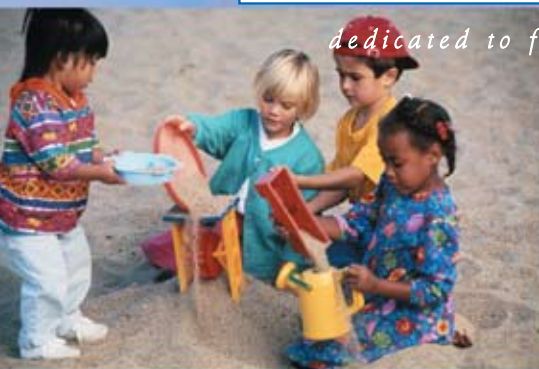




*dedicated to finding a cure*



Juvenile Diabetes Research Foundation  
Metro Detroit & Southeast Michigan Chapter

# RESOURCE GUIDE

# TABLE OF CONTENTS

1. Introduction .....	page 3
2. About JDRF .....	page 3
3. When Your Child is Diagnosed .....	page 4
4. Friendly Listener Support Group .....	page 4
5. Diabetes Educators .....	page 5
6. Pediatric Diabetes Medical Services .....	page 6
7. Pediatric Endocrinologists .....	page 7
8. Support Groups for Parents and Children .....	page 8
9. Diabetes Websites.....	page 10
10. Health Insurance .....	page 10
11. Companies That Donate Supplies .....	page 10
12. Miscellaneous Resource Agencies .....	page 10
13. Legal Issues Regarding Diabetes .....	page 12
14. Traveling With Diabetes .....	page 13
15. School Issues .....	page 14
16. Athletics .....	page 16
17. Publications .....	page 17
18. Research Update .....	page 18
19. JDRF Metro Detroit Chapter Events .....	page 18
20. JDRF Membership Information .....	page 19



# Juvenile Diabetes Research Foundation Metro Detroit & Southeast Michigan Chapter RESOURCE GUIDE

## 1. INTRODUCTION

Juvenile Diabetes Research Foundation (JDRF) is providing this material to inform you of resources available, research initiatives and activities to raise funds for research toward a cure for diabetes. For the most up to date information, in any of the following sections, you are advised to consult the JDRF Metropolitan Detroit and Southeastern Michigan website ([www.jdrfdetroit.org](http://www.jdrfdetroit.org)) or the JDRF International website ([www.jdrf.org](http://www.jdrf.org)). In individual sections of this guide, specific web pages relevant to the subject of interest will be listed at the beginning of the section.

## 2. ABOUT JDRF

JDRF began in 1970, when parents of children with diabetes founded the organization to raise money and awareness for diabetes research. JDRF has a clear mission: ***to find a cure for diabetes and its complications through the support of research.*** In a typical year, over 85% of every dollar raised by JDRF funds diabetes research or education, making it one of the most efficient charities. Diabetes affects an estimated 21 million Americans, with a new case diagnosed every 40 seconds. Diabetes, and its complications, contributes to 7000 deaths in Michigan each year.

JDRF gives more resources to diabetes research than any other nonprofit, nongovernmental organization in the world—more than \$1.2 billion since its founding in 1970. JDRF's business-like approach for funding research includes taking requests for funding year round, a unique lay review combined with scientific peer review system, and accountability through reporting milestones.

JDRF's Task Force set five cure therapeutics:

- 1) Prevent **autoimmune** attack of the islet cells.
- 2) Avoid and improve treatment of **complications**.
- 3) Encourage **regeneration** of islet cells.
- 4) Enable islet cell **replacement**.
- 5) Improve **metabolic control** through better sensors and development of the artificial pancreas.

JDRF leverages research funds by partnering with governmental agencies and technology-driven companies around the world. Its focus is on funding the best research, anywhere in the world, in the quickest timetable. Approximately one third of the funded research is now outside the United States. JDRF helps scientists collaborate, communicate, and share information across research disciplines and across traditional research lines.

For more information on JDRF, go to: <http://www.jdrf.org>.

### 3. WHEN YOUR CHILD IS DIAGNOSED

A new diagnosis of Type 1 Diabetes can spark a range of reactions, including anger, sadness and guilt. Whatever your feelings, they are normal and you are not alone. Life with diabetes poses challenges for every member of the family. Whether you have diabetes yourself, or are the parent or loved one of a person with diabetes, it takes time to adapt to the day-to-day demands of the disease. But treatment options are improving all of the time, and diabetes will not prevent you or your child or loved one from living a full and active life. With medical and emotional support, children with diabetes and their families will learn to cope with the demands the disease imposes. A child with diabetes—depending on age—will learn to take over much of his or her care. As time goes by, everyone will gain knowledge and confidence, and be able to celebrate successes, learn from mistakes, and move away from the intense feelings commonly experienced after diagnosis.

Until there is a cure, we want to provide information that will help you cope with the burdens diabetes imposes, take advantage of help that is available, and keep you and your loved ones as strong and healthy as possible. This section contains some basic information about diabetes and its management that is based, first and foremost, on input from parents and children who have “been there” as well as from physicians and diabetes educators.



### 4. FRIENDLY LISTENER SUPPORT GROUP

JDRF Metro Detroit has a list of volunteers, *both parents and children*, who are available to talk with you about their experience in dealing with diabetes. Please contact the Metro Detroit Chapter Office (248.355.1133), and we will be happy to have one of our volunteers contact you. If you prefer, we can provide you with a current list of mentors, so that you may contact them.

## 5. DIABETES EDUCATORS IN SOUTHEAST MICHIGAN

The Diabetes Educator is a critical part of the medical support staff for a diabetic. They will provide guidance in every day management of diabetes. The information below is subject to change without notice. To find a “Diabetes Educator,” we recommend that you go to [www.diabeteseducator.org](http://www.diabeteseducator.org). This information is provided to you strictly as a resource. JDRF does not evaluate or recommend specific programs, corporations, organizations, institutions or medical care providers.

<b>Cathy Falvey, CDE</b>	<b>William Beaumont Hospital</b> 3535 W. 13 Mile Rd., Royal Oak 48073	<b>248.551.2460</b>
<b>Pam Jennings, CDE</b>	<b>William Beaumont Hospital</b> 3535 W. 13 Mile Rd., Royal Oak 48073	<b>248.551.0487</b>
<b>Renee Thurman, RN, BSN CDE</b>	<b>St. John Hospital</b> 22201 Moross, Detroit 48236	<b>313.343.3809</b>
<b>Debbie Bezaire, MSN, CPNP CDE</b>	<b>St. John Hospital</b> 22201 Moross, Detroit 48236	<b>313.343.3809</b>
<b>Margie Maly, RN, BSN, CDE</b>	<b>Children's Hospital of Michigan</b> 3901 Beaubien, Detroit 48201	<b>313.745.5532</b>
<b>Ruth Wagner, RN, BSN</b>	<b>University of Michigan</b> D1295, Ann Arbor 48109	<b>734.764.5175</b>
<b>Candy Buckland, RMA</b>	<b>University of Michigan</b> D1295, Ann Arbor 48109	<b>734.764.5175</b>
<b>Diana Barlage, RN, CDE</b>	<b>University of Michigan</b> D1295, Ann Arbor 48109	<b>734.764.5175</b>
<b>Josie Terrasi, RN</b>	<b>Monroe Co. Health Dept.</b> 2363 South Custer, Monroe 48161	<b>734.240.7848</b>
<b>Tina Parmann, RN, CDE</b>	<b>Port Huron Hospital</b> 1221 Pine Grove Ave., Port Huron 48161	<b>810.989.3362</b>
<b>Joan Lundblad, RN, BSN, CDE</b>	<b>Port Huron Hospital</b> 1221 Pine Grove Ave., Port Huron 48161	<b>810.989.3362</b>
<b>Noreen Dear, Dietician</b>	<b>Port Huron Hospital</b> 1221 Pine Grove Ave., Port Huron 48161	<b>810.989.3362</b>
<b>Debbie Consiglio, RN</b>	<b>Children's Hospital of Michigan</b> 3901 Beaubien, Detroit 48201	<b>313.745.5532</b>
<b>Sandy Seykell, CDE</b>	<b>Children's Hospital of Michigan</b> 3901 Beaubien, Detroit 48201	<b>313.745.5532</b>
<b>Jennifer Larrea, RN, CDE</b>	<b>Hurley Children's Clinic</b> One Hurley Plaza, Flint 48585	<b>810.762.6162</b>
<b>Amanda Waltrip, RN, CDE</b>	<b>Hurley Children's Clinic</b> One Hurley Plaza, Flint 48585	<b>810.762.6162</b>
<b>Julie Dunneback, MSN, CDE APRN, CPNP, BC</b>	<b>Sparrow Hospital</b> 1200 E. Michigan Ave., Suite 410 Lansing 48909	<b>517.364.5490</b> (Press 4)
<b>Susan Bustamante, RN, CDE</b>	<b>Sparrow Hospital</b> 1200 E. Michigan Ave., Suite 410 Lansing 48909	<b>517.364.5490</b> (Press 4)

## 6. PEDIATRIC DIABETES MEDICAL SERVICES

This information is provided to you strictly as a resource. JDRF does not evaluate or recommend specific programs, corporations, organizations, institutions, or medical care providers.

### 1. Children's Hospital of Michigan

3901 Beaubien Blvd., Detroit, MI 48201  
Endocrinology Dept.: 313.745.5531

### 2. St. John Hospital, Pediatrics of Specialties Office

Professional Bldg. 2, 22101 Moross Rd.,  
Ste. 273, Detroit, MI 48236  
313.343.3809

### 3. Univ. of Michigan Health System, Dept. of Pediatric Endocrinology

1500 E. Medical Center Dr., Ann Arbor MI 48109-0718  
734.764.5175

### 4. William Beaumont Hospital Pediatric Endocrinology Clinic

3535 W. 13 Mile Road, Ste. 747  
Royal Oak, MI 48073  
248.551.0487

### 5. Henry Ford Hospital

2799 W. Grand Blvd., Detroit, MI 48202  
313.916.8206

### 6. Sparrow Health System

Pediatric Endocrinology Services  
1200 E. Michigan Ave., Ste. 410  
Lansing, MI 48909  
517.364.5490 (Press 4)

### 7. Hurley Medical Center

Pediatric Endocrinology  
One Hurley Plaza, Flint, MI 48503  
810.762.6162

### 8. Port Huron Hospital

1221 Pine Grove Ave.  
Port Huron, MI 48161  
810.989.3362

Also see Michigan Diabetes Outreach Network (MDON) [www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)

## 7. PEDIATRIC ENDOCRINOLOGISTS IN SOUTHEAST MICHIGAN

The information below is subject to change without notice. For a more complete list, we recommend that you go to the American Association of Clinical Endocrinologists website, [www.aace.com](http://www.aace.com) “Resources,” “Find an Endocrinologist.” This information is provided to you strictly as a resource. JDRF does not evaluate or recommend specific programs, corporations, organizations, institutions, or medical care providers.

**Dr. Muhammad Jabbar**

Hurley Children’s Clinic, One Hurley Plaza, Flint, MI 48503

**Dr. Doug Henry**

1200 E. Michigan Ave., Ste. 410, PO Box 30480, Lansing, MI 48909

**Dr. Peter Gerrits**

3535 W. 13 Mile Road. Royal Oak, MI 48073

**Dr. David Transue**

22201 Moross, Detroit, MI 48235

**Dr. Bernard Degnan**

22201 Moross, Detroit, MI 48235

**Dr. Bassem Dekelbab, MD**

22201 Moross, Detroit, MI 48235

**Dr. Carol Foster**

1500 E. Medical Center Dr., Ann Arbor, MI 48109

**Dr. Nancy Hopwood**

1500 E. Medical Center Dr., Ann Arbor, MI 48109

**Dr. Josephine Kasa-Vubu**

1500 E. Medical Center Dr., Ann Arbor, MI 48109

**Dr. Delia Vazquez**

1500 E. Medical Center Dr., Ann Arbor, MI 48109

**Dr. Ming Chen**

1500 E. Medical Center Dr., Ann Arbor, MI 48109

**Dr. Liselle Douyon**

1500 E. Medical Center Dr., Ann Arbor, MI 48109

**Dr. Nedim Cakan**

Children’s Hospital of Michigan, Detroit, MI 48201

**Dr. Kathleen Moltz**

Children’s Hospital of Michigan, Detroit, MI 48201  
Port Huron Hospital, Port Huron, MI 48161

**Dr. Jacalyn Bishop, MD PC**

44000 W. 12 Mile Road, Novi, MI 48377

**This information is provided to you strictly as a resource. JDRF does not evaluate or recommend specific programs, corporations, organizations, institutions, or medical care providers.**

## 8. SUPPORT GROUPS FOR PARENTS AND CHILDREN WITH DIABETES IN SOUTHEASTERN MICHIGAN

### - **PDN Group (The Family Support System)**

Contact person: Dianne – 734.451.7252, 734.718.4530,  
PDNmembership@comcast.net, Baker’s Square, Canton  
Parents meet third Tuesday of each month, 7:00-8:30 p.m.  
Kids meet first Sunday of each month, noon, McDonald’s, Canton  
(check first to confirm meeting)

### - **Support Group for Parents of Children, Adolescents and Teens with Diabetes**

Call: 1.888.757.5463. St. John Medical Center, Romeo Plank,  
46591 Romeo Plank, Macomb MI 48044  
Meet fourth Tuesday of each month, Sept. – Apr. (except Dec.), 7:00-8:00 p.m.

### - **Diabetes Youth Support Group**

Contact person: Cathy Falvey, CDE – 248.551.2460  
William Beaumont Hospital, 3601 W. 13 Mile, Royal Oak, MI 48073  
Meet second Monday of each month from Oct. – May, 7:00-8:00 p.m.

### - **Pediatric Diabetes Support Group**

Contact person: Joan Lundblad, CED – Outpatient Diabetes Education Program  
810.989.3362  
Port Huron Hospital, 1221 Pine Grove Ave, Port Huron, MI 48060

### - **Sweet Kids Connection**

Contact people: Sally Eder – 734.973.6788, Denise Beaton – 734.240.4476 or  
April Wright – 734.995.0143 Mercy Hospital  
Serves the Ann Arbor area. Sponsors family events and parent meetings.

### - **Genesys West Flint Campus**

Beecher and Ballanger, 810.762.4455  
Meetings held first Tuesday of every month, 3:00-5:00 p.m., except Jan., Jun.-Aug.

### - **SE Michigan Insulin Pumpers**

Troy Public Library, monthly, 1:30 p.m. Kathy Kerol – 734.578.3029,  
kkorol@yahoo.com. For insulin pump users of all ages.

### - **Ann Arbor Area Support Group**

Location TBD, last Tuesday of the month, evening, Mary Dooley –  
734.332.3860, mary-dooley@sbcglobal.net.

*Also see Michigan Diabetes Outreach Network (MDON) [www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)*

## 9. DIABETES WEBSITES TO EXPLORE



- **[www.jdrf.org](http://www.jdrf.org)**  
Juvenile Diabetes Research Foundation website. Includes the latest news and breakthroughs in diabetes research, the activities of JDRF and “Kids Online” **[kids.jdrf.org](http://kids.jdrf.org)**, a special section devoted to children with diabetes.
- **[www.webmed.com](http://www.webmed.com)**  
Features interviews with researchers, parents and patients and highlights areas of medical interest and importance.
- **[www.diabetes.com](http://www.diabetes.com)**
- **[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)**  
Features information on diabetes education programs, support groups and treatment information.
- **[www.Diabetes.org](http://www.Diabetes.org)**  
American Diabetes Association website.
- **[www.insulin-pumpers.org](http://www.insulin-pumpers.org)**  
This website specializes in support for those who wear a pump.
- **[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)**  
Excellent website.
- **[www.themedicineprogram.com](http://www.themedicineprogram.com)**  
Provides prescription medication for people who do not have adequate insurance coverage or are experiencing financial hardship – no toll-free number, but can be reached at 573.996.7300.
- **[www.barbaradaviscenter.org](http://www.barbaradaviscenter.org)**
- **[www.angelfire.com/ms2/kozykorner/diabetes](http://www.angelfire.com/ms2/kozykorner/diabetes)**  
Kozy Korner – An excellent site for young children.
- **[www.Childrensdiabetesfdn.org](http://www.Childrensdiabetesfdn.org)**  
The Children’s Diabetes Foundation has an excellent website with much information and links to many other helpful websites.
- **[www.nih.nih.gov/medlineplus/juvenile diabetes.html](http://www.nih.nih.gov/medlineplus/juvenile diabetes.html)**  
National Institute of Health has extensive information.
- **[www.insulinfree.org](http://www.insulinfree.org)**  
Insulin Free World Foundation has a good up-to-date news section at their website.
- **[www.thorfoundation.org](http://www.thorfoundation.org)**  
T.H.O.R. Foundation also has a website filled with information.
- **[www.jewishdiabetes.org](http://www.jewishdiabetes.org)**  
For Jews who are interested in a Jewish diet and lifestyle while coping with diabetes, much information at their website.
- **[www.healthMBA.com](http://www.healthMBA.com)**  
Commercial website for diabetes medical help.
- **[www.diabetes123.com](http://www.diabetes123.com)**  
A good online support website with a good teen chat room.
- **[www.diabetesstation.com](http://www.diabetesstation.com)**
- **[www.dLife.com](http://www.dLife.com)**
- **[www.diabeteseducator.org](http://www.diabeteseducator.org)**  
American Association of Diabetes Educators website
- **[www.diabetesnet.com](http://www.diabetesnet.com)**  
Diabetes Exercise and Sports Association
- **[www.diabetescamps.org](http://www.diabetescamps.org)**
- **[www.idf.org](http://www.idf.org)**
- **[www.ispad.org](http://www.ispad.org)**

## 10. HEALTH INSURANCE

### **MiChild – 888.988.6300**

A health insurance program for uninsured children.

**www.diabetesinmichigan.org** – Features information on diabetes education programs, support groups and treatment information.

### **www.themedicineprogram.com – 573.996.7300 (no toll-free number)**

Provides prescription medication for people who do not have adequate insurance coverage or are experiencing financial hardship.

## 11. COMPANIES THAT DONATE SUPPLIES

### • **Medisense Meter – 800.527.3339**

Donates free meters and strips.

### • **Lilly Care – 800.545.6962**

Donates free insulin; works through physicians to provide medication to patients in need.

### • **Medic Alert – 800.432.5378**

Donates free sterling silver bracelets or necklaces.

### • **Door-to-Door Medical Supply, Inc. – 866.589.1300**

The Diabetes Specialists

[www.doortodoormedicalsupply.com](http://www.doortodoormedicalsupply.com)

## 12. MISCELLANEOUS RESOURCE AGENCIES

### **Area Agency on Aging – 800.852.7795**

Serves Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw Counties and offers Medical Emergency Program for Seniors (MEPS). They identify needs of older adults and persons with disabilities and prepare plans to meet needs through an array of home and community services. Most importantly, they are available to answer questions on Medicare/Medicaid programs.

### • **Crossroads – 313.831.2000**

Offers a one-time, short-term supply of insulin based on financial need. Also supplies short-term transportation for medical appointments, and provides clothing, food and furniture based on need.

### • **Community Services of Oakland – 248.542.5860**

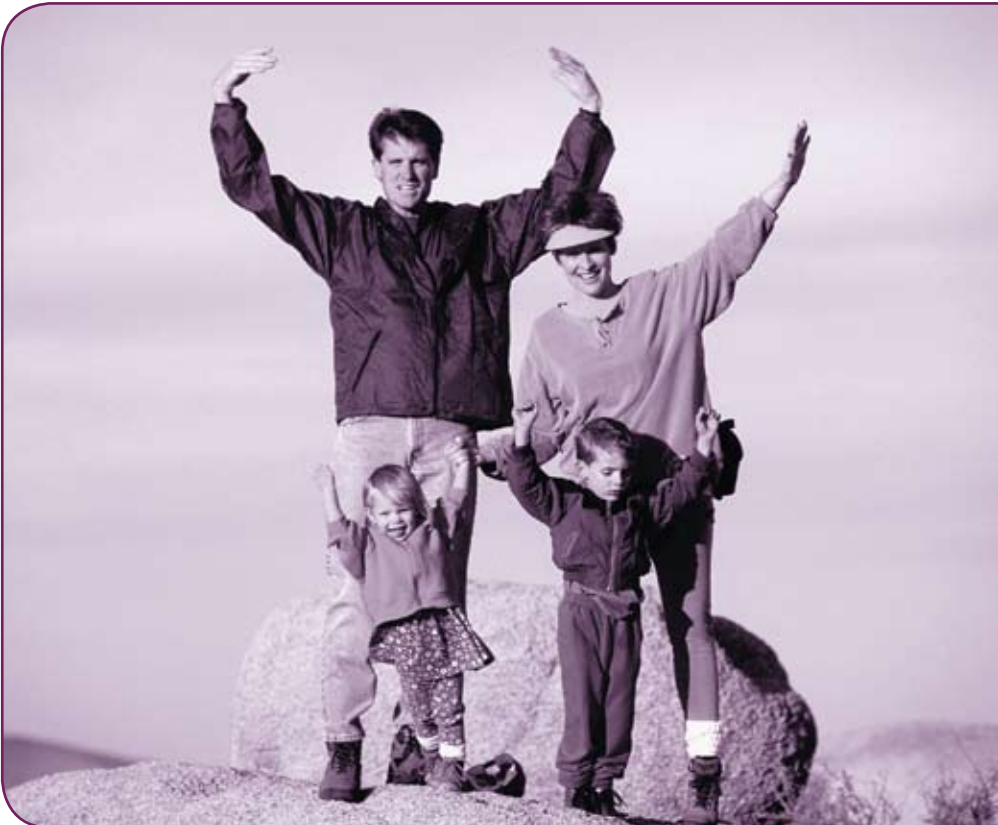
Provides prescriptions, medical devices, and office visits. Will provide Southeast Oakland County residents with emergency food and/or financial assistance for necessary living expenses. Have young mom support groups. A United Way agency.

### • **American Dietetic Association – 312.899.0040**

Meal planning, medical therapy professionals, resource guide for people with diabetes, and referral to a registered dietician (only provides referrals for meal planning and medical therapy).

## **(Miscellaneous Resource Agencies cont.)**

- **Social Security Administration – 800.772.1213**
- **[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)** – Features information on diabetes education programs, support groups and treatment information.
- **Children’s Special Health Care Services – 800.359.3722 or 248.424.7900.** Provides assistance with prescriptions, co-pays and medical equipment.
- **Health Care Information by City/County:**
  - Detroit – **313.876.4000**
  - Macomb County – **586.469.5235**  
Nutrition Assistance – **586.412.3396**
  - Oakland County – **248.858.1280**  
*Excellent resource for referrals for various educational classes. Have referrals and assistance in obtaining medication and supplies. Also have Oakland County drug savings care available for uninsured. County nutritionist available for evaluation and counseling on dietary information. Nurse-on-call program for basic information on diabetic needs.*
  - Wayne County – **734.727.7000**



## 13. LEGAL ISSUES REGARDING DIABETES

(Also see School Issues section)

Contact: Office of Financial and Insurance Services (OFIS) Commissioner's Office  
**517.335.3167**

On March 28, 2001, Michigan legislation that provides coverage for diabetes related programs, equipment and pharmaceuticals took effect. This legislation includes coverage for all of the following types of diabetes: gestational, insulin-dependent and non-insulin-dependent. The coverage in this legislation varies according to types of insurance. Michigan citizens can call the Office of Financial and Insurance Services toll-free at 877.999.6442 for assistance with determining their coverage.

This legislation provides for coverage of:

- Test strips for glucose monitors, visual reading and urine testing strips, lancets, and spring-powered lancet devices
- Syringes
- Insulin pumps and medical supplies required for the use of an insulin pump
- Diabetes self-management training

Coverage is available if determined to be medically necessary and prescribed by an allopathic or osteopathic physician. If you are covered under a nonprofit health care corporation (Blue Cross Blue Shield of Michigan) or your insurance includes prescription coverage, non-experimental medication for controlling blood sugar, insulin, and medications used in the treatment of foot ailments, infections, and other medical conditions of the foot, ankle or nails associated with diabetes must be covered. The coverage provided for in this legislation is not subject to dollar limits, deductibles or co-payment provisions that are greater than those for physical illness generally. Insurers, nonprofit health care corporations and health maintenance organizations must also regularly measure the effectiveness of their prevention programs by surveying individuals and, after two years, report to the Michigan Department of Community Health the results of this survey.

The legislation also establishes insurer, nonprofit health care corporation and health maintenance organization programs to prevent the onset of clinical diabetes. An additional post diagnosis program emphasizes best practice guidelines including diet, lifestyle, physical exercise and fitness and early diagnosis and treatment. This program—often referred to as diabetes self-management training—is limited to completion of a certified diabetes education program upon occurrence of either of the following: 1) The program being considered medically necessary upon the diagnosis of diabetes by an allopathic or osteopathic physician and the fact that the services are needed under a comprehensive plan of care to provide necessary skills and knowledge. 2) A significant change in the patient's condition that necessitates changes in a patient's self-management or a significant change in treatment. A diabetes outpatient-training program certified to receive Medicaid or Medicare reimbursement or certified by the Michigan Department of Community Health shall provide the programs.

## ***(Legal Issues cont.)***

**Please Note:** This does not affect coverage provided through employer self-funded plans or Medicare (for more information on Medicare, please see below). In addition, these mandates may take effect at the next renewal date for some group coverage.

For current legislative activities, refer to: [www.jdrf.org/index.cfm?fuseaction=home.viewPage&page\\_id=9E95222F-D210-4073-958389F48FFFCCD3](http://www.jdrf.org/index.cfm?fuseaction=home.viewPage&page_id=9E95222F-D210-4073-958389F48FFFCCD3)

## **14. TRAVELING WITH DIABETES**

As you prepare to travel, please review the tips below for traveling with diabetes. JDRF members have learned from experience the secrets to avoiding any unsought adventures. This list is also available online, accessible anytime, at: [www.jdrf.org/index.cfm?fuseaction=home.viewPage&page\\_id=95EC1D08-2A5E-7B6E-1D03D6AADCD7CD68](http://www.jdrf.org/index.cfm?fuseaction=home.viewPage&page_id=95EC1D08-2A5E-7B6E-1D03D6AADCD7CD68)

If you are traveling by air, be sure you have the latest information from the Transportation Security Administration (TSA) about flying with diabetes supplies. The following information, along with other travel tips, is also available on the TSA website at [www.tsa.gov/public](http://www.tsa.gov/public).

### **Persons with Diabetes**

- Notify the screener that you have diabetes and are carrying your supplies with you. The following diabetes-related supplies and equipment are allowed through the checkpoint once they have been screened:
  - Insulin and insulin-loaded dispensing products (vials or box of individual vials, jet injectors, pens, infusers, and preloaded syringes)
  - Unlimited number of unused syringes when accompanied by insulin or other injectable medication
  - Lancets, blood glucose meters, blood glucose meter test strips, alcohol swabs, and meter-testing solutions
  - Insulin pump and insulin pump supplies (cleaning agents, batteries, plastic tubing, infusion kit, catheter and needle)
  - Glucagon emergency kit
  - Urine ketone test strips
  - Unlimited number of used syringes when transported in sharps disposal container or other similar hard-surface container
- Insulin in any form or dispenser must be clearly identified.
- Notify screeners if you are wearing an insulin pump and explain that you cannot go through the metal detector or be handwanded.
- Advise the screener that the insulin pump cannot be removed because it is surgically implanted.
- Insulin pumps and supplies must be accompanied by insulin with professionally printed labels identifying the medication or manufacturer's name or pharmacy label.

## *(Traveling With Diabetes cont.)*

- Advise screeners if you are experiencing low blood sugar and are in need of medical assistance.
- You have the option of requesting a visual inspection of your insulin and diabetes associated supplies. You must request a visual inspection before the screening process begins; otherwise your medications and supplies will undergo x-ray inspection.

If you encounter problems with the screening process, ask to speak with the TSA Security Supervisor. You can report problems encountered while traveling by calling the TSA Consumer Response Center toll-free at [1.866.289.9673](tel:1.866.289.9673).

## 15. SCHOOL ISSUES

In hopes of helping you get through the first few weeks of school with diabetes with a little less stress and confusion, JDRF has quizzed parents of kids with juvenile diabetes across the country about how they plan to make the coming school year a success. While every child and school is unique, these guidelines should help you get started. In addition, JDRF has a SCHOOL ADVISORY TOOLKIT, available upon request, with further information on managing diabetes in school.

- **Do Your Homework** Before you meet with staff at your child's school, you'll need to get organized, and do a little research. You should not assume that the school will know how to provide the best care for your child.
- **Meet With School Staff** The most important thing to do is contact the school before classes start. Speak to the principal, any teacher the child will have, the gym, P.E., or coaching staff, school nurse and cafeteria manager.
- **Develop Your Strategy** After you've spoken with the school, you should have a clearer idea of what you need to do to prepare your child for their day-to-day activities. Many parents prepare snack and supply "kits" for classroom teachers, school nurse, coaches, etc.
- **Stay Involved** An ongoing, open relationship between you, your child, and the school is vital to your child's well being throughout the year. Do everything you can to create the best possible environment for your child.

Relationships between schools, teachers, and the parents of children with juvenile diabetes are often as unique as the individuals themselves. While there are federal and, in some cases, state laws protecting the rights of children with diabetes in school, such laws only provide general guidelines and may be applied differently in different areas. At the beginning of each school year, you will need to communicate with your child's principal, teacher, nurse, and any other adults who will share responsibility for your child during the day, to develop a plan to make sure your child is well cared for throughout the year.

## *(School Issues cont.)*

By far the most important legal document you can have to protect your child's rights is a 504 plan. This act requires schools to identify educational needs and when necessary, develop a "504" plan. A 504 is a legal (written) document specifying what "reasonable" modifications and accommodations the school must provide for a student with a disability (generally put into place for a student with a medical disability such as diabetes). 504 plans are relatively easy to create (see examples), and are an invaluable tool for allowing your child the same access to educational opportunities as their peers. 504 plans, unlike other health plans, can be particularly useful in allowing special accommodations for your child during standardized testing. 504 plans may be as detailed as you like, and should clearly specify roles and instructions for the school personnel, as well as for the parent/guardian, and the child.

Even with a 504 plan, problems may arise between you and the school. Should you have a conflict, there are a number of things you can do to improve the situation. But first, determine where the problem lies. Unfortunately, lack of awareness about diabetes is still a big problem in some areas. Schools may not be well informed about Section 504, or what's covered under it. Be sure to give them all the information they need to understand your child's special needs and rights. Take the initiative, and be careful not to assume the school is being uncooperative when the issue may be just a misunderstanding. Consider bringing a Certified Diabetes Educator (CDE) or other diabetes expert to the school, if possible, to train the staff and help them understand your child's needs.

Since most parents don't have the resources or desire to engage schools in long legal battles, JDRF encourages using this option only as a last resort. At the same time, however, it is important that you don't allow yourself to be pressured into an agreement that compromises your child's safety and well-being in any way. In other words, don't be afraid to advocate strongly on behalf of your child, if necessary. The way a school "has always done it" may not be best for your child. Whenever possible, document communications in writing—this offers protection for both you and the school. You may also file a complaint with the U.S. Department of Education Office for Civil Rights in case of disputes. ([www.ed.gov/about/offices/list/ocr/index.html?src=mr](http://www.ed.gov/about/offices/list/ocr/index.html?src=mr))

Local support groups and JDRF chapters can be great resources for developing a strategy for successfully communicating with your child's school. Perhaps there are other parents with similar circumstances, who can provide assistance. Remember that your goal is to establish a good long-term relationship with your child's school, so try to be positive and communicate frequently with teachers, nurses, or other relevant staff.



## ***(School Issues cont.)***

The Juvenile Diabetes Research Foundation International (JDRF) believes that it is essential that children with diabetes be able to monitor their blood glucose levels, eat food and administer insulin, when necessary, in order to manage—to the maximum extent possible—their diabetes. Failure to do so could lead to life threatening insulin shock and coma caused by low glucose levels and long-term complications such as kidney failure, blindness, amputation, heart disease and stroke exacerbated by high blood glucose levels. Children with diabetes need to be able to test their blood glucose at school and apply whatever means necessary to bring these levels to near normal quickly and with as few encumbrances as possible. For some students this can be done independently; other students—who are younger or who have less experience with the disease—need assistance from trained school personnel. All students with diabetes need assistance from trained school personnel in the case of medical emergencies. These trained personnel need not be medical professionals.

Accordingly, JDRF fully supports efforts to enact state legislation to ensure that students with diabetes are medically safe at school and have the same access to educational opportunities as other children. This includes making sure that there are trained adults available to assist students with diabetes as needed during school hours, extracurricular activities, and field trips; that students have access to blood glucose testing; that medications, including insulin and glucagon, are available at school; and that students who are able to do so are allowed to test their blood glucose levels in the classroom or anywhere else that the student happens to be, and to administer corrective measures immediately.

## **16. ATHLETICS**

(Also see School Issues section)

The issue of diabetes and athletics is an important one, as children with diabetes are encouraged to pursue the same activities as other kids in spite of their diabetes. JDRF has focused on this issue a number of times in Countdown for Kids Magazine. The profiles of a number of athletes with type 1 diabetes can be found on the JDRF Kids Web site: <http://kids.jdrf.org/athletes>. These profiles include tips about training and the special needs of athletes with diabetes. The JDRF Kids Web site also contains a section on exercise.

[www.kids.jdrf.org/index.cfm?fuseaction=home.viewPage&page\\_id=268E68B3-5004-D739-A54A1D41F61C5F61](http://www.kids.jdrf.org/index.cfm?fuseaction=home.viewPage&page_id=268E68B3-5004-D739-A54A1D41F61C5F61). Also see [www.diabetesnet.com](http://www.diabetesnet.com).

For information to hand to coaches or gym instructors, the packet that is given to teachers and school staff is appropriate. You can also receive information from the Diabetes Exercise and Sports Association: [www.diabetes-exercise.org](http://www.diabetes-exercise.org). You might also consult *The Diabetes Sports & Exercise Book*, By Claudia Graham, June Bierman and Barbara Toohey (Also see Publications).

## 17. PUBLICATIONS

[www.jdrf.org/index.cfm?page\\_id=100688](http://www.jdrf.org/index.cfm?page_id=100688)

Here are current offerings:

### **Countdown Magazine**

In-depth analysis of cutting-edge diabetes research and treatments, profiles and more.

### **Countdown for Kids**

The first magazine especially for kids with diabetes; full of information, fun, role models and pen pals.

### **Research E-Newsletter**

Published monthly to provide all those interested with the latest information about research on type 1 diabetes and its complications.

### **Books**

A selection of current books to help you live with diabetes. Here is a sampling of titles:

- **A Magic Ride in Foozbah-Land: An inside look at diabetes**
- **Even Little Kids Get Diabetes**
- **Taking Diabetes to School**
- **In Control: A Guide for Teens with Diabetes**
- **Everyone Likes to Eat: How Children Can Eat Most of the Foods They Enjoy and Still Take Care of Their Diabetes**
- **It's Time to Learn about Diabetes**
- **Rufus, The Bear with Diabetes**
- **The Best Year of My Life Book 1: Getting Diabetes**
- **Food, Exercise, Attitudes & Ideas The Kids, Food & Diabetes Family Cookbook**
- **Parenting a Diabetic Child**
- **Diabetes: A Guide to Living Well (Updated and Revised Edition)**
- **Psyching Out Diabetes: Managing Your Child's Diabetes**
- **Recipes for Diabetics**
- **Growing Up With Diabetes**



## 18. RESEARCH UPDATE

Since diabetes research is such a rapidly changing area, the reader is referred to: [www.jdrf.org](http://www.jdrf.org).

## 19. JDRF METRO DETROIT & SOUTHEAST MICHIGAN CHAPTER EVENTS (See [www.jdrfdetroit.org](http://www.jdrfdetroit.org))

*The Metro Detroit & Southeast Michigan Chapter of the Juvenile Diabetes Research Foundation is one of the fastest growing chapters in the United States and now raises \$3 million annually for JDRF.*

Our volunteers and professional staff are focused on one mission: to raise funds for research. We do this through the combined efforts of our special events, individual giving and corporate support.

### Promise Ball

A sell-out crowd of Southeast Michigan's social, civic and corporate leaders gathers for our black-tie gala each spring to dine, dance and participate in live auctions and Fund-A-Cure.

### Golf Classic

Golfers enjoy course contests, a raffle, lunch, silent auction and an awards dinner at our annual golf event in June.

### Walk To Cure Diabetes

This event brings out more than 14,000 participants for walks in Warren, Ann Arbor and East Lansing. It's fun for families and builds camaraderie among company employees. Entertainment, family activities and snacks are part of the festivities.

### Governmental Affairs

Today, our grassroots advocates number in the tens of thousands nationwide. Through letters, phone calls, and innovative outreach programs such as the Promise to Remember Me Campaign and Children's Congress, we have put a face to diabetes and a distinct voice to our mission of finding a cure.

## ***(JDRF Metro Detroit and Southeast Michigan Chapter Events cont.)***

*The Chapter looks to our volunteer partners to provide their expertise, passion and working assistance in the following areas:*

- **Administrative Support:** Volunteer partners who assist the Chapter office with administrative tasks such as large mailing projects, data entry and pre-event logistics. This assistance is on an “as needed” basis and is generally supported by student and retiree groups.
- **Team Captains:** Volunteer partners who drive our fundraising efforts for our Walk to Cure Diabetes program.
- **Committee Members:** Volunteer partners who actively participated on one or more of the Chapter’s special event or Board-level committees. Responsibilities include, but are not limited to, strategic planning, logistics, sponsorship and government relations.
- **Board Members:** Volunteers generally qualify to seek nomination to serve on the Chapter Board of Directors after actively participating on one or more of the Chapter committees for at least a year.

## **20. JDRF MEMBERSHIP INFORMATION**

Your support of the Juvenile Diabetes Research Foundation is greatly appreciated. JDRF provides in excess of 85 cents of every dollar to research and education about research. By becoming a member of JDRF you are helping to find a cure for diabetes and its complications. We hope you'll take the time to find out more about JDRF-funded diabetes research by visiting the research portion of our website.

JDRF is an accredited 501(c)(3) nonprofit agency; all donations (including membership donations) are tax deductible. A receipt will be provided via e-mail. Additionally, donations of \$250 or more will receive a letter of acknowledgment.

### **Benefits of Membership**

A JDRF Membership is accompanied by a one-year subscription to *Countdown Magazine* and its accompanying Countdown For Kids, and various other premiums.



*dedicated to finding a cure*

**Produced by the Metro Detroit and Southeast Michigan Chapter, JDRF and the Community Outreach Committee. We make every effort to keep this document as up to date as possible. If you find any information is incorrect or outdated, please notify JDRF at 248.355.1133. Thank you!**

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