



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

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Greetings!

Hello and welcome to the May edition of *Yada Yada*! This month we take time out to thank some special people who have helped the Network and its members: Kate Gilbert, the former T1 Network president; Dave Salmon for his generous sponsorship; and health professionals who take the time to care. We also take a look at the flu vaccine, now that winter is here, and provide some general tips about getting your insulin pumps reimbursed through private health insurance.

Changing of the guard

Quick Links

[Join the discussion - REALITY CHECK online forum](#)

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[Resources for Health Professionals](#)

[Online community for parents: MUNTED PANCREAS](#)

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In March, **Kate Gilbert** - founder of the Type 1 Diabetes Network and long-time president - **finished up** with the team. Thanking someone who has spent **countless hours** and **bucketloads of energy** helping others never seems quite enough to pay them back for all their hard work - and that's how we feel about Kate. Even though Kate has left, her **dedication** and **hard work** continues to shine through the projects she breathed life into: the **Yada Yada** newsletters, **Reality Check** forum, the **T1DN website** and the **in-person meets**. If it weren't for her generosity of spirit, we wouldn't all be **connected** in the ways that we are today. We wish her **all the best** in her future endeavours and look forward to hearing about some of them soon!

Fortunately, Kate has handed over much of her knowledge and experience to the new **leadership team**, which is headed up by **Kerry Vinall**, our new president.

Assisting Kerry are:

- **Natasha Reddrop**, vice-president
- **Emma Warneke**, treasurer
- **Colleen Clarke**, secretary and public officer
- **Susan Greenbank**, who will be taking on the role of general manager from July.



The leadership team, together with the management committee, is already working hard to make sure that the Type 1 Diabetes Network fulfills its goals and continues to meet the needs of its members.

Please **contact us** if you have any questions or even if you just want to say hello - **we love to hear from our members!**

Some of the leadership team - from L to R: Kerry, Susan, Natasha

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Raising T1 awareness - thanks to a basketball sponsorship

Ok, firstly, no, we did not sponsor a basketball game, but someone else did. So, what has that got to do with us, you ask? Well, usually, sponsoring an event means you get to promote your own business or cause. Instead, this generous someone (aka: **Dave Salmon**) chose to promote the **Type 1 Diabetes Network more than** his own business, **Rescrap Metals**. Why is Dave more passionate about raising the awareness of T1 diabetes? His 15-year-old son, **Jake**, who plays for the **Knox Basketball Association**, has T1. Even so, by increasing the awareness of T1, Dave has also helped others in the same boat as his son - others he may not even know.

The **sponsorship** was **major** - obvious by how much 'airtime' we got: the Type 1 Diabetes Network was mentioned on the introduction page and featured on a **two-page spread** in the program. We were also mentioned several times during the game and **advertised on 3 huge signs** placed around the stadium, which will stay up all season. Not only that, our very own secretary, **Colleen Clarke**, **was invited to speak** at half-time about T1, the Type 1 Diabetes Network and what we do. This was her first public speaking engagement - and it was to an audience of around 400! According to Dave, his family and friends, Colleen spoke like a natural.



From L to R: Jake, Kathy, Colleen, Dave

All in all, the night was a success for both the Network and the Knox basketball team - which won both its games.

Finally, we'd like to extend a **HUGE** thanks to **Dave** for generously **raising awareness of T1 diabetes** and our network during the 2011 Knox basketball season.

***** Sponsored Announcement*****



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Have you thought about getting the flu vaccine?



Pic courtesy of Wellcome Images

Now that **winter** is pretty much here, will you get the **flu vaccine**? Have you even thought about it? Based on an article written by **Dr Michelle**, who happens to have T1 herself, **we reckon** that getting vaccinated against the flu is a **good idea**. To make an **informed choice**, you can read her **article** on our website [here](#). It explains the **difference** between the **common cold** and the **flu**, why we should consider getting vaccinated and where we can get the **vaccination**.

Also check out what some of you are saying about this topic on the forum - join the conversation [here](#) and [here](#).

***** Government Sponsored Announcement*****

PATIENT SAFETY PROGRAM SURVEY

The NH&MRC Patient Safety Program is recruiting **adults 18 to 35 years old** with **Type 1 Diabetes** for an anonymous **ONLINE Survey about how they manage their diabetes**.

The information collected may help improve health services for young adults with Type 1 Diabetes.

If you would like to complete an online survey or be a participant in a focus group with other young adults with T1DM, please contact Dr Janice Wiley at: j.wiley@unsw.edu.au



****Participants will go into a draw to win a 16GB Apple iPad with Wi-Fi!****

NH&MRC Patient Safety Program
Centre for Clinical Governance
Research
University of NSW
Kensington NSW 2052
Ph: 02 93858503
j.wiley@unsw.edu.au

Know a helpful, caring health professional? Say thank you



At times, some of us come across a **helpful health professional** who's switched on about T1. So instead of just spending time complaining about our bad experiences (which many of us do - it's only human nature!), we think we should spend some time **thanking** helpful **health professionals**. Why? Well, not only will your health professional feel **happy** and **motivated**, it will also make us feel good about ourselves. Besides, **sharing** the names of skilled health professionals means that more people will become aware of who they can go to for **friendly, professional advice**.

A good way to **thank** your health professional is to write them a **letter** and send it by '**snail mail**'. It's more personal than an email. You can find **tips** for **writing** a thank-you letter [here](#). If you want to **spread** the word **further**, an easy way to do it is to have them added to the list of **recommended diabetes health professionals** on our [website](#). There are already quite a few listed. So if you've had a positive experience with someone who's not mentioned on the list, send us an **email** - we'll make sure their name goes onto our website. Oh, and you can **share your experiences** on the [forum](#) too. We always love to hear a good story.

T1DCC Announcement for 4 June 2011 Get Together

T1DCC (Type 1 Diabetes Capricorn Connection) would like to extend a warm invitation to all adults living with type 1 diabetes, & their family or support person to attend our next **group get together**. It will be held at the **Rockhampton Community Health Centre**, corner Bolsover & Cambridge Streets, at **2:00pm** on **Saturday 4 June 2011**.

If you'd like to **meet like-minded** adults in the same situation & get **up-to-date information** from guest speakers on this disease, then **please come** along. **Light refreshments** will be provided.

For more information please **contact Katie Mitchell**, Coordinator of T1DCC, on 0429015454 or email: t1dcc@yahoo.com.au.

Do you have problems getting your pumps reimbursed?

As many of us know, **private health insurers** are required to cover **insulin pumps** as they're listed on the **Commonwealth Government's approved prostheses list**. So why is it that some health insurance companies make it so **difficult** for us to get **reimbursed**? Well, they'll tell you, it all **depends on the plan** you choose. But health plans are **not easy to read** - most are written in lengthy **corporate jargon** - so it's **tricky** to work out which plan



Pic courtesy of lilszeto

clearly covers insulin pumps and, at the same time, won't cost us an arm or a leg. Besides, the last thing we want is to shell out **\$\$\$** for a membership only to find out after the 12-month waiting period our plan doesn't cover pumps after all! **So, what should we do?**

Before taking out a plan, **always read the fine print** and ask the insurer plenty of questions. Better yet, get them to email you in **plain English** a list of plans that will cover insulin pumps - *no ifs or buts*. There's nothing like **written proof**. The **rep** from your insulin pump company may be able to help too. If you have anything to add or want to know what's been happening to other members, have a look at the discussion [here](#), or start a new thread on the [forum](#) to **share your experience**.

*******Sponsored Announcement*******

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To read more about Barbara, or win a Sweet Talk DVD, click here.

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Want to catch up with some other type 1-ers?

These informal meets are the perfect way to meet others in your area who have type 1 diabetes. Organised by everyday people, these unofficial get-togethers are a fun and relaxed way to get to talk to people who really understand!

In May there were meets in [Melbourne](#) and [North Brisbane](#). Keep an eye on the [Meet Forum](#) for meets in your area, or why not [organise a meet](#) yourself?

Quick shots

Hot topics on the Reality Check online forum include:

- [What incredible things do you do despite D?](#)
- [Diabetes acceptance](#)
- [Clever places to stash your pump](#)
- ['Fun' \(or not so much!\) stuff with D](#)
- [Treatments for frozen shoulder](#)
- [Excessive excess on PHI](#)

On Munted Pancreas, Parents of Kids with D are discussing:

- [Diagnosed recently with type 1 and coeliacs](#)
- [Setting alarms to remember to test](#)
- [How many BSL tests at school?](#)
- [Sick day ideas?](#)
- [Extra exam time?](#)

I hope you enjoyed this edition of Yada Yada. As usual, if you have any suggestions, just reply to this email.

All the best!

***From everyone at
The Type 1 Diabetes Network***

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