

**PADRE**

FOUNDATION

ACCEPTING. ADVANCING. AMAZING.

WE ARE

Pediatric-Adolescent  
Diabetes Research Education

**AMAZING**



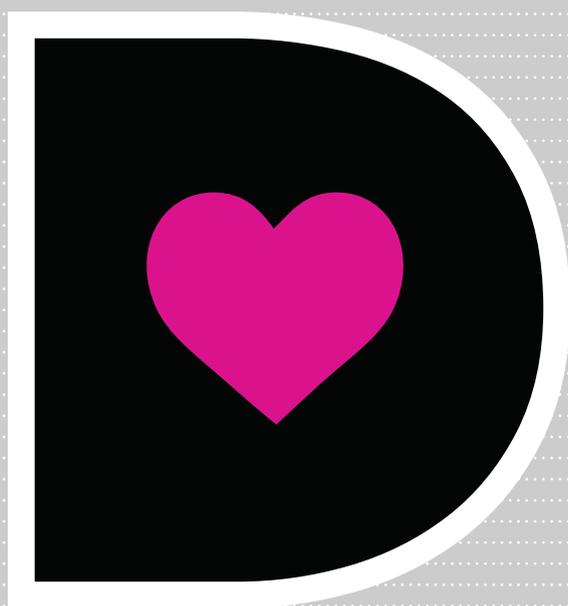
**Yes, we have  
Type 1 Diabetes,  
but it doesn't stop us.  
And for that,  
we are amazing.**

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We've been diagnosed with a disease, a life-altering, earth-shattering disease, but with the help of PADRE it's made us stronger. Armed with education and supported by a network of peers, PADRE has transformed us into bright, young, confident members of society and given us the tools we need to live outside the bounds of our predicament.

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**Thank you PADRE, for teaching us acceptance, for encouraging our advancement and for making us amazing.**





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Since 1985, the Pediatric-Adolescent Diabetes Research and Education (PADRE) Foundation has been dedicated to improving the lives of the youth and families living with Type 1 Diabetes by providing exceptional education, support and events for all children with diabetes, as well as for their parents and siblings. We believe we can inspire kids to lead amazing lives until a cure is found.

## LETTER FROM THE BOARD OF DIRECTORS

Dear Friend,

The PADRE Foundation was founded in 1985 as a 501(c)(3) not for profit organization designed to support the needs of Southern California children and adolescents who have diabetes, and their families, through a program of diabetes health EDUCATION, support groups and events. It was founded by a group of parents who recognized the need in Orange County, California for education, resources and support for families who have children with diabetes.

Today, PADRE serves more than 2,400 pediatric patients annually throughout the greater Southern California area. As an independent non-profit organization, PADRE is dedicated to serving the community through its free diabetes self-care and SUPPORT programs. These programs are designed to improve diabetes self-management which positively affects the health outcomes of youth participants, and teaches valuable coping skills which ultimately strengthen the family function.

Most of us on the board have either a son or daughter living with Type 1 Diabetes and we know first hand what a positive impact PADRE has in the lives of our children and their families. Although PADRE has reached many families, we know there are many more out there that need this AMAZING organization.

We invite you to take the time to meet some of the members of our PADRE family in the following pages to see how much your monetary support means to us.

Sincerely,

PADRE Board of Directors

## WHAT IS TYPE 1 DIABETES?

Type 1 Diabetes (T1D) is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. It occurs when the body's immune system attacks and destroys the insulin-producing cells in the pancreas, called beta cells. Its onset has nothing to do with diet or lifestyle. There is nothing you can do to prevent T1D, and-at present-nothing you can do to get rid of it.

### Affects Children and Adults

Type 1 Diabetes strikes both children and adults at any age. It comes on suddenly, causes dependence on injected or pumped insulin for life, and carries the constant threat of devastating complications.

### Needs Constant Attention

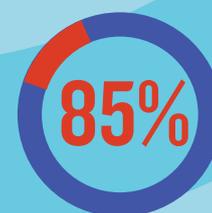
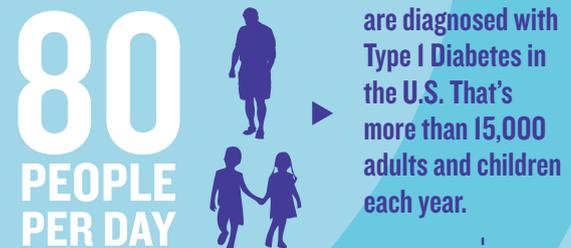
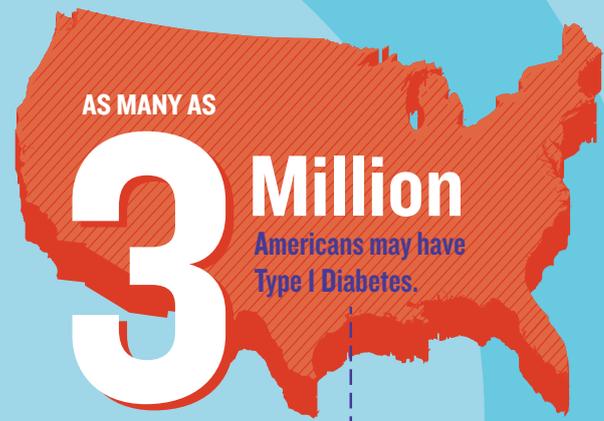
Living with T1D is a constant challenge. People with the disease must carefully balance insulin doses (either by injections multiple times a day or continuous infusion through a pump) with eating and daily activities throughout the day and night. They must also test their blood sugar by pricking their fingers for blood six or more times a day.

### Not Cured By Insulin

While insulin injections or infusion allow a person with T1D to stay alive, they do not cure the disease, nor do they necessarily prevent the possibility of the disease's serious effects, which may include:

- > kidney failure
- > blindness
- > nerve damage
- > amputations
- > heart attack
- > stroke and
- > pregnancy complications

### STATISTICS:



of people living with Type 1 Diabetes are adults.



The rate of Type 1 Diabetes incidence among children under the age of 14 is estimated to increase by 3% worldwide.

# What is it like to have T1D?

Ask people who have Type 1 Diabetes, and they will tell you: It's difficult. It's upsetting. It's life-threatening. It never goes away. But, at the same time, people with T1D serve as an inspiration by facing the disease's challenges with courage and perseverance and don't let it stand in the way of achieving their goals.



**Sure, surf camp helps  
teach me to monitor my  
diabetes, but it also helps  
me meet cute girls.**



# **Acceptance through education**

Our main goal at the PADRE Foundation is to educate children, teens and their families about living with Type 1 Diabetes. When families have questions, we have answers. A sampling of our classes is listed below.



#### **Advanced Diabetes Skills**

Take diabetes management to the next level - get your questions answered. In the class you'll discover how to figure out a correction scale when blood sugar is out of range, how to dose for extra food, which insulin to adjust and how to do it, and much more.

#### **Caregivers Class**

Training for caregivers that help them understand diabetes basics. This is a great class for grandparents, relatives, babysitters and anyone else outside the family who will be responsible for the care of the child with Type 1 Diabetes. This class is conducted by a Registered Nurse and Certified Diabetes Educator.

#### **Carbohydrate Counting**

Open to all families interested in pump therapy and intensive management. This is also a good "refresher class" to go over the importance of counting carbohydrates. Children attending should be at least 8 years old. This class is conducted by a Registered Dietitian.

#### **Celiac Disease Support/Type 1 Diabetes Group**

Provides a foundation for families to come together and share what works great, share recipes, tasteful gluten-free products. Dietitian leads class.

#### **College Preparation**

For High School juniors and seniors and their parents. Topics covered are diabetes care away from home, preparation, classes, discussion about college, work, social interactions and the responsibilities of living on your own.

#### **Diabetes Teen Driving**

Covers DMV legal aspects of driving, ORANGE obligations, your responsibilities. Parents, drivers and potential drivers 15-19 encouraged to attend.

#### **Girls Rock**

For teen girls ages 13-18 years of age and their mothers. Learn how hormones affect diabetes control. Discuss the preparing the way for having a safe and successful pregnancy in the future.

#### **Insulin Pump Classes**

Two classes offered. Pump Basics - class for those interested in learning about the pump, how it works, who should wear it, and insurance issues. Advanced Pump Therapy – a class for those who have had the pump for 4 months or more and want additional/professional training.

#### **Insulin Shot Class**

A fun class for kids who are 7-11 years old who want to learn about giving their own shots. Parents are requested to attend. Please be sure to check online dates, times and locations as all these classes vary.

**Everyone forgets I have  
a disease all together.  
I mean, my classmates  
still only make fun of  
me for that one time I  
misspelled “spicy” in  
front of the whole school.**



# Advancement through support



The PADRE Foundation offers unconditional support to children, teens, and families. Through the PADRE Foundation kids learn that they are not alone and that there are other kids just like them. Imagine going to summer camp and seeing others checking their sugar levels... just like you.

Imagine being inspired to learn how to surf even while wearing an insulin pump. Imagine finally enjoying the tastes and treats of the season at an Annual Harvest Carnival. Imagine watching the faces of the PADRE children shine in the Annual PADRE Fashion Show. Imagine creating special moments with fellow PADRE family members at the Annual Holiday Party. The support and camaraderie among our members is priceless.

**I don't need special  
treatment because I  
have Type 1 Diabetes,  
I need special treatment  
because I'm awesome.**



**Help us sp  
amazing**



# read the

When you combine the informational educational programs with the unconditional support from other PADRE families the results are amazing. You know that you are accepted and loved for being you. And we often say, "Living with Diabetes isn't fun...or is it?" We've accepted our diagnosis and now we are going to live the life we are meant to live.

Your donation truly makes an AMAZING difference in the lives of our children with Diabetes and their families through classes, support groups, retreats and outings that are provided by the PADRE Foundation. We know that your contribution will bring hope and support to many families living with the disease in the greater Southern California area.



**FOR CORPORATE SPONSORSHIPS  
PLEASE CONTACT THE PADRE OFFICE  
AT 714.509.8330**

To make a donation please visit our website at:  
[PadreFoundation.org](http://PadreFoundation.org)

The PADRE Foundation is a nonprofit corporation with exempt status under section 501 (c)(3) of the Internal Revenue Code.  
Our tax I.D. number is 33-0099451.

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