

Spotlight on Deb Alexander

Deb Alexander has been a volunteer in the American Diabetes Association Minnesota office for three years. She volunteers twice a month. Deb originally came to ADA through her employer, Optum. Optum is a division of United Health Group (UHG). Optum serves Employers, Consumers, Payers and the Public Sector. UHG has a program, "Dollars for Doers" which offers their employees \$200 to donate to a charity of their choice when they have logged 30 hours in a calendar year for volunteering. So, Deb not only helps us by offering her free time, we also receive a yearly check for her volunteer hours from United Health Group. She chose the American Diabetes Association because she has a personal family connection with type 2 diabetes.



Deb is married to Paul Alexander. She has a 30 year old stepson, Bobby, who resides in Oklahoma. The other family addition is their beloved, miniature schnauzer, Shadow. Deb has many interests outside of her work and volunteer commitments. She enjoys reading, golf and travel. Her favorite destination was the cruise she and Paul took to Alaska.

Deb and Paul, also look forward to working at the Minnesota State Fair American Diabetes Association Booth each summer. They come with friends and have a great time promoting the ADA's events and programs, while distributing information about diabetes to all those that visit the "Great Minnesota Get-Together!"

When asked why Deb likes to volunteer for the ADA, she answered, "I enjoy applying my skills to contribute to the great work that ADA Minnesota Area does."

The American Diabetes Association is very fortunate to have Deb as part of our Volunteer Family.

If volunteering for the American Diabetes Association is something you think you would enjoy, please contact Barb Harris at 763-593-5333 ext. 6780.