



# legacy



## INSIDE THIS ISSUE

- 2 Remember JDRF in Your Will
- 3 JDRF BETA Society
- 3 JDRF Provides Hope for Seniors with T1D
- 4 Medicare Coverage of CGMs

## Life with T1D

# WITHOUT LIMITS

**D**an Rosenblatt has lived with type 1 diabetes (T1D) for 51 years. A world traveler and master bridge player who has been involved with JDRF in many states, he can honestly say, “I don’t think T1D has limited me at all.”

He was in his second year at C.W. Post College in New York when he noticed he was drinking huge amounts of water and couldn’t get through an hour-long class without using the bathroom. A check-up with the doctor led to a trip to the hospital, where he took on the lifelong challenge of living with T1D.

Dan’s parents were deeply worried because T1D was known to shorten life expectancy. But Dan’s attitude was, “I’ll do whatever it takes to manage T1D.”

In 1964, “doing whatever it takes” meant testing urine for sugar, sterilizing glass syringes, and taking one shot of insulin a day. It also meant changing his career goals.

Dan had wanted to pursue a career in news radio, but his parents were concerned that the field’s irregular work hours would make it

hard to manage his T1D. Instead, Dan went into computer programming and landed a job with Eastern Airlines not long after graduation.

That was the launch of a three decade-long career in the travel industry. It gave Dan the opportunity to travel worldwide and live in many states, where he became involved with JDRF.

He chaired the first cycle-thon for the JDRF Northern Virginia Chapter in 1978. He also helped found the Fort Worth Chapter in Texas and became its first president. And in North Carolina, his home of 29 years, he worked with the Piedmont Triad Chapter on the JDRF Walk to Cure Diabetes.

“I have a special place in my heart for JDRF,” said Dan, who currently lives in Fort Lauderdale and hopes to become involved with the South Florida Chapter. “JDRF has been a community for me.”

Now retired, Dan is able

to indulge his passion for travel even more—especially cruises. He has traveled throughout the Mediterranean and along the coast of Africa. He has also retraced the route the Norsemen took to the New World on a 35-day cruise known as the Voyage of the Vikings.

Cruises make managing T1D easier, Dan pointed out, because there are no abrupt time-zone changes which require adjusting mealtimes and insulin doses. They also let him follow his normal exercise routine. He hits the gym on board in the mornings and—when not exploring exotic ports

*(continued on page 4)*

**“Pay attention to your T1D, but don’t baby yourself,” says Dan. “Don’t let T1D control you. You control it.”**



# Learn More Today!

## Return

the enclosed reply card to receive your free brochure about wills and bequests.

## or Visit

our website at **JDRF.org/plannedgiving** 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.

## Take part in the JDRF Legacy Challenge!

If you include JDRF in your estate plans between now and December 31, 2015, our Legacy Challenge sponsors will donate \$1,000 to JDRF to support current T1D research.

To generate the \$1,000 current donation, you must let us know you've named JDRF in your estate plans. You can do this at **JDRF.org/legacychallenge**. Or, contact Alan Berkowitz toll-free at **(877) 533-4483** or at **plannedgiving@jdrf.org**.

**H**ave you ever wished you could make a significant gift to help fight T1D but hesitated to do so because you might one day need those funds yourself?

If you answered "yes," then there's an easy solution: Remember JDRF in your will or trust.

Making a gift through a will or trust lets you support JDRF's life-transforming work in the future, while retaining control of your assets during your lifetime. You can adjust your plans



## Remember JDRF in Your Will or Trust

help us find a cure for T1D. To learn more about this type of giving, simply complete the enclosed reply form and return it in the envelope provided.

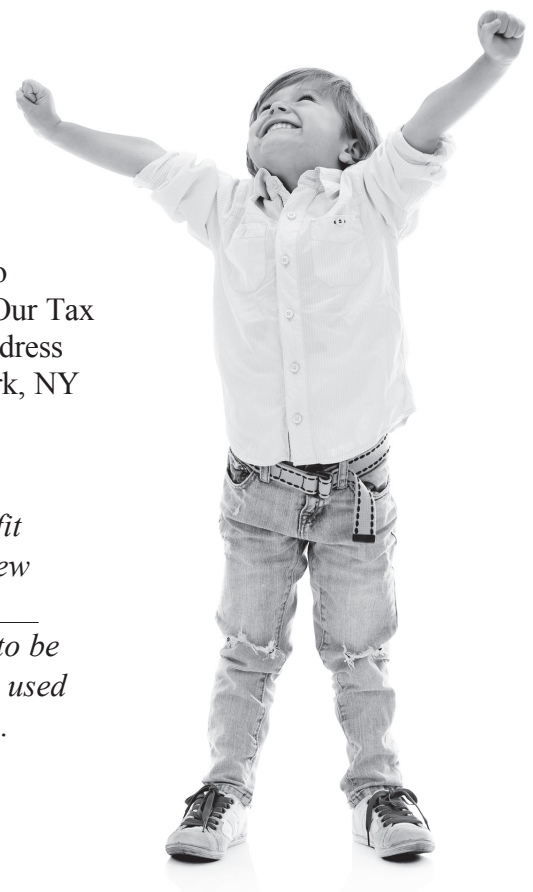
at any time in response to your changing personal circumstances. You can donate a specific sum to JDRF or a percentage of your estate.

Including JDRF in your estate plans enables you to create a lasting legacy that will improve the lives of future generations and

## How to make a gift through your will

Many people ask us what they need to make a charitable bequest to JDRF. Our Tax ID Number is 23-1907729 and our address is 26 Broadway, 14th Floor, New York, NY 10004. The following language may be helpful:

*I give and devise to JDRF, a nonprofit organization with headquarters in New York, NY, the sum of \$ \_\_\_\_\_ (or \_\_\_\_\_ % of my estate) to be used for its general support (or to be used exclusively to support T1D research).*



**S**teve Renner was 13 when he was diagnosed with T1D in 1964. At the time, people with this disease faced a dramatically reduced life expectancy. But thanks to improvements in the management of T1D, life expectancy has increased steadily

(CGMs) are another advance that can help, especially for older adults who are especially prone to dangerous low blood sugar episodes. A JDRF-funded study showed people who used CGMs had two-thirds fewer serious “lows.”

free software that will let people’s healthcare providers see all their information in one place in real time. Having data from their

## JDRF Provides Hope for Seniors with T1D

and significantly in every decade since then. With proper management, people diagnosed today can live long and complications-free lives.

A key factor is maintaining tight blood sugar control, which improves longevity and can also reduce complications. Technological advances, such as the insulin pump, can help people of all ages achieve this.

“When I was diagnosed, you ate meals at the same time of day. You took the exact same amount of insulin at the same time,” said Steve, now 64. “The insulin pump is a lifesaver. I can eat when I need to. I can chart my blood sugar, see trends at all times of day, and adjust insulin as needed.”

Continuous glucose monitors

Artificial pancreas technology will also make it easier for seniors to control their blood sugar. The device works like a pancreas does in a person without T1D. First-generation artificial pancreas systems are already being tested in people and are closer than ever to reaching the U.S. market.

That’s not all. JDRF has funded Tidepool, a Silicon Valley-based nonprofit that is developing

insulin pump and CGM, plus updates about their meals, exercise, and sleep, will transform people’s quarterly medical check-ups into ongoing conversations with their doctors to better manage their T1D.

Through advances like these, JDRF will continue to improve life for everyone—no matter how long they have been living with T1D—until we have a cure.

**When you include** JDRF in your estate plans—by making a bequest in your will or trust, naming JDRF as a beneficiary of your retirement plan or insurance policy, or establishing a charitable gift annuity—you are eligible to become a member of the JDRF BETA Society.

The JDRF BETA Society is our way of honoring visionary friends whose support ensures T1D research will continue until we find a cure. Members receive a distinctive lapel pin, invitations to research updates, and a listing in JDRF publications (unless anonymity is preferred).

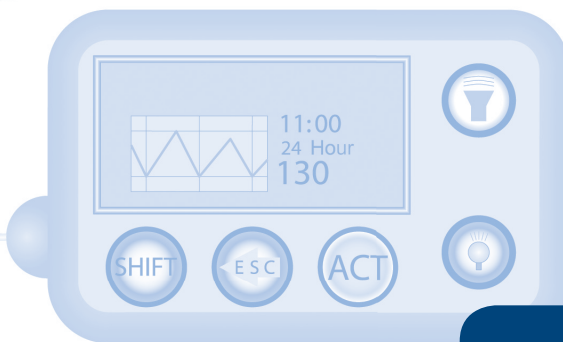


JDRF is petitioning Congress to get Medicare coverage of CGMs for adults 65 and older who live with T1D.

Clinical trials have shown CGMs help people maintain tighter blood sugar control than finger-prick tests alone. Less than one-third of Americans living with T1D achieve the recommended blood sugar levels, according to the data tracker T1D Exchange, so devices that can improve blood sugar control are critical. Moreover, CGMs are so effective at preventing dangerous “highs” and “lows” that all leading diabetes organizations recommend their use, including the American Association of Clinical Endocrinologists and the Endocrine Society.

But even though nearly all private health insurers pay for

CGMs, Medicare does not. This leaves seniors with T1D vulnerable. They're more likely than other age



groups to experience serious low blood sugar episodes that can lead to falls, fractured bones, seizures, or unconsciousness.

Given this, it's no surprise that older men and women are more likely to go to the emergency room or be hospitalized as a result of “lows,” according to the Agency of Healthcare Research

and Quality. In fact, those over age 80 are five times more likely to be hospitalized for a severe hypoglycemic episode than those between 45 and 64.

And when you consider that the average cost of a single hospital stay for a low blood sugar event is \$17,564, it just makes sense to try to prevent the problem in the first place.

## JDRF Lobbies for Medicare Coverage of CGMs

JDRF is supporting two bills in Congress to ensure seniors have access to this life-transforming technology. The bills will require

Medicare to cover CGMs, as well as related therapies that will support access for artificial pancreas technology as it becomes available.

### T1D (continued from page 1)

of call—plays bridge in the afternoons. An accomplished bridge player, he is ranked as a Silver Life Master.

Until 2004, Dan controlled his blood sugar by taking up to six insulin shots a day. But after blacking out on a New York City street from a low blood sugar episode, his doctor recommended

an insulin pump. Now, despite having lived with T1D for so long, Dan has no serious complications from it.

Dan is a big believer in T1D research and would love to replace his insulin pump with an artificial pancreas system, a device developed through JDRF leadership which is now in the advanced

stages of human clinical trials.

That's why he made a bequest in his will to support JDRF. “A cure is going to come through research,” he said. “If we all give what we can, that's how we'll find a cure.”

*JDRF thanks Dan Rosenblatt for his extraordinary generosity.*



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

JDRF, Office of Planned Giving  
26 Broadway, Floor 14, New York, NY 10004 • Toll-Free: (877) 533-4483  
Email: [plannedgiving@jdrf.org](mailto:plannedgiving@jdrf.org) • [planwithjdrf.org](http://planwithjdrf.org)



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