

# **Greater Hartford T1D Adult Support Group Summary and Resources**

## **for June 17, 2024**

**The Next Support Group Meeting is: Monday July 22, 2024 from 6:30-8:00pm and it will be virtual.**

### **Announcements, Resources & Planning**

**Upcoming Speakers, Topics & Planning:** Dr. Egils Bogdanovics, Endocrinologist from Torrington, CT has been scheduled to speak at our October 28th virtual meetings. Over the next few months we will decide what topics we would like him to discuss.

**Resources:** **All are to be considered references only and not necessarily Medical or Health/other recommendations.**

### **Events**

1. JDRF has changed its name. It's now Breakthrough T1d: [BreakthroughT1D](#)
2. How to be prepared if a disaster, major power outage, or storm hits – lots to think about: [Be prepared for a disaster with T1D](#)

### **Health/Medical**

3. All about the A1C level and what it tells/doesn't tell us. [All about A1C's](#)

### **Mental/Emotional Health**

4. Excellent interview with Adam Brown, Author of Bright Spots and Landmines, about his journey with his own emotional health, the important resources that he used and his new role as a therapist. [5 minutes with Adam Brown](#)

### **Financial/Insurance Coverage**

5. How to navigate insurance coverage for a CGM. Step by Step process. [CGMs and Insurance Coverage](#)

### **Exercise**

6. Water exercises with Diabetes: [Water exercises and T1D](#)

## Technology

7. Progress with a non-invasive glucose monitor. [progress with non-invasive glucose monitors](#)

8. Dexcom's Direct to Apple Watch G7: [G7 Direct to Apple Watch new](#)

9. Pump Comparisons ( Excellent up to date chart for those looking at pump options)- [2024 In-Depth Insulin Pump Comparisons \(integrateddiabetes.com\)](#)

### Elbowbumpkid Resources.

10. A Connecticut group for children with Type 1 and their families. They have put together this very nice listing of resources that may be helpful to our group members. There are a number of resources for the newly diagnosed. <https://www.elbowbumpkidinc.org/general-5>

## **GHA-SG Discussion AGENDA**

A number of topics were discussed at the meeting: [spibelts.com](http://spibelts.com) is a website that sells good quality pump and phone belts for people with diabetes, as well as other accessories.

There was a discussion regarding in case of a medical emergency, how will professionals know that we have T1D. Some people wear medical bracelets and it's important to update the information regularly. If the info has rubbed off, consider getting a new one.

One person talked about medical responders having access to her info on her i-phone. There is a way to be sure that it will be available, if the screen is locked. If you have an iphone, you can follow this process:

**Allow emergency services and first responders to access your Medical ID, with a locked screen, on your iphone:**

1. Open the Health app on your iPhone. A heart. ♥
2. Tap your picture at the top right, then tap Medical ID.
3. Tap Edit, scroll to the bottom, then turn on Show When Locked and Emergency Call.

If you have an android phone, and would like to have this available, you can look on-line for the type of phone that you have and carrier to see how to set this up on your phone.

## **Recipe of the Month**

Low carb breakfast recipes: <https://diatribe.org/diabetes-recipes/quick-and-easy-low-carb-breakfast-recipe>

**Next Meeting: – July 22, 2024 – Virtual- Open Discussion**

*Have a great month.  
Diane and Jonathan*