

COSMOTOPICS

WINTER 2016



Creating

Lasting

Impact

THE CLUB THAT FIGHTS DIABETES

www.cosmopolitan.org





FROM THE EDITOR by Tracy Miller

This Winter 2016 edition of COSMOTopics is a very special edition because it focuses on a special resource – our foundations. No matter if you have been with Cosmopolitan one month or several decades, you will want to read this issue in depth to learn exactly what our foundations do, hear of the many lives they impact, and understand the wonderful work they are doing in our communities.

Philanthropy is near to my own heart, and I took pride as I read the articles submitted by our foundations for this edition. I just may become the newest Beacon member this year, and I encourage you to consider Beacon membership as well. Supporting our beloved organization for generations to come should be paramount in every Cosmopolitan’s mind. We do not know when a cure for diabetes will be found, which is all the more reason to search your heart for how you can support our foundations.

Enjoy this edition of COSMOTopics and realize what a vital role you play in our search for the cure.

MISSION STATEMENT

The mission of Cosmopolitan International is to contribute to community well-being through charitable donations and volunteer service with special emphasis on supporting efforts to prevent and find a cure for diabetes.



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COSMOTOPICS

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Executive Director Update: Winter 2016

I am a big believer in lifelong learning. I returned to school as an adult to further my education and would like to return again soon to pursue a graduate degree.

I admit that when I came to Cosmopolitan almost three years ago, however, I knew very little about diabetes. My father and my paternal grandmother developed Type 2 diabetes shortly before they both passed nearly 30 years ago. Both had numerous comorbidities, and caring for them as well as my maternal grandmother in their final weeks and months left little time for my mother and me to educate ourselves on anything about diabetes. Besides, I was an invincible 20-something then and didn't have the wisdom or the interest at that time to seek out any information about this unforgiving malady. But thirty years changes a person.

This edition of COSMOTopics focuses on the marvelous works of the Cosmopolitan Diabetes Foundation and the Cosmopolitan Foundation of Canada, Inc., both of which largely exist today because of the illness that contributed to the passing of my father and my grandmother. I'm sure you have a reason that you joined Cosmopolitan International – maybe it was a calling to community service, or the friendships, or perhaps you, too, have a loved one who suffers from diabetes. Whatever your reason for being here, my hope is that you will take this chance to soak up the message in these pages – a message that each of us makes a difference by being here, a message of being part of something larger than any one of us alone, and a message of hope that we are playing a role in moving

ever closer to seeing a world free of diabetes. As you take in the human stories as well as the stories of impact we have through major organizations, my hope is that you will learn even more about diabetes and about the abundant good works of our foundations – *your* foundations.

Life today is much more complex than that of generations ago. The world is moving at blinding speeds, and I think most of us at times are dizzied by the challenge of keeping up. But as we go about our daily lives and rise to our commitments, let us also pause to look at the big picture. Stop for a moment if you will and realize what you are part of. You have unlimited options of what to do with your time and your dollars – but you choose to be here, now, part of the Cosmopolitan family. And that is huge. If I had to name one take-away that I got from this issue of Topics, it would be that I have become more educated not only with regard to diabetes itself, but that I have a greater sense of belonging and of my place in the bigger picture thanks to the works of our foundations. As PIP Jim Preston would say, I bleed purple now and plan to make my first Beacon pledge at this year's International Convention in Norfolk, Virginia. As long as there is diabetes, there will be more to learn and more opportunities for our foundations to have an impact. Thank you for being part of the big picture.



Tracy Miller
Executive Director

Make an IMPACT!



Each of us
makes a
difference
by being
a part of
Cosmopolitan
International

Mid-Year Winter Update of Cosmopolitan International

Greetings from your International President, Richard Gordon. I hope everyone is having an exciting year as a member of Cosmopolitan International.

Because of your hard work and dedication, CI is moving forward. Membership status is looking better all the time. Although details are still to be worked out, we have three teen clubs in the making with a potential of several others. Congratulations to the Fremont Club and the Fremont High School teen club for having 27 teens interested in joining Cosmopolitan! They meet every Tuesday in the computer lab in the high school and have a complete slate of officers ready to go when we are able to charter them. The teens are on fire for the Cosmo cause, as they have already completed several fundraisers in the community with plans for future events.

Platte River Club have a soon-to-be teen club of eight members. The group plans to have events to encourage their fellow teens to become involved in the fight for diabetes. We support them and wish them luck in this adventure.

Rapid City Club is busy starting a teen club. Bob White is in charge of organizing this group. They have had several meetings to introduce the teens and their parents to the club that fights diabetes. There are five teens ready to go with a potential of five to six more interested. What a positive start to a new year!

These teens have some great ideas and want to be involved in community service and the fight against diabetes. They are interesting in making their own identity. Some teen clubs are looking into different colors, example, blue and gray, to identify who they are in the community. I think this is a great idea! They

still will be part of Cosmopolitan International with their own entity within the organization. These teens have come to a point where they want to communicate with other teen clubs.

I challenge the rest of the clubs as you hold your membership events this Spring to think about your teens and college age students. They have good ideas and want to get involved. Remember they live in the age of technology, so their clubs may not look like your traditional club today. As you plan for events, don't forget that grandparents of a diabetic child may be a great resource for your club as well. Another thought as we move forward is to think about scholarships for a diabetic student to go on to post-secondary education, whether a two- or four-year college. This is another way of helping the diabetic in their life long success.

Thank you for all your help raising money for the diabetic alert dog project. I know some of you are going strong on this project. Rapid City has two more dogs going to families, and there are many other clubs that have helped families with the dogs. Keep up the good work!

Lastly, I want to thank Tracy and International Vice President for Finance John Krysak for keeping our finances on track and stable. With the new clubs in the process of getting organized, CI is on a positive financial path. The future is looking up and moving forward thanks to your efforts and hard work. I cannot wait to see what happens in 2016!



Richard Gordon
President

We have three teen clubs in the making with a potential of several others!

Cosmopolitan Diabetes Foundation

"The Charitable Arm of Cosmopolitan International"



Melvina Newman
CDF Chair

For many years, Cosmopolitan International (CI) recognized the need for a vehicle which would allow U.S. members to make tax deductible contributions to fund the charitable efforts of their clubs, their Federations and the International organization. Because CI was and still is recognized by the U.S. Internal Revenue Service as a 501 (c) (4) organization, direct contributions to it do not qualify as tax deductions.

To provide a vehicle for tax deductible U.S. contributions, the Foundation was incorporated on December 6, 1976 in Maryland, as the Cosmopolitan International Foundation, Inc. First contributions to the foundation were accepted at the CI International Convention in Norfolk, Virginia in July 1977. A permanent exempt status was granted in December 1979, and in April 1980, in order to emphasize CI's efforts to find a cure for diabetes, the name was changed to the Cosmopolitan Diabetes Foundation, Inc.

The Foundation today is managed by an independent Board of seven Cosmopolitan members, one elected by each of the six U.S. Federations and one by the CI Board.

Recognizing the benefits of an endowment fund, the Foundation adopted the concept of a Beacons Fund at the CI International Convention in 1979 held in San Antonio, Texas. The Beacons Fund was created to establish a permanent endowment intended to ensure the perpetuity of Cosmopolitan International. Income generated from Beacons Fund investments, not required for CDF operating expenses and the support of Cosmopolitan International, are available to fund grant requests supporting the goals of Cosmopolitan International.

Today, Beacons represent a very special category of Cosmopolitan membership. Beacons are those Cosmos who have demonstrated a willingness to support the aims and objectives

of Cosmopolitan International over and above that of just being a local club member. Beacons are those Cosmopolitans who are committed to our fight to cure diabetes.

Multiple levels of Beacon membership are available to members: Beacon - \$1000, Emerald Beacon - \$5000, Ruby Beacon - \$10,000 and Diamond Beacon - \$25,000.

Pledges can be made over a period of ten years: \$100 for Beacon, \$500 for Emerald, \$1000 for Ruby and \$2,500 for Diamond. Contributions may be made several ways: to the Beacons Fund, to the Discovery Fund, to a Hands Across the Border (HAB) account or to a Donor Designated Fund. These contributions may be to a Single fund or divided; i.e., 1/2 to the Beacons Fund and 1/2 to a Donor Designated Fund. Thus, several means are available to achieve full Beacon status.

The initial goal of the Beacons Fund was to create an endowment totaling \$1.0 Million. This goal was reached in 2006 and in spite of the recession of 2008-2009, the fund remains above the original goal today.

Today, the Beacons Fund generates income to support Cosmopolitan International operations and special projects, our various approved diabetes programs, as well as grant requests from numerous organizations involved in the treatment and care of both children and adults suffering from diabetes. Since its inception, the Fund, through 2015, has granted over \$681,401 to support the care, treatment and research to find a cure for diabetes. This total included nearly \$184,000 granted to the Cosmopolitan Diabetes Center at the University of Missouri - Columbia and \$76,000 granted to the Eastern Virginia Medical School Strelitz Diabetes Center, as well as to an international project (\$665,000) to support IN GAP (Islet NeoGenesis Associated Protein) research at the Strelitz Center.

The Fund has granted over \$681,401 to support the care, treatment and research to find a cure for diabetes.

Grants awarded by CDF – 2015	Amount
Cornbelt Diabetes Connection, Inc. (Cornbelt Federation)	\$5,000
Cosmopolitan International Diabetes & Endocrinology Center (Columbia, MO)	\$5,000
Cosmopolitan International Diabetes & Endocrinology Center (Students with Diabetes Program) (Columbia, MO)	\$2,000
Crusader Community Health (Rockford, IL)	\$5,000
Health Care Access Clinic (Lawrence, KS)	\$5,000
EVMS Strelitz Diabetes Center (Capital Federation) (Norfolk, VA)	\$5,000
Setebaid Services (Capital Region Club) (Harrisburg, PA)	\$2,000
Heartland Cosmopolitan Club – The Research Foundation (Kansas City)	\$3,000

CATEGORIES OF RECOGNIZED PROGRAMS

Changing the World One Person and One Community at a Time

The mission of Cosmopolitan International is to change the world one person and one community at a time. That's why Cosmopolitan International service projects—however large or small—aim to serve both individuals and communities. Our Clubs across the US and Canada raise funds to assist in diabetes research, as well as help their local communities by sponsoring projects that are used by many people throughout their community.

An application has been prepared to facilitate listing these programs. Applications can be submitted by individual clubs or federations. Once an application is reviewed and accepted as complete, the proposed center / program will be appropriately listed. Applications are available from CI headquarters and are downloadable from www.cosmopolitan.org under Resources, Club and Federation Info.

Major Cosmopolitan Diabetes Center/Program

- Primary focus must be diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

855 Brambleton Avenue, Norfolk, VA 23510
B 757.446.5909
Jerry L. Nadler, M.D., FACP, Director

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

One Hospital Drive, Columbia, MO 65212
B 573.882.2273
Jeff Robbins, Administrator

THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND

PO Box 394, Sioux Falls, SD 57101-0394
B 605.333.7315
Dr. Laura Davis-Keppen, M.D.

CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM

1200 West State Street, Rockford, IL 61102-2112
B 815.490.1600
Gordon Eggers, Jr., President and CEO

CORNBELT DIABETES CONNECTION, INC.

9905 South 173rd Circle, Omaha, NE 68136
H 402-895-6732, C 402-290-3471
Terry Sanford, Chair
tsanford77@cox.net

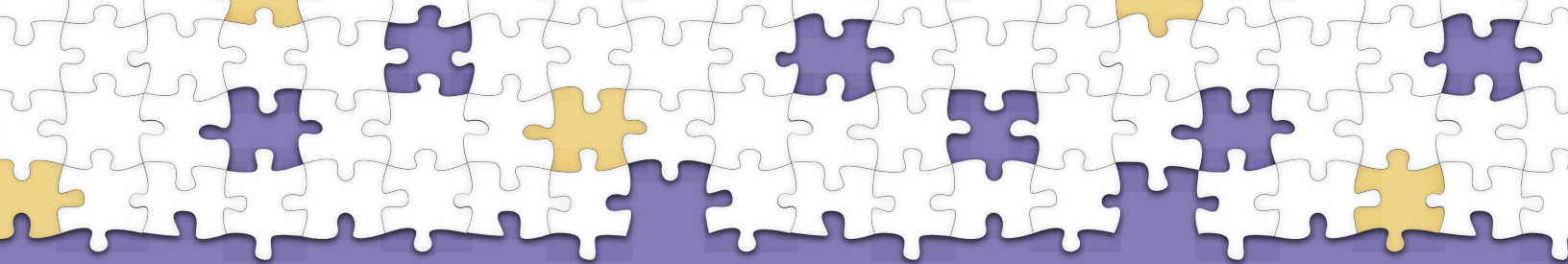
HEALTH CARE ACCESS - COSMOPOLITAN DIABETES PROGRAM

330 Maine St., Lawrence, KS 66044
B 785.841.5760
Shelley Wakeman, Executive Director
director@healthcareaccess.org

DIABETES INCORPORATED

12955 Bogus Jim Road
Rapid City, SD 57702
Deanna Smith,
Executive Director
B 605.341.1273





Major Cosmopolitan Community Center/Program

- Primary focus is non-diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single non-diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

COSMOPOLITAN INDUSTRIES, LTD.

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Peter Gerrard, Director

B 306.664.3158

SPECIAL LEARNING CENTER

1115 Fairgrounds Rd. Jefferson City, MO 65109

B 573.634.3070

Debbie Hamler, Executive Director

dhamler@speciallearningcenter.com

Cosmopolitan Supported Diabetes Program

(Not to be confused with the Major Cosmopolitan Supported).

- Primary focus must be diabetes related
- A minimum of \$5,000 over two (2) years or \$10,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

ELGIN COSMOPOLITAN CLUB DIABETES

EMERGENCY RESCUE FUND

Social Service Department, Sherman Hospital

934 Center Street, Elgin, IL 60120

B 847.742.9800

PROVENA MERCY

MEDICAL CENTER

Center For Diabetes Wellness

1325 N. Highland Avenue, Aurora, IL 60506

Maria Aurora Diaz, Clinical Director

B 630.801.5756

SETBAID SERVICES' DIABETES CAMPS

FOR CHILDREN & TEENS WITH DIABETES

PO Box 196, Winfield, PA 17889-0196

B 570.524.9090 or 866.SETBAID

Mark Moyer, MBA, MHA, Executive Director

www.setbaidservices.org

info@setbaidservices.org

RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION

640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300

Cosmopolitan Foundation of Canada, Inc.



The Cosmopolitan Foundation of Canada, Inc., was founded in 1984; five years after the USA founded our first Foundation. Because Canada is a free and sovereign country with its own laws, it is not possible for one financial Foundation to serve both countries as Cosmopolitan International does for our membership. However, we do follow the American example to some extent. Like the USA Foundation, we receive all of our funding from Cosmopolitan International members, and we depend on the same members for volunteers to operate the organization. Each Club elects one member to serve on the Foundation Board of Directors, and that group elects an Executive from their membership.

We cannot legally involve the Foundation in any fundraising efforts in its own name; all funds must be donated by Cosmopolitan members, Clubs, or friends.

Like our American colleagues, the Canadian Foundation has various levels to encourage continuous contributing. We have Northern Beacons, Silver Beacons, Gold Beacons, and Platinum Beacons. To reach each Beacons level, a commitment of \$1000 is required. The commitment for each level can be paid in one lump sum or over a 10-year period. Each level requires the previous level to be completed before starting the next one.

The laws in Canada are also somewhat different than the laws in the USA in terms of how the funds are handled. In Canada, monies collected for diabetes research (or for any cause) must be spent on that work within a defined period. Approximately 90% of all funds collected must be properly dispersed within two years of issuing receipts for the donations.

As well, Canada provides universal health care for every citizen, so the needs are vastly different than those the USA deals with. Every Canadian receives free health care as a government service, including many prescriptions.

The result is that the Cosmopolitan Foundation of Canada, Inc. quickly spends every dollar it receives in donations; and it spends it on research into finding a cure for diabetes. No money is required for treatments or supplies as in the USA.

Over the years, the Cosmopolitan Foundation of Canada, Inc. has received and contributed approximately one million dollars from Canadian Cosmopolitans; a substantial sum for a small group of truly generous people.

In the early days, we joined the USA in funding the INGAP program which was being developed by McGill University in Montreal, PQ, in concert with the Eastern Virginia Medical School in Norfolk, VA. More recently, we have funded the Edmonton Protocol and offshoots of that research program. We can proudly boast involvement with two of the world's most viable diabetes research programs.

When a cure for diabetes is finally found, it is very possible that at least one of these base technologies will be involved in the ultimate victory.



We owe a huge vote of thanks for the generosity displayed by Canadian Cosmopolitans, both for their resources and their time. So far, with approximately \$1 million dollars received and contributed to diabetes research, we are looking forward to many more years of contributions through our Beacons program towards a final cure for diabetes.



Promoting The Living Gift Through Medical Research Since 1984

M-I-Z...Z-O-U...S-W-D

Mizzou Chapter of Students with Diabetes

By Brenda Hunter, Columbia Diabetes Center



Young adult life presents new situations and experiences which can be daunting for anyone, but even more difficult with a chronic disease.

The Mizzou Chapter of Students with Diabetes (MizzouSWD) was chartered in September 2012 with the goal of helping equip young adults with the tools and information they need to succeed, along with providing professional and social opportunities to create networks.

The University of South Florida Health launched Students with Diabetes (SWD), a peer and professional network for students and young adults living with diabetes. Student with Diabetes is a project of Bringing Science Home, a program established by the Patterson Foundation. The dream of the organization began with the diagnosis of a college student at USF in 1993. That college student, Nicole Johnson, at diagnosis was told to drop out of school, give up on her career dreams and live a predictable [boring] life. Today, Nicole Johnson, DrPH, MPH, MA, is the Executive Director of Bringing Science Home, was Miss America 1999 and serves on numerous health related advisory boards including the JDRF International Board of Directors, Florida Governor's Diabetes Advisory Council and the Tampa Bay chapter of the Juvenile Diabetes Research Foundation. She is also a past national board member for the American Diabetes Association, appointee to the National Institutes of Health Council of Public Representatives, and board member for the Tampa Bay chapter of the American Diabetes Association! Students with Diabetes actively seeks to create a community and connection point for young adults with diabetes ages 18-30 on both college campuses and in communities across the country. Specific goals include socially connecting, creating a social safety net and provide fun, convenient, relevant, socially acceptable diabetes education all for young adults with diabetes.

The MizzouSWD goal is to simplify life for young adults with diabetes. According to research data, college age students with diabetes report difficulty and feel their care is compromised. Ninety percent of respondents reported they would be "more satisfied with their health services if a peer program was available." High levels of perceived social support are associated with higher levels of social functioning, self-efficacy, more active coping, higher quality of life, and fewer family disagreements.

In this same study, 81% of college age students report feeling more confident managing their diabetes since joining a Students with Diabetes Chapter; their feeling of self-consciousness about their diabetes declined from 17% to 9%, their feeling of being unsupported by friends and family decreased from 27% to 14%, 69% lowered their A1c level from their baseline result to the end of the year and 88% reported that belonging to a Students with Diabetes Chapter helped them feel more positive about their future.

The MizzouSWD Chapter was the vision of past Cosmopolitan International Diabetes and Endocrinology Center Manager and

Columbia Cosmopolitan Show-Me club member, Elaine Rehmer. Elaine met Nicole Johnson when Nicole served as Keynote speaker for Diabetes Day 2011. After hearing Nicole talk about the impact Students with Diabetes had for her personally and for the students as the University of South Florida, Elaine researched how to bring a similar chapter to the University of Missouri. As Cosmopolitan International Diabetes and Endocrinology Center Manager, Elaine saw the needs of young students attending college especially those for the first time, facing their health related challenges, as well as the stress of college. Away from parents and home, Elaine recognized

the need for a support system for these young adults. Serving as chapter Mentor, Elaine put out the information for the group and MizzouSWD was born! The group started with just eight active members and now in its third year, has 30+ members and continues to grow! Chapter meetings are held twice monthly on the Mizzou Campus. One meeting each month is geared toward education and information, the second meeting each month is a social gathering. The students reach out to local and national speakers for various topics and interests supported by the group. Last Fall the group added an additional focus with more community service, involvement and outreach.

They began partnerships with Camp Hickory Hill, a local camp for kids with diabetes, and Hickman, Battle and Rockbridge High Schools in Columbia, Missouri as they look for opportunities to share their experiences with other young adults with diabetes. The group also participates in the annual Diabetes Day symposium sponsored by the Cosmopolitan International Diabetes & Endocrinology Center. A website specifically for MizzouSWD Chapter was created in 2014 to aid in disseminating information, blog posts, common interest information, increasing visibility and accessibility for new members and parents.

In addition to local events, the board members of the Mizzou Chapter of Students with Diabetes attend the SWD National Conference, annually near the USF Campus. The Conference is geared toward students and young adults with Type 1 diabetes – and their "Type 3's" (their support systems) can be invited as well. Nationally known leaders in the field of diabetes donate their time to lead information sessions for the Conference and includes plenty of interactive peer to peer time as well. The past three summers, seven different Mizzou students have attended the Conference. A two-time attendee and past chapter president, Robert Deptula, said when asked about his experience at the Conference, "Medication and technology are essential in diabetes care, but if you ask me, having people to relate to is just as crucial. I have met countless T1D's from all over the country that I can reach out to if I have a question, concern, or complaint related to Type 1 diabetes. It is nice to have a friend that I can call when I am having 'one of those days.' There is something incomparable to the instant bond fellow T1D's have, it is amazing. That is what SWD is all about."



EVMS Strelitz Diabetes Center Making Important Strides Thanks to Cosmopolitan Club Support

Diabetes is among the world's greatest health problems. In the U.S. alone, more than 29 million individuals have diabetes. One in four are not aware they have the disease.

Closer to home, Southeastern Virginia is a hotbed for diabetes. That fact helped prompt Eastern Virginia Medical School (EVMS) more than a quarter century ago to establish a dedicated diabetes center in Norfolk. A plaque in the building lobby recognizes the Cosmopolitan Club for its role as a founder of the center.

Today, the EVMS Strelitz Diabetes Center continues to take a comprehensive approach to the disease. The center conducts an array of research, provides state-of-the-art care and offers extensive education to help patients manage their disease and make healthy lifestyle decisions.

Two recent publications attest to the capabilities of EVMS physicians. US News & World Report rated Sentara Norfolk General Hospital as "high performing" in diabetes care, ranking it among the top 25 percent of programs nationwide. EVMS physicians form the backbone of the hospital's diabetes and endocrine program.

Also, in the fall of 2015, more than 300 EVMS-affiliated physicians -- including many of the school's diabetes experts -- were named "Top Docs" by Coastal Virginia Magazine.

In keeping with the school's community-based mission, the Strelitz Diabetes Center recently opened its first satellite clinic. The location, in the Western reaches of the center's service area, is recognition of the high incidence of diabetes in that area. Of the 3,700 individuals screened in Western Tidewater, more than half were found to have diabetes or pre-diabetes. Support for the venture comes from the community's Obici Healthcare Foundation.

Within the past year, the EVMS Strelitz Diabetes Center has come under new leadership. Dr. Yumi Imai is now Chief of Endocrinology and Metabolism. Her role includes oversight of the diabetes center.

Dr. Jerry Nadler, the school's Harry H. Mansbach Chair in Internal Medicine, Vice Dean for Research and Chair of Internal Medicine, received a highly prestigious grant from the Commonwealth of Virginia to help recruit an "eminent researcher" to join the ranks. The \$250,000 grant is the only one of its kind awarded this year.

The new researcher will join a talented team of physicians and scientists who are probing diabetes from many sides. Their discoveries are advancing the science of diabetes care and pointing the way to potential new treatments. Below are examples of recent EVMS research.

Targeting Inflammation

In September, Dr. Nadler spoke at a major international diabetes research meeting in Stockholm, Sweden, where he recounted the mounting evidence implicating an enzyme known as 12-lipoxygenase (12-LO) in inflammation in the development of diabetes. The research is important because inflammation is believed to play a key role in instigating both type 1 and type 2 diabetes.

Studies in mice show that when scientists delete the gene responsible for 12-LO, mice that are predisposed to develop type 1 diabetes remain free of the disease. Because deleting genes is not an option in humans, researchers are evaluating a series of potential new compounds to block 12-LO activity. Dr. Nadler and his team published studies this year showing this target is active in human disease as well.

The hope is that this approach will lead to development of an oral medication that could prevent and/or treat diabetes.

Looking for the Fingerprint of Type 1 Diabetes

Last fall, EVMS was the only program in the mid-Atlantic region of the country to be selected by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) to share \$3.5 million to help study the origins of type 1 diabetes. In type 1 disease, the immune system attacks the insulin-producing beta cells in the pancreas, leaving the individual dependent on insulin injections for a lifetime.

The research is part of the Human Islet Research Network (HIRN), which seeks to find innovative strategies to protect and replace beta cells that are lost in type 1 diabetes. Each partner in the HIRN consortium brings a specialty to the research. For EVMS, it is world-class proteomics expertise. In proteomics, scientists look for proteins and other unique "biomarkers" -- a type of biological fingerprint -- to identify and measure the severity of disease.

Experts are working to develop a simple and reliable biomarker that can identify people at high risk for developing type 1 diabetes. That would allow for early intervention with medications to protect the beta cells and prevent the development of diabetes.

This is the second recent high-profile type 1 diabetes research project for EVMS using proteomics. The EVMS scientists are part of an international team that is trying to determine if a virus causes Type 1 diabetes.





Identifying Those at Risk for Diabetes

EVMS scientists, working with colleagues in Florida, have found a way that may help identify people at risk for developing type 1 diabetes.

The research discovery may lead to a test to determine someone's predisposition to become ill and encourage the development of new treatments to prevent someone from developing diabetes with a vaccine approach, says Dr. Nadler. The research, led by Margaret Morris, PhD, Associate Professor of Internal Medicine, was funded by the Juvenile Diabetes Research Foundation (JDRF).

"This is an exciting and very important development in diabetes," Dr. Nadler says. "Type 1 diabetes usually is diagnosed in children and young adults. Anything we can do to improve health and prevent the onset of diabetes is a monumental step forward."

The discovery came following a comprehensive study of proteins found in pancreas tissue. The researchers from EVMS, the University of Florida Gainesville and University of Miami found proteins that are distinctive to diabetes, says Julius Nyalwidhe, PhD, Assistant Professor of Microbiology and Molecular Cell Biology and an expert in the science of proteomics at the Leroy T. Canoles Jr. Cancer Research Center's George L. Wright Center for Biomedical Proteomics.

"We are now working on moving these studies forward in blood samples from patients at Children's Hospital of the King's Daughters in collaboration with pediatric endocrinologist Dr. Marta Satin-Smith," said Dr. Morris.

Lessons from Bariatric Surgery

Bariatric surgery results in weight loss but also conveys many health advantages, like improved heart health and a reduced risk for diabetes, stroke and heart attack. EVMS scientists are working with surgeons at Sentara Comprehensive Weight Loss Solutions to uncover clues about what's behind these dramatic improvements.

"We want to know what's happening in the body following bariatric surgery," says Dr. Nadler, who initiated the research. "That knowledge could lead to the development of medications or

other treatment options that could have the same metabolic effects but without surgery."

The research has focused on three distinctive areas: inflammation, blood clots and damage to the autonomic nervous system. So far the EVMS-Sentara collaboration has resulted in 10 scientific communications, published abstracts and papers.

"As surgeons we have long been aware of the remarkable improvement in many comorbid conditions after bariatric surgery, particularly Type 2 diabetes mellitus," says Dr. Stephen Woglemuth of Sentara Comprehensive Weight Loss Solutions. "It's very exciting to be a small part of this incredible team that is beginning to figure out what's behind these improvements."

How Lipids Damage Cells

Weight loss by diet, exercise and bariatric surgery reduces the risk of diabetes, while excessive weight is the major risk factor for type 2 diabetes. Yumi Imai, MD, Chief of Endocrinology and Metabolism, is studying how excessive fat damages insulin-secreting beta cells and causes diabetes through innovative research.

Dr. Imai has found that proteins that encase lipids help prevent lipids from attacking cells inadvertently. Her most recent finding was published very recently in *Diabetes*, the leading journal in diabetes research.

Addressing Nerve Pain

Aaron Vinik, MD, PhD, the Murray Waitzer Endowed Chair in Diabetes Research, continues his comprehensive study of diabetic neuropathy – or nerve damage. With support from the NIH and other organizations, he and his team have helped develop improved tools for the diagnosis and management of neuropathy, have studied new compounds for better pain control and have demonstrated that the risk of falls improves dramatically with exercise and pain reduction. In particular they have demonstrated for the first time that gene therapy can improve nerve function, that nerves can be induced to regenerate and restore sensation and that autonomic nerve damage, the strongest predictor of premature cardiovascular demise, may be reversible.

Dr. Vinik helped develop a product known as Nutrineve for the treatment of neuropathy and with Etta Vinik created a quality of life tool now used globally to screen people with diabetes, identify patients with neuropathy and evaluate the effectiveness of new drugs for the treatment of neuropathy. Another EVMS discovery, INGAP (a protein found to regenerate pancreatic islets) has been licensed to a company that has just initiated a new clinical trial combining INGAP and an anti-inflammatory agent to prevent the death of the newly formed islets.



Cornbelt Diabetes Connection: *One of A Kind* By Terry Sanford

The year was 1993, and it was a very monumental time in the history of the study of diabetes. A hemoglobin A1c test had been devised in 1979 in order to create a more accurate measurement of blood sugar levels. Researchers wanted to determine how effective the A1c could be if it was used long term. Subsequently, in 1983, a comprehensive ten-year study called the Diabetes Control and Complications Trial (DCCT) was launched and used the A1c as the standard measurement.

With the conclusion of the DCCT in 1993, it was clear that keeping blood glucose levels as close to normal as possible would lower the chances of developing diabetes and related complications such as eye, kidney and nerve disease. But obviously, people first had to know what their blood glucose levels were to determine if they were at risk. And then, like today, not every person was willing or able to get their blood glucose tested.

That same year, after months of discussion and planning, a group of Cornbelt Federation Cosmopolitans finally settled on a new program for fighting diabetes in their region. They already knew how important blood glucose testing was in the battle against diabetes. The DCCT had confirmed that. So these Cosmopolitans came up with a relatively simple idea: help people who might not otherwise have access to proper medical care find out if they were at risk for diabetes by offering free blood glucose screenings on board a mobile clinic that would travel to various locations in Nebraska and Iowa. Unique, definitely. Simple, yes. Easy to implement, not quite. First, a vehicle had to be obtained – one that was large enough to accommodate walk-in traffic, testing stations, and storage space for equipment. The next challenge, and maybe most the important challenge, was finding the necessary licensed medical staff that would agree to travel to the screenings sites, perform the glucose testing and do their work as unpaid volunteers! Finally, to have any chance of long term success, funding this new project would require almost universal and ongoing financial support from all the Cosmo clubs within the federation. And there were other issues to address such as medical supplies, finding drivers, garage storage, insurance, maintenance and on and on. Looking back, one can more clearly appreciate the magnitude of the challenges those Cosmos faced in 1993.

But they persevered, overcame the obstacles, and this year the Cornbelt Diabetes Connection (CDC) will conclude its 22nd year of fulfilling its mission: to provide health care and education about diabetes to communities and individuals that may not have adequate access to such care or information.

As one can imagine, many changes have taken place during our two decade plus history. Our first mobile testing unit (a used recreational vehicle...think RV-like) was in service only a couple years before it was completely destroyed by an engine fire. That loss could have totally derailed our project since insurance didn't cover full replacement costs and budgets were tight. But an 'angel donor' stepped in and funded a replacement unit. That mobile diabetes clinic is still on the road today, 18 years later...a little weathered

and getting tired but still doing its job. That's another situation that will soon have a happier ending that will be explained before this story concludes.



Mobile Diabetes Center (MDC)



Part of the NMC Nursing Staff

Our medical support partner also has changed. The CDC 'ship' launched with the involvement of the nursing school at the University of Nebraska Medical Center in Omaha and continued until 2010.

Today, we are in our fifth year of working with the Nebraska Methodist College's (NMC) School

of Nursing in Omaha, and this relationship has taken the CDC to new levels of service while fulfilling our mission.

In 2013, the CDC and NMC agreed to expand the testing capabilities of the MDC. So in the second quarter of that year, nurses staffing the MDC began administering additional health testing for relevant co-morbidities for diabetes. In addition to blood glucose screenings, other tests were performed as needed and included A1c's for already diagnosed diabetics, high blood pressure (hypertension), foot exams (peripheral neuropathy), ankle brachial index (arterial sclerosis) and eye exams (retinopathy). These additional tests continue today, and as always, are provided free



of charge to the public. Those identified as being at risk either from high blood sugar readings, undiagnosed diabetes or other health issues are referred to the appropriate health facility. Additionally, NMC secures hundreds of doses of flu vaccine annually and free shots are provided to the public until supplies are exhausted.

During our history, our MDCs have visited more than 1,400 different sites in Nebraska and Iowa and conducted more than 40,000 free screenings. The number of screenings have increased each year since the NMC partnership began. In 2014, the MDC visited 111 sites and NMC nurses tested 1,487 patients for high blood glucose or other health risks or both. Based on CDC operating budgets, our costs last year worked out to about \$23 per patient served. However, the 'street value' of all the tests that were administered was estimated at more than \$150,000. To our knowledge, there still is no other organization in the country that provides this type of mobile health testing service to the public free of charge.

The CDC continues to receive a major portion of its operational funding from Federation clubs. Without them, we could not exist. Thank you to all of our clubs! We also pursue grant money each year with the Cosmopolitan Diabetes Foundation being one of our targeted sources. However, knowing that our MDC would eventually need replacement, during the last decade our board accelerated its fundraising efforts in order to raise additional money from non-Cosmo sources exclusively for the purchase of a new MDC. Our efforts proved very successful over the past couple years. Happily, we can report that by the time this article is published, a new, custom designed, handicapped accessible MDC will have been ordered from Winnebago Industries. We expect this new unit will go into service this summer.

Another CDC project that deserves mentioning here is our Diabetes Crisis Intervention, or Project III program, that provides emergency supplies to needy diabetics. For the past dozen years this program has been conducted with the support of the Diabetes Education Center of the Midlands (DECM) in Omaha. During this time, hundreds of at-risk diabetics around the Omaha metro area have received needed support in both supplies and diabetes education at critical times in their lives. The end goal was always to provide a support bridge that would help these patients eventually improve their situation.



The CDC continues to receive a major portion of its operational funding from Federation clubs. Without them, we could not exist. Thank you to all of our clubs!

However, since the CDC was interested in improving the outcomes of those served by Project III, in late 2013, the effectiveness of the entire program was re-evaluated. In early 2014, the CDC and DECM agreed that better results could be attained by tweaking the patient assistant process and offering each potential client medication evaluation and management, diabetes education, and lifestyle counseling as a unified, all-or-nothing program. Thus, the Clinical Assistance Program (CAP) was born in April of that year. After almost two complete years, the results have been very encouraging. While the pool of patients is smaller, the outcomes have been very rewarding for both the CDC and DECM. CAP participants who complete the program are seeing dramatically lower A1c's and enjoying much healthier lifestyles. As word of CAP's success filters into the local diabetic community, we expect the pool of potential patients to expand.

Obviously, much has changed with the CDC during its twenty two year history. But it's no secret that the CDC's evolution and ongoing success have been the direct result of a Board of Directors constantly focused on fulfilling our mission and the continued support of many, many people, including dedicated, hard working

Cosmos, compassionate health care professionals, concerned citizens, and even some anonymous 'angels.' Our unique concept of providing a mobilized no-cost testing service to identify those at risk for diabetes and then helping them to improve their lives should give every Cosmopolitan a sense of pride in what we've accomplished. Going forward, we should appreciate that with so many undiagnosed diabetics in our country, our role in the battle against diabetes is more important than ever.



Crusader Community Health

By Linda Niemiec, CFRE, Vice President Development
Crusader Community Health



In 1994, the Charities Board of the Rockford Cosmopolitan Club made a major decision which established the Crusader/Cosmopolitan Diabetes Program.

The first club grant to the program was \$5,500. Crusader and the Rockford Club made a grant application to the Cosmopolitan Diabetes Foundation and received \$3,300. Since those initial grants, the Crusader/Cosmopolitan Diabetes Program has received nearly \$500,000 from the Rockford Club, the Cosmopolitan Diabetes Foundation, and the Mid-States Federation Clubs. Each dollar has been used, in some way, to provide diabetes education and health care for low income individuals.

Since the initial inception of the partnership with Rockford Cosmopolitan Club in 1994, Crusader's diabetic patient population has grown from 1,325 to 3,400 individuals. In spite of expanded access to health insurance options, 15-20 percent of these individuals remain uninsured. The focus of the Crusader/Cosmopolitan Diabetes Program partnership has been to address barriers that interfere with keeping diabetes under control, thereby preventing its many complications.

Three highly qualified diabetes educators provide diabetes education through one-on-one counseling sessions and monthly diabetes discussion groups. When asked, "What is the number one barrier experienced by our patients to managing their diabetes?" the answer is always the same. The inability to afford the monthly cost of blood sugar test strips is what our patients identify as the main barrier to managing their disease.

Blood sugar test strips are used in a device known as a glucometer to help a person know when his or her blood sugar levels are too high or too low. Only then can the individual take the correct measures to restore healthy blood sugar levels – the key to avoiding the many complications of diabetes. A monthly supply of tests strips through the pharmacy can cost an average of \$35 to \$50 per month. For a diabetic patient taking insulin, the cost may be double this due to the need to test blood sugar more frequently.

A sustaining feature of the Crusader/Cosmopolitan Club partnership is the quarterly meetings of representatives from both organizations. Discussions center on using our 20-year partnership to tackle barriers in new ways. It was a dedicated Cosmo member, John Schissel, who realized that for the cost (or less) of a one-month supply of test strips through the pharmacy, we could supply newly diagnosed patients with a Walmart brand diabetes starter-kit, consisting of a Walmart glucometer and one-month supply of test strips. The advantage? A one-month supply of Walmart test strips is only \$9, making the ongoing cost much more affordable for our patients.

The response to this approach has been very favorable, and in the last six months, Walmart starter kits have been supplied through Cosmo Club donations to 200 uninsured diabetic patients. This approach puts the control of their diabetes back into the hands of many individuals who previously felt it was out of reach.

We are honored to have the long standing support of the Cosmopolitans to better serve our patients/community. Your support continues to make a difference, benefitting thousands of local and area diabetic patients-UNTIL THERE IS A CURE!



The Cosmopolitan Club of Rockford celebrated a 20-year partnership with Crusader Community Health at the clinic's 42nd Anniversary Event in October 2014. Members of the Rockford Cosmopolitan Club accept the Crusader Community Health 2014 'ON THE BUS AWARD' for 20 years of dedicated support and loyal service!



SETEBAID SERVICES DIABETES CAMPS

BETHEL & MIFFLINBURG, PENNSYLVANIA

The best place for youth with Type 1 diabetes to receive training on caring for their disease is a diabetes camp! In fact, three independent studies have shown the same results. Children who attend diabetes camp are better able to manage their diabetes compared to children from the same clinic who do not attend diabetes camp. Setebaid Services works with healthcare teams to develop unique and innovative diabetes educational camping programs for people with diabetes.

"Setebaid Services is very appreciative of Cosmopolitan Diabetes Foundation and the Cosmopolitan Clubs for their support. Without their support, many children from this area would not have been able to attend diabetes camp." said Mark Moyer, Executive Director of Setebaid Services.



SETEBAID
services, inc.

We turn diabetes around!

www.setebaidservices.org

Camp Gilbert

By Laura Davis-Keppen MD



Camp Gilbert was established in 1991 so that children with diabetes could enjoy a camp experience safely, receive diabetes education in a fun way, and enjoy the support of being with other children and counselors with diabetes.

Diabetes is a life-changing experience requiring multiple blood sugar checks, treatment with insulin, and calculating the carbohydrate content of foods whenever they eat. Many children with diabetes are the only one in their school with diabetes. At Camp Gilbert they are no longer in the minority, and they have counselors with diabetes who serve as good role models. The name Camp Gilbert was chosen by the campers to represent all campers and as a reminder that at camp everyone is the same. All children including those with intellectual disabilities are welcome and accepted warmly by other campers.

Camp Gilbert has been held at NeSoDak campground near Waubay, SD. The volunteer medical staff at Camp Gilbert consists of doctors, nurses, dietitians, social workers, and physician assistants. The campers range in age from 8 to 18. This past year we had 90 campers plus a waiting list. Camp is so popular that campers look forward to it all year and mourn when they "graduate" from camp. Approximately 35-40 people volunteer to help keep the children medically safe.

While at Camp Gilbert the campers test their blood sugars 6-10 times per day. They eat healthy meals and count the grams of carbohydrate so they can help decide the correct amount of insulin to take. Many children learn to give their first insulin injections at Camp Gilbert. During the day they play group games, have educational sessions, and listen to motivational speakers including elite athletes with diabetes so that campers learn that diabetes is not a barrier to their dreams. They have free time to swim with friends and play basketball or go fishing. Every night there is a special sing-along campfire.

All the workers that come to camp are volunteers. The actual cost of holding a camp for children with diabetes is higher than a typical camp, due to the additional staff needed on site during camp and the cost of medical supplies needed. Many of the supplies are currently donated by the medical supply companies, but this will likely change in the coming years, impacting the cost

of holding camp. The fee charged campers is \$650. Families are asked to provide at least \$100 or whatever they can afford, but no camper is turned away due to cost. The board continues to look for fundraising opportunities so that camp will never be closed.

The Cosmopolitan Club has been an amazing support to Camp Gilbert for several years. The Sioux Falls Cosmopolitan Club started the "Sweetest Day of Golf" event to benefit Camp Gilbert, which has absolutely been a life-line so that children with type 1 diabetes can attend Camp Gilbert. The majority of campers receive camp scholarships. This camp is the only place that these children with diabetes are the same as everyone else. The bonds made at diabetes camp last a lifetime, and these campers return to help the new kids and look forward to eventually being a camp counselor and camp leader.

These are selected comments about the best part about Camp Gilbert and what they learned:

"We have a lot of fun and we learn a lot too. And also we don't have to worry about things like testing our blood on our own."

"I love coming to camp because we are all a family and we feel normal for a week."

"Getting to meet kids that go through what I go through and having lots of fun."

"You can't let diabetes control your life."

"You have friends for life because of this and you're not alone in this."

"The thing I learned was to take care of myself."

"I learned you can be very active even if you have diabetes."

Our motto at Camp Gilbert is: We don't yet have a cure for type 1 diabetes, but until there is a cure ... THERE IS CAMP GILBERT.



Canadian Program - University of Alberta



Twenty years ago, a handful of brilliant researchers eager to practice their innovative diabetes research methods, found themselves thoroughly discouraged due to the lack of available funding from existing organizations.

Inspired by the motivation and dedication of these individuals, a few volunteers came together to raise sufficient capital and fund these pilot projects. Their mission was simple; raise money to fund world-leading research in search of a cure for the diabetes epidemic. The simplistic approach to fundraising was fueled by the passion of the altruistic team consisting of professionals, volunteers, and scientists, all determined to end the suffering of the 256 million people world wide inflicted with this disease.

Eventually, this effective collaboration of people evolved to what is now known as the Alberta Diabetes Foundation (ADF), a not-for-profit, charitable organization dedicated to discovering a cure. Within twelve years of operation, the fruitful labours of the ADF have already seemed to have paid off.

In July of 2000, the procedure dubbed the Edmonton Protocol was hailed the most significant breakthrough in diabetes research since the discovery of insulin. Successfully performing several islet cell transplants has given substantial hope to not only diabetics in our city or province, but across the world.

In addition to perfecting the islet extraction methods, the Immunology teams are constantly monitoring the transplant recipients and striving to determine the discrepancies between experimental transplants. Their dedication and commitment to the longevity of their procedures is what will one day bring us towards a cure. The altruistic support of organizations, such as the Cosmopolitan Club, has aided in providing these talented researchers with the tools they need to succeed.



In addition to the equipment, studentships, and research projects, the Cosmopolitan Club was also able to directly contribute to the conception of the Alberta Diabetes Institute, with fundraising efforts such as

Rock 'N August. The ADI opened its doors in November of 2007 and became home to scientists, researchers and professionals, originating from six different faculties on campus, including Medicine and Dentistry, as well as Nutrition and Physical Education. This multi-disciplinary facility is what sets it apart from any other research institution, making it not only the preeminent diabetes research facility in Western Canada, but quite possible North America.

However, despite the vast potential of the building, it is the individuals who reside within the building that will bring us closer to a cure. Dr. Ray Rajotte is the man that has been working

on this research for more than 35 years, initially working out of a bathroom, which served as his research station. It was his vision and perseverance that brought this cohesive group of individuals together under one roof.

"Having everybody work together, especially the graduate students, rubbing elbows, and having coffee together, it is much easier for the exchange of ideas," said Rajotte. "Even though the nutritional group is just over there, having everyone working under one roof is very synergistic and very conducive for collaboration."



As the former scientific director of the ADI, Dr. Rajotte is continuing his research on islet transplantation. The major focus of Dr. Rajotte's research is now trying to develop an unlimited source of islet tissue (using neonatal pig islets) and then to transplant these islets without continuous immunosuppression or possibly without anti-rejection drugs.

To ensure the success of the ADI in future years, it is critical to have students involved in the process by rewarding them with research grants and studentships. Despite being the leading diabetes research facility in all of Canada, the ADI serves as an invaluable opportunity to educate the next generation of the building's inhabitants.

The Cosmopolitan Club has aided with funding these young, bright individuals and ensuring the longevity of the organization. The altruistic and generous donations have paid for the state-of-the-art technology vital to these experimental procedures and the funding allows them to take place. The Cosmo Club has allowed the ADI to make the ambitious vision a reality, and without their ongoing support, the Alberta Diabetes Institute would not be in the position it is today. Their progress and forward-thinking organizational structure will continue to differentiate them from generic research facilities around the world and aid in projecting them into the national limelight.



For more information - www.afdr.ab.ca

The Sanford Project

By Laura Davis-Keppen MD



Physicians and scientists in South Dakota are involved in research seeking to find a cure for type 1 diabetes at Sanford Research.

In 2007, Denny Sanford made a major contribution to help transform and enhance research and clinical care in the upper Midwest region. Sanford Research is based in Sioux Falls, South Dakota and today consists of a team of more than 250 scientists and staff. The Sanford Project was launched to focus research on a single pressing childhood disease and establish a world class research team. Seeking a cure for type 1 diabetes was chosen as The Sanford Project. Worldwide there are about 70,000 children under 14 years who develop type 1 diabetes every year and an estimated 480,000 children under the age of 15 have been impacted by the disease.

Type 1 diabetes, also known as juvenile onset or insulin-dependent diabetes, is an autoimmune disease in which the person's pancreas stops producing insulin, a hormone that enables people to get energy from food. It occurs when the body's immune system attacks and destroys the insulin-producing cells in the pancreas, called beta cells. Type 1 diabetes has nothing to do with diet or lifestyle. Type 1 diabetes may result suddenly and can cause life-threatening ketoacidosis. Insulin replacement therapy is a life-saving treatment for people diagnosed with type 1 diabetes, but insulin is not a cure. Despite insulin treatment, diabetic complications can occur which include blindness, kidney failure, heart attacks, strokes, neuropathy, pregnancy complications, and the need for amputations. Identification of disease-modifying therapy and a cure for type 1 diabetes remains a major unmet medical need and is the focus of The Sanford Project.

The Sanford Project Faculty includes Dr. Kurt Griffin, Dr. Zhiguang Guo, Dr. Alexei Savinov, and Dr. Alex Rabinovitch. The Sanford Project team is actively conducting clinical trials under the direction of Dr. Kurt Griffin that span from natural history studies (TrialNet Pathways to Prevention and the Type 1 Diabetes Exchange) to tests of interventions in new-onset diabetes with agents that rebalance the immune system. The first study designed and conducted by Sanford Project (REPAIR) study was completed recently under the direction of Dr. Rabinovitch and Dr. Griffin. The Sanford Project T-Rex study of expanded autologous regulatory T cells in new-onset type 1 diabetes will be opening in early 2016.



SANFORD[®] RESEARCH

The lab of Alexei Savinov, MD, PhD focuses on the immunology of type 1 diabetes. Type 1 diabetes is an autoimmune disease. The Savinov lab is involved with studies of how autoimmune T cells are activated in type 1 diabetes. Progression of type 1 diabetes involves the activation of autoimmune T cells, homing of activated lymphocytes to the pancreatic islets, and resulting destruction of insulin-producing beta cells. His lab focuses on determining how autoimmune T cells are initially activated at the beginning of type 1 diabetes and how they then destroy the beta cells in the pancreas to cause diabetes.

The lab of Zhiguang Guo, MD, PhD is researching Biomarker development to detect type 1 diabetes before the onset of symptoms. When someone is first diagnosed with diabetes there are still some beta cells in the pancreas that make insulin. The Guo lab is conducting research to develop therapeutic approaches to treat diabetes by promoting beta cell survival and regeneration and trying to control autoimmunity against the cells in the pancreas that make insulin. His lab is looking at beta cell survival and regeneration in mouse models with human islet grafts, identifying biomarkers to detect beta cell loss, and doing other studies to try to regenerate pancreas cells that make insulin.

Since insulin replacement is not a cure for type 1 diabetes and there are significant long-term diabetic complications, modifying treatment for diabetes and developing a cure is a major unmet medical need. These are the goals of The Sanford Project:

- Use translational research approaches that are built on recent advancements in regenerative and personalized medicine.
- Design and conduct studies that are aimed at regeneration of insulin-producing beta cells.
- Investigate the effects of FDA approved drugs and clinical candidate molecules with the goal to delay, halt the progression, or reverse type 1 diabetes.

It is hoped that safe and clinically relevant advances in treatment and steps to a cure for type 1 diabetes can advance as a result of The Sanford Project



Out & About

Regina Capital Cosmopolitan Club Receives National Philanthropy Award

On November 10, 2015, the Regina Capital Cosmopolitan Club was honored to receive the Outstanding Community Group award as part of National Philanthropy Day. The Club received the award in recognition of its annual Charity Golf Classic, which was held August 31, 2015, and which raised \$53,000 on behalf of the Casey Foundation for Autism Support. Over the last several years of the tournaments operation the club has been able to donate more than \$450,000 to the Regina community for the betterment of all.



Representing the golf committee at the awards luncheon are: (left to right) Cosmo Keith Shepherd, golf committee members Yvonne Gray and Grant Wirth, committee chair Colin Wirth, Cosmo Lorne Wirth and Cosmo Craig Weinbender.

It's a Wrap!

Fremont teens held a December gift-wrapping fundraiser for their soon-to-be Cosmopolitan teen club. Great job, everyone!



Pauline Sumption and Teresa Brockel of the Rapid City Cosmopolitan Club kiss an old dog (a.k.a. PIP Jim Preston) to raise money for the Diabetes Alert Dog project. We encourage Kellee Rasmussen and Joanie Mantei to do the same.

Bethesda Cosmopolitan Foundation Makes Gift for Diabetes Research



The Bethesda Cosmopolitan Foundation recently made a \$50,000 gift to EVMS for diabetes research. The foundation is part of the Capital Federation of Cosmopolitan International, which has supported EVMS diabetes research for 30 years. Pictured from left are Jerry Nadler, MD, the Harry H. Mansbach Chair in Internal Medicine, Chair and Professor of Internal Medicine and Vice Dean of Research; Mike Fistere of the Bethesda Cosmopolitan Foundation; Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine; and George Clarke, also of the Bethesda Cosmopolitan Foundation.

Chesapeake Bay Wine Classic Foundation Presents Check to EVMS



In June, organizers of the 2014 Wine, Women & Fishing fundraising event, produced by the Chesapeake Bay Wine Classic Foundation, presented a check to EVMS for \$79,200. This brings the annual event's total contributions to EVMS to \$388,675 since 2004, most of which has funded breast cancer research. The 2015 event, held in August, will almost certainly see total contributions closing in on the half-million mark. Pictured from left: Wayne Wilbanks, Chairman, EVMS Foundation Board of Trustees; Eric Feliberti, MD, Associate Professor of Surgery and Surgical Oncologist, EVMS; Jennie Capps, Executive Director, Chesapeake Bay Wine Classic Foundation; Linda Church, Chair, Wine, Women & Fishing; and Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine.

THE STORY'S IN THE NUMBERS

At one of the Cosmopolitan International Board meetings in early 2015 the question came up "How many people have diabetes?" I truly didn't know. The more we talked about it, it seemed it was important to know these numbers. Here's a little overview about diabetes.

When a person has diabetes, blood tests show that their blood glucose (blood sugar) is too high. A big part of whether blood glucose is high or low is the influence of insulin. Insulin is produced by an organ in our body called the pancreas. The interaction between blood glucose and insulin is a key part of diabetes.

There are three types of diabetes, Type 1, Type 2 and Gestational Diabetes, and a close cousin called Prediabetes which is worth reviewing also.

In Type 1 diabetes, the body doesn't make enough insulin or the pancreas just can't produce insulin anymore. Type 1 diabetes is most often seen in children and young adults. Only about 5 percent of all people who have diabetes have Type 1 diabetes.

In Type 2 diabetes there is still some insulin but the body cannot use it properly. This is sometimes referred to as insulin resistance. This type of diabetes is usually seen in middle-aged and older adults. The vast majority of people with diabetes have Type 2.

Diabetes during pregnancy, gestational diabetes, occurs at about the 24th week. Prevalence of gestational diabetes may be as high as 9.2 percent. Expectant mothers receive treatment for their diabetes and, after delivery, mothers usually return to non-diabetic status. But research is looking into long term effects that gestational diabetes might have on babies.

Prediabetes is based on blood glucose test results. Fasting blood glucose less than 100 is normal. Results over 125 confirm diabetes. That leaves this zone between 100-125 now referred to as prediabetes. People with prediabetes may develop Type 2 diabetes at some point in their life. But, transition to Type 2 diabetes may

be preventable for people with prediabetes. Research suggests that the risk of developing Type 2 diabetes can be lowered almost 60 percent through weight loss and exercise. Suggested goals are: weight loss of 7 percent of body weight (example: 15 pounds if you weigh 200 pounds) and moderate exercise (such as brisk walking) 30 minutes per day at least 5 days per week.

Here are some of the numbers. There are 29.1 million people with diabetes in the US (9.3 percent of the population) and 10 million people with diabetes in Canada. 25.9 percent of Americans over 65 years of age have diabetes. 86 million people have prediabetes.

In conclusion, here are a couple of bad news, good news thoughts.

As a society obesity is epidemic, even more frightening the rates of childhood obesity. Obesity and diabetes go hand-in-hand. The good news, we can go to war against obesity.

Complications of diabetes can be staggering. A partial list includes influence on blood pressure, circulation, eyes, feet, heart, kidneys, and nerves. The good news is, diabetes is treatable. Lifestyle adjustments such as proper diet, weight loss, exercise, smoking cessation, and medical supervision have been proven to lower the rates of complications.

The diagnosis of prediabetes can be scary. The good news is that it serves as a wake-up call and appropriate action can substantially reduce the risk of developing Type 2 diabetes.

As Cosmopolitans we have taken on the challenge to support diabetic related causes. To that end, we have a wonderful history of accomplishments. As we move forward there will be many people in need of our assistance.

Living with Diabetes: Q&A with Dana Priebe

SIoux FALLS COSMOPOLITAN CLUB



How old were you when you acquired diabetes?

I was a gestational diabetic with both of my pregnancies, the first one being at age 24. I took insulin shots in my leg during both pregnancies. I was diagnosed as type 2 in 1994 at age 29 and became insulin assisted at age 30. Today I am pretty much insulin dependent, taking four shots a day.

Is your diabetes treated with pills or insulin?

I treat with insulin with a shot before every meal and a long lasting insulin before bedtime.

Besides medication do you do other things to control your diabetes?

I try to eat healthy. I need to still pick up on a good exercise program.

What are the accomplishments in management of your diabetes that make you most proud?

I carry my insulin with me so that I am able to eat out and can order what I want to eat. I try to watch my carbs for weight loss purposes anyway, but I find there are no restrictions on me when I am out and about and don't always have to cook at home or force my family to eat the low carb items I prefer to eat. I still cook regularly for my husband and me (kids are out of state now so I'm not having to cook for more than two people) and just adjust my portions or my choices.

What are the greatest difficulties or challenges having diabetes causes you?

Diabetes doesn't make you house ridden or bedridden -- you make the most out of your life. I lead a normal life such that most people wouldn't have any idea I was a diabetic if they weren't informed ahead of time. The most challenging part is passing up on desserts and limiting my carbohydrate intake.

The CosmoTopics News

GET YOUR MESSAGE OUT!

Cosmopolitan members now have the opportunity to place either a business ad or personal message in the pages of Topics.

Would you like to increase sales for your business? Advertise in Topics! Want to wish a fellow Cosmo a happy birthday? Advertise in Topics!

Costs are as follows:

1/8 page (2"H x 3.5"W)	\$25
1/4 page (4.75"H x 3.5"W)	\$50
1/2 page (5"H x 7.5"W)	\$75
Full page (10"H x 7.5"W)	\$100

All ads should be submitted to headquarters@cosmopolitan.org. If placing a business ad, please send your artwork via JPEG (minimum resolution of 300 dpi) or high resolution PDF. Vector artwork (.eps,

.ai, .pdf), with fonts outlined and 300 dpi embedded images, is preferred. If placing a personal message, simply send the wording of the message and we will do the design work.

Please make checks payable to Cosmopolitan International and mail to Cosmopolitan International, PO Box 7351, Lancaster, PA 17604. All messages should be in good taste and must be approved by COSMOTopics editor.

Due dates for 2015-2016 are August 14, 2015 for Fall edition; November 13, 2015 for Winter edition; February 12, 2016 for Spring edition; and May 13, 2016 for Summer edition.

Please contact Executive Director Tracy with any questions at (717) 295-7142 or (800) 648-4331 or email headquarters@cosmopolitan.org.



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Available for rental year-round--*but specially-priced for summer*--Sitzmark Ranch is the ideal 'jumping off' point for sightseeing, exploration, outdoor activities, shopping and entertainment.

Minutes from Winter Park, Rocky Mtn. Nat'l. Park, stunning Grand Lake, quaint Grand County towns and iconic Colorado vistas are close by.

Our distinctive 5-bedroom / 3-bath home includes boundless amenities: wi-fi, flat screens, WB fireplace, wet bar, hot tub & solarium, spacious family room, wrap-around front porch, updated kitchen & breakfast bar and unique two-story observation tower.

Call KC Cosmo Club member Frank McGinnis at 913-802-4003 or connect via sitzmarkranch.com to explore your stay at Sitzmark Ranch today!



Fun just begins when the weather warms in Grand County and Winter Park, Colorado!

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- Grand Lake-Colorado's largest
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COSMOTOPICS

WINTER 2016

In Memoriam

The entire Cosmopolitan family joins in extending sympathy to the families of those Cosmos recently lost:

- **Vic Hoelting** – *Bellevue Big Elk*
- **Mitchell Kambis** – *Greater Richmond*
- **Allen Schoenfeld** – *At Large*
- **Tom Kiehl** – *Norfolk*

Sympathy also is extended to the following Cosmos on the loss of their loved ones:

- **Patricia Swoboda** – *mother-in-law of Tom Henke and wife Kathy, Jefferson City*
- **Dexter Rumsey, III** – *son of Dexter Rumsey II and wife Mary, Greater Richmond*
- **Norman Bartlett** – *father of Gaylene Beatty, Emerald City, and Gary Bartlett, Lawrence River City*
- **Eleanor Hope Farris** – *unborn daughter of Tiffany Farris and husband Matt, Jefferson City*
- **Nancy Roth** – *wife of Bernie Roth, Rapid City*
- **Valery Brotzel** – *niece of PIP Brian Duckett and former First Lady Shelley Duckett, Wascana*
- **William "Bud" Blue** – *brother of Judy Weitkemper, Columbia Show-Me*



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