

T1DOC OF THE ROCKIES

OPTIMISTS FOR CURING TYPE 1 DIABETES

August 2015

Volume 2 Issue 7

AI PERINGTON TALKS ABOUT T1DOC

T1DOC: What is your connection to T1D?

AP: I joined as a T1-DOC Charter member due in part to our family's lifelong support of both childhood and adult Diabetes Organizations involvement in the community. Because diabetes is a lifetime event, continued support from those not suffering from T1 or T2 has been an important part of my life.

T1DOC: What led you to become an Optimist?

AP: I was a member of the South Denver Optimist Club that met regularly at the White Spot Restaurant located at 8th and Broadway for many years in the 1960's. My son, Philip encouraged me to become a member once again, so I joined the Monaco South Optimist Club and subsequently T1-DOC. It has been a wonderful experience being a part of the O.I. Youth programs, especially the T1-DOC send a kid to camp program.

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

AP: It is personally rewarding knowing that my contributions in the way of financial support, is going directly towards a "hands on effort" by T1-DOC members in our mission to help T1 kids and their parents live and cope with diabetes issues.

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

AP: I served as a combat Vet in the Army Air Corp Bomber Squadron 464 and flew 51 missions over Italy, Poland and Germany.

IN THIS ISSUE

HUNTER NEEDS A HOME PAGE 8

You are Invited Page 3. Even if you are not an optimist, please read *Optimist Outlook* We have so many people to thank. Page 6



Greg Archinde
Les Larson
Greg Young

August 11
August 14
August 23

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 cancellations.

OFFICERS FOR T1DOC

President	David Cooper
Vice President	Richard Cohen
Vice President	Jeff Gartz
Treasurer	Ron Gustas
Meetings at Citron Bistro, 3535 S. Yosemite St., Denver, 80237 Newsletter Deadline is August 20	
Email stories & Pictures to kpmca@comcast.net	

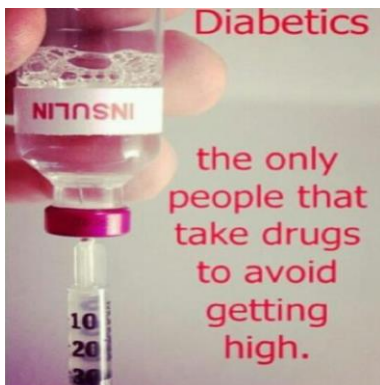
BOARD OF DIRECTORS

Dan Thompson	Aaron Knox
Gary Bowman	Tammy Miller-Davison
Greg Young	Douglas Smith

EVERYONE IS INVITED TO ATTEND OUR MEETINGS 6:30 PM EVERY 2ND AND 4TH TUESDAY

NEW MEETING PLACE

OUR new meeting place is Citron Bistro, 3535 S. Yosemite St., Denver, 80237 (which is on the southwest corner of E. Hampden Ave. & Yosemite). We will be meeting on the 2nd and 4th **Tuesdays.**





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

COMING EVENTS

JDRF

Due to scheduling conflicts with the Rockies and Broncos, the 2015 JDRF One Walk will be moved to:

Sunday, September 13, Jefferson County

Fairgrounds, Registration - 7:00 AM Walk begins at 9:00 AM Length of walk: 3K or 1K

We apologize for any inconveniences this change has caused you, but are thrilled to hold our event at this new and exciting venue. We do hope that you will join us, and together we will create a world without type one diabetes. Register today for the JDRF One Walk at walk.jdrf.org. Questions? Please don't hesitate to contact the JDRF office at 303-770-2873 or rockymountain@jdrf.org. JDRF One Walk has a single goal: creating a world without type 1 diabetes (T1D). We hope you'll join us this year and help JDRF continue to fund life-changing research for the millions of children, adults and families affected by T1D

JOIN T1DOC's WALK TEAM

Now is the time to sign-up for the T1DOC "Walk Team" at the 2015 JDRF One Walk on September 13th at the Jefferson County Fairgrounds. In the past two years the T1DOC Walk Team has raised almost \$16,000 for JDRF research. Please help support the 2015 T1DOC Walk Team by joining it and starting to fund raise. To join the team or donate please click the below link and use "Optimist" as a key word in the "Search by Team Name" space right below the event date/location info. http://www2.jdrf.org/site/TR/Walk/Chapter-RockyMountain4072?fr_id=5412&pg=entry (See shirts for the walk on page 6)

VOLUNTEERS NEEDED

Sunday, September 13

Jefferson County Fairgrounds
Golden, CO

Saturday, October 10

Rock Ledge Ranch
Colorado Springs, CO

JDRF requires an army of volunteers to make the Walk a success. With the help and commitment of dedicated volunteers like you, we are able to continue to provide important research dollars, which directly impact the lives of millions of children and adults living with this

AUGUST

Aug. 6th Board Meeting Beau Jo's Pizza, 2710 S Colorado Blvd (Yale) Denver, CO at 6:30PM

Aug 11th Dr. Guy Alonzo, the ADA camp medical director will be our speaker

Aug 25th Dino Pierce with OmniPod, presenting the 8th tubeless Insulin Pump

SEPTEMBER

Sept. 8th Cathy O'Donnell & Marie Grande of Adams County Children Services to talk about children with diabetes

serious disease. For more information, please contact Kelli Raleigh at (303) 209-7719 or kraleigh@jdrf.org or cos.jdrf.org.

JDRF RIDE

August 30 The JDRF Ride Team at the 2015 Good Sam Bike Jam will feature a, competitive timed section between Lyons and Allenspark. Email rockymountain@jdrf.org for more Info.

JEWELS FOR HOPE

JFH will be outside the Savvy Store on Pearl Street from 10am to 4pm. Saturday, July 25th at the Boulder Sidewalk Sale

JFH will have a booth from 7 - 11am Sunday, August 16th, at Run for the Ring - new 5K race sponsored by the CDF Guild at the Barbara Davis Center.

ADA

Join the American Diabetes Association at our upcoming events! If you or a loved one is living with diabetes you are a Red Rider and Red Strider and the reason we ride, walk and run! The purpose of the Red Riders is to support everyone who lives with type 1 or type 2 diabetes and showcase the courage it takes to live every day with this difficult disease. It's time to celebrate those with diabetes that get on their bikes and ride! The Tour de Cure recognizes riders with diabetes as the heroes on the day of the event! Learn more at www.diabetes.org/redriders



Tour de Cure Colorado – August 15 at Boulder County Fairgrounds in Longmont, CO (www.diabetes.org/coloradotourdecure)

Continued on Page 3

ADA

Southern Colorado Tour de Cure
– September 26 at Mary Kyer Park
in Colorado Springs, CO
www.diabetes.org/socotourdecure

Step Out: Walk and Run to Stop Diabetes – November 7 at
Downtown Aquarium in Denver
(www.diabetes.org/stepoutdenver)



ROCKIES GAME



This is the wonderful team who volunteered for T1DCO at the July 12th Baseball game, earning \$500 for our club.

THANK YOU!! 5280 Solutions and Nelnet recently made a **\$1,000** contribution to JDRF on behalf of our Type 1 Diabetes Optimist Club. Twelve employees, friends and family members of the company volunteered at our recent Colorado Rockies game and 5280 Solutions and Nelnet made the donation in recognition of their employees giving back to the community. Please help us in thanking 5280 Solutions and Nelnet!

YOU'RE INVITED

We're hosting a party for all T1DOC members and their families and anyone else who shares a passion for helping the T1 community. We really would love to have you join us. The Type 1 Diabetes Optimist Club will be hosting our 2nd annual summer picnic on August 16th. Please join us at Redstone Park in Highlands Ranch from 4:00 - 7:00 for burgers, hot dogs, and lots of fun family activities. The club will supply the meat, buns and condiments. Please bring your favorite side dish or dessert to share with the group and your beverage of choice (alcohol is ok but no glass bottles). Feel free to bring lawn games and balls or frisbees. Please RSVP with the number of people coming so we will be sure to have enough food for everyone.

To sign up, go to:

www.SignUpGenius.com/go/30E0544AFAC2FA64-2ndannual/18412528

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Jeff Gartz
JDRF Speakers Bureau
Specializing in T1D

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.
Rocky Mountain Chapter

jeffgartz@gmail.com
303.842.6680

Rocky Mountain Chapter
8055 E. Tufts Avenue, Suite 770
Denver, CO 80237
www.jdrfrockymountain.org
Phone: 303.770.2873

COMPUTER INSTRUCTOR

Pat McAlister
Phone 303-756-6691
Email kpmca@msn.com
For donations to T1D



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PAST SPEAKERS



Preston Dickey, Corporate Engagement & Events Coordinator of the Urban Peak organization was our July 14th speaker. Founded in 1988, Urban Peak is the only non-profit organization in Denver that provides a full convergence of services for

youth ages 15 through 24 experiencing homelessness or at imminent risk of becoming homeless. Their goal is to help youth overcome real life challenges and become self-sufficient adults. Preston talked about some of the services provided by Urban Peak. Urban Peak was recently awarded the honor of Large Nonprofit of the Year by the Denver Metro Chamber of Commerce. They served 2,400 youth in 2014.

July 28th Speaker will be Glenn Bott. His topic will be "Drop Your Crutches". He will speak about those moments in our lives that shake us to our core, and discuss some proven tools and techniques that he used to successfully recover from a serious head injury. His goal is always to facilitate the improvement of a person's life using the power of a positive mental attitude. (The newsletter was sent before his talk)

DIABETIC RESEARCH NEWS

Bionic Pancreas Dual-chamber Pump Unveiled at Friends For Life 2015 *by Adam Brown and Alexander Wolf*

One of our favorite conferences of the year is the [Children with Diabetes Friends for Life Conference](#) in Orlando. It's always heartwarming to see many young people with diabetes and their families come together to share their experiences and inspiration. Many kids, teens, parents, grandparents, and extended families have met up with each other outside of these conferences over the years – making friends for life, indeed! While this meeting always fills us with hope, it also serves as a reminder of the many challenges that come with managing diabetes, especially for children. Friends for Life offers an incredible opportunity for those in this community to come together and support each other – and we give big thanks to all those who make it possible.

On a particularly exciting note, Dr. Ed Damiano of the [Bionic Pancreas](#) group revealed a prototype dual-hormone (insulin + glucagon) device (photos below!), with the clever name "iLet" (think, pancreatic "islets"). The current prototype features a touchscreen interface (designed by the brilliant [Tidepool team](#)), chambers for both insulin and glucagon, built-in Dexcom and control algorithm integration, and wireless [CGM](#) calibration via a paired blood glucose meter (so you cannot mis-enter the meter value). It's a major improvement over the current research platform, which requires two pumps and a Dexcom receiver connected to a phone. Dr. Damiano hopes to improve the iLet by making it smaller and enhancing the touchscreen over the next nine months; it will ideally be used in a human factors study with a custom-designed infusion set in 2016. The hope is for a pivotal study to take place across the United States from early 2017 to early 2018, and an FDA review to overlap from late 2017 to late 2018. It's an ambitious timeline requiring many things to go right, though it means the device could be available as soon as late 2018 or early 2019.

Continued on page 5

slices
Thin Crust PIZZA

LOCALLY

OWNED & OPERATED

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303.758.0940

DRIVE THRU EAT IN TAKEOUT

CATERING

BUSINESSES TEAMS PARTIES SCHOOLS

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

Colorado Superior Roofing & Construction Insurance Team

John Swick
Project Manager-
Insurance Claims
Specialist

950 Wadsworth Blvd, Suite 306
Lakewood, CO 80214
Office: 303-937-7000
Fax: 303-937-7001

Cell: 720-422-2733
ColoradoSuperiorRoofing.com

John donated \$200 to T1DOC.
(\$50 for each job referred to him)
303-937-7000

Email me if you want to add your
card kpmca@msn.com

We absolutely love that each year, Dr. Damiano delivers major Bionic Pancreas updates at this meeting, which is 100% patients, patient advocates, and families. He also tends to be willing to stay long into the night answering questions and serving as the much-loved faculty that he's been for so many years. **Sonia Chritton gave us this story in the November 2014 Newsletter. Check out her website at www.childrenwithdiabetes.com**



THE T1D EXCHANGE'S BIOBANK – How Anyone with Type 1 Diabetes in the US Can Accelerate Research
3/20/15 - TRIAL WATCH

Diabetes type: Type 1 diabetes.
What is it? The [T1D Living Biobank](#) is a program of the [T1D Exchange](#) that aims to simplify researchers' access to blood samples from people with type 1 diabetes. Volunteers simply opt to donate their blood samples for diabetes research.

Why is this important? This program hopes to make it easier for researchers to conduct research on type 1 diabetes. Since the population of people with type 1 is relatively small, it can be hard to recruit for clinical trials and complete them quickly.

Location: Nationwide. The Biobank Operations Center works with participants to find a lab location close to them and will cover all costs associated with testing done at that lab.

How often is blood required? Requests are based on both the participant availability and the specific needs for samples by researchers at any given time. The Biobank will contact the participant should a request for a sample match the participant's characteristics; however, it is up to the participant to decide if they want to help.

Will your personal information be kept safe? Samples are processed and stored using a randomly generated ID code to ensure blood samples remain completely anonymous.

Do you qualify? Anyone with type 1 diabetes who lives in the United States can apply.

More information: A questionnaire and contact form can be found t LivingBiobank@BenaroyaResearch.org. A Biobank study coordinator will later call to finish the enrollment. An FAQ page can be found [here](#). The Biobank Operations Center can be called at 1-877-280-5345 or emailed. -MRV
- See more at: <http://diatribe.org/t1d-exchange-biobank-how-anyone-type-1-diabetes-us-can-accelerate-research#sthash.WoK13C7y.dpuf>

Diane is a club member, her granddaughter is T1D, who is requesting help from our readers

Diane Brown is working alongside a global leader that offers a NO FEE COST REDUCTION ANALYSIS that



can save companies thousands and some millions of dollars from what they are currently paying for the goods and services they already buy! If you know of an organization(s) and/or company(s), small to large that want to reduce their overhead, get in touch with Diane. We are hiring! If you would like to learn more about how you could introduce other businesses and earn a commission, ask Diane about that too. This 30 year old privately held company is about to go public! These are exciting times.

Diane Brown
Independent Insurance Agent
& Financial Consultant
719.671.8099 colifeins@gmail.com



I can relate to this. You can't imagine how bad all of it was.

Pat McAlister

OPTIMIST OUTLOOK

OPTIMIST CLUBS HELP SEND KIDS TO DIABETES CAMP

Again this year “**Optimist Clubs**” from Colorado and Wyoming helped send kids to the American Diabetes Association Camp Colorado held from June 28th thru July 3rd at Eagle Lake Campground near Woodland Park. This camp which was staffed by over 100 medically trained volunteers and 100 plus other Camp personnel allowed kids with Type 1 Diabetes to enjoy a summer camp in a unique medically safe environment.

Ten different Optimist Clubs provided financial assistance by raising almost \$8,500 to underwrite costs assisting more than 25 kids and their families. The project was led by the **Type 1 Diabetes Optimist Club (T1DOC)**. Other Optimist Clubs providing financial support were:

- Optimist Club of Monaco South
- The Tamarac Optimist Club
- Cheyenne Optimist Club
- The Optimist Club of Pueblo
- Boulder Luncheon Optimist Club
- Breakfast Optimist Club of Littleton
- Academy Optimist Club of Colorado Springs
- Arvada Lake Arbor Optimist Club
- Arvada Clear Creek Optimist Club

Additionally several individuals and companies also contributed to the project. Significant funds were provided by an on-line auction conducted by the **T1DOC** in May which sold over 60 different lots donated by local businesses and others.

For more information on how you can help kids by joining a local Optimist Club or to donate to next year’s **T1DOC** on-line auction raising funds for the 2016 Camp Colorado please contact Ron Gustas at rgustas@earthlink.net.

THE T1DOC WELCOMES NEW MEMBERS

Since its inception in February 2013 the **Type 1 Diabetes Optimist Club (T1DOC)** has generated over \$32,000 of direct financial benefit for JDRF, ADA Diabetes Camps, and other T1D community projects. Additionally **T1DOC** members have contributed a large pool of volunteer hours to various T1D activities. The **T1DOC** is structured as a Denver area wide “**Optimist Club**” and benefits from being part of **Optimist International**, a large international service organization primarily dedicated since 1919 to a mission of providing hope and positive vision to children.

Membership in **T1DOC** is open to anyone who has an interest in helping the T1D community. The Club currently meets at 6:30 P.M. on the 2nd and 4th Tuesday of each month at the Citron Bistro located at 3535 S. Yosemite St., Denver 80237 (SW Corner of Yosemite and Hampden Ave).

Most every meeting has a speaker focused either on diabetes or another topic of current interest. Meetings last a little over an hour. Members are encouraged to attend meetings but no one is keeping attendance. Various service and fund raising projects are conducted at other times.

Membership costs are minimal and include a one-time fee of \$35 and dues optionally paid either by year or quarter of around \$10 month to help cover Club overhead. Members of the **T1DOC** welcome anyone interested in learning more about the **T1DOC** to attend a meeting as a guest.

The first meeting in August is on August 11th and the speaker that night is scheduled to be Dr. Guy Alonso, who was the Medical Director of the recently completed ADA Camp Colorado for kids with diabetes. For more information about the **T1DOC**, its goals and projects, or prospective membership please contact Ron Gustas at rgustas@earthlink.net.

Please join us at an upcoming meeting to see how you can help those with T1D.

SHIRTS FOR JDRF WALK

As a Member I would like to extend an offer to all folks who need shirts for this year’s JDRF Walk on September 13, to do your Walk shirts at my cost. All I ask is that you donate the difference to the cause Thank you. Here is the link:

<http://www.companycasuals.com/distinctivethreads/b.jsp?id=6599866> The prices listed are with an embroidered logo. Most folks like a screen print, so we have to do a custom quote.

Mark Briggs
Team Leader
Distinctive Threads, Inc.
303-893-5646
Mark@distinctivethreads.com

Ron sent \$30 dues statement for the fourth fiscal quarter from July 1 thru September 30, 2015. Please either mail him a check or bring it with you to our next meeting at the Citron Bistro on July 28th.

As a supporter of the American Diabetes Association and our fight to Stop Diabetes, we wanted to stop and say **THANK YOU** from the bottom of our hearts.

Just a few weeks ago, at Camp Colorado, you were making big things possible:

- ✓ 270 kids and teens with type 1 diabetes gathered at Eagle Lake for a summer camp experience like none other. You made this possible!

CAMPERS SAY THANK YOU!!!



- ✓ Each cabin of 7 campers learned from one another and shared their diabetes experiences. Each camper took away something different, but every child left knowing they are not alone. You made this possible!

- ✓ Over 130 campers earned a "Rookie Award" for doing something diabetes-related for the first time. Some kids changed their sites, others gave their own shot for the first time. All were celebrated and empowered to own their diabetes. You made this possible!

- ✓ 25 campers with type 1 diabetes who have been diagnosed in the past year were given a 300 person group-hug to reinforce the message that they are not alone. You made this possible!

- ✓ Over \$45,000 in financial aid was awarded to campers who might not otherwise have been able to experience all that Camp Colorado has to offer. You made this possible!

- ✓ Over 16,580 single-use lancets, 2,500 syringes, 6,000 alcohol swabs and 54 cases of juice were used throughout the week at Camp Colorado. Trained medical staff and senior medical staff oversaw the care of every single camper, every hour of the day. You made this possible!

All campers were given a task as they left Camp. Make this your year with diabetes and do not let diabetes stand in the way of anything you want to do. You will continue to make this possible until our 2016 Camp Colorado session!

An advertisement for MyIDentityDoctor.com. It features several pieces of jewelry: a necklace with a heart pendant, a bracelet with a red starburst, and a belt with a red starburst. The text includes "American Made in Denver Colorado", "Order Online", "Portion of sales supports this news letter", "www.MyIDentityDoctor.com", "ENGRAVING 100% GUARANTEE", "FREE SHIPPING + RUSH Engraving & 10% Off", and "Use PROMO CODE: T1DOC".

American Made
in Denver Colorado

Order Online
Portion of sales supports
this news letter

www.MyIDentityDoctor.com

ENGRAVING
100%
GUARANTEE

FREE
SHIPPING
+
RUSH Engraving
& 10% Off
Use **PROMO CODE:**
T1DOC

HUNTER

Hunter **Age:** 10 years old

Grade: 4 **Special Interests:** Guitar, basketball

Ethnicity: Anglo

Hunter is a happy, active boy who enjoys basketball and baseball. He would like to learn to sing and play the guitar. Hunter is very personable and friendly. He enjoys receiving adult attention.

Hunter frequently tells stories about his early years that have unrealistic themes and time frames. A patient adoptive parent is needed to help him sort out his perceptions. He responds well to his foster mother's directives and has learned age-appropriate personal care. Hunter could use support with learning emotional

expression and a range of terms to describe his feelings. Hunter will need an adoptive parent able to monitor his severe Type-I diabetes.

Financial assistance may be available for adoption-related services. Hunter is eligible for Medicaid.

Are you the adoptive family for Hunter? If you have an approved home study and would like to learn more about him, please contact Cathy O'Donnell, Adams County HSD, Children and Family Services, 303-412-5164. For information about becoming an adoptive parent, you may call 303-412-5118, to begin the process.

