

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.



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DEC. 2023



A LETTER FROM OUR EXECUTIVE DIRECTOR



Welcome to our ADA Upstate New York quarterly newsletter! Our goal with this communication is to keep you apprised of all things ADA both within our region and across the entire organization. I encourage you to provide us with feedback so that we can ensure we are providing the most pertinent information regarding the fight against diabetes.

As this year comes to an end, and we reflect upon the successes of the year, I wanted to share with you a few of our most significant wins for 2023...

We started off our event season with the Tour de Cure: Capital Region. It was so great to have this event back and to see our Tour community reunited. We rode out of Ellms Family Farm and raised more than \$250,000! Next up on the schedule should have been the Tour de Cure: Finger Lakes Region, however the Canadian wildfires had other plans. Due to poor air quality we had to shift the event to mid-July. Thanks to the Upstate NY team, our amazing planning committee, and our vendors, the transition was seamless. The campaign raised more than \$443,000 despite the challenge thrown in front of us by mother nature.

On the Youth & Family front, I am happy to share that we brought children together in two significant ways to serve all those impacted by diabetes. Camp Aspire was once again two weeks of wonderful memories for our campers as they gained confidence and improved their diabetes management skills. For anyone who has been to camp knows that the highlight of the week is always Color Wars Day. Additionally, thanks to the Buffalo Niagara YMCA we were able to implement Project Power Youth, our health and wellness initiative aimed at reducing childhood obesity, at three locations over the summer. Thanks to local funding we also trained community partners in Syracuse and the Southern Tier and will be implementing the program in the new year.

With it being the holiday season, a time in which we should all take a moment to reflect and show gratitude, I think it is only fitting that I thank all our volunteers that make what we do possible. The work we were able to accomplish this year couldn't have happened without the leadership of our Community Leadership Board. Our Tour de Cure events would not be such memorable days without our committee members or volunteers. The same can be said for all our Camp Aspire and Project Power Youth volunteers. There are also countless individuals, who have committed their time, energy and resources in support of the more than 37 million Americans living with diabetes. For all that you have and continue to do, I say thank you!

On behalf of the Upstate NY team, we wish you and yours a holiday season filled with peace, joy, and prosperity. We can't wait to see what we will accomplish together in the coming year as We Fight to find a cure.

Jeff Collins

The American Diabetes Association® (ADA) released the [Standards of Care in Diabetes—2024](#) (Standards of Care), a set of comprehensive and evidence-based guidelines for managing type 1, type 2, gestational diabetes, and prediabetes based on the latest scientific research and clinical trials. It includes strategies for diagnosing and treating diabetes in both youth and adults, methods to prevent or delay type 2 diabetes and its associated comorbidities like cardiovascular disease (CVD) and obesity, and therapeutic approaches aimed at minimizing complications and enhancing health outcomes.

NEW!

Standards of Care
in Diabetes—2024



"The latest ADA guidelines present pivotal updates for health care professionals, ensuring comprehensive, evidence-based care for diabetes management. These changes reflect our ongoing commitment to optimizing patient outcomes through informed, adaptable, and patient-centered health care practices," said Robert Gabbay, MD, PhD, the ADA's chief scientific and medical officer. "The ADA's Standards of Care ensures health care professionals, especially our primary care workforce, provide the best possible care to those living with diabetes."

ADVOCACY

As part of the Inflation Reduction Act, President Biden signed a historic provision that caps what seniors on Medicare pay for insulin to \$35 per month. As you know, this accomplishment has been years in the making, driven by the American Diabetes Association's (ADA's) leadership on the issue of insulin affordability and lower out-of-pocket costs. In the weeks leading up to this vote, more than 71,000 advocates reached out to their representatives and senators through the ADA's Advocacy Engagement Platform. We greatly appreciate you raising your voices in support of passing the first national insulin co-pay cap.

As happy as we are about this historic news, we are extremely disappointed the Senate did not cap monthly co-pays on insulin in commercial plans. The cost of insulin has become out of reach for too many people with diabetes and our work is not over until we make insulin affordable for all people who rely on it to live.

In the meantime, we have created [What You Need to Know: Important Information about the Inflation Reduction Act \(PDF\)](#). This resource provides information about the new Medicare insulin co-pay cap, a provision that sets an annual out-of-pocket maximum for prescription drugs for Medicare beneficiaries, and an extension of current health insurance subsidies for individuals and families through 2025.



'Tis the season to be surrounded by holiday indulgences. Luckily, you can make your own wise upgrades to festive favorites right from your kitchen, creating better-for-you bites with no excess saturated fat or added sugars in sight. Try one, two, or all [these simple culinary tips](#) this holiday season that still offer the memorable aromas, tastes, and traditions at the table for all.



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

STARTS 7:00 AM

CHECK-IN TIME 6:00 AM TO 9:00 AM

WHERE ELLMS FAMILY FARM

448 CHARLTON RD BALLSTON SPA, NY 12020

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



FINGER LAKES REGION

DATE 06/08/2024

STARTS 7:00 AM

CHECK-IN TIME 6:00 AM TO 9:30 AM

WHERE FINGER LAKES COMMUNITY COLLEGE

3325 MARVIN SANDS DRIVE CANANDAIGUA, NY 14424

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

**REGISTER & RAISE
\$75.00 BY
DECEMBER 31ST TO
EARN YOUR OWN
PAIR**



CAMP ASPIRE

Embrace the Spirit of Camp

There's something magical about ADA Camps—where children living with diabetes can just be kids.

Registration for **Camp Aspire** in Rush, NY opens February 14th so get those calendars ready and set those reminders!

If you have not signed up for our camp emails, visit our camp page on diabetes.org/camp.



PROJECT POWER YOUTH



No shame. No blame. Just one aim. **Project Power** is a fun no-cost program, for kids ages 5-12, which aims to slow the trajectory of childhood obesity and help reduce its consequences.

During the year we were able to bring Project Power Youth to several communities throughout Upstate NY, including Buffalo, Rochester, and Syracuse. We would like to thank our community partners, The YMCA of Buffalo Niagara, Encompass Resources For Learning in Rochester, and The YMCA of Central NY, for implementing Project Power in their communities. We look forward to serving additional youth in 2024!

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