

# MOMENTUM

**JDRF** IMPROVING LIVES. CURING TYPE 1 DIABETES.  
Houston Gulf Coast

NEWS FROM THE HOUSTON GULF COAST CHAPTER

Dear Friends and Families,

Our Winter 2015 newsletter is dedicated to those living with and triumphing over type 1 diabetes. This newsletter highlights the small, large, and every day victories that individuals within our JDRF Family have accomplished. Too often we hear of the consequences that living with type 1 may present - but we believe celebrating the triumphs is even more important to living a long and healthy life. The victories and successes these people have achieved will fill you with joy and hopefully encourage you and those around you who may be affected by this disease.

As always we are happy to hear feedback from you so if you would like to submit ideas for upcoming issues we would love to hear from you.

Please read and enjoy these stories we have collected from some of our amazing volunteers and friends we have met, and who have inspired us over the years.

Houston Gulf Coast Team

## JDRF One Walk - Houston Is In The Books

JDRF One Walk 2014 is in the books - and what a success it was! JDRF One Walk Houston took place on Saturday, October 25, at NRG Park welcoming over 15,000 walkers and raising over \$1.1 million for JDRF Research. Guests enjoyed picture perfect weather as well as a morning full of activities including live music from Live Out Loud, Harmony Groove, carnival games from National Charity League, spirited rest-stops courtesy of Marshalls and Schlotzsky's, The Walgreens Wellness Bus, and a variety of Houston's most spirited mascots along Mascot Row.

Fox26 Emcees Don Teague and Rashi Vatts kept the crowd energized and engaged throughout the morning's festivities. Guests also enjoyed the brand new look of JDRF One Walk as well as new additions such as the social media wall, VIP tent for top fundraisers and more. Over 400 volunteers partnered alongside staff to ensure the success of the event. Plus the Houston Logistics Committee, a group of dedicated volunteers with over 30 plus years of walk experience, worked with the staff throughout the year to plan the event and assist with setup the week leading up to the walk.

This year's Corporate Chair was Marjorie Evans of Universal Weather and Aviation and the 2014 Presenting Sponsor was Calpine Corporation. Special thanks to JDRF One Walk sponsors Baker Hughes, Schlumberger, Sequent Energy, Sysco, Texas Children's Hospital, Walgreens, Coca-Cola, Randalls, Noble Corporation, Universal Weather and Aviation, PriceWaterhouseCoopers, Ernst & Young, CenterPoint, PULSE, Insperty, Fox26, Sunbelt Rentals, Frito Lay, La Madeleine, and 104.1 KRBE.

Dr. Michael Kaplan served as the Grand Marshal for this year's walk after bidding on and winning the honor at the 2014 Promise Ball.

For the second year in a row, Bethany and Noah's Believers took home the honor for the Top Fundraising Team bringing in more than \$34,000.



Family Team Champion Bethany Smith  
with Team Twins



Walkers from Calpine  
2014 JDRF One Walk Presenting Sponsor

\$1.1 million

Dollars raised for the 2014 One Walk

More than 80%

JDRF's expenditures that directly support  
research and research related education

We gratefully acknowledge our corporate partners who support our efforts to create a world without T1D. Local partners include the Shrieve Chemical Group, Chevron Phillips, Kroger, Anadarko, Waste Connections, Lexicon

A large group of people, mostly wearing pink shirts, posing for a group photo outdoors. In the center, a woman is pushing a stroller with two children. A sign in the foreground reads "Madison Martin" and "JDRF".

## T1D Triumph - The Sandoval Family

30,000  
People diagnosed with T1D in the U.S. every year



## President's Corner by Marshall Lang



Sometimes I think that the "T" in T1D could stand for TRIUMPHS.

I looked up synonyms of the word and found: *Victories. Achievements. Conquests. Successes. Accomplishments.* Doesn't this list of synonyms look like a playbook from the daily lives of those living with T1D? Doesn't this list of synonyms look like words plucked out of the recent JDRF research update?

My son, Ethan, was diagnosed with type 1 diabetes 10 years ago at the age of 2. Over those 10 years, I have admired his

many triumphs. While we have not yet seen the cure for T1D, I have watched Ethan achieve daily *victories*, like confidently explaining to his classmates why he wears the funny-thing-on-his-side-with-tubing or finishing his day wherein all of his glucose readings are in range.

I have witnessed his many *achievements*, like being a junior counselor at camp this past summer where he offered to mentor the younger kids with disabilities and special needs - because he said he knows how it feels. I have smiled at his quiet *conquests* when he finished the 100 meter butterfly at his first swim meet at age 7. He did not place, but he did finish. And, he was the only swimmer that had to run over to mom to get "tested" before diving (kind of diving) into the pool. I admire Ethan for standing up (not worried about standing out) and *succeeding* every day at school, at home and at play. Every one of Ethan's *accomplishments* is punctuated by his fortitude to triumph despite living with diabetes.

My wife and I started volunteering at JDRF a few months after Ethan was diagnosed in January 2005. The word "triumph" is also synonymous with JDRF and our Houston Gulf Coast Chapter. Since 2005 there have been a number of *victories* and *achievements* indeed. We can measure our *successes*, like the advancements in the Artificial Pancreas, maintaining federal funding of the Special Diabetes Program, clinical trials for Encapsulation and so many small (yet huge) advancements in everyday treatments. Consider the many *conquests* of our Outreach programs . . . one family at a time . . . where we help to defeat the notion that this disease can beat us and instead model the notion of triumph. Our chapter also has many *successes* and *accomplishments*, like 15,000 walkers, the city's best fundraisers, nearly 5 million dollars raised annually for the fight, assembling a dedicated professional staff and amassing the world's best team of volunteers right here in Houston.

The opposite of TRIUMPH is *failure*. Failure is not Ethan or anyone else I know living with T1D. Failure is not JDRF. And, because we take our cues from them, failure is not an option for us either.

*Victories, achievements, conquests, successes and accomplishments* . . . these are all things I have come to respect and cherish - both in Ethan and in JDRF. They have made being Ethan's dad a joy, and they have made being a part of JDRF feel absolutely TRIUMPHANT. ■

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Forbes Magazine

Recently selected JDRF as one of its  
 5-star charities in ranking for efficiency



JDRF


The top ranked non-governmental funder of diabetes research,  
 according to an independent analysis conducted by Thomson Reuters



## T1D Triumph - Pam and Grant Carmain

Managing type 1 diabetes (T1D) is an everyday challenge; a challenge that the Carmain family was abruptly faced with on November 27, 2006. At 9 years old Grant Carmain was diagnosed with T1D. Learning how to care for a type 1 child was like learning a foreign language says Grant's mother, Pam Carmain. Soon after Grant's diagnosis, the Carmain family began searching for some type of support (emotional, educational, and social) and discovered JDRF. Pam states, "JDRF is the only organization who is focused on finding a cure for T1D. I can't imagine a better focus for our time and energy than in supporting JDRF!"

Adjusting to life with T1D as a teen has required that Grant make lifestyle changes that are oftentimes difficult but made much easier by the support of the JDRF Outreach Program. Inspired to make JDRF resources available to everyone, Grant embarked on a mission to provide information and resources to predominantly Spanish speaking communities. As an 11th grader enrolled in AP Spanish, Grant translated type 1 Fact Cards into Spanish and with his mother distributed them to medical practices and physicians in predominantly Spanish speaking communities. Grant also distributed the cards at One Walk Houston this year, giving him the opportunity to meet families face-to-face. The fact cards have been well received and many parents have said that they didn't realize that JDRF existed and they were relieved and happy to know that they have somewhere to turn when they need assistance.

"I am involved with JDRF because meeting other kids and adults who are living well with T1D inspires me and I hope to serve as a role model for them", Grant says. Pam adds that Grant maintains an A average while taking on a very rigorous academic curriculum. He never ceases to impress me with his ability to juggle T1D, physical activity, academics and a social life. A role model indeed. 




## Pam and Grant Carmain


## "Ride To Cure" Record Breaking



Greg Rhodes and his son in Nashville after riding over 100 miles for JDRF

 This year has been a triumphant - and record breaking - one for the JDRF Houston Ride to Cure Diabetes Team! Due to the dedication, passion, and commitment from our chapter's riders, we have already raised close to \$140,000 for T1D research. In September at the Lake Tahoe ride, Board Members Mike Schnakenberg and Jason Volz, along with their respective teams, Team

Schnak and Team Vitol, helped the Houston Chapter take home top honors for the Highest Fundraising Chapter, as well as Top Team (Team Vitol) and Top Individual (Mike Schnakenberg). Between Team Vitol and Team Schnak, the Houston Chapter raised over \$100,000 at the Lake Tahoe ride. In late October, two riders represented the Houston Chapter at the Nashville Ride. Greg Rhodes, a longtime JDRF cyclists, took home the prize for second highest overall fund-raiser and bought in over \$24,000 for JDRF Team Houston. In late November, Kent Schnakenberg, part of the Team Schnak in Lake Tahoe, represented Houston at the Tucson Ride to Cure Diabetes raising over \$11,000 and taking home the coveted jersey for most spirited fundraiser.

The JDRF Ride to Cure Diabetes is a destination cycling experience for riders of all ages and experience levels. To learn more and join Team Houston, visit [ride.jdrf.org](http://ride.jdrf.org) or contact the Houston Chapter directly. 



Mike Schnakenberg, center, and Jason Volz, right, representing Team Houston in Lake Tahoe

\$14 Billion

## U.S. healthcare costs for T1D every year

Between 85 and 90%

## People diagnosed who have no family history of T1D

## Research Update

### JDRF - Harnessing Research to Change Lives

If you are reading this newsletter, chances are that you have participated in one of the Houston Gulf Coast Chapter's events, donated to someone who has, or made a direct donation to JDRF yourself. And if you have supported JDRF in any of those ways, you would probably be interested in knowing what those dollars have done to make a difference in the lives of people living with T1D. At JDRF, our vision is and has always been a world without T1D. And over half of our research dollars are dedicated to curing T1D and preventing it in future generations. JDRF's Restoration and Prevention Programs are focusing the fields of immunology and regenerative medicine on the problems of beta cell destruction, and the future of cure and prevention research is increasingly bright.

As we drive progress toward that future vision, we are acutely aware of the needs of the T1D community for better options today. Studies show that even people who test their blood glucose level more than nine times a day still spend less than 30 percent of the day in the normal blood-glucose range. Today, the average teenager with T1D has an average blood-glucose level of over 200 mg/dL every day (normal range is 80-120 mg/dL). And the JDRF Continuous Glucose Monitor trial showed that even those using the most advanced technology still spend 41 percent of their day too high or too low.

JDRF is committed to delivering therapies to improve T1D management, decreasing the burden of living with T1D and ensuring long and healthy lives for those living with it today. Over the past decade, JDRF's leadership - in funding, advocacy and collaboration - has brought us to a critical

juncture. Therapies that have the potential to save lives and offer freedom from burden are moving into clinical trials and onto the market. And in each and every case, JDRF has been a critical funder, the key advocate, the catalyst, the essential driver of progress. In 2014 alone:

- ViaCyte's beta cell encapsulation device entered human trials. JDRF has been a longtime and significant funder of ViaCyte and its predecessor. Encapsulated beta cells will allow people with T1D to live for up to 2 years without blood-glucose testing or insulin injections.
- A low-glucose suspend artificial pancreas system received FDA approval and is on the market in the US, and a predictive low-glucose suspend is available in Europe. JDRF's Artificial Pancreas Project has driven artificial pancreas technology from its very inception. Low-glucose suspend systems will save lives by discontinuing insulin delivery when blood glucose drops low.
- Pharmaceutical company Merck, Inc. is beginning human trials of its smart insulin. JDRF gave critical funding to Smart Cells, Inc., the company that initially developed smart insulin, enabling the company to conduct pre-clinical trials. One injection of smart insulin will cover all of a person's daily insulin needs, circulating in the blood in a dormant state until blood glucose rises, and returning to a dormant state once blood glucose is normalized.

Your support of the Houston Gulf Coast Chapter has allowed JDRF to do all of this and much more. We have much left to do. We have lives to make safer and easier and we have a disease to cure. Thank you for your generosity and your involvement. Together we are changing lives. ■

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15 million

People worldwide who have type 1 diabetes

+++++

+++++

3 million

Americans who may have type 1 diabetes.

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## T1D Triumph - The Grosmans

Alexandra Grosman, who was diagnosed at age five with type 1 diabetes, gave birth to a beautiful, healthy baby boy named Sebastian Henry on June 27, 2014. Alexandra and her husband, Josh, did a lot of planning ahead of time, even before becoming pregnant to welcome their child into the world. Alexandra selected a doctor who was familiar with diabetes and specialized in high risk pregnancies; she also visited her endocrinologist more often during her pregnancy. Per her doctor's advice she wanted her A1C to be as low as possible, and she was at 6.1% at the time she became pregnant. She also credits her continuous glucose monitor with helping her have more control over her diabetes with blood sugar readings every 5 minutes.

When asked about any advice she'd like to share about having T1D and having a baby, Alexandra stated, "It's a bit of a challenge, but with the right supportive team you'll be able to do it. Also, don't get discouraged, it's a lot of work for sure, but in the end it's worth it!" Please visit [www.jdrf.org](http://www.jdrf.org) for more information about T1D and pregnancy, or to request a free pregnancy toolkit for helping prepare future and current expectant parents with type 1 diabetes.



Alexandra, Josh and Sebastian Grosman

## T1D Triumph - Harry Miller



Harris Miller  
volunteering at the Walk

Harris Miller was diagnosed with type 1 diabetes in July of 1969, just before his 4th child was born. He has lived with type 1 for over 45 years and everyone at JDRF can attest that he has never skipped a beat because of it. From being a full time father with four grown children, to working six days a week, to volunteering with JDRF on our Walk Logistics Committee since 2000 - Harris Miller has

truly never let type 1 diabetes slow him down.

Advancements in type 1 technology have come a long way, even in the past 5 years, and for Harris the progress has really affected how he lives day to day. When Harris was diagnosed, the GCM and insulin pump technology were not available. Harris now wears both on a daily basis and says they have really improved his life.

Harris is a true victor when it comes to living with T1D. He says that one of his biggest triumphs has been "raising and educating four children - two doctors, a CPA and a stock broker who are all very successful." He did this while working six days a week as a Store Manager in a large retail company and never missing a day of work in 40 years after his diagnosis with type 1. Harris Miller is genuinely an amazing man who has conquered type 1 diabetes.

## Tee Up To Cure Diabetes Has A Beautiful Day!!!!

JDRF's rescheduled Golf Classic could not have been held on a more beautiful day. Instead of the freezing rain that Houston experienced in March which pushed the tournament to September, we had 75 degree weather and sunny skies which made for some happy (and generous) golfers! Friends of JDRF enjoyed playing at Memorial Park Golf Course. They also attended the Pairing Party the night before at The Tasting Room in Uptown Park which paired each foursome with a PGA professional for the tournament. The 2015 Golf Classic will be held at Memorial Park Golf Course on March 10th. Please plan to attend and support a great cause!



First Place Team - Tao DeBauche, John Kim, Paul Smith, Lee Henkel  
with PGA Pro Ken McDonald

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15%

Percentage of people in the U.S. living with T1D  
who are children

+++++

+++++

85%

Percentage of people in the U.S. living with T1D  
who are adults

+++++

## Doctor's Corner

### Light at the End of the Tunnel - Diabetes from a Physician's Perspective

I'm sure you all remember the day your loved one was first diagnosed with diabetes. The doctor comes in and drops a bombshell that turns your world upside down. Your child has diabetes....

And from there, the long and difficult journey begins. You are confused – What did I do wrong, how will we ever cope with this?

You are given an instruction booklet and then expected to memorize or at least understand a lifetime of the disease in half a day. And through all this, you are still trying to cope with the diagnosis because you are in shock. And then before you know it, they send you home.

Now comes the harder part - the daunting task of getting the right amount of carbs into that very picky eater of yours. You bargain, you yell, or even end up giving ice cream to make up for the carbs they did not eat. Next comes the sleepless nights and the 2am blood checks and you ask yourself, how can we live like this? But even though the task is daunting, there is HOPE because you are not alone. The doctors and diabetic educators are just a phone call away. JDRF is there with the Bag of Hope, someone to meet with you and an introduction to our mentor program. And slowly, it gets a little easier. But then the next hurdle comes - the teen years, with new and different challenges to face.

Your teenager has done the same routine for years and they are tired of it. They don't listen and forget to bolus, forget to count carbs and the A1C rises. They are sometimes too proud to admit that they really haven't mastered the management of their care. For them, there is no relief in sight and no one understands what they are going through - but again, there is HOPE. Support through camps, counselors, a refresher course from their doctor or a mentor through the JDRF Young Leadership Committee reminds them that they are not alone in this or forgotten.

And then the last hurdle - letting them go. You don't want to, but eventually you must. But again, there is HOPE. There is a push to start retraining your teen to be more independent with their diabetes around the age of 16, seeing the doctor on their own while parents wait outside, having peer get-togethers to discuss teen problems, thinking ahead to adult transition and college prep.

Although this all seems bleak, impossible and unfair, you always persevere. You come to see us faithfully. You talk to our diabetic educators, and you advocate for your child. As a doctor, I want to thank you. Your hard work does NOT go unnoticed. We are the guideposts; YOU are the soldiers at the forefront. And YOU are the ones who never give up. And for that I thank you.

*Nunilo Rubio Jr., MD*  
Physician and friend

For the complete article by Dr. Rubio, please visit the JDRF website. ■

## Outreach Opportunities

JDRF is committed to providing and maintaining meaningful social, emotional and practical support at the time of initial diagnosis and through life's many challenges for children, adults and families affected by type 1 diabetes. The Houston Gulf Coast Chapter has a thriving Outreach Program with year-round opportunities for engagement. Whether you're newly diagnosed or have lived with T1D for years, there's a place for everyone to connect at JDRF.

**Type One Nation/Houston:** Join us for the JDRF TypeOneNation Houston Summit on Saturday, February 28, 2015. There is no cost to attendees and parking is free. This inspirational and informative day-long event offers socializing opportunities, vendor and healthcare provider exhibits, and educational sessions designed exclusively for members of the type 1 diabetes (T1D) community. Attendees of all ages will benefit from informational sessions geared towards children, teens and adults with T1D, parents and caregivers, and school nurses and other healthcare providers.

**Mentor Program:** Whether newly diagnosed or living with diabetes for a number of years, families and individuals living with type 1 dia-

betes often need support. Through JDRF's Mentor Program, families requesting support are matched up with trained mentors who experienced a diagnosis at a similar time in their lives.

**JDRF Young Leadership Committee:** JDRF's Young Leadership Committee (YLC) is a group of young professionals dedicated to raising awareness about JDRF and the need to find a cure for type 1 diabetes. The YLC holds various events throughout the year such as socials, happy hours and networking events that attract young professionals between the ages of 21 and 40.

**Mom's Night Out and Dad's Night Out:** Mom's Night Out provides an opportunity for mothers of children with type 1 to connect with one another in a relaxed social setting over dinner and drinks. Dad's Night Out is relaxed, low-key social get-togethers specifically for dads of children living with type 1 diabetes. These gatherings help parents build supportive friendships with other moms and dads who fully understand the challenges of caring for a child with type 1 diabetes.

For more information on the many opportunities available through JDRF's Outreach Program, call 713-334-4400. ■

JDRF  
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## MOMENTUM

### 2015 Calendar of Events

#### February 2015

Type One Nation/Houston  
United Way  
Saturday, February 28, 2015

#### March 2015

Tee Up to Cure Diabetes  
Tuesday, March 10, 2015

#### April 2015

The Promise Ball  
Saturday, April 18, 2015

#### July 2015

Ride to Cure Diabetes  
Burlington, VT  
July 23 - 26, 2015

#### August 2015

Ride to Cure Diabetes  
LaCrosse, WI  
August 13 - 16, 2015

#### September 2015

Ride to Cure Diabetes  
Tahoe, CA  
September 11 - 14, 2015

#### October 2015

Ride to Cure Diabetes  
Death Valley, CA  
October 15 - 18, 2015

Houston One Walk  
NRG Park  
Saturday, October 24, 2015

Ride to Cure Diabetes  
Greenville, SC  
October 22 - 25, 2015

Ride to Cure Diabetes  
Nashville, TN  
October 29 - November 1, 2015

#### November 2015

The Greater Montgomery  
County One Walk  
Saturday, November 7, 2015  
United Methodist Church,  
The Woodlands, TX

Ride to Cure Diabetes  
Tucson, AZ  
November 19 - 22, 2015