



Notes



Northern Illinois
Diabetes Coalition

INFORMATION KEY TO SUCCESS FOR ACTIVE TEEN WITH TYPE 1

By Aimee Garcia
Diabetes

It's hard to wrap a twelve-year-old mind around all the consequences of such a diagnosis. Just days after my twelfth birthday, I was in the hospital with my mom, crying over the thought of never again being able to have a candy bar.

It was my ignorance about this disease that led to the fear I experienced while in the hospital. I knew nothing about diabetes, and from the sound of what the nurses were telling me, I was in for a rough ride. In an attempt to put me at ease, my doctor once told me that diabetes was a disease about insulin, not about food, and with those words in mind I was finally ready to try to make sense of my illness.

Now, almost exactly six years after my diagnosis, I can no longer remember life before daily insulin injections. With the exception of drinking only diet soda and having to be aware of carbohydrates on food labels, I've come to lead a very typical life for a teenager. I have been able to do the same things as most of my peers and have been able to accomplish a lot. Currently, I am a senior in high school,



Aimee Garcia (right) poses with her sister, Abbye in varsity soccer uniforms.

and I have worked hard to get good grades; I am currently ranked first in my class and am striving to keep that ranking. I am a senior class representative as well and have worked on many fundraisers to help my class. Besides this, I am involved in several extracurricular activities including Scholastic Bowl and soccer. My participation in my high school's soccer team has helped me reach what I consider to be my biggest achievement in the face of my disease.

I started playing for the girls soccer team at my high school when I was a

freshman. That year I was offered a varsity jersey, but I rarely saw time on the varsity field. The varsity coach was too nervous to play me much because she was afraid of how the game would affect my diabetes. The few times I was able to play, I tried my hardest, and this must have put an end to her uneasiness, because at the start of my sophomore year I was given a starting varsity position and have played on the varsity team ever since. This is one accomplishment I am very proud of. In order to play, I have had to gain control of my disease so I am able to compete. My teammates obviously have faith in my abilities, because at the end of last year, I was elected co-captain for the 2007 spring season.

Being a co-captain of the girl's soccer team for this season has reaffirmed what I have gotten used to telling myself: even with this disease, I can do whatever I put my mind to. Living with diabetes for six years has taught me many things. Most importantly, I have learned that with the right information and a bit of determination, it's possible do anything.

INSIDE THIS ISSUE:

Information key to type 1 success 1

Support Group Info 2

Executive Committee 2

Dining for Diabetes event news 3

Info on portion distortion 3

Thank you from Beyer School 4th grade class 3

Wanna-have-fun day 3

Be a Volunteer for NIDC!

NIDC is looking for a few good men, women and children to volunteer in many areas of the organization!

Anyone interested can contact Dr. Herbert Jackson or Joe Marshall. Call 815-395-5727 to get contact information!



NORTHERN ILLINOIS DIABETES COALITION

Executive Committee

- Paul Burkholder, MD, UI College of Medicine, NIDC Co-Chair
- Joella Warner, RN, MAT, CDE, UI College of Medicine, NIDC Co-Chair
- Jim Pieschel, AMCORE Bank, M.A., Treasurer
- Gene Boyd, MD, ECDH, Chair, Data Committee
- Mary Panther, RN, Midland Management, LLC, Chair, Community Care
- Laurinda Paschal, MPH, NIDC Beyer Project Coordinator
- Julie DeRoush, RD, LD, CDE, OSF St. Anthony & UI College of Medicine, Chair, Education Committee
- Karen Gugliuzza, RN, Vice Chair, Data Committee
- Tammy Hautamaki, Chair, PR and Marketing
- Gloria Dillard, Rockford Health Council
- Herbert Jackson, DPM, Volunteer Committee
- Joe Marshall, Volunteer Committee
- Ruth Fairchild, Community Representative
- Barbara Carstens, Community Representative
- Martin Lipsky, MD, UI College of Medicine, Ex-Officio member
- Johanna Lund, MPH, Interim Executive Director, Rockford Health Council
- Ellen Blokus, UI College of Medicine, Newsletter Editor

SUPPORT GROUP/EVENT CALENDAR

February 12, 2007 7 p.m.
Problem Solving Strategies for People with Diabetes
 Julie DeRoush, MPH, RD, LDN, CDE
 OSF Saint Anthony Medical Center
 Call 815-395-5159 for more information

February 12, 2007 6-8 p.m.
Get Organized with Diabetes in Your Life
 This session will provide practical tips to organize your home, work or school tasks—meals, medications, finances and your overall daily schedule—to reduce stress and manage your diabetes to live healthier and happier.
 KSB Center for Diabetes Management
 Call 815-285-5973 for more information

March 1, 2007 6:30 p.m.
What's New in Diabetes?
 Sue Clifford, RN, CDE
 Kish Health System
 Valley West Community Hospital, Sandwich
 Call 815-785-3783 for more information

March 12, 2007 7 p.m.
Discussion
 Led by a Certified Diabetes Educator
 SwedishAmerican Health System Conference Center, Rockford
 Call 815-961-2498 for more information

April 10, 2007 6:30 p.m.
Nutrition Topic
 Sue Clifford, RN, CDE
 Kish Health System
 Valley West Community Hospital, Sandwich
 Call 815-785-3783 for more information

April 18, 2007 6 p.m.
Diabetes Education Fair
 University of IL College of Medicine at Rockford
 1601 Parkview Avenue
 Rockford, IL 61107
 Plans include a cooking demonstration as well as new and usual diabetes related booths.
 Call 815-395-5703 for more information

May 3, 2007 6:30 p.m.
Topic to be determined
 Sue Clifford, RN, CDE
 Kish Health System
 Valley West Community Hospital, Sandwich
 Call 815-785-3783 for more information

May 14, 2007 7 p.m.
What Bugs You Most?
 Led by a Certified Diabetes Educator
 SwedishAmerican Health System Conference Center

May 14, 2007 6-8 pm.
Get Fit With Diabetes
 This session will focus on motivation with practical ways to make exercise fun and a rewarding part of your daily healthy lifestyle. Wear your walking shoes!

February, April, September and November
 Saturday and Tuesday Meetings
Diabetic Support Group
 Kishwaukee Community Hospital
 Diabetic Education Center
 626 Bethany Road
 DeKalb, IL 60115
 Call 815-748-8378 or visit their website at www.kishhospital.org

February is American Heart Month

Valley West Community Hospital presents a 4-week series dedicated to heart health

February 1

The Diabetic Heart

February 7

Congestive Heart Failure

February 13

Interventional Cardiology—Clearing Your Arteries

February 20

Diet & Exercise for a Healthy Heart

Also

February 20-23 7 a.m.—5 p.m.

Low cost Cardiac Risk Profile—Laboratory Blood Testing

Call 815-786-3734

for more information or to schedule your blood draw

Cost is \$20 and includes full lipid panel as well as a blood glucose reading

For comments, suggestions, or more information about NIDC, contact Paul Burkholder at 395-5727 or email pburkhol@uic.edu

Contributions to NIDC Notes are welcome. Contact Ellen Blokus at 815-395-5902

DINING FOR DIABETES FAMILY EVENT SUCCESSFUL

The Northern Illinois Diabetes Coalition (NIDC) held its 6th Annual Dining for Diabetes family event on a beautiful Sunday afternoon/evening. The dining room was festively decorated for fall with table decorations by Memorable Moments. Entertainment was provided by Josh Parks and children enjoyed dancing to the music. Master of Ceremonies, Joe Marshall, co-chair of the NIDC Volunteer Committee made the event run smoothly.

The successful silent auction was organized by Barbara Carstens, her daughter, Kayla and friend, Abby. Auction items were available for adults and children.

IsabellaTedd, Tavante Irving and Halie Boyd, students at Beyer Elementary School received the awards for the best posters depicting a healthy lifestyle component of diabetes management. Isabella's poster became the billboard located on Riverside near Alpine Road. Lamar Advertising provided the billboard space for one month.

Other sponsors making the event successful were Employers' Coalition on Health, OSF St. Anthony Medical Center, SwedishAmerican Health System and Title Underwriters Agency. Thanks to you.

Dennis Swanson who has had type 1 diabetes for 50 years spoke about his early experiences managing his disease. His most recent experience using an insulin pump has provided much freedom and better management.

Sue Ficenic shared her experiences managing type 2 diabetes. She advocated prevention modalities for those at risk for diabetes.

Thanks to all the volunteers and executive committee members who made this year's Dining For Diabetes a very successful event.

Dear NIDC,

Thank you very much for all you have done for our classroom. We appreciate having our classroom volunteer come and help. We also were very excited to receive the flash cards and animal crackers. Thank you for taking an interest in our learning and helping provide support.



Sincerely,
Mrs. Hassinger's

Portion Distortion

Are you a victim of portion distortion? Do you feel obligated to "Super Size" your meal to get the best deal? If so, you could be endangering your health. Snack food makers are now willing to help you choose the right portions. One-hundred-calorie snack packs are now available in cookies, crackers, graham crackers and other pre-packaged items to help you eat the right portion. Take advantage of these handy snack packs or come up with your own baggie snacks made up of pre-measured servings of nuts, crackers, dried fruit, raisins, or popcorn. Limiting your snack foods to just 100 calories or less a day could result in a 10-pound weight loss over the course of a year.

Check out the calorie differences in these popular treats:

Good Choices		Bad Choices	
Item	Calories	Item	Calories
Small fry	225	Large fry	515
Diet soda	0	32 oz soda	515
Regular		Quarter-pound	
Cheeseburger	330	Cheeseburger	515
1/4 slice of		While slice of	
key lime pie	110	key lime pie	440

Information courtesy of Diabetes Wellness News

Tax-deductible and memorial contributions may be made to:

**Northern Illinois
Diabetes Coalition
1601 Parkview Avenue
Rockford, IL 61107
Call 815-395-5703 for
more information.**

New Event Coming to the Area

Reserve Saturday, July 21, 2007 for Wanna-have-fun Day Camp for children with diabetes. The Day Camp will be held at the Rock Valley College Gymnasium. The time will be from 8 A.M until approximately 5 P.M.

Check with your provider/diabetes educator or call NIDC for details.

15th Annual Diabetes Conference

**Ins and Outs of Diabetes Management
Treating Acute Situations While Managing a Chronic Disease
Wednesday, March 14 8:30 a.m.—3:30 p.m.
University of Illinois College of Medicine at Rockford Auditorium
1601 Parkview Avenue
Call 815-395-5592 for registration information**

**Northern Illinois
Diabetes Coalition**

1601 Parkview Avenue
Rockford, IL 61107

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In this issue...

- Information key to success for teen with type I
- Support group schedule
- Teacher from Beyer School thanks NIDC

