

Summary and Resources for the June 23, 2025

Announcements

1. For the next scheduled meeting, **on Monday July 28th** we (Jonathan and Diane) are proposing that instead of the usual virtual meeting, that we make it a going out- to-dinner social event. This would probably be somewhat earlier than the usual 6:30pm. This would be strictly a social event and not a support group meeting. Family members and significant others would be welcome to attend the dinner. Everyone would pay for their own dinner. The two places that we are considering are the Wood N' Tap in Farmington or Bricco Trattoria in Glastonbury.

In September 2024, we enjoyed a group out-to-dinner event. It was held at the Wood N' Tap in Farmington. We ate outdoors and had great attendance from the group, 15 people. Several people have said that they would enjoy doing this again.

If you are interested in attending a dinner and are available on 7/28, could you let us know ASAP? Also, which restaurant would be your preference. They are both quite good. If we have enough interest, we will plan and schedule it. Since time is short, we need a quick response. Thank you.

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

Type 1 Events / Workshops/ Programs

1. Diatribe sponsored free event regarding screening for type 1. (July 29th 4:45 ET). To register: <https://events.ringcentral.com/events/from-uncertainty-to-empowerment-the-journey-in-type-1-screening-part-1>

General Health/Lifestyle with Type 1

2. Keeping Insulin cold and storing/traveling with Insulin and Supplies -<https://diatribe.org/diabetes-medications/how-help-keep-your-insulin-cool>

3. Dr. Bob Gabbay, former Chief Scientific and Medical Officer (CSMO) at the American Diabetes Association (ADA), will now be writing a regular column with timely diabetes information. More info to follow. <https://diatribe.org/understanding-diabetes/decoding-diabetes-with-dr-bob>

4. A1C 's may be inaccurate for certain groups of people. [Did you know your A1C might be inaccurate? - Time in Range Coalition](#)

Research Related to T1D

5. Research trial that is testing a new oral medication for people with T1D who experience problematic lows. They are looking for participants. <https://diatribe.org/diabetes-medications/join-trial-testing-new-oral-medication-type-1-diabetes>

Technology / Devices/ Treatment

6. Omnipod 5 iphone App now works with Dexcom G7 and also the latest technology updates. <https://diatribe.org/diabetes-technology/tech-watch-diabetes-tech-news>

7. Updates on all of the latest AID (Automated Insulin Delivery). systems <https://diatribe.org/diabetes-technology/automated-insulin-delivery-aid>

8. How to get started with CGM and Time-In-Range. This is a series of topics that you can choose from regarding different aspects of CGM's and time in Range. Great resources for people considering a CGM. https://www.timeinrange.org/get-started/?omhide=true&utm_source=diaTribe&utm_campaign=da9ecdb20b-EMAIL_CAMPAIGN_2025_06_03&utm_medium=email&utm_term=0_22467a8528-d4e71f34ed-152715441

Food

9. Ask the Endo- Interesting article about resistant starches as well as other diabetes questions. <https://diatribe.org/diabetes-management/ask-endo>

10. Six ways to naturally lower blood sugar – This may be more geared towards People with Type 2, but they are good suggestions. <https://diatribe.org/diet-and-nutrition/6-ways-naturally-lower-blood-sugar>

Support Services/Mental Health/Media Resources

11. Brief (7 minute) TCOYD video about the difference between Diabetes depression, diabetes distress and diabetes burnout. What mental health resources are out there? How to connect to them? <https://youtu.be/HIDMpSFEzMs>

12. The Diabetes psychologist podcast - There is a weekly podcast including a variety of topics / Interviews with people living with T1D and recommendations for approaches and ways to deal with the struggles of diabetes. By Dr. Mark Heyman He also offers periodic free on- line support sessions for those on his email list. You can also get his book for the cost of postage through his website. <https://podcasts.apple.com/us/podcast/livefree-with-t1d/id1530846038>

13. This is an opportunity to help Elbowbumpkid win an award and a financial prize for the organization. Elbowbumpkid Inc is a Connecticut non-profit group for children with T1D and their families. They sponsor group meetings and fun events throughout the year. They have been nominated as a finalist for the 2025 Red Sox Foundation Impact Awards! They are currently number 1

for Connecticut, based on last week's numbers. No matter where you live, you can vote for them daily using all your unique and personal emails. *You won't receive any emails from them* ! Every vote brings them closer to a \$15,000 grant that would directly support their programs and outreach for individuals and families affected by Type 1 Diabetes.

Here's how you can help:

Visit RedSox.com/IMPACT and choose Elbowbumpkid Inc as your CT vote.

2. Share with friends and family, it's easiest from their FB page facebook.com/elbowbumpkid

3. Participate daily until the July 21, 2025 4:59 pm deadline

Recipe of the Month

Frozen Yogurt Bark with Blueberries and Almonds

Easy and refreshing summer dessert - The blueberries can be substituted with other berries.

<https://diabetesstrong.com/frozen-yogurt-bark-blueberries-almonds/>



Happy summer!

Diane and Jonathan