

legacy



INSIDE THIS ISSUE

- 2 Charitable Gift Annuities
- 3 JDRF Names Winners of GRI Challenge
- 4 Airport Security Q&A
- 4 JDRF's Legacy Challenge

Blazing New Trails to **BEAT** Diabetes

If you met Nicole Johnson, you'd find it hard to believe that type 1 diabetes (T1D) once threatened every dream she had.

Crowned Miss America in 1999, this dynamic woman has master's degrees in journalism and public health and is now blazing new trails to help people with diabetes enjoy healthy, positive lives.

But Nicole's remarkable success story almost didn't happen. After she was diagnosed with T1D in college, her doctors advised her to drop out of school, move back home with her parents, choose a calm, predictable career, and forget about having kids.

At first, she followed their advice. "I remember crying myself to sleep because I thought my life was over," she says.

Fortunately, with support from her family, Nicole was able to break out of her isolation and despair. She realized she couldn't allow life to stop just because she had diabetes.

Nicole decided to go back to college. She also returned to competing in local beauty pageants to earn scholarship money, as she'd done in the past, even

though her doctor advised against it because of her diabetes. "I was always a little stubborn," Nicole admits with a laugh. "I started pushing the envelope."

One time, she competed in a pageant despite blacking out from a severe insulin reaction a few hours earlier. Another time, someone told her she should give up competing entirely since she had no hope of winning due to her diabetes. Nicole persisted anyway. "Competing for Miss America became a vehicle to keep testing and pushing my diabetes," she says.

Transforming Diabetes Care

Since then, Nicole has become a leading advocate for diabetes research and education. Today, she runs her own healthcare consulting company, Nicole Johnson, Inc., and travels a great deal speaking about diabetes and encouraging people with the disease to live better, healthier lives. She's also the Executive Director of Bringing Science Home, an innovative program at the University of South Florida that investigates the connection between chronic disease, family dynamics, and

optimistic living.

The goal is to take healthcare beyond the confines of the doctor's office and give people better tools to manage their diabetes. This includes integrating social and family relationships, because

(continued on page 3)



Nicole Johnson

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National Director of
Planned Giving, toll-free
at 877.533.4483 or
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with any questions you
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your support into
the future.



Charitable Gift Annuities Let You Help Yourself *and* JDRF

Have you ever wished you could do more to support diabetes research, but hesitated to make a gift because you were worried you might one day need those funds for yourself?

If you answered “yes,” then a charitable gift annuity may be right for you.

With a charitable gift annuity, you make an irrevocable donation to JDRF in exchange for guaranteed fixed payments for life. You can set it up to provide

income for one or two people’s lifetimes, such as yourself and your spouse, and you may also enjoy tax benefits. A portion of your donation will help JDRF continue the search for better treatments and a cure.

The chart below gives you an example of rates and annual payments. To receive your free gift annuity guide, simply return the enclosed reply card in the envelope provided. The minimum age to establish a JDRF gift annuity is 60.

SAMPLE SINGLE-LIFE GIFT ANNUITY RATES*

Age	Rate	Annual Payment for \$10,000 Gift Annuity
60	4.4%	\$440
65	4.7%	\$470
70	5.1%	\$510
75	5.8%	\$580
80	6.8%	\$680
85	7.8%	\$780
90+	9.0%	\$900

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*Based on current American Council on Gift Annuities rates, effective as of January 1, 2012. Rates are revised periodically.

(continued from page 1)

research shows that people with chronic diseases who have supportive relationships fare better than those who don't.

"Isolation isn't good. We all need to be surrounded by people with positive energy who can lift us up," explains Nicole. "As a woman with diabetes, if I don't have relationships, it means a shorter life."

She's also passionate about supporting research. Her daughter Ava, now seven, takes part in a study called the Type 1 Diabetes TrialNet. "I tell her she's helping me and the other kids she knows with type 1 diabetes," Nicole says. "I hope to prevent the disease in my daughter and in other kids with a genetic susceptibility."



Nicole with her daughter Ava



JDRF is deeply grateful to Nicole Johnson for her outstanding generosity.



JDRF Names Winners of Agnes Varis GRI Grand Challenge Prize

all their insulin needs. It would eliminate or decrease burdensome blood glucose testing currently required throughout each day. GRI could help to reduce high and low blood-sugar swings, thus reducing the chance of serious complications.

"This is the first time JDRF has used a challenge prize to solicit and attract innovative thinkers both within and beyond the diabetes field to present their theoretical ideas toward solving an extremely challenging area in diabetes research," said Sanjoy Dutta, Ph.D., senior director of treat therapies for JDRF. "GRI

would vastly improve the lives of people who depend on insulin to live."

Out of 63 applications, three winners were chosen to receive the Agnes Varis GRI Grand Challenge Prize. Applications underwent rigorous review by a panel of clinical pharmacologists, endocrinologists, biochemical engineers, and other experts.

The next step will involve experimental design and validation of potential GRI drugs. "We look forward to beginning early discovery research based on the original ideas of these talented prize winners," said Dr. Dutta.

Last year, with the help of the crowd-sourcing pioneer InnoCentive, Inc., JDRF launched a public challenge calling for new theoretical ideas that could lead to the development of glucose-responsive insulin (GRI).

GRI, if developed, would allow people with T1D to take only one shot per day to cover

Getting Diabetes Supplies Through Airport Security



Q: I have T1D and will be traveling by plane. I have an insulin pump, needles and syringes, and other supplies. Do I have to have a physician's note when I go through security? Can I go through the metal detectors with my insulin pump on?

A: It's a good idea to get a letter from your physician or endocrinologist. The people who work for the Transportation Security Administration (TSA) are pretty in tune with the issues of traveling with diabetes. Your pump will be just fine. You can leave it on or take it off. If you get a "pat-down" check, remind the security agent that you're wearing an insulin pump.

Your other diabetes supplies should be no problem either. The TSA website* has a list of medical supplies for so-called "hidden disabilities" that are allowed to pass freely through security, including a special section for diabetes supplies:

- Insulin and insulin-loaded dispensing products
- Unlimited number of unused syringes when accompanied by insulin or other injectable medication
- Lancets, blood glucose meters and test strips, alcohol swabs, meter-testing solutions
- Insulin pump and supplies (*must be accompanied by insulin*)
- Glucagon emergency kit
- Urine ketone test strips
- Unlimited number of used syringes when transported in a sharps disposal container or other similar hard-surface container
- Sharps disposal containers or similar hard-surface disposal containers for storing used syringes and test strips

Like all other medications, insulin must be clearly labeled.

Be sure to carry on all your supplies instead of checking them. Bags get lost all the time and you don't want to get stranded without your supplies. Also, bring juice or other food to treat blood sugar lows. You can get delayed on the runway and can no longer count on an airline having food or beverages on the plane. It's better to have too much and not need it, instead of the other way around!

*Visit the TSA website at www.tsa.gov/traveler-information/passengers-diabetes. For a detailed list of supplies, go to www.tsa.gov. Under "When I fly, Can I Bring My...?" type in "diabetes supplies," and click on "Go."



JDRF'S LEGACY CHALLENGE

Support diabetes research tomorrow AND today

If you include JDRF in your estate plans before December 31, 2012, one of our Legacy Challenge sponsors will make a \$1,000 cash gift to JDRF in your honor to fund current research to defeat T1D.

For more information, contact us or visit us online at www.jdrflegacychallenge.org.



To learn more about ways to support JDRF, please contact:

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