



American Diabetes Association Of Central Virginia

News & Updates • Issue 11 • Nov 2011

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FIND US ON THE WEB

Want to know what the ADA
is doing in Central Virginia?
visit our local page:
diabetes.org/centralvirginia

For information on:

2nd Annual Garden Party
diabetes.org/gardenparty

Step Out: Walk to Stop Diabetes
diabetes.org/stepoutrichmond

We are on Facebook and
Twitter, too: **ADARichmond**



UPDATE: WHAT'S NEW!



- **AMERICAN DIABETES MONTH (ADM)**- During this month, the ADA will pay tribute to local Richmond Area residents who work tirelessly to Stop Diabetes® every day. People, places and programs that dedicate their efforts to change the future of diabetes will be highlighted.
- **WALGREENS**- Throughout November, Local Walgreens stores will be selling \$1 scannables to raise funds to Stop Diabetes. In addition, select Walgreens will be holding glucose screenings throughout the month. Stop by or call your local Walgreens for more information!
- **DINE OUT FOR DIABETES**- Looking for an easy way to support the Association and get a great meal? Come out to our once-a-month [restaurant fundraiser night](#). Each month there is a different great restaurant you can visit and have a percentage of the cost of your meal go straight to the ADA.

UPCOMING VOLUNTEER OPPORTUNITIES

We need volunteers to attend the following Upcoming Health Fairs. By attending these events, you are representing the American Diabetes Association and providing critical resources to those in need. We will provide you with materials for display and information to distribute. No experience necessary!

11/9/11 DCMA, Fort Lee 10am-2pm
11/14/11 FCC Petersburg, 8am-4pm
11/15/11 HCO: Washington/Martinsburg LR/ER Section Health Fair, Downtown, 10am-2pm
11/18/11 Southside Regional Medical Center Annual Diabetes Fair, Petersburg 10:30-1pm
12/7/11 Federal Bureau of Investigation (FBI) and Drug Enforcement Administration (DEA) Health Insurance Fair, Western Henrico, 10am-12pm



Please Contact Nancy Castrina, ncastrina@diabetes.org

Office Help: We need office support throughout the year for various tasks, including writing newsletter articles, managing mailings, creating fliers, reaching out, and more!

The Garden Party: Help plan the 2nd Annual Garden Party! Committee meets the Third Wednesday of every month from 5:30-6:30pm at St. Mary's Hospital, 5875 Bremo Road, Medical Office Building South, Suite 712, Richmond, 23226

Step Out: Walk to Stop Diabetes Committee: The Planning Committee will begin meeting again in January. Please check back for more information on our Interested Parties Meeting.

Day of Event volunteers are also needed for our Special Events.

STEP OUT | WALK TO STOP DIABETESSM

 American Diabetes Association.

2011 Step Out: Walk to STOP Diabetes is a BIG Success

By Ann Weinberg

Saturday morning, October 1st, dawned as a gloomy day. Rain was falling at 7:30 in the morning as volunteers took refuge from the rain under tents that were already set up for the Richmond area's Walk to Stop Diabetes. The rest of the booths and exhibit areas still needed to be completed. More volunteers arrived to help, though their spirits were dampened a bit by the weather. After all, not everyone who intends to walk, even for such a worthy cause, is willing to do so on a rainy day.

But slowly, as the Walk staging area at the Bon Secours St. Mary's Hospital was completed, the sun slowly came out. With the coming of the sunshine, spirits were lifted. As the time edged toward 9:00 am – the time for registration – participants began to arrive. Then more and more arrived. They crowded the Red Striders and Family Link Support Group booth, the Wellness Village exhibits and tents for Fox Richmond, Equal and Radio One.

Kids were welcome at the KidZone, where face painting and other activities took place. Real life heroes from the Henrico Fire Department were on hand with a fire truck. Kids got to climb on the truck and learn about fire safety.



Various teams had very clever t-shirts that were entered in the Team T-Shirt Contest. The winning team shirts were Gayton Animal Hospital and _____. (photo??) Even pets participated in the Walk. The Gayton Animal Hospital Pup Station held a contest for the best dressed pup.

The Fox Richmond Stop Diabetes: SHARE tent allowed walkers to get in front of the camera to share why stopping diabetes is so important. Parts of these videos will be made into Step Out PSAs for next year.



The Stop Diabetes Walk opening ceremonies began at 9:45 am, with an inspiring rendition of the national anthem by Kevin Bledsoe. Diane Walker from Fox Richmond served as the emcee of the program. Morgen, from Zacharias-Ganey Health Institute, got the Walkers moving with a morning warm-up. Walter and the Wobblettes performed onstage, much to the delight of the kids in the audience.



Then everyone headed out, on what had become perfect walking weather. The 1,000 participants headed down Monument Avenue, looping all the way to Grove Avenue before eventually returning to the Monument Avenue starting point at St. Mary's Hospital. There lunch was served – a variety of sandwiches generous donated by Subway. There was a Closing Program, along with Raffle Drawings.

The best news of the day was that we have raised \$220,000 – and more donations are still coming in! It made the hard work of the 150 volunteers so worthwhile. Everyone involved will be helping to change the growing epidemic that is diabetes – one step at a time.

All of the national and local sponsors and Wellness Village exhibitors played an invaluable role in this year's Walk. Our sincerest thanks go to:



National Premier Sponsor

Novo Nordisk

National Sponsors and Nationwide Teams

Cary's Sugar Free Syrup, Dignity Memorial, Equal, McKesson and Pure Via

Local Sponsors

McKesson Medical-Surgical, Bon Secours Richmond, Good Neighbor Pharmacy, LeClairRyan, Old Dominion Electric Cooperative, and Zacharias-Ganey Health Institute

Media Sponsors

Fox Richmond, iPower 92, Kiss FM, Praise FM, and the Health Journal

Wellness Village Exhibitors

Body By Vi, Capital Area Health Network, Fortis College, Guardian Angel Service Dogs, Home Care Delivered, Massage Envy, New Balance, Virginia Asset Management, Zacharias-Ganey Health Institute, and VCU School of Pharmacy

Special Thanks

A huge thank you goes to Subway for donating lunch AND raising \$67,000 locally over the summer by selling pin-ups. Also, thank you to BJs Wholesale for providing food, Loveland for providing water, and Pepsi for donating other beverages.

For more photos from Step Out, visit www.diabetes.org/stepoutrichmond and click the link below the contest box!



SAVE THE DATE!

The 2nd Annual Garden Party will be held on Saturday, June 2nd at the Virginia Museum of Fine Arts' Pauley Center.

This event will bring the community together for a fabulous night of fun, supporting our mission to find the cure for diabetes and to improve the lives of all people with this disease. This spectacular event will take place in the beautiful surroundings of the Pauley Center at the Virginia Museum of Fine Arts. **The evening will feature gourmet hors d'oeuvres, open bars, live and silent auctions, entertainment by the Kings of Swing, and a one-of-a-kind wine giveaway.**

Visit www.diabetes.org/gardenparty for more information and to get your tickets today!



LET'S GET COOKING! Mini Cheese Quiches

Ingredients:

24 frozen phyllo dough mini shells
2 eggs, beaten
1/2 cup fat-free milk
1 Tbsp. melted butter
1 cup shredded 75% reduced-fat cheddar cheese (extra sharp if available)
Paprika (not included in nutritional analysis)

Makes 12 servings

Serving size: 2 quiches

Preparation time: 15 minutes

Cooking time: 30 minutes

Directions:

1. Preheat the oven to 350°F. Place the shells on a baking sheet, and bake for 5 minutes
2. Beat together the eggs, milk, butter, and salt. Once the shells are ready, distribute the cheese into each shell. Pour the egg mixture into each shell. Sprinkle with paprika. Bake for 25 minutes or until set.

recipe from diabetes.org

Nutrition Facts Starch exchanges 0.5 Fat exchanges 1

Amount per Serving Calories 80; Calories from Fat 40; Total Fat 4.5 g; Saturated Fat 1.4 g; Trans Fat 0 g; Cholesterol 40 mg; Sodium 210 mg; Total Carbohydrate 5 g; Dietary Fiber 0 g; Sugars 1 g; Protein 4 g

 American Diabetes Association®

familylink[™]

Helping Families When They Need It Most - Every Day.



Family Link is for people with diabetes and their families, with both type 1 and type 2 diabetes. The meetings are **FREE** to all participants. A health, lifestyle or legal professional will introduce the topic during the first 45 minutes. The program leaders will then lead a group discussion to share experiences, solutions, and best practices during the second 45 minutes.

Family Link meets on the *Fourth Wednesday of each month from 6:00-7:30pm at St. Mary's Hospital 5875 Bremono Road, Richmond, VA Medical Office Building South - Suite 712*

Questions: Call (804) 287-7162 or [visit our website](#).

The next meeting will be held November 16th. The topic will be: Holiday Eating for the Diabetic

AMERICAN DIABETES MONTH® NOVEMBER 2011



November is National Diabetes Month

Raise Your Hand to Stop Diabetes®

RICHMOND, VIRGINIA /October 27, 2011 – November is American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. For years, the American Diabetes Association has used this month as an opportunity to raise awareness of the disease and its serious complications.

Why is it so important to learn more about diabetes? Nearly 26 million children and adults in the United States have this disease, including 131,000 in the greater Richmond area. 3.1 million people in the state of Virginia suffer from diabetes or prediabetes. Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

“Every 17 seconds, someone is diagnosed with diabetes,” stated Richmond attorney Rhodes Ritenour, the Association’s Chair of the Central Virginia Community Leadership Board. “As a community, we need to make a pledge to do everything we can to end this disease.”

UPCOMING EVENTS IN OUR COMMUNITY

Thursday, November 3- 5:00-7:00pm
Walgreens, 1157 Azalea Avenue

Blood Pressure & Glucose Screening

Sunday, November 13

ID Day

Churches are proclaiming that they decide to Stop Diabetes today. For more information on how your church can get involved, contact Lawrence at 804-225-8038 x3277.

Monday, November 14

World Diabetes Day

Wednesday, November 16- 6:00-7:30pm

Diabetes Support Group

St. Mary’s Hospital, 5875 Bremo Rd, Medical Building South, Suite 712, Richmond, VA 23226 Topic: Holiday Eating for the Diabetic. (804) 287-7162 or www.TheDiabetesSupportGroup.com

Friday, November 18- 10:30am-1:30pm

Annual Diabetes Fair

Southside Regional Medical Center, 200 Medical Park Boulevard, Petersburg, VA Classroom A/B

ALL MONTH!

Walgreens Scannable Campaign

Local Walgreens stores will be selling \$1 scannables to raise funds to Stop Diabetes. In addition, select Walgreens will be holding glucose screenings throughout the month.

Stop by or call your local Walgreens for more information!

American Diabetes Association
Central Virginia Office
4335 Cox Road
Glen Allen, VA 23060

Phone: 804-225-8038
Fax: 804-270-4742
E-mail: eking@diabetes.org
Web: diabetes.org/centralvirginia

Central Virginia residents can pledge to take actions against diabetes by visiting stopdiabetes.com, calling 1-800-DIABETES, [facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation), or texting JOIN to 69866 (standard data and message rates apply).



TOGETHER WE CAN
STOP
DIABETES

American Diabetes Association

THANK YOU TO OUR CORPORATE SUPPORTERS

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Bon Secours Health System

