



Saturday September 26, 2009

Kettering Recreation Aquatics & Fitness Centers
2900 Glengarry Drive, Kettering OH 45420

Swim For Diabetes: 9 AM, 10 AM or 11AM

Zumba For Diabetes: 2 PM, 3 PM or 4 PM



Get fit, have fun and raise money to support the Diabetes Association Dayton Area by participating in the Swim or Zumba for Diabetes! Swimming and Zumba build muscle strength, cardio-vascular endurance and burn between 400 to 800 calories in an hour.

SWIM: Participants earn money by swimming lengths of the pool by asking for pledges or donations from businesses, family and neighbors prior to swimming. Swimmers will also be rewarded with prizes at different levels of participation.

ZUMBA: Zumba is the latest craze that involves easy and fun dance steps to Latin music which results in dropping pounds and inches. No matter your shape, physical condition or previous dance experience -- anyone -- any age -- can participate. A \$10 donation is requested.

Swim and Zumba participants with pledges or donations of \$50 or more will receive a commemorative T shirt.

Volunteers are needed: Set up/ Tear down, Registration, Lap Counters

Registration forms are available at the Kettering Recreation Aquatics & Fitness Centers or on our web site: www.diabetesdayton.org.

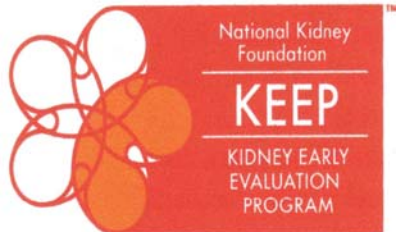
Third Annual Car & Truck Show For Diabetes

On May 30th the third annual “*Car & Truck Show For Diabetes*” was hosted by the Quaker Steak & Lube Restaurant. Over 30 beautiful classic cars and hot rods participated and 7 lucky exhibitors received a handsome trophy plaque. There was professional live entertainment and attendees were able to bid on wonderful auction items. Proceeds will be used for camperships to Camp Ko-Man-She. Pictures and Skip Peterson’s article about the car show can be seen on our web site.

Thanks to our many generous sponsors who made this event a success:

GOLD: Precision Tune	SILVER: Morgan Stanley Smith Barney	BRONZE: Heidelberg
AAA Miami Valley	Beaver-Vu-Bowling	CareSource
City of Dayton Golf	Dayton Dragons	Krispy Kreme Donuts
Greene County Country Club	Grismer/Trotwood	GZK Restaurant Systems
Hagerty +	Hauser Asphalt & Cement	Jaime’s Tire & Service
JEGS	J.C. Taylor Insurance	Joe Thoma & Sons Jewelers
Levin Family	Longaberger	Soft Touch Car Wash
Splash Moraine	Ron Steinbrenner	Stern Advertising/McDonalds
Sports Clips	StarBucks Coffee	Summit Racing
Turkey Hill Ice Cream	Waite’s	Wal-Mart Wilmington Pike

FREE KIDNEY SCREENING

 <p>National Kidney Foundation KEEP KIDNEY EARLY EVALUATION PROGRAM</p>	<p>If you are: 18 years or older, have high blood pressure or diabetes, or have a family member with diabetes, high blood pressure or chronic kidney disease, the National Kidney Foundation Serving Ohio would like to invite you to participate in a FREE Kidney Early Evaluation Program (KEEP) Screening.</p>	<p>When: Thursday, August 20, 2009 Where: Life Enrichment Center 425 N. Findlay St. Dayton, 45404 Time: 9:30AM to 1:30PM Call for an appointment! 614.481.4030</p>
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Summer Grilling Recipe – Barbequed Meatloaf

Enjoy this hearty barbecue-flavored meatloaf the next time you cook out this summer.

Prep Time 10 minutes
Ingredients

- 1 lb lean ground beef (10% fat)
- 1/2 small onion, finely chopped
- 1 cup bread crumbs
- 1 egg, lightly beaten
- 1/3 cup low sodium barbeque sauce
- 1 cooking spray, for baking
- 1/4 cup low sodium barbeque sauce

Dietary Exchanges

1/2 Fat, 2 1/2 Meat, 1/2 Other Carbohydrate, 1 Starch

From *dLife for Your Diabetes Life*

Cook Time 30 minutes
Directions

- 1 Mix the beef, onion, breadcrumbs, egg, and 1/3 cup barbecue sauce in a large bowl. Shape the mixture into a loaf. Wrap it in cooking-spray-coated aluminum foil and chill for 15 minutes in the freezer.
- 2 Preheat the grill.
- 3 Poke holes on both sides of the foil using a fork. Grill the meatloaf in the foil package, covered, over medium-high heat for 10-15 minutes per side. The internal temperature should be 155 degrees F when the meatloaf is removed.
- 4 Open the foil and spoon 1/4 cup barbecue sauce over the meatloaf. Cover again with aluminum foil 5-10 minutes in order to heat through. Serve immediately.

Nutrition Facts – per serving

Calories 278.7
Total Carbs 23g
Dietary Fiber 0.9g
Sugars 8g
Total Fat 10.5g

Saturated Fat 3.7g
Unsaturated Fat 6.7g
Potassium 350.7mg
Protein 20.9g
Sodium 244.2mg

CAMP NEWS

85 children living with type 1 diabetes had the opportunity to have fun in the great outdoors at Camp Ko-Man-She. Their activities included hiking, canoeing, wall climbing and swimming while learning how to manage their diabetes effectively. As always, the camp was staffed with doctors, nurses and registered dieticians from Dayton Children's Medical Center. The counselors have grown up with diabetes themselves and are strong role models for the campers.

24 children will attend the first year of Camp Tiponi, a camp developed specifically for those with Insulin Resistance or who have type 2 diabetes. Camp Tiponi will encourage the children to maintain a healthy life style through a balance of proper nutrition and exercise while enjoying a fun camping experience. The camp is staffed with doctors, nurses and registered dieticians from Dayton Children's Medical Center.

Putting on a camp for 80+ children with medical needs is a very rewarding endeavor, but it is also a costly one. In addition to the food and lodging fees of the camp ground, monies are needed to purchase additional snacks, which are carefully calculated by our camp Registered Dietician. Also our budget has to include staff stipends, medical liability insurance, insulin and testing supplies, OTC medicines and First Aid supplies, craft supplies, printing and postage for all of the necessary camp forms and administrative costs. We just could not do it without the help and generosity of our wonderful donors, both individual and organizational. Two such individuals are Rachel Meyer and Marty Radtke.



Rachel, right, a young lady from Yellow Springs, donated part of her Bat Mitzvah gift money to our camp.

Marty, left, a DADA supporter who has lived with Type 1 diabetes for over 20 years, encouraged friends and fellow workers to donate to our campership fund.



**Donating \$10,000 each were the Levin Family Foundation,
CareSource Foundation,
the Fraternal Order of Eagles Diabetic Fund and
The Grand Council Benevolent Fund of Masons.**

In addition, we received generous donations from The Harmony Fund of the Dayton Foundation, Alpha Gamma Delta Dayton Alumne Club, The Clark & Champaign Diabetes Association, Centerville Noon Optimists, Dayton Children's Medical Center, The Chris Bundschuh Campership Fund, Church of the Cross United Methodist, The Kroger Company and the Terry Shelley Memorial Campership Fund. On behalf of DADA and our campers, our sincerest thanks to all.

Specialty Classes for People on Insulin

Classes are taught by specially trained Certified Diabetes Educators. There is no charge for these classes which are held at our office classroom.

1. Byetta start class – Attendees will need a physician's prescription for Byetta.

Classes are at 4 p.m. on these dates:

Tuesdays, Aug. 4, Sept 1, Oct. 6, Nov. 3

2 Insulin-to-Carbohydrate counting classes – Attendees will need a physician's prescription for short-acting insulin such as Humalog 75/25, 70/30, 50/50, or rapid acting Humalog.

Classes are at 6 p.m. on these dates:

Tuesdays, Aug. 4, Sept 1, Oct. 6, Nov. 3

Please call 220-6611 to register.

Diabetes Education Classes

The Diabetes Association Dayton Area offers diabetes education classes each month free of charge. Classes are open to anyone with diabetes. Class size is limited, and is filled on a first call, first served basis, so we do ask that you call 220-6611 to register. Classes are taught by a Certified Diabetes Educator. Diabetes 101 is for both newly diagnosed diabetics or can be taken as a refresher and to get the most up to date information. The class is an overview of diabetes and covers an explanation of the disease, treating highs and lows, monitoring properly, complications and taking medications/insulin properly. Carb-counting and meal planning are also discussed. Classes are held on Saturdays from 1:00 PM-4:30 PM at our office, 2555 South Dixie Ave, Suite 112. Parking is free. Dates for upcoming classes are:

Saturdays, August 8, Sept. 12, Oct. 10, Nov. 7

Please call 220-6611 to register



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Dayton OH

2555 South Dixie Drive
Suite 112
Dayton, OH 45409
(937) 220-6611
www.diabetesdayton.org

Diabetes Association Dayton Area Board of Trustees Officers:

President — Ron Nischwitz Treasurer — Brent Bernard Secretary — Pat Magilvy

The Diabetes Association Dayton Area has been in existence for 50 years and has been an independent agency since 1984. The Diabetes Association is not affiliated with any national organization. All monies raised in the greater Miami Valley Area are used to serve the needs of the local community in the identification and management of diabetes.

Our programs include:

- Screenings
- Free Diabetes self-management classes
- Emergency Diabetes Assistance Program
- Information and referral services
- Camps for children living with diabetes
- Diabetes Expo

The Diabetes Association Dayton Area relies heavily on donations to continue and expand the programs we offer. If you would like to make a contribution, please mail your check or money order to:

Diabetes Association Dayton Area
2555 South Dixie Drive
Suite 112
Dayton, OH 45409

**Wish List - Please help us help those in need
Emergency Assistance Program:**

- Unopened, unexpired insulin
- Unexpired test strips
- Syringes
- Lancets
- Batteries for all varieties of glucose monitors
- Monetary donations

For more information about the Diabetes Association Dayton Area and its services contact us at (937) 220-6611

