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WELLNESS LIVES HERESM

WASHINGTON

 American Diabetes Association[®]

Presented by:



A Word from Our Presenting Sponsor



At Northwest Kidney Centers, more than 40 percent of our dialysis patients experience chronic kidney failure because of diabetes.

Our goal is to slow the progression of kidney disease associated with diabetes, and help those affected to avoid kidney failure. We aim to reduce the number of new Northwest Kidney Centers dialysis patients with diabetic kidney failure.

Evidence shows the most effective ways to slow early kidney disease in people with diabetes are:

- Blood pressure control with balanced nutrition, lower sodium intake and increased physical activity.
- Medications such as ACE inhibitors or ARBs.
- Avoiding too much use of NSAIDs, over-the-counter painkillers.

Please take good care of yourself and keep your blood pressure under control.

We plan to do our part, not just treating kidney failure and the effects of diabetes, but actively improving community health. It's natural that Northwest Kidney Centers and the American Diabetes Association would work together.

We are delighted to be a presenting sponsor of local ADA events in 2016. Our sponsorship will enable the ADA to expand its Stop Diabetes Initiative to people who live in South King County, an area with high rates of diabetes and other health challenges. We also look forward to joining in the Tour de Cure, ADA mission engagement days and other health promotion activities throughout the year. I hope to see you there!

Joyce F. Jackson
President and CEO
Northwest Kidney Centers
Presenting Sponsor

Significant dates in 2016

Northwest Kidney Centers
Breakfast of Hope – Westin Seattle
May 5, 2015
7:30 a.m. Thursday

Northwest Kidney Centers
Discovery Gala – Hyatt Regency Bellevue
Oct. 29, 2016
5:30 p.m. Saturday

Did you know diabetes is the leading cause of chronic kidney disease?



Georgia Ronne: A Diabetes Star Patient



As retired military, Georgia Ronne knows how to be disciplined. When she was diagnosed with type 2 diabetes 15 years ago, losing weight became a top goal. She'd lost 60 pounds several times, but always gained it back. So she made a plan—and lost 130 pounds!

“I never set out to lose half my weight! That’s a goal I’d never be able to make. I’d feel defeated before I even started,” says Georgia.

Losing a Whole “Me”

Georgia looked at her weight in 10-pound increments. She’d set a goal to lose 10 pounds and then maintain her new weight for three months. Then she’d set another 10-pound goal and hold that weight. And so on.

It took Georgia four years to lose 130 pounds—an amount that’s more than her current body weight. She’s kept it off for five years. And this past spring, Georgia’s doctor took her off all her medications!

Georgia also set out to learn all she could about diabetes. She read a lot. She also had some habits to change—such as dealing with stress by eating a processed sweet, like a Twinkie or Ding Dong. “Now they taste terrible!” she says. Today, she watches what she eats and finds alternatives that taste just as good.

Yea Team!

Georgia learned that the people around her play a crucial role. “I don’t let others sabotage my efforts. It’s amazing how many people do that,” she says. “I just tell them to leave me alone, that I want to eat healthy.” And that’s exactly what she does. She appreciates her friends and family who are also focused on health and encourage her.

“I wish I had known at the get-go that there are great support groups for diabetics—people who are in the same boat, who you can talk with,” adds Georgia.

No Place to Go But Up

As for the psychological aspect to losing weight, Georgia adds, “My aunt would say that you need to reach your Benjamin Bottom—that point where there is no place else to go but up. I reached it. I was tired, couldn’t get a date... I’m a fun, nice person, and I wanted more out of life!”

Since then, Georgia has fallen in love, feels great and has an excellent team that guides her and cheers her on. “Diabetes is not a death sentence unless you let it be,” she says. “If you want to have a normal life, there are choices.”

Earn Your Health Champion Designation

We recognize that engaging employees or members in healthy living is no easy task. We applaud these efforts, and want your customers, community and our constituents to know that your organization is wellness-minded. Our new Health Champion Designation recognizes companies and organizations that inspire and encourage a culture of wellness. Think of it like a wellness perk for your company, awarded to you by one of the most credible and trusted health organizations in America—the American Diabetes Association.



Apply Today at www.wellnessliveshere.org

Signature Community Events



Tour de Cure
American Diabetes Association®



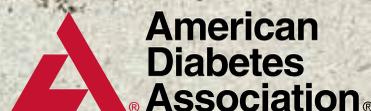
Be Part of the **25th** Anniversary

We're celebrating the 25th Anniversary of the Tour de Cure and we want you to be a part of this incredible day. Since 1991, Tour de Cure riders have raised over \$250 million to help advance our mission and move us closer towards the ultimate goal to Stop Diabetes!

Sunday, May 22, 2016 - Woodinville, Wash.

Register Today at
diabetes.org/seattletourdecure

Good, dirty fun.



The American Diabetes Association® is looking for people like you — people who want to take on a challenge while supporting a worthy cause. When you become a Golden Ticket holder and make a commitment to raising at least \$1000, you'll receive complimentary registration, special incentives, access to personal fundraising support and a front-of-the-pack starting position.

If you apply and are accepted as a Golden Ticket holder, the funds you raise will support diabetes research and healthy living programs.

And, hint, hint: Tough Mudder is even better when you challenge friends and co-workers to get dirty and do good with you!.

Learn more and apply to get a Golden Ticket at:
diabetes.org/toughmudder

Signature Community Events



Those Who Defy Labels, Define Themselves.

What defines you and what you're capable of? Do you defy all labels and ride your own path? SEATTLE MINI, the 2016 Start and Finish Line sponsor for the Seattle Tour de Cure, encourages everyone to join this year's ride to stop diabetes.

"Part of being a family-owned company is providing a culture of wellness at work. It's a responsibility we recognize," said Seattle MINI owner Manfred Scharmach.

The American Diabetes Association's Wellness Lives Here campaign and Corporate Health Champion program inspire us at SEATTLE MINI to do more, to be different, to be better.

#DEFYLABELS #RIDESTRONG #STOPDIABETES

Ride with us as we bike to fight against diabetes.

SEATTLE MINI is part of the family-owned Scharmach Enterprises, which includes BMW Northwest, Northwest MINI and Northwest Pre-Owned Center.



Become a Tour de Cure Champion

Join the ranks of passionate people who care about cycling, health and, above all, finding a cure for diabetes. This elite group of fundraisers is committed to doing everything possible to Stop Diabetes.



Champions celebrating their success at the Champions Dinner at Chateau Ste. Michelle.



Eric Salinas: A Champion Riding for a Cure

When my wife Jennie was diagnosed with type 2 diabetes, it was devastating news for both of us! I had no idea what to do. Where do you turn when you know nothing of an illness that a loved one is suffering from? That's when I found the American Diabetes Association and the Tour de Cure! I realized that Jennie and I are not alone!

For my 10th year, I will be riding with nearly 1,000 others, all united with one goal in mind: A cure for diabetes. We can do it! Together we will find that cure!



American Diabetes Association Diabetes Camps let kids have a great time participating in traditional camp activities and connecting with other children with diabetes. Health care professionals oversee daily diabetes care and help campers learn to live successfully with their disease. Help make it happen by donating now!

Learn More at
diabetes.org/camp



For a student using insulin, diabetes must be managed 24/7, including the many hours spent at school, on field trips and in extra-curricular activities.

Some families can send their child with diabetes to school in the morning and feel confident that the school will be prepared to provide the diabetes care that meets their child's needs. Other families worry that their child won't have access to good diabetes management, that their child will be excluded from activities or have to take an exam when blood glucose levels are plummeting.

Learn More at
diabetes.org/safeatschool



Life isn't fair for people with diabetes.

First, there is the simple fact of coping with a chronic illness.

Second, there are the barriers that prevent people with diabetes from enjoying the same opportunities as the rest of the population.

Our Advocacy program's efforts work to bring down the barriers and fund research to Stop Diabetes.®

Together we can transform the lives of all people with diabetes by working to find a cure, improving access to health care and protecting the rights of people with diabetes.

You can help at the federal, state, and local levels.

Learn More at
diabetes.org/advocacy

Lauren Kitchen Living With Type 1 Diabetes



Lauren was a healthy infant and toddler until 10 days before she was diagnosed with diabetes.

She had her first high fever (104 degrees) and a double ear infection. On day 10 of the antibiotics to fight the ear infection, we took Lauren to the pediatrician for a possible urinary tract infection. She was drinking a lot of water and constantly running to the restroom.

The nurse came into our room and told us they would need to test her blood sugar. They drew blood from Lauren's toe. In only a few minutes, the pediatrician came into the room - with tears in her eyes. The room started to feel small and dark as she sat down. She looked up and said "Lauren has diabetes and will need to go to the hospital or straight to an endocrinologist."

The room was getting smaller and smaller, darker and darker, as I went into shock with disbelief. We did all the right things. We followed the Center for Disease Control's recommendations. We breastfeed. Kids don't get diabetes. These thoughts ran through our minds. "The tests are wrong. Lets run them again," we said.

Instead, we learned how to prick Lauren's finger and poke her with insulin shots. We learned how to measure insulin-to-carbohydrate ratios and were sent home to care for our 3 1/2-year-old daughter who now has a chronic illness without a cure.

Feeling alone and afraid, we started treating Lauren at home. Life would never be the same.

The first couple months she would run from us and hide, asking why we had to hurt her. A common cold or stomach flu is no longer as simple as "common."

Lauren was diagnosed with type 1 diabetes in November 2007. This year she'll be 12! In that time, Lauren has endured more than 23,360 finger pricks, more than 1,000 insulin pump site changes, hundreds of syringe injections, and yearly blood draws. She has been forced to watch every carbohydrate that she consumes. She watches what she eats all day, every day.

Each school day Lauren takes with her test strips, alcohol wipes, a blood checker, and other medical items needed to manage her diabetes. Because she doesn't get a break or a free day, Type 1 diabetes has forced Lauren to grow up faster than we would have liked.

But she's doing okay. Along with well-managed medical treatment and support of friends, family and the American Diabetes Association, Lauren can live a long, healthy life. She needs all these advocates in her corner. We would love to see a cure in her lifetime. In fact, we would love to see a cure before she goes off to college.

Help Make a Difference



Paul Tobin

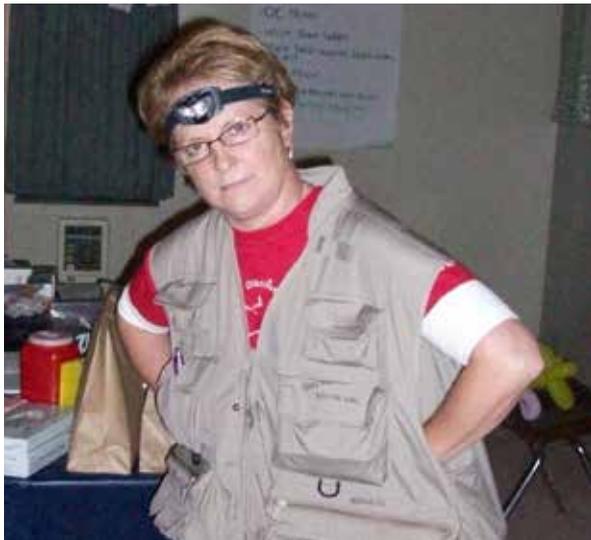
Paul Tobin, Area Director
American Diabetes Association
Washington State and Northern Idaho

The American Diabetes Association is proud to lead the fight against our nation's biggest health crisis. No one organization can Stop Diabetes alone. I hope as you read these pages you will find at least one way that you or your company can make a difference. Here are a few ideas to get you started!

- Form a Team for the Tour de Cure. See page 4.
- Apply to become a Health Champion. See page 3.
- Sign up to be a Diabetes Advocate. See page 6.

This page is dedicated to the memory of long-time volunteer Joanie Warner. The American Diabetes Association has created a new scholarship fund for kids to attend ADA Camp in her honor. For more information, please call 206-282-4616.

Remembering Joanie Warner in the Happy Smiles of Campers



Joanie Warner was a nurse practitioner at Seattle Children's Hospital in the Endocrine Department. She devoted her time and passion to many projects within the hospital.

Anyone who knew Joanie would say she had a child-like enthusiasm for life. She made every day an adventure, full of smiles and laughter.

One of Joanie's greatest passions was her work with the American Diabetes Association's Camp Sealth Diabetes Camp. She started as a volunteer, endlessly staying up through the nights to check sleeping children's blood sugars.

She quickly took over as the medical leader of Camp Sealth. She made camp safer, and her enthusiasm drew many new campers and volunteers to camp. She made 2 a.m. checks an adventure, and made organizing insulin and supplies a reason to get together. She made camp a better experience for all involved!

A scholarship fund has been established in memory of Joanie to support her quest to make camp accessible to any child with Type 1 diabetes. We look forward to seeing her smile and laughter live on in the smiles and laughter of children getting to experience full acceptance, surrounded by new and old friends.

To donate to ADA Camp Sealth in memory of Joanie Warner, please send a check, payable to American Diabetes Association Camp Sealth, to:

American Diabetes Association
2815 Eastlake Avenue E., Suite 240
Seattle, WA 98102



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Thanks to our Sponsors



The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

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Join the movement
to Stop Diabetes!
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at diabetes.org/volunteer

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