



# TEAM WHATEVER

JOIN THE COLLINS AND BERLINER FAMILIES FOR THE JDRF "ONE WALK"  
TO CURE TYPE 1 DIABETES, SUNDAY, OCTOBER 9, 2016

Dear Friends and Family,

Please join **Team WHATEVER**, and the Berliner and Collins Families, once again, in the JDRF "One Walk" to Cure Type 1 Diabetes on Sunday, October 9, 2016 on the Avon Boardwalk.

The love and support of Team WHATEVER—family, friends, teachers and nurses—are the #1 reasons Kieran (9, Ranney '25) and Lindsay (10, Ranney '24) know, without a doubt, that one day there will be a cure for diabetes. Your support gives them hope, and your generosity has allowed our team to contribute close to \$45,000 over the past three years to fund research for the cure. Thank you!!

We hope you will join us again this year! Lindsay and Kieran wanted to share with you, in their own words, just what your support means to them...



Team WHATEVER 2015



You would think that this disease, diabetes, would ruin your life and damage your normal lifestyle, but now that I have had it for six years, it's whatever, this is how I live and I don't know how to live any other way. But this summer I was at sailing camp and I was really low and I didn't have any juice left. I fell asleep in my boat and my counselors didn't see me. Luckily my mom called me on my cell phone and woke me up (if she didn't I might have gone into a coma!). She knew I was super low because of my Dexcom (continuous glucose monitor)—it sends my sugar levels through Bluetooth to my phone and my mom gets my numbers on her phone.

When I was diagnosed, you had to prick your finger every time you wanted to see your number. Now I can just look on my phone and see, "122, that's a perfect number." I used to have shots that hurt me, annoyed me, and left bruises on my arm. Then we got the Omnipod (insulin pump) and the Dexcom. Someday there might be a robotic pancreas! All of the people who have supported our JDRF walk every year are helping make life normal. I just want to say thank you and I am so happy that you are being so generous to help cure Type 1 and all of the people in the world that have diabetes. Really, thank you.

Kieran

This Summer I went to sleep away camp for 2 weeks. It wasn't any ordinary sleep away camp. All the counselors and campers had Type 1 Diabetes, just like me. There were nurses that tested me every night while I was asleep at 11:00 pm and 3:00 am. It was really nice having everyone around me who understood what it felt like to have high or low blood sugars, who knew why I tested my blood before each meal, and why I wear a white plastic pump on my arm. I am learning how to take care of myself more independently. I was given the responsibility of counting my carbohydrate intake at every meal. I also learned how to change my insulin pump on my own and was able to move it from my arms to another part of my body for the first time in three years. I shared a bunk with 7 really nice girls (ages 8-12 years old) and 4 counselors. We were assigned bunk and kitchen chores, slept outside under the stars and went on a white water rafting trip down the Delaware River. Being my first time away from home I was extremely homesick. (Thank you to everyone who wrote to me.) It was an experience I will never forget.

When I was first diagnosed I thought it was going to be the end of the world. As much as I hate it, it's made me a stronger person and made me tough. I now know I can do anything if I put my mind to it. I am proud to walk with all of you amazing people to help find a cure. Thank you for your continued support.

Lindsay



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**What is Type 1 diabetes and how does it differ from Type 2?** Type 1 diabetes causes the pancreas to stop making insulin, the hormone in our bodies responsible for regulating blood sugar (glucose). Type 2 diabetes can either mean that your body does not make enough insulin, or that it doesn't respond to insulin properly (insulin resistance), or both. Research to support a cure for diabetes will help both those with Type 1 and Type 2. There are 3 million individuals with Type 1 in the U.S.; there are 29 million individuals with Type 2 (over 9% of the population in the U.S.).

**Why do diabetics have to test their blood glucose so often?** Testing glucose with a finger prick allows you to see your current blood glucose, which for a diabetic can range from 45 to over 300 (the range of a non-diabetic is 80 to 120). Diabetics need insulin to both regulate or correct blood sugar (to try to bring in back within a normal range) and also to break down carbohydrates in food. The amount of insulin that Kieran, Lindsay, and other diabetics need at any given moment is dependent on: the time of day, how much glucose is in the blood, what the person is eating, and how much the person has been exercising. Too little insulin and blood glucose levels spike high; over a long-term this can lead to heart disease, kidney failure, blindness and limb amputation. Too much insulin and blood glucose levels can fall so low that brain cells lack the fuel they need to function. At critically low levels, this can lead to coma or death.

**To help us find a cure for T1D, please consider making a donation to the Juvenile Diabetes Research Foundation (JDRF), joining our team, or both!** We would love to have you with us in person or in spirit! Also know, we are committed to this cause until there is a cure...please don't feel obligated to donate every year.

## JDRF "ONE WALK"

Sunday, October 9, 2016, Avon-by-the-Sea Boardwalk

Registration at 9 am / Walk begins at 10 am

You can donate or join the team by going to our team page: <http://www2.jdrf.org/goto/WHATEVER>, or you can mail your contribution to either of the addresses listed below. Please make checks payable to JDRF.

Tristram and Jennifer Collins  
32 Johnson St, Brick, NJ 08724  
jennifer-collins@comcast.net  
(917) 453-3603

Andrew and Jackie Berliner  
6 Deer Path Lane, Colts Neck, NJ 07722  
ajbwater@aol.com  
(732) 492-4475

**Why Team WHATEVER? Because we will do whatever it takes to keep Kieran and Lindsay healthy and thriving, and together, we will do whatever it takes to find a cure for T1D.**

**THANK YOU FOR BEING ON OUR TEAM!**

Love,

Andrew, Jackie, Lindsay, and Brooke Berliner

& Tris, Jennifer, Crosby, and Kieran Collins