



Newsletter

Volume 13 February 2007

From personal experience I would like to remind all parents and those with diabetes to check keytones when sick, even if your numbers aren't that bad. Also give insulin when sick even if you can't eat! Sometimes people get into routines and forget the special circumstances when they pop up! Henry had the flu and couldn't even keep water down for a couple days...that meant a trip to Emergency and a stay at Doernbecher this month...not any fun! I am not proud that I couldn't take care of this myself, but it all happened so fast! Another reason we need a cure!

Don't you need a tee shirt! Summer is coming and orange is all the rage! We still have a few tee shirts available in both "Gold" and white. To order your **Rock Against Diabetes** tee shirts email Jennifer with your size requests and contact information.

If you are interested in cute and collectible items visit Grandma's corner" at 42nd Street Station Antique Mall. It is just off NE Sandy Blvd and 42nd St. Her corner case is on the lower level, space 8. Profits will go to the JDRF! Visit every month for new seasonal and specialty items.

This summer we will be looking for volunteers to help at Gales Creek camp for the 2nd annual Rockin Gales Creek Camp event. We work with the teenagers on writing, playing, and performing music. If you are interested in participating in some way please contact us. We are also looking at possibly acquiring some equipment/gear for the camp. The wish list includes some of the following: PA system of some sort, instrument amps for guitar and bass, drums, keyboards, multi track recording system, microphones, and microphone cables. If you or someone you know might be able to donate any of the above items PLEASE consider it! Last year the kids and volunteers had a great time, and learned a lot!

I also would like to take this opportunity to remind you about the JDRF auction May 5th at the Governor Hotel. The deadline for donations is March 30th, please consider donating something to this wonderful event!

Remember **Rock Against Diabetes NW** is not just a concert, it is an ongoing grass roots campaign to spread awareness and raise money for agencies that support research and work on improving the lives of those who live with diabetes.

This month think about forwarding this email to a friend or co-worker. With over 20 million American diagnosed with diabetes most of us know and love someone with diabetes. The more we network the better our chances are of raising money, improving treatment, and finding a cure! Think of Henry at age 4 laying in a hospital bed with an IV in one arm, attached to multiple wires and sensors monitoring vitals, getting blood tests hourly, and just plain miserable. This time it was the stomach flu, last time it was his diagnosis, and there will probably be a next time unless we find a cure.

Thank you for your ongoing support,
The Kilman Family
Jennifer, Tom, George, Henry, Kate, and Ellen