

Summary and Resources for the July 28, 2025

The August 25th Meeting is both In-Person and On-line (See Details Below)

Announcements

1. Since our July event was dinner out as a group, this is only an August meeting reminder and some July resources. The dinner was attended by 20 people. The company and food was great. Thanks to all that came!

2. The in-person meeting will be held at: *The Lutheran Church of St. Mark, 75 Griswold Street, Glastonbury, CT.*

Pull into the driveway to the parking lot and park. Walk in the direction of the front of the church and you will see the entrance double door facing the parking lot. Go in there and walk down the hall, to the open area. We should be on the right where there are couches, chairs and a kitchenette. It's possible that we will meet in a classroom, very close by, but we will be keeping an eye out for people coming in. If for any reason you can't locate us, Diane's cell phone is 860-869-8076.

People will be able to connect virtually on Jitsi. **To connect virtually, use this meeting link: --> <https://meet.jit.si/gha.t1d.sg>.**

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

Type 1 Events / Workshops/ Programs

1. Part 1 - Diatribe sponsored free event regarding screening for type 1 that was held on July 29th. This is a recording of the program. <https://youtu.be/pX5Ct81jSuY?si=CehLx2PsJaiHvTnp>. Part 2 will be in September.

General Health/Lifestyle with Type 1

2. Heart Failure- related to diabetes, both type 1 and type 2. <https://diatribe.org/understanding-diabetes/heart-failure-overlooked-diabetes-complication-part-1-what-and-why>

Research Related to T1D

3. Clinical trials with once weekly insulin. Although the trials are with Type 2 diabetes, there is exploration for the possibility of trials and use for people with type 1.

1. <https://diatribe.org/diabetes-medications/lillys-once-weekly-insulin-delivers-similar-a1c-reduction-daily-basal-insulin>

Technology / Devices/ Treatment

4. Everything that you need to know about CGMs and all of the available

options. <https://diatribe.org/diabetes-technology/continuous-glucose-monitors>

5. Using Control IQ+ effectively - Good strategies for better control. <https://diatribe.org/diabetes-technology/top-tips-controlling-control-iq>

Food

6. Four plant based proteins for people with diabetes. <https://diatribe.org/diabetes-recipes/4-plant-based-proteins-people-diabetes>

Support Services/Mental Health/Media Resources

7. The first Barbie Doll with T1D - I had to put this in!!! <https://diatribe.org/understanding-diabetes/barbie-launches-first-doll-type-1-diabetes>

8. Test your knowledge with Diabetes Jeopardy - It's challenging! <https://diatribe.org/understanding-diabetes/diabetes-jeopardy-test-your-knowledge>

Recipe of the Month



Caprese Skewer Appetizer -

A super easy, quick and delicious appetizer, especially for gardeners. Take short skewers or a toothpick and put a cherry tomato, basil leaf, a ball of mozzarella, another basil leaf, and another tomato on the skewer. If desired sprinkle with kosher salt or garlic salt and pepper, then drizzle with a balsamic glaze to flavor. You can make them larger or add anything that you like such as an olive or a piece of a pepper. Enjoy.