

# Top 10 Things JDRF Can Do For YOU



- 1. Provide the most cutting-edge diabetes research information.** JDRF has exciting, understandable research information that can be sent to your mailbox, inbox or is available on our website. To sign up for research e-newsletters or learn more about our focus areas, please visit [www.jdrf.org](http://www.jdrf.org) and select the "Publications" tab.
- 2. Send you a Bag of Hope.** Rufus, the cuddly bear with diabetes, is at the heart of our "Bag of Hope" for newly-diagnosed children. The Bag of Hope also contains kid-appropriate books, a DVD, JDRF and type 1 diabetes information, and much more. To receive a Bag of Hope, please contact your local JDRF chapter, or call 1-800-533-CURE (2873). *Due to limited supplies, we can only send a Bag of Hope to families that have a child diagnosed with type 1 diabetes in the last three months.*
- 3. Match you with a trained JDRF mentor.** JDRF has a team of trained mentors available to provide support to anyone living with type 1 diabetes. Mentors are able to help both newly-diagnosed and veteran people with type 1. To be connected with a mentor, please contact your local JDRF chapter, call 1-800-533-CURE or email [info@jdrf.org](mailto:info@jdrf.org).
- 4. Share a Toolkit.** *School Advisory Toolkit* - Working with your child's school can be challenging. JDRF designed a toolkit to help parents communicate effectively with teachers and school staff. Download this kit at [www.jdrf.org/satrequest](http://www.jdrf.org/satrequest) or email [info@jdrf.org](mailto:info@jdrf.org) for a hard copy. *Adult Type 1 Toolkit* - We do recognize that in many cases "there is nothing juvenile about type 1 diabetes". JDRF designed a toolkit to help adults living with type 1 diabetes. It is writing by adults with type 1 and is full of practical, personal information for adults at every life stage. Download this resource at [www.jdrf.org/adult](http://www.jdrf.org/adult) (available Fall 2009)
- 5. Connect you to Juvenation.** Juvenation is JDRF's social networking site geared for teens and young adults living with type 1 diabetes. The site helps address the unique needs of a population transitioning from adolescence into adulthood, and is also very helpful for parents. Visit [www.juvenation.org](http://www.juvenation.org).
- 6. Invite you to JDRF family events.** Each JDRF Chapter has a variety of events where you can meet other families or adults living with type 1 diabetes. Ranging from support and educational events to fundraising events like the Walk, rides, and other events. These are great ways to network with others with type 1 and learn more about type 1 care and management. For more information on JDRF events in your area, please contact your local chapter by visiting [www.jdrf.org](http://www.jdrf.org) and selecting the "Locations" tab.
- 7. Answer your questions online through our support team.** Enter a question or concern on our website and a JDRF volunteer will personally respond to you via email. Our cyber volunteers are people living with and managing diabetes every day that are here to support you. You can submit questions by selecting the **Online Diabetes Support Team** section of "Life with Diabetes" at [www.jdrf.org](http://www.jdrf.org). *(Please note that our volunteers are not medical experts and cannot provide medical advice.)*
- 8. Connect you with other families or adults with type through networking get-togethers.** These group meetings provide support for you and your family, and connect you to other families and people living with diabetes nearby. For more information, please contact your local chapter.
- 9. Provide you with helpful information.** Want travel tips? Need information on insurance coverage? Interested in a listing of local diabetes camps? For answers to these questions and more, select the "Life with Diabetes" tab at [www.jdrf.org](http://www.jdrf.org).
- 10. Empower you to make a difference.** Sign up to be a government relations advocate, pushing for important legislation and diabetes funding. Our team will tell you exactly who to call and what to say as issues arise. Visit [www.jdrf.org/advocacy](http://www.jdrf.org/advocacy) for more information and to register.

For more information, please visit [www.jdrf.org](http://www.jdrf.org) or call 800-533-2873 (CURE).

# Top 10 Ways YOU Can Help JDRF



1. **Make a personal gift.** Donations are tax deductible as allowed by law and make a significant difference in our fight for a cure. Contact your local chapter or visit [www.jdrf.org](http://www.jdrf.org) to learn more about supporting diabetes research through JDRF.
2. **Make a planned gift.** Include JDRF as a beneficiary of your estate. Become a member of the Beta Society and help ensure the future of critical diabetes research. For more information, visit <http://www.jdrf.planyourlegacy.org/>.
3. **Be a part of our tribute program.** Through this highly successful program, you can celebrate a special occasion or remember someone you miss with a gift honoring a friend or loved one. You can make a donation online at [www.jdrf.org](http://www.jdrf.org) or over the phone at 1-800-533-CURE.
4. **Help out at the office.** We have envelopes to stuff, faxes to send, copies to make and a database to keep up to date! For more information about volunteering, please contact your local JDRF chapter by visiting [www.jdrf.org](http://www.jdrf.org) and selecting the "Locations" tab.
5. **Volunteer at an event.** Pass out t-shirts or help set up for the Walk sites. Be a part of the team putting together the silent auction on Gala night. Each year, JDRF needs a virtual army of volunteers to make our special events a success. For more information about volunteering, please contact your local JDRF chapter.
6. **Serve on a Chapter committee.** Coordinate a Walk site. Help plan our Gala program. Solicit items for future auctions. Serve on our Corporate Recruitment Committee and tap into your professional contacts to help create a new partnership. Please contact your local JDRF chapter to learn about serving on a committee.
7. **Participate in our government relations program.** Help us reach out to elected representatives about diabetes-related policies. Thousands of JDRF advocates write letters, send emails, and make phone calls to state and federal officials whenever an issue of importance to diabetes or healthcare policy surfaces. Visit the Advocacy section on our website for more information and to register.
8. **Donate through your business.** Make a gift of your printing or design services. Use your public relations firm to help get media coverage for a chapter event. Donate a company product or an item for our live and silent auctions. For more information about in-kind donations, please contact your local JDRF chapter.
9. **Join our auxiliary partner program.** Hold a party for JDRF. Coordinate a restaurant opening, baseball game, motorcycle ride, garage sale or special shopping day, with the dollars raised benefiting JDRF and diabetes research. The only limit is your imagination! Contact your local JDRF chapter with details about your event.
10. **Use your company's matching gift program.** Many companies match or even double employee contributions! It's an easy way to make your gift to JDRF go even further. Contact your local JDRF chapter if you are interested in contributing to JDRF through your company's matching gift or employee giving programs.

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