IMPROVING LIVES. CURING TYPE 1 DIABETES.

Connecting the T1D Community

The **JDRF T1D Connections Program** matches newly diagnosed individuals and families with others who have lived with type 1 diabetes (T1D) for years. JDRF Outreach Volunteers are the voices of experience and hope for those facing the challenge of learning to manage their T1D, or those transitioning to a new life stage with T1D. The JDRF Omaha-Council Bluffs Chapter serves Eastern Nebraska/Western Iowa.

- If you wish to be connected with an Outreach Volunteer please visit jdrf.org/omaha or contact Anna Raur, JDRF Senior Outreach Manager, at 402-881-3183 (daytime), 402-660-8913 (evenings/weekends) or araur@jdrf.org.
- To be connected to an Outreach Volunteer in the Lincoln & Greater NE area please contact the JDRF Lincoln Office at 402-484-8300, lincoln@jdrf.org or request online at jdrf.org/lincoln.

JDRF Outreach Volunteers—Adults

Blaine has lived with T1D for over 20 years. "I just remember what it was like when I was diagnosed, living in a small town. I didn't know anyone else with T1D and I see Outreach as an opportunity to remove the isolation from other people living with type 1 diabetes, especially those newly diagnosed. "

Chris has lived with T1D for over 5 years. "Because I was diagnosed later in life, I know what it's like to have to suddenly adjust to a whole new way of living. I want to be able to help those who have also been diagnosed in adulthood."

Johanna has lived with T1D for over 30 years & her oldest daughter was diagnosed at age 7. "I wanted to become an Outreach Volunteer because this disease is challenging to successfully manage (though, it can be done!). I am happy to share the insights I have gained during 3+ decades of having T1D to help others find their own success."

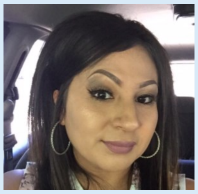
Julie has lived with T1D for over 35 years. "I have never let diabetes control my life. I want kids and adults to know that you can do anything you want to do, T1D should not hold you back. I've always wanted a family, my experience of being pregnant (twice) with T1D is one that I would love to share with others. I also went through high school and college with T1D, so I have knowledge about some of the rough spots along that journey."

Lindi has lived with T1D for over 30 years. "This experience of sharing my story, my struggles and successes, with others living with T1D has given me true purpose. To be able to help another person, and in turn myself along this journey, is a really powerful thing."

Terry has lived with T1D for over 45 years. "I have been through and seen many changes in managing T1D. I want to help newly diagnosed and veteran T1D's avoid the early pit falls and take advantage of the current biological/technological advances available for better management and hopefully avoid complications. I would love to partner with you to improve your overall experience and T1D management. "

JDRF Outreach Volunteers—Parents

Anne's son Miles (10) was diagnosed at age 11 months & daughter Caroline (14) at age 6. "I love educating families on new advances, treatment options, and hometown resources for the T1D community. JDRF is a powerful organization providing education and hope for me and my children, I just want to share this with others."



Dora has two sons living with T1D; Carlos (15) & Dontel (8) both diagnosed at the age of 8. "Knowing there are Spanish speaking families that are going through the same experience and language barrier, my bilingual skills allow me to share past experiences and help guide those families so they know they are not alone."

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JDRF Outreach Volunteers—Parents

Felicia's son Spencer (16) was diagnosed at the age of 3.
"As a newly-diagnosed T1D family, it can be hard to educate yourself and those around you about the disease so your child has the support they need. I hope to provide a sounding board and source of support to families finding their 'new normal'."

Gabby's son Marty (13) was diagnosed at the age of 5.
"I have always felt that talking about something that is overwhelming is the best medicine. Sharing and listening to others about the "highs" and "lows" of T1D is very therapeutic and healing."

Jen's son Will (11) was diagnosed at the age of 23 months.
"I enjoy mentoring T1D families so others who are experiencing the same trials and emotions know they are not alone. The early months of T1D are frightening; if I can help ease fears and anxiety by helping newly diagnosed families I know I'm doing my job. It empowers me as well to talk with other families that know just what I am going through."

Jill's son Louie (16) was diagnosed at age 8.
"Born with Down Syndrome, Louie was one of the first in Nebraska to have this dual diagnosis and since, I have been trail blazing my way. The journey with Louie has been both challenging and inspirational. Those with T1D share a special bond, and I would love to share my experience with you."

Joycelyn's daughter Erin (14) was diagnosed at age of 7.
"I volunteered to let others know they do not have to go this alone. Many of us are out there fighting the same fight and we need to be there to help one another."

Kattie's son Blake (11) was diagnosed at the age of 4.
"I enjoy getting to know others who are in a similar situation, and hope that I can provide them some comfort in knowing that they are not alone. I hope to pass along any information that can help make this struggle a little more manageable for newly diagnosed families."

Laura's daughter Claire (7) was diagnosed at the age of 2.
"I believe there's power in numbers. The diagnosis of T1D is life altering and can be overwhelming. I don't ever want anyone to feel they are alone in this. There's an entire community of T1D warriors battling alongside of you."

Leigh's daughter Sadie (16) was diagnosed at the age of 8.
"Being able to talk with parents who understand our daily struggle helps us tremendously. I want others to know that they are not on this journey alone."

Linda's daughter Claire (13) was diagnosed at the age of 5 & brother (50) at the age of 18.
"Managing diabetes is unique to each T1D, but we can learn from one another. I find it rewarding to share what we have learned and what's happening in research. That knowledge as well as personal experiences of self and others has given my T1D teen the confidence in managing her diabetes and being a JDRF advocate."

Samantha's son Henry (4) was diagnosed at the age of 1.
"JDRF was there for my family when we needed them after our son was diagnosed. Navigating through a diagnosis like type 1 diabetes should not have to be done alone and I am honored to have the chance to support these families."

Connect with us on social media!

@JDRFOmahaCouncilBluffs

JDRF Omaha-Council Bluffs Chapter

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