

UPSTATE NY

To prevent and cure diabetes and to improve the lives of all people affected by diabetes.
We lead the fight against the deadly consequences of diabetes and fight for those affected by diabetes.

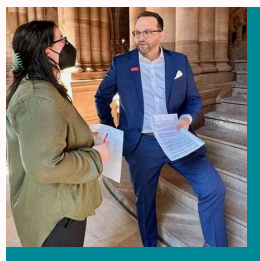


VISIT US AT [DIABETES.ORG](https://diabetes.org) & FOLLOW US ON FACEBOOK @[ADAUPSTATE](https://www.facebook.com/ADAUPSTATE)

MAR. 2024



A LETTER FROM OUR EXECUTIVE DIRECTOR



There's a lot happening in our region this year, and it's hard to know where to start. Let's begin with advocacy! The ADA has long led the fight for insulin affordability with co-pay caps and other policies that make diabetes treatment more affordable. Recently, I had the honor of representing the ADA, along with several of our amazing advocates, at a press conference at the state capitol celebrating the inclusion of eliminating insulin copays for state regulated health plans. Stay tuned for updates as the state budget is finalized!

We recently hosted our kickoff events for both Tours and officially started Tour season, with only three months to go! I hope to see you there. Also on the Tour front, I recently had the opportunity to interview with Audacy Rochester alongside Todd Buzard, Chair of Tour de Cure: Finger Lakes, and his son Ryan, an amazing Red Rider. We're grateful that Ryan is willing to share his story to raise crucial awareness.

A new event this year is our 2024 State of Diabetes: Buffalo event in November. This annual gathering will unite influential figures across various sectors, including employers, industry leaders, health care providers, payers, and community experts. Stay tuned for more details over the next few months!

These are just a few of the many great things happening this year in our region to support all those living with diabetes. Keep an eye out for more happenings and thank you for your continued commitment!

Jeff Collins

Ask the Experts

Your Medication Questions Answered



April 9
2:00 p.m. ET



Understanding your medications can be overwhelming. What medications are right for me? Are there side effects? Who can I ask questions about them? Join us as we discuss medications used to manage diabetes.

Register for this event by visiting bit.ly/49bxEck.

New Report Highlights Diabetes Research Advances and Achievements

The ADA released its [2023 Research Report](#), highlighting investments in advancing diabetes research and clinical practice. ADA research grants focused on innovative projects with high impact and helped researchers establish collaborative networks to move their innovations into the hands of people living with diabetes.



“Research at the ADA is the engine that drives clinical advances by catapulting them into practice. 2023 has brought many prominent achievements. We are incredibly proud of our legacy of highlighting science and eager to build on this research to move even closer to a world free of diabetes and all its burdens,” said Charles “Chuck” Henderson, the ADA’s chief executive officer.

ADVOCACY

Our advocacy work continues in full swing! Earlier this month the American Diabetes Association® joined forces with [Phara for Assembly](#) and [Hon. Gustavo Rivera](#), calling for the elimination of insulin copays for state-regulated health plans in NY. Find out more in the insulin copays section at politi.co/3PlAvIU.

Let's stand strong together in the fight against diabetes! [#WeFightDiabetes](#) [#MakeInsulinAffordable](#)



[Deviled eggs](#) are a great low carb snack or appetizer. And, perfect for Easter time if you have a lot of leftover dyed eggs! This traditional take features zesty dijon mustard and horseradish for extra flavor without a lot of added salt. We subbed most of the mayonnaise for plain yogurt for a lighter filling.



2024 TOUR DE CURE

We're Not Stopping Until There's a Cure!

Tour de Cure is the premier cycling fundraising event of the ADA that creates a sense of unity and shared purpose in the fight to end diabetes. Cycling routes are available for all ages and abilities.

CAPITAL REGION

DATE 06/02/2024

SIGN UP TO VOLUNTEER [HERE](#)

REGISTER NOW [DIABETES.ORG/CAPITALREGION](https://diabetes.org/capitalregion)

FLX REGION

DATE 06/08/2024

CHECK OUT THE ROUTES [HERE](#)

SIGN UP TO VOLUNTEER [HERE](#)

REGISTER NOW [DIABETES.ORG/FLXREGION](https://diabetes.org/flxregion)

CAPITAL REGION KICKOFF



FINGER LAKES REGION KICKOFF



TOUR de CURE
American Diabetes Association.

IN TRAINING

Earn your 2024 Tour de Cure® In Training shirt!

To earn, participants need to raise \$150 online.
Funds must be raised prior to 4 weeks before your event.



Follow these simple steps to ensure that you receive your very own In Training shirt!

1. Register for Tour de Cure at: www.diabetes.org/tour
2. Raise \$150 online by:
30 days prior to your event day
3. Rock your 2024 In Training shirt as you ride in preparation for:
Tour de Cure

CAMP ASPIRE

ROC the Rink with the Rochester Americans - presented by the American Diabetes Association - Camp Aspire on Friday, April 12th at 7:05pm! Come celebrate all things Rochester as the Amerks take on the Belleville Senators!

Purchase tickets [HERE](#). This exclusive offer includes access to tickets up to 25% off the normal gameday rate.

Camp Registration is now open! If you have not signed up for our camp emails, visit our camp page on diabetes.org/camp.



2024 State of Diabetes

The State of Diabetes, an annual event organized by the American Diabetes Association® (ADA), serves as a pivotal gathering uniting influential figures across various sectors. This event brings together employers, industry leaders, health care providers, payers, and community experts on a shared platform. The primary objective is to engage in critical discussions addressing the contemporary landscape of diabetes, the financial impact on employers and their employees, leveraging ADA resources, and featuring an expert panel along with a networking session.

Where
Venue Coming Soon!
Buffalo, NY

Date
11/14/2024
Starts
8:30 AM EST
Check-in Time
8:00 AM to 8:30 AM EST

Contact
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2024 CALENDAR

04/13/2024	CAMP ASPIRE AWARENESS NIGHT AT THE AMERKS
06/02/2024	2024 TOUR DE CURE: CAPITAL REGION
06/08/2024	2024 TOUR DE CURE: FINGER LAKES REGION
08/11/24 - 08/16/2024	CAMP ASPIRE
11/14/2024	2024 STATE OF DIABETES: BUFFALO