew she was not only doing something good for Hunter, but also doing something that she enjoys. The Dopey Challenge is a 4-day event consisting of a 5k on Thursday, a 10k on Friday, a half marathon on Saturday, and a full marathon on Sunday for a total of 48.6 miles.

To train for the event, Bethany worked with Josh Maio, the national endurance coach for JDRF, who sent helpful weekly training plans. Timothy Milenkevich was also influential in her training as the head running coach at Target Training in West-

port, CT. JDRF provided Bethany with support and communication both before the event and on site in Florida. Team JDRF Director Kristen Judd and her team helped make Bethany feel part of the organization, and checking in at the JDRF tent before and after races was important to Bethany's experience.

Bethany loved the run, not only because she was running through all of the Disney parks, but also because she knew that she was helping Hunter and others that live with T1D on a daily basis. When she finished the race she was immediately satisfied because, for the first time, she was able to use running to benefit others, rather than just running a race for herself. She is already hoping to repeat the event and run for Hunter and Team JDRF again next year. She encourages everyone to get involved in fundraising in their own way because with more support and dollars to fund research, she is hoping that someday we can find the cure.



*Bethany Horne brought home the gold and raised over \$2,700 for T1D research.*



*The Horne family sends their love to Hunter from Disney World.*

## Duane Beyer Rides Coast to Coast for JDRF

On June 29, 2013, Duane Beyer embarked on a motorcycle ride across North America in an effort to raise money and awareness for JDRF and T1D research. Over the years, Duane has been a dependable JDRF volunteer, lending his services and artistic-eye while photographing the galas and the Walks.



*Duane Beyer on the road to a cure.*

His journey was a long time 'bucket list' item, and took him past the Great Lakes, through Canada, into the Great Plains of Minnesota, and over the Northern Rocky Mountains in Wyoming, ending with a scenic ride up the Pacific coast to Oak Harbor, Washington. To him, the northern route he chose was less traveled and featured some of his favorite places: Mt. Rushmore, Devils Tower, Yellowstone, and the

Pacific Northwest. He chronicled his adventures on his blog with stories and photographs. "No interstates, no cages, just me, the road, and my camera," Duane said about his ride. "If it weren't for the Pacific Ocean, I may have kept on riding." Duane completed his journey on July 15 and his Team JDRF cross-country adventure helped raise over \$4,000 for T1D research. Check out all of Duane's great stories and photos on his blog: <http://nytowa.blogspot.com/>.

# Pumpkins, Hayrides and Fall Fun



The 9th annual Paint-A-Pumpkin fall event was held on Sunday, October 20, 2013, at the Halas Farm Market in Danbury, and this year the sun shown brightly while the festivities were under way. Once again a huge crowd turned out for this wonderful event and over \$21,000 was raised for diabetes research. JDRF wishes to extend their appreciation and special thanks for the continuing support of the Halas family.

Mark your calendars for this year's event on Sunday, October 19 (rain date on Sunday, October 26). We'll see you there!



## Upcoming Third Party Events



**Wednesday, April 2 - 5:00 to 7:00 pm**

You are invited to a Charmed by Charity event with 15% of all sales going directly JDRF.

Enjoy Lite Bites & [+] Energy Punch

Alex and Ani has great gifts for Mother's Day, graduation, birthdays or any special occasion!

To preview the selection visit [www.alexandani.com](http://www.alexandani.com)

Can't make it to the store?

You can call your order in to the Westport store between 10:00am & 7:00pm on April 2



Alex and Ani • Westport, CT  
117 Post Road East • 203-557-8800

Alex and Ani • Rye, NY  
52 Purchase St • 914-481-1506

Info: [jwaller@jdrf.org](mailto:jwaller@jdrf.org)



**Saturday, April 12**

**Holiday Inn – Mount Kisco**

One Holiday Inn Drive

Mount Kisco, NY

914-241-2600

**Registration @ 9:00 am to 10:00 am**

**Cards fly at 10:00 am SHARP**

- Pre-Register Donation: \$200  
(Register online and \$1,000 in chips will be added to your stack!)
- Day of Event Donation: \$250
- Add-ons & rebuys will be available for add'l donations.
- Lunch is included and non-alcoholic beverages will be provided for all tournament players.
- Lots of additional prizes will be offered.
- If you are interested in playing or sponsoring the event, please give Larry a call.
- Tournament Host: Larry Langlois 203-496-9550
- [www.juliasangelsjdrfcharitypoker.org](http://www.juliasangelsjdrfcharitypoker.org)

# Promise to Remember Me

On November 7, 2013, 28 Advocates from the JDRF Fairfield Chapter met with Congressman Jim Himes to discuss life with T1D and to thank him for his continued support of the Special Diabetes Program (SDP). Congressman Himes has participated in the JDRF Promise to Remember Me Campaign since 2009, and he shared how impressed he was with the dedication and knowledge of the JDRF Advocates he has met!

The group explained the importance of continued T1D research funding through the SDP. They also shared some new statistics and updates with the Congressman including information on the artificial pancreas and the progress being made, as well as the importance of other technologies. This gave the kids in the audience an opportunity to share the technology that they use with Congressman Himes. The group stressed that these technologies help in a variety of ways: avoiding ER trips due to extreme highs and lows, reduced risk of long term complications, savings on test strips due to CGM, and reduced stress for the entire family.

To become an advocate and learn more about our efforts, visit <http://advocacy.idrf.org/get-involved/>.



Fairfield County kids thank Congressman Himes for his continued support for T1D research and JDRF.

## More Great Ways to Support JDRF



America's Most Convenient Bank®

TD Bank will donate to JDRF Westchester, Fairfield & Hudson Valley Chapters 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 chapters 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.



SAKS FIFTH AVENUE

and

SERENDIPITY MAGAZINE

Invite you to join us for an evening in support of

**JDRF**

Enjoy Spring cocktails, refreshments, complimentary makeovers and private shopping.

Wednesday, April 2

6:30 to 8:30pm

205 Greenwich Avenue, Greenwich CT

Saks Fifth Avenue is proud to donate 10% of the evening's proceeds to JDRF.

To RSVP or for more information, email [geri\\_corrigan@s5a.com](mailto:geri_corrigan@s5a.com) or call 203-862-5308



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AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support us by choosing JDRF and start your shopping at [smile.amazon.com](http://smile.amazon.com).

# Outreach News

The Outreach Program continues to provide support, resources and information to families living with T1D, whether they are new to the community or long time members. JDRF National just recently published a Teen Toolkit. This guide, for parents of teens with T1D, offers practical advice to help address the questions and issues most common to teens—both those newly diagnosed and those with long-established T1D. It includes discussions and helpful tips on daily issues such as mood swings, academic performance, and friendships to more specific challenges such as driving with T1D and the effects of hormonal changes on blood-glucose control. This toolkit is available in both electronic and printed form. Also new is a Spanish language edition of the School Advisory Toolkit, currently available in PDF form, but it will soon be available in a printed version. You will find more toolkits and resources on the JDRF website under the Life with T1D tab. Visit [jdrf.org](http://jdrf.org) or contact Joan Benz at 203-854-0658 or [jbenz@jdrf.org](mailto:jbenz@jdrf.org) to receive a copy of a toolkit and to learn more about our support services and resources from JDRF National.

The Westchester Parent Coffee hosted at the home of Theresa Stagg, the Outreach Chair of the Westchester Chapter, continues to be a great success. This group meets every other month and draws parents from both Westchester and Fairfield Counties. Recently, JDRF partnered with the Division of Pediatric Endocrinology and Diabetes at the Children's Hospital at Montefiore to provide a wide range of speakers. Based on what the parent group had requested, the meetings kicked off with the Pediatric Nurse Practitioner and Clinical Registered Nurse (both Certified Diabetes Educators), who provided some best practice tips for T1D management. Next up a Dietitian/Nutritionist spoke in December and she was able to help with carbohydrate counting and how to make healthy food choices during the holiday season. In February, the Medical Center's Psychologist and Social Worker discussed issues that teens, tweens, and children with T1D often face in their daily lives. Other presenters have included insulin pump company representatives, certified pump trainers, and endocrinologists who spoke about current research. If you are interested in attending, please contact Tracy Joseph at 914-686-7700 or [tjoseph@jdrf.org](mailto:tjoseph@jdrf.org).

With the start of the New Year, the Fairfield Parent Coffee group moved to the JDRF Norwalk office and will meet once a month on a weekday morning. The January meeting featured Miranda Vincent, APRN, CDE for a Q&A on all thing diabetes. She answered a wide variety of questions on everything from pumps for toddlers to the effects of puberty to going off to college. February's meeting did not have a featured speaker, but the discussion was lively none the less with seasoned parents offering their experience to the parents of newly diagnosed kids. Next up for the Fairfield Adult T1D group is a discussion on "The Marital/Significant Other Partnership in Managing Diabetes". This talk will be moderated by Rachel Yurdin, LCSW and Tony Phillips, LCSW at Norwalk Hospital on Thursday, March 27 at 7:00 pm. To RSVP or for more information contact Joan Benz at 203-854-0658 or [jbenz@jdrf.org](mailto:jbenz@jdrf.org).

The Westchester, Fairfield and Hudson Valley areas have many more groups and outreach resources for adults and families living with T1D. Please contact Joan Benz or Tracy Joseph for more information.



## HEALTH MATTERS

### Understanding Celiac Disease

By Tracy Joseph, MPH, RD, Outreach Manager

We often hear that people with type 1 diabetes (T1D) also struggle with a diagnosis of celiac disease (CD). People with celiac disease cannot eat foods containing gluten, a protein in wheat, rye, and barley. When people with CD consume these foods, their body's immune system responds by damaging the lining of the small intestine. Most of the nutrients we consume in foods are absorbed by the small intestine, so this damage means nutrients cannot be fully used by the body. The symptoms of CD vary, but may include abdominal swelling, bloating, gas, weight loss, fatigue, weakness, and vomiting.

The incidence of CD in the US is unknown, but may run as high as 3% of all Americans. Studies have shown that CD may affect 1 in 10 people with T1D. How do T1D and CD relate? CD is a genetic disease carried on one of the genes that causes high risk for T1D. As a result, people with T1D are 20 times more likely to also have CD and people with CD are also more likely to have T1D.

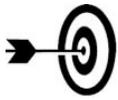
The only treatment for CD is to eat a gluten-free diet. Luckily, gluten free foods are now more readily available in markets, bakeries and restaurants. There are also many naturally gluten-free foods such as fruits, vegetables, beef, poultry, fish, nuts, and eggs.

Several nutritious and delicious grains can be used in place of grains that contain gluten. These include amaranth, corn, quinoa, millet, and rice. In addition, there are many plant foods and starches that are gluten-free and these include arrowroot, buckwheat, flax, lentils, potatoes, sago, soy, tapioca, wild rice and yucca.

For more information check out these sites:

- Celiac Disease Foundation – [celiac.org](http://celiac.org)
- American Celiac Foundation - [americaneliacsociety.org](http://americaneliacsociety.org)
- The Gluten Intolerance Group - [gluten.net](http://gluten.net)

*Disclaimer – This information is provided only as a general resource and should be used as a guide. Always consult your physician.*



# Taking a Shot

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



*Brendan Kackley of Poughquag, NY*

My name is Brendan Kackley. I am 14 years old and was diagnosed with T1D almost 4 years ago. The year after I was diagnosed we joined the annual JDRF Walk to Cure Diabetes. At the awards ceremony, we met two longtime JDRF Riders who ride in JDRF's Death Valley Ride every year, Nancy and Tom McManus. I noticed their Ride jerseys and thought that would be a great experience!

So last summer I rode in the JDRF Ride to Cure Diabetes for the first time and it was one of the greatest experiences. My mom and I rode 75 miles together in the Burlington Ride. There was always someone along the way looking out for me or motivating me, medical personnel that would drive by while we were riding to check on us, people at rest stops to give us water, Gatorade or food and family (mine and others) that would cheer us on along the roadways.

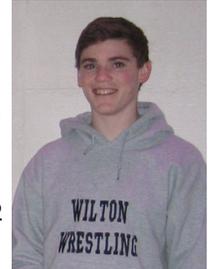
The JDRF Ride wasn't just a bike ride it was also a learning experience. I met people who taught me many things on how to manage my diabetes during activities in different ways. I also learned a lot of great tips on bike riding in general and advice on what to do on the course. This was a great atmosphere because a lot, if not most, of the people around me understood what I am going through.

Managing my diabetes along the ride was not easy because it was difficult to know how my body was going to react to long periods of exercise. So to make sure I was okay I would have to test my blood sugar every hour and carry supplies with me in case I needed them.

It is great to know that even though I have T1D I can accomplish great things. This year we plan on riding the full 100 miles in Burlington, Vermont and hope to experience the Ride in Wisconsin and even Death Valley in the future.

**JDRF wishes Brendan continued success with the Ride to Cure Diabetes and we look forward to hearing more about his adventures on the road raising funds and awareness in the quest for a cure.**

Walter Winrow is a 17 year-old junior at Wilton High School and he was 3½ when he was diagnosed in preschool in San Diego. For about a year now he has been assisting Bonnie Rumilly, LCSW, at our monthly JDRF/PEDS Kids Connections support group for 7 to 12 year old kids with T1D.



*Walter Winrow of Wilton, CT*

Bonnie and the kids love having Walter at their meetings. He is a wonderful role model and the group has learned a lot from the experiences he shares with them.

JDRF recently asked Walter about his experience with the group and about other aspects of living with T1D.

*What is your favorite thing about the Kids Connections group?* Part of the group is setting personal goals, for example giving yourself a shot of insulin for the first time. With some of these I can offer personal experience and maybe give them a few pointers to help. The great part is when they come to the group the next month and share with us the progress they are making towards their goals. It is always nice to see the kids participate and share more and more each time they come to group.

*The kids are very inspired by you. Do they offer inspiration to you?* Even though I am older than the kids in the group, I still have goals I set for myself like the upcoming lacrosse season. Seeing them work hard at achieving their goals makes me want to work hard at my own so that I can share my successes with them.

*What's good about living with T1D?* My family has participated in so many JDRF events and our relatives from New Jersey come up for a lot of them. That family time has been fun. The best event I can remember was when the Major League lacrosse player, Chris Eck (who also has T1D), hosted a clinic and I was able to bring my friends.

*So what do you do in your spare time?* There isn't much of that in high school but I work at the hardware store in town on the weekends. I just finished my wrestling season and the lacrosse season will be starting soon.

**We thank Walter for his generosity, support and dedication to our Kids Connections group as well as JDRF and its mission to raise awareness and funds for research.**

## Workshop Explores Progress of Artificial Pancreas Systems

Leading experts from industry, academia, and government came together in early April in Bethesda, MD, to discuss innovation in the development of an artificial pancreas (AP) system at a workshop hosted by the National Institutes of Health, the U.S. Food and Drug Administration (FDA), and JDRF. AP systems will automate insulin delivery and likely other hormones in the future. These systems will reduce high and low blood-sugar levels, lessening the burden of managing type 1 diabetes (T1D).

The workshop took a comprehensive approach to the topic of developing an AP system and bringing it to market. Research scientists presented their latest findings from laboratory work and clinical trials; industry investigators highlighted state-of-the-art advancements in technology; and government officials laid out the opportunities and challenges of commercialization. Topics included everything from new device designs and approaches to optimizing AP systems to improving insulin hormone replacement and ways to accelerate device production.

Bruce Buckingham, M.D., a JDRF-funded professor of pediatrics at Stanford School of Medicine, presented his study of reducing overnight incidences of hypoglycemia using a system that suspends insulin delivery when it senses falling blood-glucose levels. Nocturnal hypoglycemia is a serious issue for people with T1D because if left untreated, it can cause convulsions, coma, or even death. “This is a way to prevent people from getting low overnight, or at least from having a sustained low that is going to result in a bad event. The system is used without remote monitoring, without a nurse at your bedside, and it’s preventing lows,” Dr. Buckingham said. “It’s allowing [people with T1D and their families] to sleep at night.”

Roman Hovorka, Ph.D., director of research in the Department of Pediatrics

at the University of Cambridge, who is also supported by JDRF funding, shared successful results from a recent outpatient clinical trial of an AP system used in children and adolescents overnight. Using unsupervised home studies that lasted an average of one week, Dr. Hovorka found that blood-glucose levels remained in healthy, targeted ranges and that participants found the technology easy to use. “The whole field is moving toward testing these closed-loop systems at home and getting closer to [commercialization of] products,” Dr. Hovorka said.

Edward Damiano, Ph.D., associate professor of biomedical engineering at Boston University, shared his lab’s success with a bihormonal AP system that

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*“This is a way to prevent people from getting low overnight, or at least from having a sustained low that is going to result in a bad event. The system is used without remote monitoring, without a nurse at your bedside, and it’s preventing lows. It’s allowing [people with T1D and their families] to sleep at night.”*

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automatically makes a new decision about insulin and glucagon dosing every five minutes. “The technology we have is going to be transformative, but to do that we need to test it in a sufficient number of people and circumstances. We want to move as quickly as we can, but not so quickly that we compromise what gets out there—the entire initiative could be at stake,” Dr. Damiano said.

Other key presenters included Arleen Pinkos, a scientific reviewer at the FDA, who addressed the regulatory challenges of making AP systems commercially available; Boris Kovatchev, Ph.D., director of the University of Virginia Center for Diabetes Technology, who spoke about the mobile platform of the AP system his laboratory is developing and how it operates; Kenneth Ward, M.D., director of diabetes research at Legacy Research Institute, who shared with participants the development of

an “intelligent” catheter that combines hormone delivery with glucose sensing; and Steve Prestrelski, Ph.D., CEO and chief scientific officer at Xeris Pharmaceuticals, who shed light on novel glucagon formulations being developed for possible use in AP systems.

In total, more than 40 presenters shared key findings in their fields with the 175-person-strong audience. “There is a pressing, unmet medical need for better ways to manage type 1 diabetes and ultimately reduce the burden. But incredible progress has been made on developing an artificial pancreas system. We have a tool that could potentially transform diabetes,” said Aaron J. Kowalski, Ph.D., vice president of treat therapies at JDRF. “The

ultimate goal is to get these devices into the hands of people with type 1 diabetes to ease the burden of living with this disease.”

**Key point:** JDRF brought together leading experts from industry, academia, and government to discuss innovation in the development of artificial pancreas systems at a workshop that was co-hosted by the National Institutes of Health and the U.S. Food and Drug Administration. The workshop took a comprehensive approach to the topic of developing an artificial pancreas system and bringing it to market. Research scientists presented their latest findings from laboratory work and clinical trials; industry investigators highlighted state-of-the-art advancements in technology; and government officials laid out the opportunities and challenges of commercialization. More than 40 presenters shared key findings in their fields with the 175-person-strong audience.

## National Diabetes Awareness Month Presentation: *The Bionic Pancreas*

Bill Woods, Community Manager from Glu, joined JDRF on Wednesday, November 13, 2013 at Tully Health Center in Stamford to give a comprehensive overview of the research and detailed his experience as a participant in the Beacon Hill Study at Mass General for 5 days last summer.

Approximately 75 people attended his captivating talk on this amazing research that is partly funded by JDRF. If you were unable to attend, you can read more about Bill's experience at his [blog](#).

Look for details on our 2014 NDAM event on our website later this year.



*Bill Woods and the Bionic Pancreas*

## JDRF Convenes First-Ever Encapsulation Consortium

For people living with type 1 diabetes (T1D), establishing insulin independence by implanting insulin-producing beta cells into the body would be life changing. But a challenge to this potential therapy lies in the body's immune system, which recognizes the implanted beta cells as foreign entities or invaders and subsequently attacks them. Furthermore, the implanted beta cells may be attacked by the underlying beta cell-specific autoimmune process associated with T1D. To overcome this obstacle, JDRF-funded researchers have been working to build a shield around the cells in an approach referred to as encapsulation. Now, JDRF is bringing together scientists and researchers from 27 institutions to accelerate this technology through the newly formed JDRF Encapsulation Consortium.

The inaugural meeting of the JDRF Encapsulation Consortium was held March 14 in New York City with the purpose of supporting a collaborative group of key players in science, engineering, and medicine to share their research to advance encapsulation technology. The ultimate goal of the consortium is to develop a product that will hide implanted beta cells from the immune system or make the immune system accept the cells and that will also provide an environment in which the cells can function normally—sensing a person's blood-glucose levels and releasing the correct amount of insulin at the appropriate times—to allow people with T1D to live life as if they don't have the disease.

"JDRF is investing in a diverse portfolio of different approaches and technologies, and we want to continue to build the pipeline of encapsulation technologies," says Albert Hwa, Ph.D., senior scientific program manager of beta cell therapies at JDRF. "The consortium will facilitate collaboration and sharing of information to drive progress in this area."

Encapsulation may afford the ability to conquer one of the

major obstacles that have limited the access to this treatment to a small population of people with T1D: a shortage of donor pancreases and the need for potentially toxic immunosuppressive drugs to tame the immune responses. "Currently these drugs are used at doses that expose the drug to all tissues in the body. It is possible to use similar drugs in some encapsulation designs but use them only at small concentration local to the transplanted cells. This way the detrimental effect to the rest of the body is minimal," Dr. Hwa says.

The consortium's goal is to establish insulin independence without chronic immunosuppression in humans for a period of 18 months. An aggressive timeline and milestones to meet that goal have been set, and consortium members will meet monthly to discuss their progress and any new developments. "The intersection of fields such as bioengineering, beta cell biology, and materials science engineering is where groundbreaking advances are most likely to happen," Dr. Hwa adds.

"We want to continue to build a pipeline of encapsulation technologies and eventually have approaches in clinical testing that can then move to available therapies, and we are looking to this group to help achieve these goals."

**Key point:** JDRF brought together scientists and researchers from 27 institutions to accelerate encapsulation technology through the newly formed JDRF Encapsulation Consortium. The inaugural meeting was held in March in New York City with the purpose of supporting a collaborative group of key players in science, engineering, and medicine to share their research to advance encapsulation technology. The ultimate goal of the consortium is to develop a product that will hide implanted beta cells from the immune system or make the immune system accept the cells and that will also provide an environment in which the cells can function normally.

# Dietary Fat Impacts Insulin Requirements

**D**ietary fat is essential for human health—it is a key source of metabolic energy, and its components are important building blocks of the cells in the body. But for people with type 1 diabetes (T1D), meals high in dietary fat can affect blood-glucose levels and insulin requirements, according to a recent study by JDRF-funded researchers at Joslin Diabetes Center in Boston.

Previous research has shown that dietary fat and free fatty acids impair insulin sensitivity and increase glucose production, but many of those studies focused on the role of fat in the development of type 2 diabetes. This trial focused on people with T1D, and its findings were recently published in *Diabetes Care*.

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*“These findings highlight the limitations of basing mealtime insulin dosing for type 1 diabetes solely on carbohydrate intake,” says Dr. Wolpert. “We need to consider fat as well as carbohydrates in insulin dosing calculations as well as in nutritional recommendations.”*

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By reviewing continuous glucose monitoring and food-log data from adults with T1D, the researchers found that “several hours after eating high-fat meals, glucose levels went up,” says Howard Wolpert, M.D., senior physician in the Joslin Clinic Section on Adult Diabetes and director of Joslin’s Insulin Pump Program.

Participants in the study spent two days in the hospital eating carefully

controlled meals and having their blood-glucose and insulin levels monitored. Breakfasts and lunches featured identical low-fat content, but the two dinners differed. Though they contained identical carbohydrate and protein content, one meal was low fat and the other high fat. For two 18-hour periods beginning before dinner, participants had their insulin automatically regulated by a closed-loop system and their blood-glucose and plasma insulin levels tested at frequent intervals.

The study found that the two breakfast meals required similar insulin doses but that more insulin was required after eating the high-fat dinner than the low-fat dinner. In fact, the average increase in insulin required was 42 percent. Even with the increased insulin, participants experienced greater hyperglycemia after the high-fat dinner with insulin levels elevated 5 to 10 hours after the meal.

The study has major implications for the management of T1D. “These findings highlight the limitations of basing mealtime insulin dosing for type 1 diabetes solely on carbohydrate intake,” says Dr. Wolpert. “We need to consider fat as well as carbohydrates in insulin dosing calculations as well as in nutritional recommendations.”

**Key point:** JDRF-funded researchers at Joslin Diabetes Center have found that dietary fat can affect insulin requirements in people with T1D. In a new study, meals high in fat boosted blood-glucose levels and the amount of insulin required to treat the resulting high. The findings suggest that the amount of fat in a meal should be considered, along with carbohydrates, to properly dose insulin.



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