

# DISCOVERIES

## Black & White Gala

The annual JDRF Spring Gala, an elegant "Black & White" event, will be held on Saturday, April 25 at the Hyatt Regency Greenwich.

Our honoree, Dr. Rubina A. Heptulla of the Children's Hospital at Montefiore, is a longtime JDRF supporter and healthcare provider to many of our chapter children. She will receive our 2015 Founders Award for her leadership in pediatric endocrinology and T1D research. An internationally recognized pediatric endocrinologist, Dr. Heptulla was awarded the McNair Scholar for Juvenile Diabetes by the Janice and



Gala Honoree,  
Dr. Rubina A. Heptulla

Robert McNair Foundation. Attendees will be joined in celebrating the work of Dr. Heptulla by our event sponsors: Montefiore Medical Center; Robert and Susan Evans; the Catlin Group; the Scherb and Satriano Family; William Null and Lauren Thaler; Brown, Gruttadaro, Gaujean, Prato, LLC; Brian and Robyn Fagen; Lawrence and Bonnie Kivel; and Robert and Judy Bernstein.



Fund A Cure speaker,  
Cliff Scherb

Cliff Scherb, founder of Glucose Advisors, will join us as our evening's Fund A Cure speaker. Diagnosed at the age of 9, Cliff enjoyed an athletic childhood and has dedicated his profes-

sional career to helping athletes succeed whether or not they live with T1D. Cliff has competed in numerous triathlons and ironman competitions.

The Black & White Gala will begin at 6:30pm with a cocktail reception and silent auction. Guests will then head to the main ballroom to celebrate our honoree and Fund A Cure speaker, enjoy dinner, dancing, and the live auction. Tickets and previews of the auction items are available online. Click [here](#) for more information including sponsorship information, to purchase tickets, make a donation, view the online journal, and to purchase journal space.

For more information about the annual gala, please contact Stephen Gnojewski at [sgnojewski@jdrf.org](mailto:sgnojewski@jdrf.org)

## Garden of Hope Gala

The Hudson Valley "Garden of Hope" Gala will be held on Friday, May 15 at the Powelton Club in Newburgh NY. This year, Marty Rutberg of Rutberg Breslow Personal Injury Law joins us as our corporate honoree. A dedicated supporter of JDRF, Mr. Rutberg has been making a difference in the lives of families affected by T1D throughout the Hudson Valley for many years.



Corporate Honoree,  
Marty Rutberg

Our T1D Advocate, Giovanni Scappin, Chef/Partner at Cucina, Gusto and Market St. restaurants and Assistant Professor in Culinary Arts at the CIA, is our T1D Advocate. Giovanni's soon-to-be stepdaughter, Apple, was diagnosed at the age of 3 in 2011.

Joining them as the evening's Fund A Cure speakers are Alan and Mollie Allard. Alan was diagnosed with T1D at the age of 9, and his daughter, Mollie, at age 11.



T1D Advocate,  
Giovanni Scappin

We are pleased to have the corporate sponsorship of Rutberg Breslow Personal Injury Law.



FAC Speakers, Alan and Mollie Allard

The festivities will begin at 6:00pm with a cocktail reception and silent auction followed by dinner at 7:00pm along with our honoree presentations, live auction and Fund A Cure speeches.

For more information and to purchase tickets, click [here](#), or contact Stephen Gnojewski at [sgnojewski@jdrf.org](mailto:sgnojewski@jdrf.org).

## INSIDE

# Chapter News

By Margie Ostrower, Executive Director

The JDRF staffers are busy planning the spring events and beyond into the fall when we unveil a rebranded walk program under the name of **One Walk**. Each year, JDRF Walks bring together more than 900,000 people to change the future for people living with T1D by raising money for research. As we plan our fall One Walks, we hope many of you will get involved: join our walk committees, volunteer at the walks, create a team, grow your team, and for those who have been away for a while, come back and reconnect with your JDRF friends.

There have been so many positive things happening in the T1D world and progress is being made on several fronts. Beta cell encapsulation is now

in human trials in San Diego; something that seemed like a dream only a few years ago. Also in development are "smart" insulins: long-lasting insulins that automatically activate when blood sugars are rising. JDRF continues to fund research that strives to make living with T1D less of a burden as it drives us closer to a cure.

We will be hosting Meet & Greet and Open House events again this spring. For all the details, visit our online upcoming [events calendar](#). These gatherings provide a wonderful opportunity to learn more about JDRF, get involved in chapter activities, and connect with others living with T1D. Focused on the cure, we believe our collective effort will help turn type one into type none.



## Our event journal is now online.

Honor someone special or promote your business by purchasing a journal ad.

Click [here](#) to view the digital journal.  
Click [here](#) to place an order for your journal ad.

## 2015 Research Updates

Dr. Stuart Weinzimer, of the Yale Pediatric Diabetes Clinic, will join the chapter for a research update on Thursday, April 30, 6:30pm at the Darien Library in Darien CT. His presentation will focus on the latest research and clinical trials for the Artificial Pancreas. Dr. Weinzimer directs the Artificial Pancreas Program at Yale and is the Principal Investigator for several NIH- and JDRF- funded Artificial Pancreas projects and the Principal Investigator of the Yale site in the NIH-funded Diabetes Research in Children Network (DirecNet). For more information, please click [here](#).

The Chapter's annual meeting and research update will take place on Monday, June 1, 7:00pm at the Greenwich Library's Cole Auditorium, Greenwich CT. Dr. Richard Insel, JDRF Chief Scientific Officer, will present a research update on JDRF's recent successes, current projects and the future studies and partnerships that continue to bring about strides in the JDRF mission. Please plan to join us for this informative evening. At this event, the chapter will present recognition awards to several outstanding volunteers. For more information, please click [here](#).

To RSVP, contact Joan Benz at 203-854-0658 or [jbenz@jdrf.org](mailto:jbenz@jdrf.org).

## Calendar of Events

### Hudson Valley Meet & Greet

Tuesday, March 24

Orange Regional Medical Ctr, Middletown NY

### Black & White Gala

Westchester/Fairfield Gala

Saturday, April 25

Hyatt Regency Greenwich, Greenwich CT

### Annual Golf Tournament

Monday, April 27

Sleepy Hollow County Club, Scarborough NY

### Artificial Pancreas Update

With Dr. Stuart Weinzimer

Thursday, April 30

Darien Library, Darien CT

### Chapter Open House

Tuesday, May 5

JDRF Fairfield Office, Norwalk CT

Thursday, May 7

JDRF Westchester Office, White Plains NY

### Garden of Hope Gala

Hudson Valley Gala

Friday, May 15

The Powelton Club, Newburgh NY

### A Mild Sprain

Sunday, May 17

Sprain Ridge Park, Yonkers NY

### Noah's Ride

Sunday, May 17

Freedom Park, LaGrange NY

### Annual Research Update

Monday, June 1

Greenwich Library, Greenwich CT

### Strides to Cure Diabetes

Sunday, June 7

Brookfield High School, Brookfield CT

### Family Fun Day

Awareness/Health Expo

Saturday, June 20

Rye Playland, Rye NY

### Peace, Love, Cure

Fun, fitness, and friends for a Cure

Tuesday, July 14

Sunningdale Country Club, Scarsdale NY

# Ride to Cure Diabetes

The JDRF Ride to Cure Diabetes has raised more than \$26 million for research to deliver life-changing therapies, and one day, a cure for T1D. This amazing and growing program features seven rides - Burlington VT, La Crosse WI, Lake Tahoe CA, Greenville SC, Death Valley CA, Nashville TN and Tucson AZ. In 2014, 1,524 riders raised 6.2 million dollars for T1D research.

Last year, our chapter was proudly represented by 31 riders in five of the Rides. Our participants get their inspiration from many: themselves, their children, siblings, friends, and all who live with T1D. The collective goal of this amazing group of people was to raise \$86,500. They surpassed that goal and reached a total of over \$137,000!

Consider joining JDRF for a fun-filled weekend that brings together riders from around the world to raise funds for T1D research. Whatever your skill level, the JDRF Ride to Cure Diabetes will help prepare you for success with: access to local coaches certified by USA Cycling plus online training tips; training rides that improve cycling skills and promote team building; personal fundraising web pages that make it easy to ask for donations; and the opportunity to choose the mileage and pace most comfortable for you.

Choose your fundraising package and JDRF will provide you with comprehensive training and fundraising assistance from the moment you sign up through your Ride weekend.

Additional benefits, such as transporta-

tion, lodging and meals, are based on your selected [fundraising package](#). Each ride destination has a webpage with the route map and elevation guide with details about distance choices, rest stop locations and scenic highlights.

Your exciting journey starts when you travel to one of our seven stunning destination locations. There, you'll join fellow cyclists to take part in safety seminars, planned excursions and team celebrations that all lead up to the big event—Ride day. Click [here](#) to start planning your Ride today.

Registration is open for 2015! For more information contact Jill Waller at [jwaller@jdrf.org](mailto:jwaller@jdrf.org). When cycling and charity combine...magic happens.

## Special Thanks to our 2014 Riders

### Burlington VT July 24 - 27

John Denneen, Michael DeVita, Patrick Duffy, Derek Healy, Russell and Lisa Flicker, Claire and Brendan Kackley, Craig and Michael Kopfmann, Thomas and Nancy McManus, and Thomas and Carol Smith

### Lake Tahoe CA September 5 - 8

John Vermeersch

### Death Valley CA October 16 - 19

Timothy Chizak, Mac Courtney, Michael DiTore, Charlie and Chad Lawrence, Thomas and Nancy McManus, Melissa Winters and Jan Zislis

### Greenville SC October 23 - 26

Nathan Brenowitz, James and Jimmy Haass, and Katrina Yost

### Nashville TN October 30 - November 2

Debbie Eck, James Kent, Don Ludlow, Mike Muha and Steve Silpe

## 2015 Ride to Cure Diabetes

**Registration for the [2015 Ride to Cure Diabetes](#) is now open.**

**Burlington VT** - July 23 - July 26

**La Crosse WI** - August 13 - August 16

**Lake Tahoe CA** - Tour de Tahoe  
September 11 - 14

**Death Valley CA** - **Sold Out!**  
October 15 - October 18

**Greenville SC** - Hincapie Gran Fondo  
October 22 - October 25

**Nashville TN** - October 29 - November 1

**Tucson AZ** - el Tour de Tucson  
November 19 - November 22

For more information on the Ride program, contact Jill Waller at 914-686-7700 or [jwaller@jdrf.org](mailto:jwaller@jdrf.org).

# Rider's Inspirations



Midway through the Nashville Ride, Debbie Eck and her brother, Don Ludlow, above, send greetings to their "number 1", Debbie's son Chris. The pair raise their cycles high at the finish line, right.



John Denneen and Patrick Duffy celebrate at the finish line with a cold one. Both ride for Ryan, John's son, who is 6 years old and was diagnosed three years ago. Patrick rides in many charity events, but says the JDRF Ride "is the best organized, most friendly and most special event of the year. It's truly an outstanding and unique experience in cycling."



Derek Healy, diagnosed as a young adult, rides for all T1Ds. His wife and daughters provide support all along the Burlington route and his pump and CGM keep his blood sugar in a good range so he can enjoy the ride. To those considering the Ride, he says "this is a ride, not a race, but more importantly, it is an experience like no other."



Our youngest rider, Michael Kopfmann, and his dad, Craig, high-five as they cross the finish line. Michael, diagnosed at age 9 in 2009, joined the Ride this year and his dad returned for his third ride. Michael demonstrated amazing determination and dedication to JDRF. The grueling ride required him to use his inhaler at several points, but he drew strength from his fellow riders all along the peaks and valleys of the Burlington route.



Michael DiTore has participated in the JDRF Ride for several years, but this was his first Death Valley Ride. He and his brother-in-law, Tim Chizak, ride for Tim's daughter, Caroline. She was diagnosed at age 2 in 2007.



James Kent and his daughter, Antonia, brave the cold temperatures at the start of the Nashville Ride. James rides to support his best friend's daughter.



Steve Silpe and Mike Muha enjoy their first Nashville Ride. Steve rode in Burlington the previous three years and Michael rode with him the past two years. Both ride for Emily, Steve's daughter who was diagnosed 8 years ago at age 19.

#JDRFRide 

# Coach Michael DeVita

In 2014, the chapter welcomed their first Ride coach, Michael DeVita. A T1D himself, Michael lives in Connecticut and has been a JDRF volunteer since 1995. He first participated in the Austin, TX Ride to Cure Diabetes in 2002. At mile 86 of this ride, he fell off his bike and was aided by two other riders – both named Mike - for the remaining 14 miles. The support and determination of the “three Mikes on bikes” stayed with him long beyond that day and has become one of many reasons for his continued involvement with the JDRF Ride.

While serving on JDRF’s Lay Review Committee, a fellow member encouraged him to join the Ride and put him in touch with the Ride Manager who provided inspiration. Michael’s participation goal was twofold: “he wanted to prove that he was ‘normal’ and could do it [the Ride]; and he wanted to get stronger so he could tolerate his disease better.” Ultimately, his hope was that one day his

involvement would translate to a cure for diabetes.

Coach DeVita also gets inspiration and support from his family. All six siblings pedaled alongside him for the 100 miles of the 2004 Death Valley Ride and at least one brother has joined him on other rides. Because he recognizes the importance of support, Coach DeVita had decided that he wanted to share his cycling knowledge and experience with others as a JDRF Ride to Cure coach. As a coach, he enjoys witnessing the progress of his riders during the months of training and derives a lot of satisfaction from “seeing where the riders start in the months prior to the ride and how committed they are until they reach the finish line.”

Over the years, Michael has completed a total of ten rides and Team DeVita has raised so much money for T1D research that Michael admits he has lost count. One thing he says for certain is that

great progress has been made in research. He is amazed at the current number of JDRF-sponsored human trials aimed at treatment, prevention and a cure. Michael remains steadfast in the mission to find a cure for diabetes by raising funds and awareness through the Ride to Cure Diabetes. He enjoys supporting and helping others who share his goal of a world without diabetes. His inspiration, training tips and cycling experience have proven helpful to our chapter riders.

Best of luck to Coach DeVita in the 2015 Ride season and many thanks for his support and dedication.



Joseph and Michael DeVita  
at the 2014 Burlington Ride

## Why They Ride



Lisa Flicker is all smiles the morning of the Burlington Ride. Joining her is her husband, Russell. Their “number 1” is their son, Ben, who was diagnosed at age 2 and is now 8 years old.



For Charlie Lawrence, it's a family affair. He is joined on the ride by his son, Chad, T1D for 41 years, and his daughter, Melissa, T1D for 21 years, and his wife, Donna, volunteers on the route. Father and son marked their thirteenth year and Melissa her fifth.

## Welcome New Riders

Ryan Lynch will be riding for his brother, Patrick, as well as himself: Ryan was 13 when he was diagnosed 16 years ago. His sister, Catie, will be joining him on the road in LaCrosse to ride for her brothers and her best friend, Caroline. Ryan hopes to learn about better management, and to increase awareness for T1D. Catie says, “I hope this experience brings hope to my family and friends that we are close to a cure.”

Richard Shear will be participating in the Burlington Ride. Since Richard has been an avid bicycle rider and racer for most of his adult life and was just diagnosed with T1D last year at the age of 61, he believes the JDRF ride will be a great training motivation and will allow him the ability to support and get to know the JDRF community.

Samantha McNerney met long-time rider, Nancy McManus, through her mother. Nancy rode for Samantha in Death Valley the year after Samantha was diagnosed at the age of 15. Now she will be joining Nancy at the Death Valley Ride. Samantha is looking forward to seeing a beautiful new place with people who care about the same cause. She said, “I hope to bring awareness to the disease and also build confidence in letting people know I have it.”

Join our growing team of riders. To learn more about the Ride contact Jill Waller at 914-686-7700 or [jwaller@jdrf.org](mailto:jwaller@jdrf.org)

# Calling Young Artists

This year's annual Westchester/Fairfield Kids Art Project will take place at the Greenwich Art Society, 299 Greenwich Avenue, on the third floor, in Greenwich CT on Sunday, March 22 from 1:00-3:00pm. Bring the whole family to help create a one-of-a-kind masterpiece which will then be auctioned off to the highest bidder at the Black & White Gala on Saturday, April 25. Jessica Lynch will lead a dot painting art experiential for children with T1D and their siblings and she will also include a short lesson focusing on the art techniques of Australian Dot Painting and Pointillism. Jessica is currently writing her art therapy master's thesis, which focuses on dot painting as a self-soothing and centering device for both adults and children, hence the inspiration for this year's art project. This event will be a unique learning experience for all the kids and we look forward to seeing new and familiar faces. Please RSVP by Thursday, March 19 by contacting Jessica at [jessicajanelynch@gmail.com](mailto:jessicajanelynch@gmail.com).



Kids and volunteers will gather for the Hudson Valley Kids Art Project on Wednesday, April 8 at 7:00pm to create a quilt of flowers for the Garden of Hope Gala silent auction. Please join us at Vassar Brothers Medical Center, 45 Reade Place, Conference Room B, Poughkeepsie NY. Each child will decorate a fabric square with images of flowers and these squares will then be assembled into a gorgeous one-of-a-kind quilt. 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. The art project will be auctioned off to the highest bidder at the Garden of Hope Gala on Friday, May 15. Please RSVP by Wednesday, April 1 by contacting Stephen Gnojewski at [sgnojewski@jdrf.org](mailto:sgnojewski@jdrf.org)

For more information about the art projects and the galas, contact Stephen Gnojewski at 914-686-7700.

## A Mild Sprain



Join us on Sunday, May 17, for the fourth annual A Mild Sprain Trail Race. This fun and challenging race traverses 4 miles of trails through scenic Sprain Ridge Park. David Vogel and Brant Brooks, both of Scarsdale, chair this event that has helped raise \$250,000 for JDRF over the last three years.

Runners of all levels and all ages participate in this fun and challenging trail race. The \$40 adult fee and \$25 for 18 years and under includes an event shirt and gift bag. There will be prizes and awards for various age groups and all net proceeds go to JDRF.

A Mild Sprain is part of the 2015 Trail Mix Series [www.thetrailmix.org](http://www.thetrailmix.org), which currently includes six trail races held between April and November in Westchester and Fairfield Counties.

For more details or to register for A Mild Sprain, please visit [www.amildsprain.org](http://www.amildsprain.org) or contact Jill Waller at 914-821-1780 or [jwaller@jdrf.org](mailto:jwaller@jdrf.org)



## JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES. Join Us

### MEET & GREET

In the Hudson Valley on  
Tuesday, March 24, 6:30 - 8:00pm  
Orange Regional Medical Center  
Main Campus - Outpatient Conference Room, 1st Floor  
707 East Main Street, Middletown NY

Join us to connect with others living with T1D and to learn about volunteer opportunities.

*For more info and to RSVP: call Jean Marie Trick at 914-606-0513 or email [jtrick@jdrf.org](mailto:jtrick@jdrf.org)*

### OPEN HOUSE

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

Fairfield Office - Tuesday, May 5, 4:00 - 7:00pm  
200 Connecticut Ave., Suite 4E, Norwalk CT

Westchester Office - Thursday, May 7, 4:00 - 7:00pm  
30 Glenn St., Suite 400, White Plains NY

*For more info and to RSVP: call the Norwalk office at 203-854-0658 or email [jbenz@jdrf.org](mailto:jbenz@jdrf.org)*

# Children's Congress 2015

## Jessica heads to DC

Jessica Waldman, from Scarsdale NY, was in sixth grade when she was diagnosed with T1D. Initially she thought her world would change and all the activities she loved to do would no longer be a part of her life. Now 16 years old, Jessica is just as active as she was four years ago. She plays competitive volleyball, rows crew, attends camp, and is a certified life guard. She said, "I am able to do anything I want to do with consistent care of my blood sugar levels and regular monitoring of my insulin dosages." While Jessica has been able to manage her blood glucose levels to achieve her goals, her dream remains to find a cure for T1D. As a 2015 Children's Congress delegate, Jessica will have the opportunity to tell her story and urge Congress to support JDRF in finding a cure for T1D and to continue to improve the lives of those living with T1D.

The chapter extends congratulations to Jessica for being selected to the team of JDRF delegates for CC2015. She will join representatives from all 50 states on July 13 - 15 in Washington D.C for this year's event. To read more about CC 2015, go to [cc.jdrf.org](http://cc.jdrf.org).



*Jessica Waldman,  
of Scarsdale NY*

## Kids, Start Your Sketching

Children living with T1D, ages 5 to 18, are invited to let their imaginations race for the checkered flag in the 2015 Race Car Design Contest for JDRF, hosted by Motorcraft/Quick Lane Tire and Auto Centers!



*Blake Lillicraf, of Monroe CT,  
was the 2012 Race Car Design  
Contest Winner*

Click these links to access the official [entry form](#), [design sheet](#), and [contest rules](#). The winning design will appear on the Motorcraft/Quick Lane Ford Fusion, driven by Ryan Blaney, at the NASCAR Sprint Cup race at Indianapolis Motor Speedway on July 26, in Indianapolis.

JDRF happily celebrates eight years of partnering with Ford Motor Company to present the Race Car Design Contest, which has raised

more than \$400,000 for JDRF and T1D research to date.

### Contest Schedule

- March 12 - Design submissions due to your local JDRF Chapter.\*
- March 16 - April 24 - Public voting happens at [fordracecar.jdrf.org](http://fordracecar.jdrf.org).  
Vote by making a monetary donation in support of your favorite design.\*\*  
Ford Motor Company will match funds raised up to \$250 per entry.\*\*\*
- April 24 - Top 10 designs with highest donations determined.
- April 25 - June 1 - Final voting happens at [fordracecar.jdrf.org](http://fordracecar.jdrf.org)
- Week of June 8 - Winner announced and design is unveiled.
- July 24 - 26 - Winner attends the NASCAR Sprint Cup race at Indianapolis Motor Speedway to watch Ryan Blaney compete in the JDRF car.

\* Entries received after March 12, 2015 will be accepted but may result in lower fundraising.

\*\* Donations will be credited to the contestant's JDRF Walk team where applicable.

\*\*\* Total matching funds limited to \$12,500.

## HEALTH MATTERS

### Getting to Know the Glycemic Index

By Susan Learner Barr, M.S., R.D.

In T1D, to have good control of your blood-glucose levels, you need to learn how to count carbohydrates (CHO). That's right, counting CHO is pretty much T1D "Diet 101." First you learn that CHO are the main source of energy for your body—they are broken down into glucose, which is the essential fuel for your brain, and the universal fuel for most of your organs and tissues.

But not all CHO are created equal. You digest different types of CHO at different rates—with varying effects on your blood glucose. Yet a person with T1D always needs to be super-diligent about all the CHO that he or she consumes.

So why bring the glycemic index (GI) of a food into the mix? Isn't figuring out what to eat or not eat with T1D complicated enough? The answer is certainly "yes," but keeping an eye on the GI of a food might be another valuable tool for better management of your blood glucose.

In a study looking at the effect of a low-GI diet versus a standard diet on blood-glucose levels and at the nutritional quality of diets in children with T1D, researchers at the NIH found that a lower-GI diet was associated with improved nutrition and healthier daytime blood-glucose levels (as measured by continuous glucose monitors). Although this was a pilot study conducted in a small group of participants, the results, published in the *Journal of the American Dietetics Association* (now the *Journal of the Academy of Nutrition and Dietetics*) suggest that improving your GI "IQ" may be worth the effort.

Click [here](#) to continue reading Susan's article in Countdown online.

Susan Learner Barr, M.S., R.D. is a food and nutrition writer in New York City and frequent contributor to JDRF's Countdown Online.

# Resources for Life with T1D

## Summer Camps

Despite the chilly temperatures and snow covered yards, now is the time parents start contemplating the summer camp schedule. The [Barton Center](#) has their summer schedule set and their local diabetes day camp, [Rainbow Club](#), will run from Monday, June 29 through Friday, July 3. Click [here](#) to visit their website to register and learn more about their residential programs. The [Diabetes Education and Camping Association](#) has information about diabetes camps across the country and around the world. On their website there's a great "find a camp" search tool, tips on how to prepare for camp, and more.

## Lilly and Disney's T1D Bookshelf

[Lilly Diabetes and Disney Publishing](#) currently have joined forces to produce fun and educational books for families and caregivers of children and young adolescents with T1D. These books include the wonderful Coco the Monkey series for young children and ESPN series for adolescents. Several of the books are available in [digital versions](#) or you can request copies from your child's healthcare provider. Parents will find many more helpful resources, like recipes and educational articles, on the [Lilly & Disney](#) website.

## College Scholarships

As that college application process winds down, many families begin to look for scholarships to help cover the ever rising cost of higher education. The [Diabetes Scholars Foundation](#) is a great resource for parents of teens living with T1D. Another notable website is the [College Diabetes Network](#). They detail available scholarships as well as offer plenty of advice for living with T1D on campus. Learn about their campus chapters and

how to start one if the college of your choice does not currently have a chapter. [College Scholarships.org](#) is another great resource for college funding advice.

## Managing T1D in the Workplace

NovoNordisk and Cornerstone for Care have great resources for balancing your work life with T1D. They offer [great information to keep you healthy, so you can focus on your job](#). A hectic day at the office can scramble your meal plan and you'll find some helpful [tips for eating healthy meals under unexpected circumstances](#). Traveling for work with T1D can be a challenge, but advice on how to stay stress-free and safe while [traveling with T1D](#) is just a mouse click away.

## Great Apps for Managing T1D

The increasing number of apps being developed for managing T1D on-the-go are astounding. Here are just a few that are on the market or will be soon. [ShugaTrak](#) is a smartphone app that automatically gets blood glucose readings from glucose meters and sends them out in text messages and emails to people you designate. [Tidepool](#) has a number of apps in development: [Blip](#), the hub for your diabetes data; [Nutshell](#) will take the guesswork out of T1D by showing you exactly what happened the last time you ate that crazy four cheese pizza; and [Sonar](#) is a "decision support" tool that will make it easy to collect data from any diabetes device and give you powerful easy-to-use search tools to make it a snap to find what's working well, and what could use some adjustment. [Glucose Advisors](#) offers [customized exercise plans](#) and is at work on the [Engine 1](#) mobile and web apps that are designed to give guidance to T1D athletes during exercise.

## Advancing a Key Artificial Pancreas Technology

*Stable liquid glucagon developed by JDRF partner Xeris evaluated in first clinical study*

The JDRF Artificial Pancreas (AP) project is focused on accelerating the development of commercially-viable AP systems that better mimic the biological function of the pancreas and reduce the daily burden of managing T1D. To achieve this goal, JDRF funds programs across a strategic AP development plan. Each step in the plan represents incremental advances in AP system automation beginning with basic devices that shut off insulin delivery to prevent episodes of low

blood sugar and progressing to fully automated, multi-hormone systems that maintain blood glucose at a target level. Basic AP systems are now reaching the market, but the more complex, fully automated systems require technologies that don't exist today—like multi-hormone pumps, faster acting insulin, and stable liquid glucagon—so JDRF is helping create them. Last year, JDRF partnered with [Xeris Pharmaceuticals](#) to solve one of these technical hurdles—development of a stable, liq-

uid glucagon compatible with T1D pumps. At a recent meeting of the Diabetes Technology Society, Xeris presented the results of the first clinical study evaluating their novel glucagon product; they call G-Pump™, in people with T1D. The goal of the study was to assess the safety, speed of absorption, and onset of action of G-Pump compared to an emergency rescue glucagon product marketed by Novo Nordisk under the brand name Glu-

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# Unlocking a Combination Therapy for New Onset T1D

Next month, a new study will start to further assess if a novel combination of drugs could help treat new onset type 1 diabetes

University of Florida researchers are ready to launch a [new clinical study](#) to examine if a combination of two U.S. Food and Drug Administration (FDA) approved drugs, antithymocyte globulin (ATG) and granulocyte colony stimulating factor (GCSF), could benefit people with T1D to preserve their own residual beta cells when treatment is started within 100 days of diagnosis, known as recent onset T1D. The study will build upon a 2012 [pilot clinical study](#) where the researchers found that a number of people with T1D who started treatment with this combination between four months and two years of diagnosis benefitted from the combination immunotherapy.

"The upcoming study is unique in that it represents the first combination of two FDA-approved agents to demonstrate preservation of beta cell function in people with established T1D. Based on these exciting results, we are moving forward with a larger confirmatory study," said primary investigator Michael Haller, MD of [University of Florida](#).

The new study differs from the pilot study in that the combination will be given to patients with the hope that intervening earlier might have a larger effect. The primary objective is to gauge safety of this combination therapy, but the trial will also

look for maintenance or enhancement of residual beta cell function as evidenced by c-peptide production and insulin use.

According to JDRF's Director of Discovery Research, Andrew Rakeman, "It is becoming increasingly clear that a combination approach will likely be necessary to stop progression or reverse a complex disease like T1D. This particular combination is attractive for a number of reasons—it uses two FDA-approved drugs, which means there's years of clinical experience relating to their safety, that has helped to expedite their use in T1D. Plus, the positive results from the pilot trial give a strong suggestion that this particular combination could be safe and beneficial for T1D."

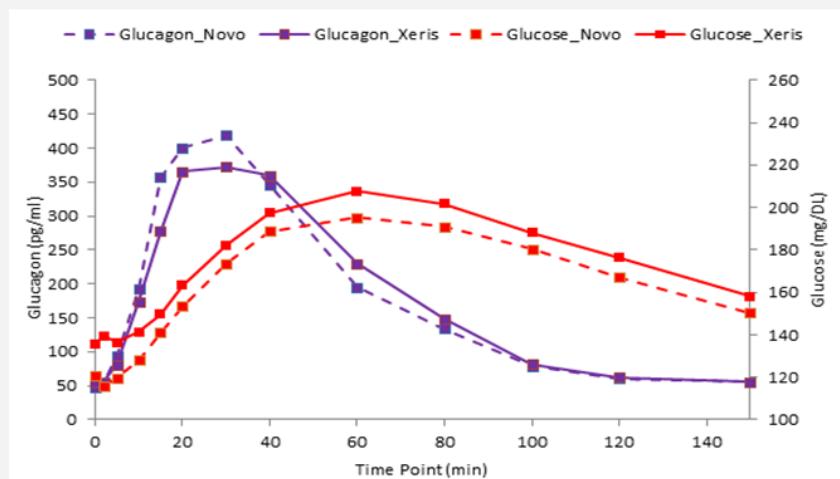
If this study is successful it will set precedence for the effectiveness of immune targeted combination therapies in the recent-onset stage of the disease, where the immune system may be hardest to control. This, coupled with immune mechanistic insights gained from this trial, could potentially inform other follow-on studies, including using ATG/GCSF as a prevention therapy in people at risk for developing T1D and using the combination for a longer period of time.

For more information or to support JDRF's restoration research program, please click [here](#).

## Advancing a Key Artificial Pancreas Technology continued

caGen®, both delivered via an Omnipod® pump. On treatment day one, nineteen people with T1D received either the Xeris or Novo Nordisk glucagon via a pump and had their blood levels of glucagon and glucose measured for several hours. Then, on a subsequent day, each person returned for treatment day two, and received the other (Xeris or Novo Nordisk) glucagon, in order to compare the two types of glucagon in each person.

G-Pump glucagon effectively increased blood glucose levels in proportion to the dose given. G-Pump glucagon also produced blood glucagon levels similar to those of freshly prepared GlucaGen. Overall the results strongly support moving G-Pump glucagon to the next phase of development—clinical testing as a component of a multi-hormone AP



Blood glucagon and glucose levels over 150 minutes in people with T1D after receiving a dose of the Xeris (solid lines) or Novo Nordisk (dashed lines) glucagon in the clinical study

system, which could move us one step closer to the development of more advanced AP systems. For more information or to support JDRF's artificial pancreas research program, please click [here](#).

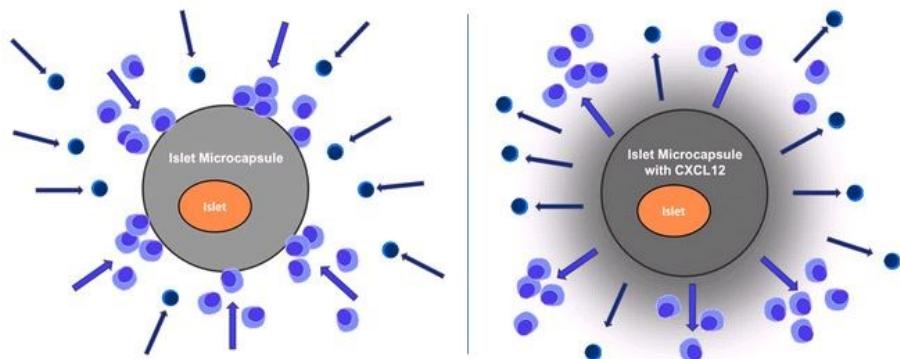
# Engineering a Better Shield for Beta Cells

Researchers discovered a protein shield that may enhance the protective barrier of encapsulated islets for type 1 diabetes

A new technology for encapsulating islets or beta cells using the human protein called CXCL12 could result in improved encapsulated cell replacement therapies for individuals with T1D. JDRF-supported [Dr. Mark C. Poznansky](#), Associate Professor of Medicine at Harvard, is investigating how CXCL12 could be used to improve the success of implanted encapsulated islets by improving the immune shield around the cells. His initial discovery is published in the January issue of *American Journal of Transplantation*. Dr. Poznansky began studying CXCL12 more than 10 years ago while working on HIV and ovarian cancer research. He discovered that CXCL12 expression on tumor cells has a role in thwarting immune responses against tumors and applied it to T1D islet transplantation research.

The researcher addresses two challenges with current islet transplantation: 1) T1D patients' immune systems can readily reject transplanted islets or tissue, and 2) the use of immunosuppressive therapies to combat immune rejection can cause additional health issues for T1D patients. Dr. Poznansky's new technique involved incorporating CXCL12 into the capsules containing islets for implantation. He found that CXCL12 can induce local immune isolation from the body's immune system thereby protecting and preserving the long term functions of the encapsulated islets. The protein "shield" tells the attacking immune cells to stay away and keeps them at bay allowing the islets to naturally produce insulin. The majority of the animals receiving islets with the protein shield in the alginate capsule remained healthy and insulin independent for longer than 300 days while those receiving islets with

only the capsule all reverted to T1D around day 50. In short, Poznansky designed a technology where a natural protein creates a positive, protective environment for islets or beta cells that could further improve future encapsulated beta cell replacement products for T1D.



*CXCL12 surrounds the islet repelling cells to preserve islets while they grow*

A new JDRF grant of \$1.6 million will support the team to further their CXCL12-encapsulated cell investigations in additional animal studies. If Poznansky and his team see a good response to the transplants over the first two months, they will proceed with transplanting a second set of animals in a different location and to convey maintenance of islet function long term. Hopefully in the future this "shield" technology will have T1D product applications and constitute part of future generation encapsulation products that help revolutionize the management of T1D.

For more information or to support JDRF encapsulation research program, please click [here](#).



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