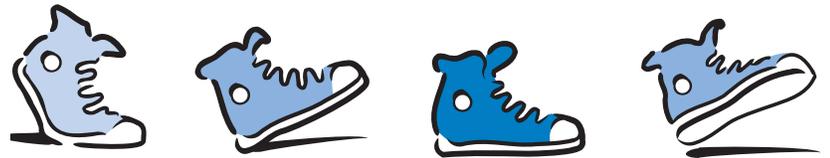


DISCOVERIES

A Journey Begins With a Few Steps...



Join Us for the Annual Walk to Cure Diabetes

The Fairfield JDRF Chapter is gearing up for our two fall Walks

**Sunday, Oct. 6 in Norwalk
Calf Pasture Beach**

**Sunday, Oct. 20 in Ridgefield
Ridgefield Recreation Center**

Three important numbers to keep in mind when thinking of the fall JDRF Walk season: eight weeks, 232 Walks that will raise \$90 million! When you put it into that perspective, you can't help but feel that your steps in the process are part of a much larger effort that is making an impact on this disease.

The annual Walks bring families, schools, local businesses and corporations together to share in the camaraderie of the day and to raise money for important diabetes research. These two Walks will raise a combined \$500,000 this year! Both sites have honored families that will spearhead the efforts.

In Norwalk, we are proud to honor Lisa and Rob Carpenter. Lisa and Rob have been JDRF supporters for many years and will be walking for their ninth time as "Carpenter Crew for a Cure." Rob and both his children have T1D. Bobby and Isabelle were diagnosed two years apart, both at the age of 4. The family feels it is important for the kids to see how many people

are affected by this disease and to see that they can make a difference by raising important funds for research. Both Lisa and Rob serve on the Fairfield County Chapter Board of Directors, and Rob is our current Co-President.

In Ridgefield, we are proud to honor Valerie and Greg Jensen. The family walks under the name of Mighty T-Rex's in honor of their son, Rex, who was diagnosed last year with T1D. They are determined to not let his diagnosis slow them down and have jumped right into the event raising money and rallying the Ridgefield community to help with their efforts. The Jensen family has a long history of philanthropy. Valerie is the president of SPHERE, whose mission is to improve the quality of life for individuals with developmental disabilities, and earlier this year she was honored at the Special Olympics Connecticut Hall of Fame Dinner.

The Chapter is proud to announce that Stamford Hospital will be recognized as our Corporate Walk Honoree this year. Stamford Hospital, as our Principal Partner, is the Presenting Sponsor for the Walks and we are proud of this partnership. We extend our thanks to former Board member Kevin Gage for facilitating the relationship between JDRF Fairfield County and Stamford Hospital. Kevin and his family team will be back for the sixth year, and the hospital returns with Walk teams at both the Norwalk and Ridgefield locations.

Honored Walk Family – Norwalk



*The Carpenter family from New Canaan, Conn.
Rob, Lisa, Bobby and Isabelle
"Carpenter's Crew for a Cure"*

Honored Walk Family – Ridgefield



*The Jensen family from Ridgefield, Conn.
Greg, Valerie, Rex, Tigerlily and Oz
"Mighty T-Rex"*

There's still plenty of time to register your Walk team, find out more about unique fundraising opportunities and get additional information. Call Lu Rosa in the JDRF office or visit the walk.jdrf.org website for online registration. ■

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From the Desk of ...

As we begin our new fiscal year, we are pleased to represent the Fairfield County Chapter as Co-Presidents.

We would also like to welcome our new Executive Director and our new Board members. In late April, our Chapter welcomed Margie Ostrower as our new Executive Director, leading the Westchester, Fairfield County and Hudson Valley Chapters. Margie joins us from Westchester Medical Center where she worked for more than 10 years for the Children's Hospital Foundation focusing on stewardship, fundraising and outreach. Additionally, we are also delighted to welcome four new Board members to the Fairfield County Chapter: Ryan Lynch of Norwalk, Peter Roche of Darien, Marion Roth of Ridgefield and Joshua Sorenson of Old Greenwich. We look forward to working with this talented and accomplished group to

propel our organization forward into 2014 and beyond.

We would also like to bid a fond farewell to our outgoing Board members, whose hard work and dedication on behalf of the Chapter will be sorely missed: our outgoing President, Suzanne Turner, as well as Board members Kevin Gage and Woody Thompson. We thank you for your tireless support to find a cure for type 1 diabetes.

Our Chapter is not immune to the ongoing economic challenges; however, we have made substantial progress and continue to work to improve the lives of those living with type 1 diabetes, with the ultimate goal of finding a cure.

We are excited about the federal research grant for \$150 million that was recently approved and the recent Children's Congress that brought more than 160 children with type 1 diabetes and their families to Washington, D.C., to meet with their members of Congress and staff to

put a very personal face to the disease while reminding them just how important it is that we continue funding research.

The Walk is our flagship fundraising event that brings together Fairfield County families and corporations to help find a cure for type 1 diabetes. This fall, our Chapter will be hosting two JDRF Walks to Cure Diabetes, one in Norwalk and one in Ridgefield. We hope you are able to join us for these inspirational and fun-filled, family events.

Your efforts, whether its volunteering time, talents or treasures, will help us find a cure for type 1 diabetes. We ask for your continued support and look forward to the upcoming events outlined in these pages.

Regards,


Robert Carpenter


Donald Friedman

Annual Research Update

The Fairfield and Westchester County Chapters held their Annual Research Update and Awards Reception on Monday, June 17, at the beautiful Hyatt Regency Greenwich. Guest speaker Dr. Richard Insel, JDRF Chief Scientific Officer, delivered an informative presentation on the current research developments aimed at curing, treating and preventing type 1 diabetes. It was also a night to recognize some of our outstanding volunteers and JDRF supporters for their commitment to the JDRF mission.

Congratulations to This Year's Award Recipients

T1D Youth Award – Danielle Dunn, Gabi Gaujean, Steven Lewis

Board Recognition Award – Jonathan Lewis, Suzanne Turner

Corporate Partnership Award – Stamford Hospital

School Nurse Award – Susan Brunell, Rita Franchini

Rising Star Award – Miranda Vincent, LaurieAnn Scher,

Bonnie Rumilly, Dr. Mary Sarrantonio

Top Walk Fundraising Team – The A Team, led by Steve and

Lauren Field, and Team Noah's Ark, led by the Ziluck Family

Volunteer of the Year Award – Richard Bloom, Liz Kenny

Lifetime Achievement Award – Koller Family, Lynch Family

To learn more about JDRF's research progress, go to www.jdrf.org and click on the "Research" tab in the navigation bar. ■



2013 Annual Meeting and Awards Reception (L to R): Don Friedman, Rob Carpenter, Marion Roth, Max Gaujean, Stacy Sheinbaum and Dan Sirota



Kevin Gage and David Smith accept the Corporate Partnership Award from JDRF FC Board President Suzanne Turner on behalf of Stamford Hospital.

RIDE TO CURE DIABETES

Tour de Vermont for the Fitzpatrick Family

JDRF's first Ride to Cure Diabetes of the season was held on July 25-28 in Burlington, Vt. Burlington is one of the premier cycling destinations in the United States, offering a classic New England cycling experience on some of the most scenic roads in the state of Vermont. The course follows more than 100 miles through historic villages and country roads. This year the Fairfield County Chapter was happy to have four riders participate in the



Team Fitzpatrick - Dillon, Sean and Peter

Burlington Ride. Craig Kopfman, who also participated in the 2012 Burlington event, rides in honor of his son Michael who was diagnosed with T1D in 2009 at the age of 9. Peter, Sean and Dillon Fitzpatrick pedaled for the cure as first-time participants at the Burlington Ride. Sean was diagnosed in 2005 at the age of 11.

The Fitzpatrick family are avid fans of cycling, and they especially love the Tour de France. The family has been a long-time supporter of JDRF, and Jennifer is a member of the Fairfield County Chapter Board of Directors. Last fall, she listened

to her fellow Board member, Debbie Eck, enthusiastically recount her rewarding experience at the 2012 Death Valley Ride. When Jen shared the story with her youngest son Dillon, who is a cycling enthusiast, he was immediately interested in doing the 2013 Ride. Since Dillon is under the age of 18, the minimum age for independent riders, his dad Peter offered to ride with him. When Sean heard his father and brother were riding, all three decided to ride as a team.

Special Events Coordinator Lu Rosa interviewed Sean about his first-time experience with the JDRF Ride Program. Sean commented on how seamless the event was run, and how the riders and coaches seemed passionate about cycling and very willing to help. When asked to give a couple words to describe the Ride, Sean said, "it was fun and educational."

The Ride wasn't without its challenges. Sean described a section of the Ride known as "Heartbreak Hill" with a 6-8 mile incline where the hill is so steep that you are forced to ride up the hill at a walking pace. Sean was amazed to see local supporters lining the streets and offering inspiration by applauding and ringing cowbells. He said, "even though it was a battle, the cheers from the crowd were motivation to keep going."

For participating in the Ride to Cure Diabetes, riders received a goody bag, T-shirt and jersey. "The T-shirt and the jersey are something to be proud of because they represent a great sense of accomplishment for a good cause," remarked Sean. When asked if he would do the Ride to Cure Diabetes again, Sean said without hesitation, "Yes, definitely, we are already discussing our plans for next year."

Read more stories and be inspired at ride.jdrf.org. For information about the 2014 Ride to Cure Diabetes, contact Lu Rosa in the JDRF office at (203) 854-0658 or lrosa@jdrf.org.

Jim Bayles Swims to Benefit JDRF

Jim Bayles will attempt a marathon swim across Lake Erie from Long Isle, Ontario, Canada to Presque Isle, Erie, Pa., a distance of just under 25 miles. Jim has a personal connection to diabetes.

His dad lived with type 1 diabetes for more than 50 years and his granddaughter Kayla was diagnosed with type 1 diabetes two years ago at the



Jim Bayles

age of 5. His family is his inspiration, but he swims for all with T1D in hopes that his fundraising efforts will help find a cure. Jim's campaign has currently raised close to \$5,000. If you would like to support Jim's swim, you can contact Lu Rosa in the JDRF office at (203) 854-0658 or make an online donation at jdrfevents.donordrive.com/campaign/swimforthecure. ■



Jim Bayles of Newtown, Conn. swims for the cure.

'Like' Us!



Visit www.facebook.com/JDRFairfieldcounty for

event pictures, chapter updates, event information, research news and other promotions.

Gala 2013 Celebrated With a Unique Experience and a ‘Voyage to a Cure’

JDRF

Fairfield and Westchester County hosted its first combined Spring Gala, Saturday, May 4, aboard the Hornblower Infinity Yacht out of the Delamar Harbor in Greenwich, Conn. The yacht set sail out onto Long Island Sound for this “Voyage to a Cure,” raising more than \$600,000!

The Gala honored past Gala Chairs from the Fairfield and Westchester County Chapters for their unwavering dedication and support to JDRF over the years. The honorees included Jody Brefere Ewen, Tammy Lee Dunn, Bonny Kivel, Melissa Monsey, Bobbi Reitzes, Shannon Sorbara, Lauren Thaler, Terri Walker, Jayne Weiss, Chris Winrow and this year’s corporate honoree, Acura of Westchester.

The sleek and ultra-modern Hornblower Infinity Yacht served as the backdrop for this floating cocktail party. Tri-chairwomen, Jessica Jane Lynch and Jennifer Roche of the Fairfield County Chapter and Robyn Fagen of the Westchester County Chapter, planned an

entertaining evening with a constant flow of unique experiences, complete with several areas of entertainment, including magician, fortune tellers, caricature artists, photo green screens, specialty bars, DJ and a band. Each year, guests compete for trips, exclusive dining and entertainment

packages and more in the live and silent auctions. This year, under the leadership of Procurement Co-Chairs Barbara Arman of the Fairfield County Chapter and Judy Bernstein of the Westchester County Chapter, was no exception, raising more than \$100,000 from the auctions alone. The Kids Art Project, under the leadership of Fairfield County’s Jessica Jane Lynch, was a uniquely inspired Dale Chihuly piece of art, created by the children from both chapters and auctioned off as a live item. The Fund a Cure video, produced by Fairfield County Chapter’s Melissa Monsey set the tone for the Fund A Cure portion of the evening. This year’s Fund A Cure speakers were Ryan Lynch and Peter Roche of the Fairfield County Chapter and Jon Reitzes of the Westchester County Chapter. All three men spoke to the challenges they face every day, have faced and will face, living with T1D and how these fundraising efforts give them and their families hope for the future.

Both Chapters were pleased to have Stamford Hospital as the Principle Partner for this year’s Gala.

Our Fairfield and Westchester County families, children and loved ones, who share the vision of a life without T1D, thank everyone who contributed to this success. ■



Photos contributed by Mary Harold

Save the Date - JDRF Annual Gala
Saturday, April 26, 2014 - Greenwich Hyatt



View more photos at www.facebook.com/jdrffairfieldcounty.

Being an Advocate, Changing the World

By Harrison Zuckerberg, 2013 Children's Congress Delegate

Every two years JDRF selects from a pool of nearly 1,500 children, ages 4 to 17, to attend the JDRF Children's Congress in Washington, D.C. Out of this large number only 160 delegates are selected. This year, I was honored to attend the Children's Congress representing the Fairfield County Chapter. The Children's Congress took place from July 8-10 in our nation's capital. It is the largest media and grassroots event held in support of finding a cure for type 1 diabetes.

While I was there I met with Connecticut Congressman Jim Himes and Senators Richard Blumenthal and Chris Murphy. My fellow delegates and I discussed with them the importance of further research for type 1 diabetes and the significance on the renewal of the Special Diabetes Program which directs \$150 million to type 1 research per year over a three year span. This program provides more than 50 percent of all money devoted to type 1 research annually.

On the second day there was a town hall meeting with the celebrity advocates Mary Mouser, Charlie Kimball, Sam Talbot, Leslie Adkins, Aaron Kowalski and moderator Brian Kenny, whose daughter has type 1 diabetes. All of the celebrity advocates have type 1 diabetes and have still been able to live a full life and not let diabetes stop them from being successful and following their dreams. It was inspiring to hear all of their stories. It was especially cool to hear about Mr. Kimball, since he is an Indy race car driver, how he manages to keep his blood sugar in range while going at speeds of more than 220 miles per hour by having his continuous glucose monitor set up on his dashboard so he only has to look at it to see if his blood sugar is in range. Instead of just having a tank filled with water under his seat that is fed into his helmet he also has one filled with orange juice—so if he goes low he can treat it! We also had the opportunity to record the "Promise to Remember Me" song with Crystal Bowersox, the runner-up on season 9 of American Idol. While we were at the senate hearing we had the chance to hear Ray Allen talk about what it is like to be the father of a child living with type 1 diabetes. His son Walker was diagnosed at 17 months during game four of his first NBA championship.

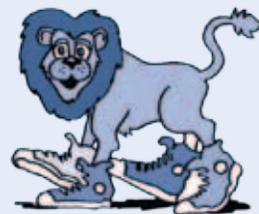
The message I can learn and share from this experience and my experience from the T-1 Luminary Enlightenment is that we all have a voice and message to be heard. Help raise awareness in your town or neighborhood by simply lighting T-1 luminaries and handing out factsheets on type 1 diabetes on Nov. 5. Thank you! Together we will light the way to a cure. ■



Harrison with Vice President Joe Biden at the 2013 Children's Congress in Washington, D.C.

Brookfield Lions and JDRF Share a Mission

Annual Strides to Cure Diabetes



Our Seventh Annual Strides to Cure Diabetes Walk and Run was held on Sunday, June 9, under beautiful blue skies. It was a rare dry day in June that 100 runners and more than 300 walkers gathered at Cadigan Park in Brookfield, Conn., to raise funds and awareness for JDRF. Several new teams joined our many returning teams, and all enjoyed the sunny skies and cool morning breezes coming off Candlewood Lake. Although the final tally is not yet available, the Strides event is expected to raise close to \$8,000.



Team Nathaniel of Brookfield

Photo contributed by John Varda



Team Talia of Brookfield

Photo contributed by Angela Romeo

We wish to extend our thanks to all our sponsors: Webster Bank, Nestle Waters, Colonial Ford, United Alarm, Woodbridge Running Co, Shop Rite, Stew Leonards, Hensel Realty, Coyle Modular Homes, International Playthings and Trader Joes.

We also want to thank Mark Lyon and the Brookfield Lions Club for their continued support and dedication to JDRF and its mission. Once again our wonderful committee worked to recruit walk teams, corporate sponsors, and promote the walk and run. Thank you Tammy Lee Dunn, John and Kathy Varda, Barbara Mandell and Linda Coyle as well as the many other volunteers who came out on the day of the walk.

Please mark your calendar for the Eighth Annual Strides to Cure Diabetes on Sunday, June 8, 2014.

Chapter News

By Margie Ostrower, Executive Director

As we move further into a merged state of the two chapters, staff has now been organized to cover the region, including Fairfield, Westchester and the Hudson Valley. The Special Events Director that handles our Walk is now responsible for all five Walks in our region including Norwalk, Conn., Ridgefield, Conn., Yonkers, N.Y., Goshen, N.Y., and Beacon N.Y. This allows us to be more efficient in event management and allows staff to become more familiar with both chapters in an effort to grow our fundraising.

We begin the fall season with lots of staff changes. Meredith McCaslin, who has been the Associate Executive Director in Fairfield for the last year has taken a new position with the American Heart Association. This job change allows her to be closer to her family and offers

her a great new opportunity for career development. We will miss her and thank her for all her efforts on behalf of JDRF.

The Fairfield Chapter wishes best of luck to Marcia Maslo who is moving onto a new opportunity. Marcia joined JDRF in December of 2010 as a Special Events Coordinator. In July 2012, she was promoted to a Special Events Manager. She has been responsible for the annual Gala and CATWALK fashion show, which was launched in 2011 as a new event. We thank Marcia for her dedication and wish her well in her new position.

In addition, we would like to recognize the recent promotion of Taryn Dwan to Director of Development.

Taryn's tenure with JDRF began with the Virginia Chapter where she played an integral role in the chapter's Walk program and corporate outreach

efforts. Taryn joined the Westchester Chapter in April 2012 as Development Coordinator. Taryn brings a wealth of energy, knowledge and strategic thinking to our Walk to Cure Diabetes events and we are thrilled to share that she will be leading the Walk staff for the Fairfield, Westchester and Hudson Valley Chapters.

Lastly, JDRF extends congratulations to Lu Rosa on his recent five-year anniversary. Lu joined JDRF in 2008 as a temp and started working full-time in 2010 as a Special Events Coordinator. Lu has been very involved in our Walk to Cure Diabetes, Team JDRF, Ride to Cure Diabetes and several golf events. He is our in-house tech guru and always available to lend a helping hand. Thank you for your dedication to JDRF, Lu!

Climb for a Cure

Team JDRF is a way for anyone and everyone to make a difference in the fight against type 1 diabetes. Whether it's a community event such as a walk, bowl-a-thon or lemonade stand, a challenge event or a personal campaign, Team JDRF pairs our families' passion for a cure with grassroots fundraising. JDRF offers a toolkit to get started and inspired. With the use of our online site, fundraising is even more effective, efficient and fun. Team JDRF events can be a great way to bring local communities together with a common goal—to raise dollars to fund a cure.

"Climb for a Cure," our most recent Team JDRF event, was the idea of Alex Turner, a regular climber at Carabiner's of Fairfield. Many families joined the Turners at Carabiner's to enjoy an evening of indoor rock climbing, camaraderie and fundraising at the Fairfield location. Alex and his climbing colleagues along with certified instructors taught basic belay skills and guided participants through the climbing gym. "Climbing is a great sport that challenges one both physically and mentally. Everyone had a good time and raised money for a great cause. We hope to do it again next year," said Alex.

The Turner family has been actively involved in supporting JDRF since Alex's T1D diagnosis in 2000. Suzanne Turner has served on the JDRF Board since 2005 as Secretary, Vice President and most recently completed a term as Chapter President. She

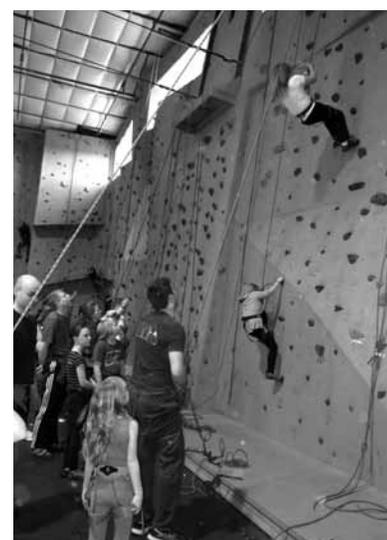
has also been an integral part of the Chapter's Gala, Walk and fashion events throughout the years.

Not sure what type of event you want to do? We are here to help. For more information contact Lu Rosa in the JDRF office at (203) 854-0658 or lrosa@jdrf.org. ■



Alex Turner

Photos contributed by Debbie Eck



JDRF families "Climb for a Cure".

Carb Counting 101

By Tracy Joseph, MPH, RD, JDRF Outreach Manager

Counting carbohydrates has become the standard method of type 1 diabetes management. Typically, a certified diabetes educator (CDE) or endocrinologist will help determine your insulin to carbohydrate ratio—the amount of insulin you need to take to cover the carbohydrates you are eating. This number can vary by type of food or time of day.

If your ratio was 1 unit of insulin for 15 grams of carbohydrates, you would take 3 units of insulin for a 45 gram carbohydrate meal. Doing this math has become much easier with the use of insulin pumps. Many pumps have carbohydrate food lists in their memory; calculation wizards; and can calculate how much insulin you already have or may need based on your blood sugar level. Your endocrinologist or CDE will help you program your pump so it does this accurately, or determine if you are a good candidate for insulin pump therapy.

Nutrition Facts	
Serving Size 1/2 cup (about 82g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	

Using carbohydrate counting has helped eliminate the need to stick to specific calorie and carbohydrate meal plans. The Nutrition Facts label, available on most packaged foods, is helpful in calculating carbohydrate counts. If you can read a food label, you can carbohydrate count!

Many restaurants now include or have nutrition information. It's important to remember that at restaurants and even at home when you are cooking, sometimes it's an estimate and may not be as accurate. If a particular food or meal causes your blood glucose value to be higher than normal, always discuss possible adjustments with your healthcare practitioner.

Now that you know how to do some basic carb counting ... let's get ready for Halloween. Having T1D does not mean you can't enjoy trick or treating and Halloween candy. We just want our blood sugars to stay a treat and not trick us.

Figuring out carbohydrate counts for your favorite Halloween treats may require some research. When the trick-or-treat bag comes home, the treats usually do not have nutrition information on the Halloween-friendly sizes. Carb counts for "fun size" can be from 8-17g per piece and "mini" carb counts can be from 4g-15g per piece. Regular size usually has the nutrition label on the package. If you are unsure about a candy—go online and look it up. There are also some apps that give you info. (Carb Counting with Lenny; Go Meals; Fooducate are a few free examples.)

More detailed candy lists are available from your local JDRF chapter.

There may be a few "tricks or treats" on Halloween night but as long as you plan for it, your blood glucose does not have to be tricked. As always, if you have any questions about Insulin-Carb Ratios or diabetes management on special occasions such as Halloween, check with your endocrinologist and CDE. ■

Halloween Candy	Carb Counts
Candy Corn	15g / 15 pieces
Airheads Mini	5g / stick
Fruit Roll Up	12g / roll
Hershey's Mini Bars	5g / bar
M&M's Fun-Size	15g / packet
Skittles Fun-Size	18g / packet
Wonka's Pixie Stix	2g / 1 piece

Sneakers Now On Sale

It's that time of year again, and JDRF is gearing up for the Annual Walk to Cure Diabetes with their "Sneaker" campaigns. National and local partners have teamed up with JDRF to sell the scan-able, paper sneakers. Customers are invited to donate \$1 to JDRF by purchasing the paper sneakers at the checkout. Your name is written on the sneaker and posted around the store.

Walgreens and Fresh Market held their sneaker sales programs in the summer and early fall. Advance Auto Parts, Marshalls and Stop and Shop sneaker campaigns continue through October. Be sure to stop by your favorite location(s) and join the millions of people that support a cure for diabetes.



JDRF staff members visit local Walgreens to thank them for their participation in the annual JDRF Sneaker Campaign.



Thanks to Our National Sneaker Partners!

Kids to Cure Walk Diabetes



Through our Kids Walk program, JDRF staff and volunteers empowered students across the country to raise more than \$4 million during the last school year for JDRF's vital research to better treat, prevent and cure T1D. Schools right here in Fairfield County have helped us reach this amazing milestone, and this year our mission is to meet you and your school!

Schools are delighted by how easy the program is to implement and how many benefits they receive in return. And as a family living with T1D, you will surely appreciate the educational value of our Kids Walk program along with the support of your entire school community. It's all about kids helping kids!

If you haven't already heard about our Kids Walk program, check it out online at kidswalk.jdrf.org or contact your Kids Walk Coordinator, Jean Marie Trick at jmtrick@jdrf.org or (914) 606-0513.



Kids Walk at Tashua School in Trumbull



Jenny and Abby Flynn, Kids Walk Ambassadors

Have You Met our Newest Kids Walk Ambassadors?

The Fighting Flynns, better known as Abby and Jenny Flynn, have been involved with JDRF's Fairfield County Chapter since 2006 when Abby was diagnosed. Jenny's T1D diagnosis followed several years later in 2011. Since then, the sisters have become spokesmen for JDRF, openly sharing their stories and experiences with T1D with their classmates during their annual Kids Walk to Cure Diabetes campaign.

Abby and Jenny's elementary school hosted their first Kids Walk during the 2010-2011 school year, raising more than \$8,000. When JDRF returned during the 2011-2012 school year, the girls inspired their entire school by creating their very own video. They shared it during the school-wide assembly and bravely and honestly answered questions from their curious classmates. The students, staff and teachers rallied behind the girls and, since that first year, the Tashua Elementary School has raised nearly \$25,000!

Thank you Abby and Jenny and congratulations on a job well done!

Poker Players 'Up the Ante' for JDRF

The third annual Julia's Angels JDRF Charity Poker Classic took place on Sunday, April 21, at the Holiday Inn in Mt. Kisco, N.Y. The stakes were high as 67 players attended the event not only to raise money for JDRF but also for a chance to win a \$10,000 seat for the Main Event at The World Series of Poker in Las Vegas—an ESPN televised event. The JDRF event included more than 10 hours of live action as well as a raffle and silent auction with signed items donated by Mariano Rivera. Honored guest Julia Tierney (Julia's Angels) was on hand to deal out the cards for play at the final table.

Poker Classic winner Bob DeLorenzo ventured out to Vegas for the Main Event in early July. He didn't cash in at the tournament but he did say "it was an experience of a lifetime, pitting his skills against 7,500 other players who all plunked down \$10,000 each to play in an attempt to win the coveted bracelet and a share of the \$75 million in prize funds."

This year's event raised almost \$8,000 to benefit JDRF. Tournament host Larry Langlois commented, "it's always a fun event and there's no doubt we are 'All In' for the cure." Plans are already underway for next year's event. Mark your calendar for April 10, 2014, and plan to join us at the Holiday Inn Mt. Kisco.

To register or learn more, go to www.juliasangelsjdrfcharitypoker.com or contact Larry Langlois at (203) 496-9550 or jdrfcharityclassic@yahoo.com. ■



Julia Tierney deals a poker hand at the JDRF Charity Poker Classic.



Going "All In" for JDRF, poker players compete for the grand prize at the Charity Poker Classic.

Outreach Update

Our partnership with the Pediatric Endocrine and Diabetes Specialists (PEDS) in Norwalk on the Kid's Connections support group for children with T1D between 8 and 12 years old has been extremely successful. We have had three meetings since February and the feedback from both parents and children has been highly positive. At the last meeting, one of the kids begged for a group every month and was trying to hide from her mom because she loved the group so much. Another related to her mom that she loves having a time to express feelings about T1D whether they are anger, sadness, fear, confusion or happiness. Each meeting kicks off with introductions and an icebreaker activity to get the kids comfortable with the group that is facilitated by Bonnie Rumilly, MSW. Then it's time for a snack and a fun craft activity that is designed to keep the

conversation going. Bonnie feels the group is supportive, diverse and provides a safe environment for kids to feel they belong. She has been very impressed by how open all the children are about their feelings and so willing to share experiences with the others. The last meeting, held on Monday, Aug. 19, was an opportunity for the kids to share their summer experiences, including diabetes camps, trips or just hanging around the house. To help transition them into a school mindset, the kids started a journal to keep track of their personal goals, including diabetes, for the year.

During the summer months, in place of the Monroe evening support group and the Friday morning Fairfield County coffees, we have had a monthly Mom's Night Out that proved to be a welcome respite from the daily diabetes routine. The group met at local restaurants, and

everyone enjoyed the opportunity to discuss both diabetes and non-diabetes topics. The Monroe support groups and Fairfield County coffees will return in the fall, but since the Mom's Night Out was so popular, we will continue to have an occasional dinner throughout the year.

Our Adult T1D group continues to grow in membership and offerings. We had an Insulin Pump Tech Talk in April with representatives from the four major insulin pump companies providing updates on the latest developments in both insulin pump technology as well as continuous glucose monitoring. Our casual meet-ups have proved quite popular with adult T1Ds as well as with their spouses and significant others.

For more information about these groups or if you would like to get a group started in your area, please contact Joan Benz at (203) 854-0658 or jbenz@jdrf.org.

‘Our Everyday Hero’ Blake Lillicraf

The Fairfield County Chapter is thrilled to announce the winner of the Ford Customer Service Division’s (FCSD) “Our Everyday Heroes” Race Car Design Contest for JDRF—Blake Lillicraf from Trumbull!

Blake may be newly diagnosed with type 1 diabetes, but you’d never know from his composure. The 14-year-old multiple-sport athlete was diagnosed with T1D in November of last year. It was a shock for the family, but fully explained Blake’s symptoms—he constantly drank water yet was always thirsty and lost weight. Then he told his mother, Dianne Lillicraf, that he had a hard time recognizing his friends from across the room—an easy distance that had never challenged him before.

“Fortunately, he didn’t have to be hospitalized,” Dianne said. “And from the very beginning he took it upon himself to take his insulin. We remind him to test, but other than that, he took charge.”

Blake, an eighth-grader at Madison Middle School in Trumbull, has always been athletic. While he started with baseball, he now plays lacrosse, runs and snowboards. He is also an avid drawer. Blake leaned on his creative talent and networking abilities developed through active participation in an Alzheimer’s awareness group to propel himself to the finals in the Race Car Design Contest for JDRF, where he was chosen as the winner.



Blake raised \$6,550 to support T1D research through JDRF and attended the Route 66 NHRA Nationals at Route 66 Raceway near Chicago in June to see the design he created on the Motorcraft/Quick Lane Ford Shelby Mustang Funny Car, driven by Bob Tasca. Children with T1D from around the nation competed in this year’s contest, and with the help of Ford dealerships and donations from employees, raised a total of \$57,127 for T1D research.

“We were overwhelmed (with the results of the contest),” said Blake’s mother, Dianne. “First, we were overwhelmed with the amount of donations that came in. We reached out to everyone we knew not expecting the outcome to be this great. It couldn’t have happened at a better time. I think diabetes quietly takes a toll, especially for a 13-year-old boy.”

The highlight of the trip was meeting Bob Tasca. Blake’s father, Rome, related that everyone from JDRF and Ford were extremely generous and kind, but he was especially impressed by Bob Tasca. He said Bob sets about 10 alerts a day just to remind him of what kids with T1D have to do every day to keep in good control. “The strength of these kids always amazes me,” Tasca said. “I have to have a lot of control with what I do, making sure I do everything right in my race car. But these kids have so much to handle in their day-to-day lives. It’s astounding how much they do to manage their type 1 diabetes at such young ages. I have a lot of respect for these kids and their families. We’re happy to help JDRF raise money for important research.”

JDRF and the Fairfield County Chapter are so happy that Blake’s excellent design won and are very proud of his fundraising efforts. We also appreciate the tremendous support of the Ford Corporation and Bob Tasca. ■

Summer Fun at Harbor Yard

The Annual JDRF Family Fun Day Walk Kickoff took place on Saturday, Aug. 3, at the Ballpark at Harbor Yard in Bridgeport, Conn. Many new families joined returning families to help build excitement for the upcoming Walk to Cure Diabetes.

Families enjoyed a barbeque picnic and some fun in the Kids Zone prior to the game. Everyone in attendance was treated to a Bridgeport Bluefish cap giveaway. Families then took their seats to watch the Bridgeport Bluefish take on the Sugarland Skeeters in an exciting 12-inning game. Blake Lillicraf of Fairfield County Chapter’s new Walk team Blake’s Battle, led the game off by throwing out the first pitch. Blake was chosen out of applicants from across the country as the winner of the “Our Everyday Heroes” Race Car Design Contest.

Many teams registered on-site for our Walk to Cure Diabetes to be held on Oct. 6 at Calf Pasture Beach in Norwalk and Oct. 20 at Ridgefield Recreation Center in Ridgefield. If you’re interested in registering for our Walks go to walk.jdrf.org, or for more information please contact Lu Rosa at the JDRF office at (203) 854-0658 or lrosa@jdrf.org.



Campbell Mitchell pictured with the Bluefish mascot at the JDRF Family Fun Day. “Campbell’s Crushers” will be participating in the upcoming Ridgefield Walk.



Presented by Samson Capital Advisors

The Tees and Tennis event was held on June 3 at the Quaker Ridge Golf Club in Scarsdale, N.Y. Although the weather was less than cooperative for our morning tennis play, the sun arrived just in time for a full field of 100 golfers to enjoy the fabulous golf course. The event included a buffet dinner, contest winners and a silent auction. During the evening program, JDRF Youth Ambassador, Julia Tierney from Ridgefield Conn., shared her story of living with T1D as well as her family's mission to fight back and raise funds toward a cure. This year's event netted more than \$70,000 for T1D research and we are already planning for the June 2014 event!

Golf Contest Winners

Longest Drive

Chris Silverstein and Brandon Zane

Closest to the Pin

Tad Aery and Scott Einhorn

Low Net 1st Place

Paul Knight, Kyle Binnington, Seth Coren, Chris Silverstein

Low Net 2nd Place

Mark Stagg, Karl Bumback, Joe Mastoloni, Paul Pagano

Low Gross Foursome

Paul Nicholson, Wil Shankoff, Gary Vogel, Soren Sorenson

Low Gross Individual

Wil Shankoff



Save the Date

Tuesday,
June 10, 2014
Quaker Ridge
Golf Club
Scarsdale, N.Y.

CATWALK

AN AFTERNOON OF FASHION, FOOD & FRIENDS FOR A CURE

The JDRF Fairfield County Chapter hosted its annual fashion-filled daytime fundraiser, CATWALK 3, at the Loading Dock in Stamford on Thursday, June 6. The event kicked off with cocktails, hors d'oeuvres and the chance to purchase raffle tickets for the exclusive "IT Bags," featuring the latest designer handbag collections from Tory Burch, Chanel, Ferragamo, Proenza, Nancy Gonzalez, Jacques Fath, Coach and L'Wren Scott. During lunch, catered by On the Marc, three young ladies, Delilah Brien, Isabelle Carpenter and Ryan Sklover spoke eloquently about living with T1D. Guests enjoyed a fashion show sponsored by Saks Fifth Avenue of Greenwich, showcasing summer looks on the runway.

Highlights of the afternoon included a live auction featuring two Tony Award tickets, donated by Initiative Media and a door prize raffle for a custom designed silk and cashmere dress by Jenny V. Fashion. Other generous supporters and sponsors of CATWALK 3 included Stamford Hospital, Greenwich Magazine/Moffly Media, Maidenform, OPI and Winston Flowers. The fashionable afternoon came to a close with cookies-to-go generously donated by Sweet Lisa's of Greenwich.



CATWALK 3's co-chairwomen, Jennifer Fitzpatrick, Anastasia Brien, and the entire CATWALK committee ensured that the day was a success in raising valuable dollars toward a cure for type 1 diabetes.



Photos contributed by Mary Harold

Save the Date for CATWALK 4 on March 6, 2014!

Calendar of Events

JDRF Support Groups

Parent Support Group meetings are currently held in Danbury, Norwalk and Monroe.

Please visit the Chapter website and click on the "Community" tab for more info or contact Joan Benz at jbenz@jdrf.org or (203) 854-0658.

Walk to Cure Diabetes

Sunday, Oct. 6

Calf Pasture Beach, Norwalk

Sunday, Oct. 20

Ridgefield Recreation Center
Ridgefield

Paint-A-Pumpkin Fall Festival

Sunday, Oct. 20

Halas Farm Market, Danbury

T-1 Luminary Lighting Event

Tuesday, Nov. 5

CATWALK 4 Fashion, Food & Friends for a Cure

Thursday, March 6, 2014

Loading Dock, Stamford

JDRF Gala

Saturday, April 26, 2014

Greenwich Hyatt, Greenwich

Tees and Tennis

Tuesday, June 10, 2014

Quaker Ridge Golf Club
Scarsdale, N.Y.

Strides to Cure Diabetes

Sunday, June 8, 2014

Cadigan Park - Candlewood Lake
Brookfield

STAY UP-TO-DATE ON CHAPTER EVENTS

www.fairfieldcounty.jdrf.org

www.facebook.com/jdrffairfieldcounty



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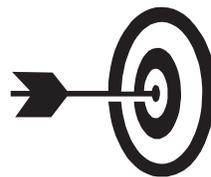
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taking a shot

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

Danielle Dunn, from New Fairfield, Conn., was diagnosed with type 1 diabetes four years ago at the age of 12. She has tried to not let T1D change her lifestyle, though she said she has altered her diet a bit and makes sure to exercise every day. Dani is a natural born philanthropist with a good head for business, and that shows in her efforts to support JDRF. Dani was diagnosed shortly before the 2009 annual Walk to Cure Diabetes. Within one week, Dani had her Walk team registered and had raised \$1,000. She and her family have been working diligently since then to raise both funds and awareness. She and her younger brother, Matt, can usually be found volunteering at many of our annual events.



Danielle Dunn

This past school year, Dani helped recruit the New Fairfield elementary and middle schools for our Kids Walk program. The elementary school held a traditional walk and raised \$6,300 while the middle school sponsored a 3-on-3-basketball tournament that raised \$1,500. Dani is helping to plan more school fundraising events for the upcoming school year.

Shortly before her 16th birthday, Dani started her Owl Origami Jewelry business to raise money to purchase her first car. Now that she has her license and a car, she uses her earnings for both spending money and to donate to JDRF, the American Cancer Society as well as other local organizations. Dani also spends time with her friends and, since she's entering her junior year of high school, she is starting to think about college where she plans to study business. Look for Dani at our annual Walks this fall where she may be selling her Owl Origami jewelry.

Everyone here at the Fairfield County Chapter wishes Dani all the best. We are extremely grateful and very proud of her efforts on behalf of JDRF and our families.