



"Type 1 diabetes (T1D) has a significant impact on the lives of the individuals it affects each day without discrimination of age. Most of us know someone whose life has been changed by the disease therefore; it only makes sense for a company like ADESA Phoenix to partner with JDRF to support and educate as many individuals as possible about the disease. ADESA Phoenix takes pride as a company knowing our volunteer and fundraising efforts to support JDRF will in turn give someone living with T1D hope in finding a cure." Tina of Adesa Phoenix

T1D & Summer



Summer is a time for fun in the sun with family and friends. Here are the **top 5 tips** on staying safe while enjoying this time of year.

1. **Stay hydrated**
Drink fluids throughout the day. Hot weather, exercise & high blood sugars can quickly equal dehydration.
2. **Check your blood sugar...often!**
Check your blood sugar with greater frequency during extreme heat & humidity.
3. **Cover your pump & keep your insulin cool**
Protect insulin from getting too hot or too cold. Too hot is above 80°F; too cold is below 36°F.
4. **Stock up on supplies**
If you are going on summer vacation, be sure you are well stocked with insulin, devices and extra supplies, including extra pump & CGM batteries.
5. **Wear sunscreen**
A bad sunburn can cause blood sugars to elevate.

Here are some additional articles:

- Type 1 Diabetes Doesn't Take a Summer Break
- Summertime Precautions for Active People Living with T1D
- Beat The Heat



Arizona Chapter

The **Arizona Chapter** is here! We are excited to announce the Desert Southwest and Southern Arizona Chapters merged on July 1st to become the Arizona Chapter. This transition will enable us to better serve Arizona's T1D community via heightened resources throughout the state.

You can now find us:

- Facebook:** JDRF Arizona
- LinkedIn:** JDRF Arizona
- Instagram:** JDRF_AZ
- Twitter:** @JDRF_AZ
- Website:** www.jdrf.org/arizona
- Email:** arizona@jdrf.org

We look forward to continuing to update our Arizona community with monthly newsletters and an ongoing statewide calendar of events.

JDRF Promise Ball Gala-Don't Stop Believing

Saturday, November 11, 2017
The Phoenician Resort, Scottsdale, AZ

JDRF is delighted to introduce the 2017 Promise Ball Gala Honorees: the Friedman Family. Morris and Abby Friedman, along with their four children, have been a part of the JDRF family since 2014 when their youngest son, Yehuda, was diagnosed with type 1 diabetes at the age of 10. The Friedman Family has participated in the JDRF One Walk as a top fundraising team and has supported the Promise Ball Gala since Yehuda's diagnosis. Morris Friedman serves on the Arizona Chapter Board of Directors and Yehuda serves as a Youth Ambassador.



To purchase tickets for the event, please visit jdrfpromiseballphoenix.org.

Please contact Karyn Fortin at kfortin@jdrf.org or 602.224.1819 to make a Fund A Cure donation or discuss sponsorship opportunities.

Volunteer Opportunity



Looking for a way to get involved with JDRF? We are seeking volunteers to make calls. If you are interested, please contact us at arizona@jdrf.org or 602.224.1800.

News You Can Use

[What Is The Artificial Pancreas?](#)

[This Woman Designed and Texts Her Own Pancreas](#)