

## Resources for the Greater Hartford Adult Type 1 Diabetes Support Group –May 19<sup>th</sup>, 2025

**The Next Support Group Meeting is: Monday June 23, 2025 from 6:30-8:00pm and it will be virtual.**

The in-person meeting was held at: *The Lutheran Church of St. Mark, 75 Griswold Street, Glastonbury, CT. The meeting was also virtual. Our guest speakers for the meeting were Michele Perriolat and Keith Grassi from Sequel Med Tech. They presented information on the new pump, (AID system) the Twiist Device. The system has been approved by the FDA and will be available to the public shortly. Here is the Website link, which describes the system and answers many questions. <https://www.twiist.com/what-is-twiist> The presentation was very good and group members had many great questions. See the 2 attachments for Michele and Keith's contact information. They welcome contacts if you would like to get more information.*

### Announcements

1. The next meeting will be a regular support group meeting and open discussion, with no guest speaker.
2. In September 2024, we scheduled and 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. This was strictly a social event and not a support group meeting. Many people brought family members and significant others to the dinner and everyone paid for their own dinner. Several people have said that they would enjoy

doing this again. If you are interested in attending a dinner, could you let us know? We were thinking that we could plan it sooner, in the summer, rather than wait until the fall. We know that finding a date might be challenging, but could you let us know if a summer date might work for you. Thanks.

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

### Type 1 Events / Workshops/ Programs

- 1. This is a TCOYD forum. It's the same evening as our next meeting 6/23/25 -We are not sure of the program yet. <https://www.addevent.com/event/cx25285288>

### General Health/Lifestyle with Type 1

2. Diabetes related nerve pain treatments - <https://diatribe.org/diabetes-complications/how-treat-diabetes-related-nerve-pain>
3. Carb sensitivity through the day Diabetes Strong\_

### Research Related to T1D

4. Vertex's latest research towards a cure to T1D. <https://diatribe.org/diabetes-research/vertex-continues-multiple-paths-potential-islet-cell-cure>

5. Groundbreaking trial testing Tirzepatide (Mounjaro) for people with type 1 and overweight. <https://diatribe.org/diabetes-research/groundbreaking-trial-testing-tirzepatide-type-1-diabetes>

## **Technology / Devices/ Treatment**

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6. TCOYD video about the latest technology updates: <https://www.youtube.com/live/7Zfp3-mBBLU>

## **Food**

7. What to order options at Dairy Queen and other fast- food places: <https://diatribe.org/diet-and-nutrition/diabetes-fast-food-guide-what-order-dairy-queen>

## **Support Services/Mental Health/Media Resources**

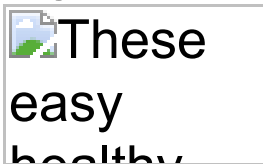
8. Diabetes burnout and healthy tips/ideas to help - [https://tcoyd.org/2022/07/doing-the-right-things-to-overcome-diabetes-burnout/?utm\\_source=email&utm\\_medium=newsletter&utm\\_campaign=2025-may-newsletter&utm\\_content=burnout-tips&org=1281&lvl=100&ite=4108&lea=2011065&ctr=0&par=1&trk=a0vPH00000alshnYAA](https://tcoyd.org/2022/07/doing-the-right-things-to-overcome-diabetes-burnout/?utm_source=email&utm_medium=newsletter&utm_campaign=2025-may-newsletter&utm_content=burnout-tips&org=1281&lvl=100&ite=4108&lea=2011065&ctr=0&par=1&trk=a0vPH00000alshnYAA)

9. The 20 best Diabetes Books – Diabetes Strong. [https://diabetesstrong.com/diabetes-books/?ck\\_subscriber\\_id=213223406&utm\\_source=convertkit&utm\\_medium=email&utm\\_campaign=How%20To%20Measure%20Your%20A1C%20at%20Home%20-%208441293&sh\\_kit=7443124633fb1d1c22123a71f48fbbdb0ce01ed732c305d6521ca2d3545c0e33](https://diabetesstrong.com/diabetes-books/?ck_subscriber_id=213223406&utm_source=convertkit&utm_medium=email&utm_campaign=How%20To%20Measure%20Your%20A1C%20at%20Home%20-%208441293&sh_kit=7443124633fb1d1c22123a71f48fbbdb0ce01ed732c305d6521ca2d3545c0e33)

### **Recipe of the Month**



Three Ingredient Protein/Low - Carb Cookies. (really four ingredients with the chocolate chips!)



<https://callascleaneats.com/three-ingredient-protein-cookies-gluten-free-low-carb/>



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