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.

Blazing New Trails to BEAT Diabetes

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...
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the enclosed reply card to receive your free gift annuity guide.

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our website at www.planwithjdrf.org to learn about other giving options that may meet your goals.

OR
CONTACT
Alan Berkowitz, National Director of Planned Giving, toll-free at 877.533.4483 or plannedgiving@jdrf.org with any questions you have about extending 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.

<table>
<thead>
<tr>
<th>Age</th>
<th>Rate</th>
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<tr>
<td>90+</td>
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*Based on current American Council on Gift Annuities rates, effective as of January 1, 2012. Rates are revised periodically.
A woman of boundless energy, Nicole has supported JDRF since she was diagnosed with diabetes and now serves on the board of directors. She especially appreciates JDRF’s commitment to finding better treatments. “A cure is important. But those living with the disease need to have a good quality of life, too.”

That’s why she included a bequest to JDRF in her will. “My hope would be that every family with diabetes makes some kind of declaration in their estate plans,” says Nicole. “We all have to participate to move research forward.”

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

**JDRF Names Winners of Agnes Varis GRI Grand Challenge Prize**

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 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.
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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!


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 TID.

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

To learn more ways to support JDRF, please contact:

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