



T1DOC OF THE ROCKIES

OPTIMIST FOR TYPE 1 DIABETES

April 2014

Happy Easter

Volume 1 Issue 6

AARON KNOX TALKS ABOUT T1DOC

T1DOC: What is your connection to T1D?

AK: My daughter, Ellie, was diagnosed with T1D as a 3 year old and we've been living the crazy "D-life" rollercoaster ever since. Unlike most T1D families, we "knew" that Ellie was very likely to develop T1D because she was in the TEDDY study from birth and at 18 months old we learned that she was developing diabetes-related autoantibodies (markers). Ellie was fortunate enough to avoid DKA and other scary symptoms that many experience at diagnosis but, soon after, her honeymoon phase ended and we had to learn how to take over for her broken pancreas. Since then we've worked to give our three kids a "normal" life while dealing with all the surprises that T1D throws at us. We are very grateful for the support we receive from our awesome family, wonderful Barbara Davis Center doctors, school staff, church family and the T1D community.

T1DOC: What led you to become an Optimist?

AK: I learned about the Optimists through Ron Gustas, my father-in-law, and through him saw the great work of the South Monaco club. Ron and his friends had been brainstorming and working on ways to better support T1D kids, families and JDRF. Through the work of these Optimists the idea of T1DOC was born and I soon realized, without too much arm-twisting ;), the positive impact that we could have.

T1DOC: What is your personal mission/vision as it relates to T1DOC?

AK: If you asked anyone involved in raising support for T1D research, they'd tell you that there's an endless number of ways to reach out and get the public involved. Whether T1DOC is a small club or grows to be huge, I believe we can be

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a passionate, reliable group that helps promote investment in T1D research and diverse programs that aid the T1D community, really helping everyone touched by T1D to achieve "**only the best**" in their lives.

T1DOC: Please share with the club something most people don't know about you.

AK: I had an awesome afro in college, just ask my wife. Also, I love to telemark ski! If you don't know what that is and want to find out, I'd be glad to head to a ski hill and help you learn.

GIFT

Jeff Gartz presented Sheri Frazier-Kesner with a check for \$1,000 to JDRF for research to find a cure, treat and prevent diabetes.

OFFICERS FOR T1DOC

President	Jeff Gartz
Vice President	David Cooper
Vice President	Richard Cohen
Secretary	Hannah Hoogenboom
Treasurer	Ron Gustas

Meetings at Perkins-1995 S Colorado Blvd Denver, CO 80222
Email news & pictures to kpmca@msn.com by April 20

BOARD OF DIRECTORS

Dan Thompson	Aaron Knox
Gary Bowman	Tammy Miller-Davison
Greg Young	Pat McAlister



EVERYONE THAT IS INTERESTED IS INVITED TO ATTEND OUR MEETINGS MEETINGS ON THE 1ST AND 3RD WEDNESDAYS

APRIL SPEAKERS

April 2: Paramedic Kevin Coffey, on how diabetics are treated in an emergency

April 16: Dr. Jennifer Raymond on Adolescent Diabetic behavior

May 7: T1DOC Meeting

May 24: Suzanne Pecoraro MPH, RD, CDE Diabetic Nutritionist

If you have a suggestion for speaker or a topic you would be interested in please call Gary Bowman at 720-635-7122

COMING EVENTS

April 9th: Aaron Kowalski Ph.D. 6 -8PM at Turnhalle Auditorium at the Tivoli, 900 Auraria Parkway, Denver CO, 80204. **LESS UNTIL NONE** a Comprehensive Approach to Curing, Treating, and preventing Type 1 Diabetes (T1D) RSVP by April 2 to 303-770-2873 or adupre@jdrf.org Complimentary parking & Childcare Available **Email Sheri if you can volunteer** SKesner@jdrf.org

May 2-3: District 3rd Quarter Conference: Denver West-Marriott Hotel, Golden

May 4: Optimist International Regional Leadership Summit at Marriott Golden with O.I. President Ron Huxley. (More info on page 7)

2014 Colfax Marathon—May 18, 2014

Here is the link to join the JDRF Team at the Colfax Marathon - http://team.jdrf.org/event/2014-colfax-marathon/#.UwZoY_t1ILM

JDRF GALA and SILENT ACTION

Here's a great way to support type 1 diabetes (T1D) research - help us procure auction items for the 2014 JDRF Dream Gala on Saturday, May 17 at the Seawell Grand Ballroom. Ask your friends, family, vendors and service providers to make a donation. All items are great but wine and spirits, sports memorabilia and experiences do particularly well.

For more information or to make a donation, please contact Ruth Hendren at rhendren@jdrf.org or 303-209-7718 or visit our website Event info and pricing is listed - <https://jdrf-rockymountain.ejoinme.org/MyEvents/2014DreamGala/SponsorshipDonationsandTicketRegistration/tabid/492999/Default.aspx>.

APRIL 30TH – Board Meeting at Perkins at 6:30PM

ADA Camp Colorado will take place June 29-July 4, hosting over 260 children with type 1 diabetes between the ages of 8-17 at Eagle Lake Camp in beautiful Woodland Park, Colorado. Registration is open. At Camp Colorado we believe that each child will take something away that is specific to their own stage of development. For more information on Camp Colorado please visit www.diabetes.org/adacampcolorado or contact Emily Fay-Enriquez at 720-855-1102 ext. 7015 or emfay@diabetes.org

T1DOC is working to raise funds to help underwrite camp scholarships. (Under Optimist Outlook)

Littleton Breakfast Optimist Club has voted to sponsor 3 kids to the ADA camp.

HAPPY BIRTHDAY



*Jason Bowman April 2
Phillip Perington April 4
Lisa Knox April 6
Judy Bowman April 13
Jerry Gray April 24*

FACEBOOK

A reminder for you to look at our Facebook page that Hannah created for T1DOC. Please "like" our page at: <https://www.facebook.com/T1DOC> **ALSO** check for weather cancellations.

PAST SPEAKERS

On March 5th Irene Schauer, MD, PhD was our guest speaker.



"Insulin resistance in type 1 diabetes: what is it and should we be treating it?" by Irene Schauer, MD, PhD, University of Colorado, Aurora, and Denver VA Medical Center; irene.schauer@ucdenver.edu

Even though type 1 diabetes (T1D) is mainly a condition of insulin deficiency, it's actually been known for decades that people with type 1 diabetes are quite

insulin resistant. The first observation of this by Dr. Martin in 1968 used a measure called the glucose assimilation index (how fast does blood glucose drop after an intravenous dose of insulin). This study found that the average index in people with T1D was less than half what it was in people without diabetes. The lower index was not related to glucose control, diabetes duration, or cholesterol level. This was during the beef insulin era and the thinking at that time was that the resistance to insulin was probably due to an antibody response to this foreign insulin. The subject was revisited in the early 1980s when human insulin and more modern methods of measuring the response to insulin were available. It was again found that people with T1D were about half as sensitive to insulin as people without diabetes. The difference was not explained by auto-antibodies or completely by glucose control. Some studies suggested that better glucose control helped, although it never went back to normal even with the best control. The overall view at that time was that we should just continue to work on getting better and better glucose control. For the complete talk please go to:

https://docs.google.com/file/d/0B11kW_h35VXFUExzQWFFTDh1QWM/edit

Becky Furuta was our guest speaker on March 20th.



I don't know how familiar you are with Team Novo Nordisk. TNN is a global, all diabetes sports organization. We have a professional men's cycling team and a women's team. The men race all over the world, and will do some well-known events in the US like the Amgen Tour of California and the USA Pro Challenge here in Colorado. The women race domestically, competing in some of the largest events in this country. Every person on the team is successfully racing with Type 1 diabetes. I was diagnosed in 2007, and was told at the time that my

cycling career was likely over. Obviously, it didn't end there.

Team Novo Nordisk Women's Cycling is comprised of 11 riders from 6 different countries, all living successfully with type 1 diabetes. Team Novo Nordisk is the first women's cycling team of its kind, consisting entirely of athletes with type 1 diabetes, leading the way in diabetes education, advocacy, research and striving to inspire, empower and "Change Diabetes."

Becky has written her story about how she became interested in racing and her diabetes. It is a sad story with a beautiful ending. Our link to it is
https://drive.google.com/file/d/0B11kW_h35VXFR29YctJ1SHpTRFU/edit?usp=sharing

You can find out more about the team here:

<http://www.teamnovonordisk.com/>

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GLUCOSE METER???

I was talking to my newly diagnosed friend of T2D. She said that one of her blood sugars was high and on a whim she did another test using the opposite hand. That reading was 20 below the first one. I decided to try it and my first reading was 95 – my second was 113. If I am in the 90s my blood sugar is on the way down. With a 113 I'm stable. Which to believe? In asking two Endocrinologists and another diabetic I was told "the glucose meter can have an error of 20%-25%." That is high in my estimation. I was even told that drawing blood from the same figure with a minute between tests can change. When I told my friend, who started this, she said she wished she had never tested twice. I wish the same thing, as now I'll worry how accurate are my tests. In Aaron's interview in the issue he said "*living the crazy "D-life" rollercoaster*". That is the perfect description of living with diabetes. In my 66 years of T1D the meter has been my lifesaving device. When I think about what we had at that time was primitive or non-existent I have to be grateful for a 20% error.

Kim Vlasnik sent this link explaining meters. It included accuracy info.
<http://www.diabetesforecast.org/2013/jan/blood-glucose-meters-2013.html>

Meter Accuracy

Meters marketed in the United States must meet these standards:

For results **at or above 75 mg/dl**: 95 percent of meter test results must be within plus or minus 20 percent of the actual blood glucose level.

Example: An actual blood glucose result of 180 mg/dl could show on a meter as any value from 144 mg/dl to 216 mg/dl and meet the standard.

For results **below 75 mg/dl**: 95 percent of test results must be within plus or minus 15 points of the actual blood glucose level.

Example: An actual blood glucose result of 70 mg/dl could show on a meter as any value from 55 mg/dl to 85 mg/dl and meet the standard.

Pat McAlister

BOWLING PARTY

On Saturday, March 15th, T1DOC and JDRF had a Bowling Party for Newly Diagnosed Families. We had 120 participants and a great time was had by all. The event was at the Denver Athletic Club in their private bowling alley. It is the oldest bowling alley west of the Mississippi. Everyone enjoyed bowling and the pizza. It was a terrific opportunity for families to compare notes on how they are dealing with T1. Dick and Terri Cohen, Gary and Judy Bowman, and Pat McAlister and her daughter Beth volunteered from T1DOC. Sheri Frazier-Kesner and Amanda O'Neill volunteered from JDRF. We hope that this will be the first of many events to support families with T1 in their lives.

Dick Cohen

DIABETES ALERT

Our country is headed down a costly, and dangerous, path – leading to 1 in 3 adults having diabetes by 2050. Next week, Diabetes Advocates from across the country will be in Washington, D.C. to meet face-to-face with their Members of Congress to explain the daily challenges facing people living with diabetes. They will tell their lawmakers that federal diabetes research and prevention programs are critical in the fight to prevent and treat diabetes - and to find a cure.

MICHAEL A. CHAVEZ
BROKER ASSOCIATE

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SLICES STORY

Slices opened the first Colorado Drive thru Pizzeria in 2011. We introduced energy saving fast baking pizza ovens. In an effort to reduce food waste and keep our prices low we freeze unsold pizza and sell it as a delicious Take n Bake product. We do not charge extra to add additional toppings. We have hosted fundraisers to benefit **JDRF** and **The Barbara Davis Center** and others. We have a T1D in our family. Thank you for supporting our growing Family Owned Local Colorado Business

SCHOLARSHIPS FOR DIABETICS

The Guild of the Children's Diabetes Foundation offers higher education scholarships to young people with Type 1 Diabetes who are patients at the Barbara Davis Center.

This year we will be giving 25 scholarships in the amount of \$2,000 each. They may be used for jr. college, universities, or trade schools. The application is available to print online at www.childrensdiabetesfoundation.org. Click on the Guild tab – Then Guild Programs – Then Charlotte Tucker Scholarship. If you have any questions, please contact Susie Hummell – Guild Program Manager at 303-628-5109 or email: susie@childrensdiabetesfoundation.org.



"...Doctor, I have a Billy Roberts on line two who wants to know how much insulin he needs to take to cover 6 malt balls... 3 chocolate bunnies... 11 marshmallow eggs... oh,... and a whole handful of gummi worms..."

The Crazy Merchant, Inc.

The Crazy Merchant, Inc. is a retail store and design studio that caters to the creative community and the individual customer who seeks unique and custom merchandise at the best possible value. Staffed by expert professionals, the studio offers open work-tables, individual instruction, classes, and private event space for community use.

We have an open beading studio - a haven for beaders to sit, create and meet fellow beaders. While you comfortably bead in our ergonomically correct chairs, you can get expert tips and advice, and enjoy the hospitality of complimentary drinks and snacks.

The studio's unique platform of pride is found in its dedication to giving back to the community with a policy of donating 10% of each sale to one of the participating non-profit organizations. When customers check out at the front register they are given a list of 40 charities on the Giving List. The customer is asked to select a charity from that list and 10% of every sale is then donated to one of the 40 charities on that list.

The Crazy Merchant, Inc. is also a huge supporter of **The Barbara Davis Center** in Denver for Children's Diabetes and enjoys a very close partnership with **Jewels for Hope**, a completely volunteer group, who restores and sells donated jewelry to raise additional funds to help fight children's diabetes. This fantastic volunteer-operated non-profit organization is now operating out of The Crazy Merchant, Inc.

Complimentary event space and conference room availability is offered to members of the community during our business hours, Tuesday through Saturday 10 a.m. – 6 p.m. There is no charge to use this space and we can accommodate groups from four to 60! Please call for more information regarding our event space.

We specialize in bead classes for all levels. Please visit our website to see a complete list of classes and projects at www.thecrazymerchant.com We are the largest retail beading store in Metro Denver and we promise you customer satisfaction; a vast assortment of beads, gifts, and jewelry, all value priced; and a tremendous sense of community support.

**Our hours of operation are Tuesday - Saturday from 10am-6pm.
1700 W. Belleview Ave., Littleton, CO 80120 | 303.761.6100**



OPTIMIST OUTLOOK

HOW TO HELP SEND A KID TO DIABETES CAMP!

The Type 1 Diabetes Optimist Club (T1DOC) has established a project to help send kids to a Summer Diabetes Camp. Please read on about how you can help support this project. You do not need to be a member of the T1DOC to help out.

Purpose of Project-The new proposed service project ("Sending Kids to Diabetes Camp") is to help give kids with type 1 diabetes (T1D) an experience otherwise not available. Because of required constant day and night monitoring of blood glucose levels and potential life threatening conditions these kids are unable to attend normal overnight camps.

The objective of the project is to raise approximately 50% (\$300 + or -) of the \$610-\$650 camp cost for as many kids as possible. We hope to provide at least 10 kids and their families with financial assistance. Hopefully MORE.

Benefits to Kids and Families-Benefits for kids participating in this camp and their families are as follows:

- The kids get to enjoy normal summer camp activities that they otherwise are prevented from enjoying in a safe 24 hour a day environment. They meet new friends that share the same disease and jointly cope better with T1D.
- T1D is an expensive disease. Even with normal health plans families incur significant financial costs dealing with diabetes supplies, medical treatment and equipment such as insulin pumps and glucose monitors. Unfortunately T1D kids are more at risk from colds, flu, etc. and require more intense medical supervision.

What Can You Do to Help-You can make a difference by making a tax deductible contribution

of any amount payable to the Optimist International Foundation (OIF) which will pass thru the Foundation and back to the T1DOC for forwarding to the ADA for camp costs. One hundred percent of contributed funds will be awarded as sponsorships to as many camp attendees as possible. Please note "T1D Summer Camp" on your check memo line and mail to Ron Gustas, T1DOC Treasurer, 7813 S. Locust Ct., Centennial, Co 80112 for forwarding to the OIF. You will receive a tax deduction statement from OIF to document your donation. If you have any questions please call Ron Gustas at 303-770-9640 or e-mail at rgustas@earthlink.net. Please forward this request to others you think appropriate. Thanks for your support in helping T1D kids be kids and enjoy a summer camp.

"Tell Our Story Room"

was open Friday and Saturday (Feb 14 - 15) with information on the District "Kid" activities of: Essay, Oratorical and CCDHH contests; Brain Bowl; Tri-Star Basketball; Junior Golf; Childhood Cancer Campaign and others. Each area had someone to help you with forms and any other information you could need. CCC's area had information on their Duck Pluck that brings in donations for Johns Hopkins research on Childhood Cancer. The Duck Pluck final competition will be held at the 3rd Quarter Conference in Golden along with our Scholarship Saturday where five \$2,500 scholarships are awarded. District CCC Chair Patty Hasty (pattyhasty@msn.com) the club Presidents and the sponsoring club FRACSOC have tickets available. Email Patty for details by May 1st.

Carolyn Hartwig



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The advertisement features several pieces of jewelry, including necklaces, bracelets, and a belt, all with a red medical symbol (a caduceus) engraved on them. The text is arranged in a promotional layout with various colors and fonts.

NOTICE OF CALL

The Third Quarter Colorado – Wyoming District Conference

Will be held at the **Marriott Denver West Hotel, Golden, CO** 1717 Denver West Boulevard, Golden, CO 80401-3144 Starting Friday evening, May 2nd thru Saturday evening, May 3, 2014.

Please book your hotel reservations at 303-279-9100 and mention the CO-WYO Optimist District Conference. Deadline for the discount group rate of \$104 per night is Friday, April 11th, 2014. Mail your check with the registration form & meal choices to Colorado-Wyoming Optimists: c/o Linda Chasson, registrar 1515 E. 21st St. Cheyenne, WY 82001, Ph.: (307) 631-7029 email: lchasson@msn.com

MEAL RESERVATIONS DUE NO LATER THAN MONDAY, APRIL 28TH, 2014 FORMS AT:

NOTE: All Club Presidents and District Officers are members of the District Board of Directors. As such, you are kept informed, from time to time, of District information and activities via these e-mails. Please distribute this information to your club members. Each member of the District Board of Directors should attend each District Conference, and if unable, should appoint another club officer to attend in his/her stead. It is important for your club to stay informed about District and Optimist International information and to participate in District governance.

WORKING TOGETHER . . . for Our Kids!

Governor Bob Hartwig

COLORADO-WYOMING OPTIMIST JUNIOR GOLF DISTRICT 2014 QUALIFYING TOURNAMENTS

The Colorado-Wyoming District Optimist Junior Golf Program serves over 160 junior golfers each year, with the 2014 District qualifying tournaments scheduled for Wednesday, June 11, at Flatirons Golf Course in Boulder (boys ages 14 – 18 and girls ages 15 – 18) and Wednesday, June 18, at Fitzsimons Golf Course in Aurora (boys ages 10 – 13 and girls ages 10 - 14).

Another 100 or so junior golfers participate in pre-qualifying tournaments in Boulder, Loveland, and Fort Morgan, sponsored by Optimist Clubs in those areas.

The Colorado-Wyoming District Optimist Junior Golf Program is totally self-funded. Because we will send 20 junior golfers to the 2014 Optimist International Junior Golf Championships (commonly referred to as THE OPTIMIST) at the PGA National Resort in Palm Beach Gardens, Florida (home of the PGA's Honda Classic), we need to raise between \$ 20,000 and \$ 25,000. Please go to these websites or contact for more information: Bob Meyer, Tri-Chairman Email: meyerrob@comcast.net Home: 303-814-5990 Cell: 303-919-4532



Diane C. Brown
your best life now...
sharing experiences, knowledge & resources.

- **Diane C. Brown** Insurance Agent & Financial Wellness Consultant Direct: 719.671.8099
 - After being in the health and wellness industry for decades, Diane now helps people take a "holistic" approach to credit, finances and insurance.
 - If you knew, without any risk, that you could quickly raise your credit score to 700+, why wouldn't you? Through our non-profit organization, our average score increase is 50-100 points in 30 days.
 - Have you been turned down for life insurance? Getting people through underwriting is my specialty!
- email: CoLifeIns@gmail.com Websites: www.DianeCBrown.com and www.leavingdebtbehind.com



GATSBY GALA

IN THE MOOD FOR A CURE

JDRF Rocky Mountain Chapter
15th Annual Dream Gala
CELEBRATING 15 YEARS OF
PROGRESS IN TYPE 1 DIABETES
(T1D) RESEARCH

Saturday, May 17, 2014

Denver Center for the Performing Arts

Seawell Grand Ballroom

1101 13th St. Denver, CO 80204

Cocktails and Silent Auction 6:00 PM

Dinner and Live Auction 7:30 PM

Entertainment provided by *the Record* 9:30 PM

Black tie optional or Roaring 20's attire

www.rockymountain.jdrf.org/events/dreamgala/



We have oxford cloth long-sleeved button-downs or short-sleeved golf/polo shirts to choose from. The cost is \$23.50 for button-down and 16.50 for golf shirt. The button down Oxford cloth shirts only come in blue and white. The golf shirts come in assorted colors. Choose any color that works with our blue and white logo. All shirts can be either male or female cut as needed. Email jeffgartz@gmail.com or call 303-842-6680



OPTIMIST
INTERNATIONAL

Friend of Youth

IF YOU KNOW ANYONE THAT MIGHT BE INTERESTED IN JOINING US, WANTING TO HELP KIDS WITH TYPE 1 DIABETES?

Mission of the T1DOC?

The T1DOC is a newly formed Optimist Club organized to provide support to JDRF, and the entire T1 community to improve the lives of those with T1D.

Purpose of an Optimist Club?

Optimist Clubs are dedicated to "Bringing out the Best in Kids" and do their part through community service programs. Since each Club is autonomous and run by their members, Optimists have the unique flexibility to serve the youth and community of their area in any way they see fit.

What Does the T1DOC Do To Help Those with T1D?

- Assist in providing educational outreach and awareness to school communities.
- Help raise research funds seeking a T1 cure and improved treatment options.
- Raise scholarship funds to allow T1D kids to attend special diabetes camps.
- Establish a speaker's bureau to educate about T1D and JDRF.
- Provide a cadre of motivated volunteers to assist JDRF and other T1 organizations.
- Whatever our creativity develops to provide help to the T1D community.
- Anyone with an interest in helping the T1 community is welcome.

How Do I Get More Information About the T1DOC?

To get more information about the T1DOC and its goals please contact any of the following-

- Jeff Gartz, jeffgartz@gmail.com 303-987-8224
- David Cooper, david.cooper@edwardjones.com 720-621-2739
- Dick Cohen, rmcohen234@gmail.com 303-320-1767
- Ron Gustas, rgustas@earthlink.net 303-770-9640



Thanks for your interest in helping improve the lives of those with T1D