

FEBRUARY 2012

Healthy Eating: Spiced Salmon With Pepper Relish

The fat grams in this recipe are the good-for-you-kind! Salmon is an excellent source of heart-healthy omega-3 fatty acids.

Servings: 4

Serving size: 4 oz. fish, ½ cup relish

Prep: 15 min. **Cook:** 10 to 15 min.

Relish: 1 medium red bell pepper, cored, seeded and diced (1 cup)
1 medium yellow bell pepper, cored, seeded and diced (1 cup)
3 Tbsp. chopped red onion
2 Tbsp. minced parsley
1 Tbsp. fresh lemon juice
½ tsp. hot sauce

Salmon and Rub: 2 tsp. chili powder
1 tsp. ground cumin
½ tsp. paprika
¼ tsp. black pepper
1/8 tsp. cayenne pepper
2 tsp. canola oil
4 (4 oz.) salmon filets

1. In a bowl, combine the ingredients for the relish. Cover and set aside.
2. Preheat an oven broiler. Cover a broiler pan with foil. Coat the foil with cooking spray. Set aside. In a small bowl, combine the chili powder and cayenne pepper. Brush the skinless side of each salmon filet with the spice rub.
3. Place the salmon filets on the prepared broiler pan. Broil the salmon 6 inches from the heat source for 10 to 15 minutes or until desired doneness. Serve the salmon with the pepper relish.

Nutrition facts: Vegetable exchanges 1. Lean meat exchanges 4. Fat exchanges 1.
Amount per serving: Calories 250, Calories from fat 115, Total fat 13 g (Saturated fat 2 g, Trans fat 0 g), Cholesterol 80 mg, Sodium 80 mg, Potassium 570 mg, Total carbohydrate 7 g (Dietary fiber 2 g, Sugars 3 g), Protein 26 g, Phosphorus 285 mg

For more healthy recipes go to:

www.diabetes.org/food-and-fitness/food/recipes/.

FREE American Diabetes Association EXPO

**Saturday, February 11th. No registration fee.
Register online at www.diabetes.org/expo.**

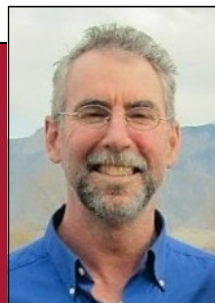
American Diabetes Association
expo

On Saturday, February 11th, the American Diabetes Association EXPO will take place at the Oregon Convention Center from 9 a.m. to 4 p.m., and will display the largest gathering of people with diabetes in Oregon and SW Washington, by providing them with healthy cooking demonstrations, free screenings and immunizations, over 65 educational booths and personal diabetes stories by Jesse Wornum of *The Biggest Loser Season 11* and Tony-Award winning performer Ben Vereen.

Cooking demonstrations will begin at 10:30 a.m. and run throughout the day, featuring Ivy Manning sponsored by Legacy Health Systems and ODS, Chef Bill King, Food Network Star Bobby Deen sponsored by Novo Nordisk, Magdalena Valdivieso and Chef Tamara with Simply Thyme Catering. Participants of EXPO will also be able to receive free screenings for blood pressure, blood glucose and vision, as well as hearing, glaucoma, feet and lead levels in youth. In addition, participants can receive free Tdap, Hepatitis B, Flu and Pneumonia vaccines.

Starting at 8:45 a.m., Jesse Wornum, will share his story about how diabetes has affected his life and the tools he has learned to help manage his diabetes. Then, at 12 p.m. Ben Vereen will be at the S.T.A.N.D. booth to share his personal diabetes story on behalf of the Start Taking Action Now for Diabetes, diabetes awareness program, supported by Sanofi US.

To find out more about EXPO, visit www.diabetes.org/expo or call (503) 736-2770 or (888) 342-2383.



Jim Hansen, MD Memorial Symposium at EXPO: Featuring Dr. Michael A. Harris

Saturday, February 11th. No registration fee, but registration is required, by February 9th.

The American Diabetes Association will host the Jim Hansen, MD Memorial Symposium at the Oregon Convention Center, Saturday, February 11th from 10 a.m. to 12 p.m. in room C-123/C-124. This event is for youth with type 1 diabetes and their families. Michael A. Harris, Ph. D., Associate Professor of Pediatrics/Anesthesiology/CDRC at Oregon Health & Science University will be the featured lecturer, presenting "Can You Hear Me Now?" A new approach to diabetes management.

During the lecture, the Portland Timbers will be hosting a soccer clinic for the youth followed by a nutrition lesson and snack with WebMD nutritionist, Allie Schroeder. The event is free, however pre-registration is required. To register for the Symposium and soccer clinic, please contact Lauren Worley at (503) 736-2770 ext. 7293 or lworley@diabetes.org.



2012 Calendar of Events

Saturday, February 11th

Diabetes EXPO

Oregon Convention Center

Tuesday, March 27th

American Diabetes Association Alert Day

Saturday, July 28th

Tour de Cure – **Registration open now!**

Hillsboro Stadium, Hillsboro, OR

Saturday, September 22nd

Step Out: Walk to Stop Diabetes

Rose Quarter – Portland, OR

Saturday, September 29th

Step Out: Walk to Stop Diabetes

TBD – Vancouver, WA

Friday, October 5th

Annual Diabetes Practice Update

Oregon Convention Center

November

American Diabetes Month

Sunday, November 14th

World Diabetes Day

TBA

Family Link Day

An education and social event for kids with type 1 diabetes, and their families.

New Executive Director for ADA

We are pleased to announce that Andrea Bruno has joined the American Diabetes Association as Executive Director for Oregon, SW Washington & Southern Idaho.

Andrea brings more than 18 years of nonprofit leadership experience with exceptional fund-raising, budgeting and relationship-building skills as well as a strong focus on mission to her new role. She comes to the Association from Loaves & Fishes Center, Inc. in Portland, Oregon, where she served as Chief Development Officer. Prior to Loaves & Fishes Centers, Inc., Andrea served as Vice President for Advancement at the Concordia University Foundation in Portland and State Director of Development for the Oregon Chapter of the March of Dimes. Andrea holds a Bachelor of Arts in Communications with a Minor in Marketing from Whitworth University in Spokane, Washington.

Andrea can be reached at abruno@diabetes.org or (503) 736-2770 x7290.



Safe and Supported at School

Keeping a Child in a Classroom Close to Home

Ryenne Ayers may be just a first grader, but for most of her life, Dalton Elementary has been her home away from home in Coeur d'Alene, Idaho. The neighborhood school that her older brother and sister attended is only a few blocks from her family's house, and she knows just about everyone there. That's why it was frightening—even heartbreaking—for Ryenne when, upon being diagnosed with type 1 diabetes, she was told she'd have to leave the school.

Ryenne, 6, was diagnosed in early 2011, while she was in kindergarten. Her parents, Stephen and Diane Ayers, went right to her school to discuss the care she'd need. That's when they were told that the Coeur d'Alene School District didn't have a full-time nurse on staff at every school. Ryenne would need to transfer to a "regional medical school," where children with diabetes, asthma and other diseases that the district deemed "life-threatening" studied with a nurse on hand at all times.

That news didn't sit well with the Ayers family. Both Stephen and Diane Ayers are registered nurses. They knew that with training, adults in the school would be able to help Ryenne with her diabetes care. However, Idaho law says that schools may only authorize nurses to give children injections at school (although parents may designate others to do so). Yet three federal laws require schools to provide services to students with disabilities, including diabetes, to protect them against discrimination in school: Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act, and the Individuals with Disabilities Education Act (IDEA).

The Dalton Elementary staff, too, wanted Ryenne to stay at the school, but because the district had no written diabetes policy, her enrollment was in question. "For Ryenne, I think being at Dalton was very emotionally important," Diane Ayers says. "One of the things she brought up early on was that [changing schools] was scary for her. She didn't know where the doors led to [in other schools]. It helped me decide that it was worth fighting for her."

SAS, Continued on pg. 3



Registration Open Now!

Saturday, July 28th. Early Bird Registration \$15. Register online at www.diabetes.org/portlandtourdecure.

The Oregon/SW Washington Tour de Cure offers cyclists an opportunity to enjoy the rolling hills of the Willamette Valley, winding our way through local vineyards, farms and hazelnut orchards. This year we will offer routes ranging from a 5 mile loop for all ages to our Century Ride, all leaving from Hillsboro Stadium.

Beginning Saturday, March 3rd, and continuing until the event on Saturday, July 18th, training rides will be offered every Saturday in order to gear-up to the main event. Locations, length and start times will vary. Please watch diabetes.org/PortlandTourdeCure for training rides! For more information about Tour de Cure, contact Kris Bockmier at (503) 736-2770 ext. 7355 or

Spread a Little Love and Help Stop Diabetes

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Help Stop Diabetes.

SAS, Continued from pg. 2

For the remainder of the 2010–2011 school year, Diane Ayers visited Ryenne’s kindergarten class nearly every day to check her daughter’s blood glucose (Ryenne also learned how to check it herself) and administer insulin. That wasn’t going to work in first grade, though. So the Ayers family contacted the Office of Civil Rights (part of the U.S. Department of Education) and the American Diabetes Association and told Ryenne’s story.

Legal advocacy staff members at the Association put the Ayers family in touch with Mike Greene, a Portland, Ore., attorney who is the founding member of the Association’s Legal Advocacy Subcommittee, and Katie Hathaway, director of legal advocacy. Greene scheduled a meeting of Ryenne’s parents, the school district’s lawyer and head nurse, Ryenne’s teacher and principal, and an ADA representative. By the end of the meeting, they reached a compromise. Ryenne could stay at Dalton Elementary. Her parents would find volunteers willing to be trained to help Ryenne, who had started using an insulin pump, with her diabetes care. The training would include pump use and administering glucagon to treat hypoglycemia in an emergency.

“I wasn’t leaving until we had a deal inked,” Greene says of the summer meeting. “Everyone who was in the decision making process was in the room. We cut a deal because the school district was so receptive to trying to accommodate this girl at this school. They deserve a lot of credit.” By the beginning of this school year, two teachers and a parent volunteer had trained to help with diabetes care, and Ryenne was back in class full-time—without her mom. She’s happier than ever, Diane Ayers says.

Ryenne’s parents are quick to note that the education provided by the ADA, as well as the willingness of their daughter’s teacher and principal to learn and work together with the family, helped achieve the best outcome for Ryenne. Hathaway says similar situations occur across the country. Education and outreach through the Association’s Safe at School campaign can ensure that children get fair treatment and the care they need in the classroom and during school activities. “This is a success story,” Hathaway says. “We found a creative solution [for Ryenne]. It does show how the ADA can help.”

Locally in 2011, ADA reached 133 schools through the Association’s Safe at School program and educated over 1,000 school personnel. To find out more about Safe at School, or to request a training for your school, contact Danielle Yoder at (503) 736-2770 ext. 7297 or dyoder@diabetes.org.

Oregon, SW Washington & Southern Idaho Staff

Andrea Bruno, Executive Director
 (503) 736-2270 ext. 7290
Abruno@diabetes.org

Lauren Worley, Manager
 Step Out: Walk to Stop Diabetes
 (503) 736-2770 ext. 7293
Lworley@diabetes.org

Kris Bockmier, Associate Director
 Tour de Cure
 (503) 736-2770 ext. 7355
kbockmier@diabetes.org

Danielle Yoder, Manager
 Diabetes EXPO
 (503) 736-2770 ext. 7297
Dyoder@diabetes.org

American Diabetes Association

4380 SW Macadam Ave., River Forum One, Suite 210, Portland, OR 97239
 Phone: (503) 736-2770 ~ Toll Free: (888) 342-2383 ~ Fax: (503) 227-2090
www.diabetes.org