

Monthly Newsletter



AMERICAN DIABETES ASSOCIATION PNW ♦

March 2024



Hello American Diabetes Association Friends,

Nice to meet you – I am the new Executive Director of the Pacific Northwest Chapter of the ADA and I am humbled by the support and passion of our staff, volunteers, supporters and constituents. What a fun first 8 months it has been!

The new data on diabetes is staggering – with over 38 million children and adults affected by diabetes. To affect sustainable and powerful change, it takes the resources of a National organization, like the ADA working with our communities to combat diabetes and its burdens. I am proud to do this work every day.

As you spend the next few minutes scrolling through our newsletter, we hope you will be as impressed by our accomplishments as you are with what the future of the PNW ADA holds.

Some of the highlights include:

- Partnership with the Tulalip Tribes on “What I can Eat” program tailored to indigenous foods & health practices
- New and exciting partnership with the Cliff Avril Foundation to provide Project Power – a diabetes prevention program for kids
- Fun upcoming events – Tour de Cure & State of Diabetes to connect more people to the vision of eliminating diabetes and all it’s burdens.

Our gratitude for your support is infinite. We hope that you connect with us more in the coming days and months to learn more. It takes all of us to fight diabetes.

With excitement & gratitude,

A handwritten signature in black ink that reads 'Meagan Darrow'.

In this newsletter you can expect:

Community
Updates

Upcoming Events

Stories of Impact

Volunteer
Spotlight

Community
Partners

PNW Programs



Volunteer Spotlight

This month's volunteer is Kim Johnson! We're honored to recognize Kim for her volunteer work this month. Her selflessness and dedication to helping others are truly inspiring.

Let's take a moment to appreciate their efforts and encourage others to follow in their footsteps. Let's hear from Kim why she rides in Tour De Cure!

"I volunteer/fundraise for the American Diabetes Association (ADA) to support a cause that is near and dear to my heart. I started fundraising for Tour de Cure in 2019 to support a coworker who rides for his son. We have been growing our corporate team ever since. A year later, right at the height of COVID-19, I was diagnosed myself.

It was a wild time to learn how to manage my care, ADA provided me with so many useful resources! I am now six months into a new care plan that is working really well for me. I do this for a friend's beloved Aunt that passed, a coworker's daughter living with diabetes, and a teammate that has been staying strong this year through tons of challenges. We join the ADA's Mission for all of them (and me too!)"

- Kim Johnson, Versatile/Barcoding Team Captain, 2023/2024 Champion

New Staff, who dis?



MEAGAN DARROW

Executive Director



SAMANTHA BRAYER

Director, Development



MAYA STONE

Manager, Donor Relations

Event News

Join us for our upcoming cycling and fundraising event Tour de Cure®

Date: May 4th, 2024

Time: 7am-till

Location: Marymoor Park, Redmond, WA

All are welcome to participate and volunteer.

Let's make a positive impact in our community!



**“I ride for millions and millions, including myself, who are directly or indirectly affected by diabetes.” -
Tour De Cure Rider**



Tour de Cure[®], is right around the corner! Visit: <https://diabetes.org/tourpnw> to sign up. Register to ride, start a team, and help us reach our fundraising goal!

VOLUNTEER AT TOUR

Use the QR code below to learn about volunteer opportunities at **Tour de Cure[®]**. Join our volunteer committee or register as a day-of volunteer!



SPONSOR FEATURE

Eastside Research Associates
Learn more about participation in diabetes research by scanning the code below:



What is the Tour de Cure?

The Tour de Cure isn't just a cycling event; it's a movement. Organized by the American Diabetes Association, it brings together cyclists, volunteers, and supporters to raise funds and awareness for diabetes.

Why Does it Matter?

With millions affected by diabetes in the U.S., the Tour de Cure is vital:

- **Funding Research:** Every mile cycled and dollar raised funds critical research toward preventing, treating, and curing diabetes.
- **Raising Awareness:** The Tour amplifies the message that diabetes is preventable and manageable through healthy lifestyles.
- **Empowering Communities:** It provides resources, support, and education to those affected by diabetes.

How Can You Get Involved?

- **Register:** Join us as a cyclist or volunteer.
- **Donate:** Support the cause even if you can't participate in person.

Together, let's pedal towards a healthier future and make a difference in the fight against diabetes.

LOCAL PROGRAMS

ADA CAMP SEALTH

Each summer, Camp Sealth on Vashon Island welcomes hundreds of children with diabetes for a memorable camp experience in a safe environment. Designed to foster friendships and boost confidence, Camp Sealth provides a traditional camp experience tailored to the unique needs of children with diabetes.

PROJECT POWER

Empowering individuals to manage type 2 diabetes, Project Power offers a no-cost lifestyle change program for adults and youth. Supported by CVS Health®, this initiative provides diabetes risk reduction education and promotes awareness to combat the diabetes epidemic.

We want to give a special shoutout to the **Cliff Avril Family Foundation** for their investment in Project Power!

SAFE AT SCHOOLS

Our Safe at School campaign ensures children with diabetes receive proper care during school hours and activities. Certified educators train staff on blood glucose monitoring and insulin administration, empowering schools to support the health and safety of all students.



Thank you for reading!

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