

Monthly Newsletter



AMERICAN DIABETES ASSOCIATION PNW 

April 2024



Hello American Diabetes Association Friends,

Tour de Cure is coming up quickly! Join us on May 4th!

What is the Tour de Cure?

The Tour de Cure isn't just a cycling event; it's a movement. Organized by the American Diabetes Association, it brings together cyclists, volunteers, and supporters to raise funds and awareness for diabetes.

Why Does it Matter?

With millions affected by diabetes in the U.S., the Tour de Cure is vital: Every mile cycled and dollar raised funds critical research toward preventing, treating, and curing diabetes.

Tour de Cure amplifies the message that diabetes is preventable and manageable through healthy lifestyles.

How Can You Get Involved?

Register: Join us as a cyclist or volunteer.

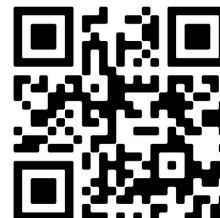
Donate: Support the cause even if you can't participate in person.

Together, let's pedal towards a healthier future and make a difference in the fight against diabetes.

SPONSOR FEATURE

Eastside Research Associates

Learn more about participation in diabetes research by scanning this code



In this newsletter you can expect:

Community Updates

Upcoming Events

Stories of Impact

Volunteer Spotlight

Community Partners

PNW Programs

VOLUNTEER AT TOUR

Use the QR code below to learn about volunteer opportunities at **Tour de Cure**[®]. Join our volunteer committee or register as a day-of volunteer!



REGISTER TO RIDE

Use the QR code below to register **Tour de Cure**[®]. Start working towards your fitness and fundraising goals today!



Here's what you won't want to miss at this year's event:

Special Guest Speaker: Former NFL star Cliff Avril will be joining us at lunchtime to share his inspiring connection to our mission.

Champions & Red Riders: Take a moment to relax and rejuvenate with complimentary massages as a special thank you for your incredible support.

Delicious Lunch: Enjoy a delightful Mediterranean lunch served by the Yummy Gyros food truck.

Beer Garden: Fremont Brewing is providing complimentary beer. Celebrate your accomplishments and enjoy the festive atmosphere!

Free A1C Testing: Rainier Research is offering free A1C testing on event day. Take advantage of this opportunity to monitor your health.

Try out a RAD Power Bike: RAD Power Bikes is joining us at Tour to conduct test rides on their class 2 E-bikes!

Take Flight Fundraising Incentive: The participant who raises the most funds between April 17th and June 4th will receive two complimentary round-trip Alaska Airlines tickets. It's a fantastic incentive to push your fundraising efforts further!

Spotlight: EvergreenHealth

We're thrilled to recognize EvergreenHealth for as a leading provider in diabetes care for their dedication to quality of care and their patients'.



“EvergreenHealth is deeply honored and grateful to the American Diabetes Association and the Leapfrog Group for acknowledging our organization as one of 17 hospitals in the country as a Recognized Leader in Caring for People Living with Diabetes. Quality and patient safety is at the core of everything we do at EvergreenHealth and this recognition underscores our commitment to delivering high-quality, compassionate healthcare that makes a meaningful difference in the lives of our patients.”

OUR STAFF



MAYA STONE
Manager, Donor Relations



SAMANTHA BRAYER
Director, Development



MEAGAN DARROW
Executive Director

LOCAL PROGRAMS

ADA CAMP

Each summer, Camp Sealth on Vashon Island and Camp K in Coopers Landing Alaska welcome hundreds of children with diabetes for a memorable camp experience in a medically safe environment. Designed to foster friendships and boost confidence, Camp provides a traditional camp experience tailored to the unique needs of children with diabetes.

PROJECT POWER

Empowering individuals to manage type 2 diabetes, Project Power offers a no-cost lifestyle change program for adults and youth. Supported by CVS Health®, this initiative provides diabetes risk reduction education and promotes awareness to combat the diabetes epidemic.

We want to give a special shoutout to the **Cliff Avril Family Foundation** for their investment in Project Power!

SAFE AT SCHOOLS

Our Safe at School campaign ensures children with diabetes receive proper care during school hours and activities. Certified educators train staff on blood glucose monitoring and insulin administration, empowering schools to support the health and safety of all students.



Thank you for reading!

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