

AYUDA NEWS

SPRING 2012



The spring edition of the AYUDA newsletter will introduce you to our terrific 2012 AYUDA volunteers and update you on all of our programs and activities.

Volunteer Training Program Summit

On March 31st, the 2012 AYUDA volunteers met in-person for the first time to participate in the Volunteer Training Program (VTP) Summit. During this two-day summit, hosted at AYUDA's offices in Arlington, the group of 31 volunteers and volunteer mentors took part in a host of workshops on topics ranging from diabetes management in resource poor settings to how to become a social change-maker. Some of the highlights of the summit included a discussion lead by Dr. Jonny White, who addressed the importance of storytelling in advocacy, and a lively workshop by Shelly Yeager on fundraising. Volunteers also had an opportunity to join in country-specific sessions with the leaders of AYUDA's in-country partners the FDJE (Fundacion Diabetes Juvenil Ecuador) and AAV (Aprendiendo a Vivir). During these sessions, the volunteers heard inspiring stories from in-country youth leaders, such as Yovanny, who spoke movingly about how he was living with his type 1 diabetes diagnosis in the Dominican Republic.

"Great weekend!!!! [I] wish it was summer now! [The Summit] inspired me to raise more money and practice my Spanish – also it was a great recharge for me personally in my diabetes management."

*-2012 AYUDA volunteer
via the VTP Summit Evaluation*

Although volunteers previously had a chance to connect online via the e-course – the Summit provided a great opportunity for them to meet in person, to share experiences, bond and, of course, dance!

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2012 volunteers hard at work at the VTP Summit

Outreach in Ecuador

In March 2012, AYUDA's Volunteer Mentors Sam Wohns and Corey Greenblatt, Director of International Operations Merith Basey and AYUDA Co-Founder Dr. Nicolas Cuttriss, traveled to Ecuador to work with the FDJE and implement a type 1 diabetes training workshop for local doctors in the region of Santa Elena. A total of 29 doctors attended the program, held in the main public hospital in Santa Elena, one of the poorest regions in the country. Located in a region with just 1 doctor per 10,000 people, Santa Elena was chosen due to the low level of diabetes education among health workers and the high number of children supported by the FDJE. In an area where the average monthly income is estimated to be \$260 per month, many of the provisions that these children living with type 1 diabetes need (such as insulin, syringes and blood glucose strips) would be hard to afford without the support of the FDJE, who sponsor about 50 low income children with diabetes across the country, many of whom are in Santa Elena. In addition to these supplies, home visits and education programs are critical to ensuring that these young people get the best care and support possible for their diabetes.

In addition to the training, AYUDA and the FDJE conducted a family education program in Quito that was attended by over 100 people, including children and youth living with diabetes and their families.



Family members participating in a sack race at the family education program in Quito in March 2012

Education in Haiti

In February 2012, Director of International Operations Merith Basey was invited to Port au Prince, Haiti, to support local diabetes organization FHADIMAC (Fondation Haïtienne de Diabète et de Maladies Cardiovasculaires) to participate in the first-ever diabetes education program for young people with type 1 diabetes in Haiti. The weekend program included 27 youth participants from the ages of 8 to 28. Merith returned from the program profoundly affected and looking forward to finding ways in which AYUDA can support the work of FHADIMAC in the future.

As a primary step, AYUDA will be inviting several of the Haitian youth leaders living with diabetes to attend the Dominican diabetes education program 'Campo Amigo Dominicano' planned for June. (Remember, Haiti and the Dominican Republic share the same island). A further need assessment will be completed in order to understand how AYUDA support can best address the needs of FHADIMAC.



A group photo of the participants at the education program in Haiti

With more than 3,000 permanent members, FHADIMAC is a fully private Haitian foundation specializing in the management of diabetes. It plays an essential role in the lives of thousands of people with diabetes and those living with high blood pressure by providing them with the important advice and access to long-term treatment that would otherwise remain out of reach because of the high cost of medical care.

Run/Walk for diabetes in Dominican Republic

On June 3, 2012, AYUDA will support its local partner in the Dominican Republic – the AAV – as they host their first-ever 5 and 10K run/walk in Santo Domingo to raise awareness about diabetes and the importance of exercise. In a country where more than 15% of the population has diabetes (type 1 and 2) and over 70% do not exercise, the aim of the race is to promote healthy lifestyles and elevate the levels of physical activity. Leading the pack in this campaign will be the members of AAV living with type 1 diabetes who already understand the importance of a healthy lifestyle.

For more, visit their Facebook page and new website www.facebook.com/ganemosle or connect on Twitter: @ganemosle #ganemosle.



One of the banners for the AAV's 10K in June - featuring Dominican celebrities living with diabetes

Give a Warm Welcome to AYUDA's Newest Family Members: The 2012 Volunteers!



After a competitive selection process, AYUDA selected 25 new volunteers. The 2012 team, which includes new volunteers plus volunteer mentors, experienced volunteers and medical professional, come from 6 different countries (US, Mexico, Canada, Norway, France and Spain) and 11 different US states. Half of the new volunteers are college students, while the other half is equally divided between high school and graduate students. Over half of the 2012 volunteers are living with diabetes.

2012 Dominican Republic Volunteer Team:

Jessie Kaplan (Volunteer Mentor)
Jon Stein (Volunteer Mentor)
Ava Runge (Volunteer Mentor -in-training)
Lourdes Laguna (Experienced Volunteer)
Oscar Anchondo
Aly Bancroft
Maxime Chaury
Mary Grace Castro
Rebecca Dulka
David Kalter
Chelsea Kessler
Vanessa Larco
Sarah Lehr
Mindy McBee

2012 Ecuador Volunteer Team:

Chris Capron (Volunteer Mentor)
Corey Greenblatt (Volunteer Mentor)
Sam Wohns (Volunteer Mentor)
Sam Martin (Volunteer Mentor-in-training)
Robin Ball
Stephanie Boyle
Isabel Chin
Madeline Chin
Melanie Goldring
Josh Graetz
Hunter Joerger
Courtney Jones
Emily Lansdown
Suzette Morabito
Ida Rystad
Jeanette Schnierle
Maxwell Ulin
Alicia Vail
Mary Waller



Corey Greenblatt and Ida Rystad at the VTP Summit

Medical Professional Volunteers

Tracey Bradford
Roque Cardona Hernandez
Larisa Suarez Ortega
Irene Goicoechea Manterola
Marina Llobet Garces

Participating in both programs

Natalie Eidelman (Photographer & Experienced Volunteer)
Cody Gantz (Photographer)



VOLUNTEER UPDATES

We have a committed crew of volunteers this year who will be supporting our programs in Ecuador and the Dominican Republic. Below are a few highlights that reflect the hard work of our volunteers in reaching their fundraising goals!

Volunteers

Ecuador volunteer **Mary Waller**, a student at University of Richmond, recently hosted a fundraiser at Spirited Art in Richmond that raised \$875.

Dominican Republic volunteer **Mindy Mcbee**, a student at DePaul University, will be hosting an AYUDA Pizza Party Benefit in June at Lou Malnati's--with a raffle and silent auction.

Volunteer **Oscar Anchondo**, who is going to the Dominican Republic this summer, received \$1,000 from his fraternity, Alpha Phi Omega, at Texas Tech University.

Los Angeles high school student **Maxwell Ulin**, a 2012 Ecuador volunteer, has already raised over \$10,000 dollars so far.

David Kalter, who is traveling to the Dominican Republic this summer and is a senior in high school, raised over \$4000 in just 2 weeks.

Volunteer Mentors

Volunteer mentor **Jessie Kaplan** and experienced volunteer **Lourdes Laguna** are both traveling to the Dominican Republic this summer and are planning happy hours in Washington DC this month. Check our events page to find out more details!

Volunteer mentor **Sam Wohns** was able to make AYUDA the "Charity of the Month" for May and June at Costumes 4 A Cause, an online costume store that donates a portion of its sales to charity. Ten percent of all sales in May and June will go to AYUDA. Buy your Halloween costumes early and help support Sam and AYUDA at: <http://costumes4acause.com/>.

Congratulations and keep up the good work everyone!

¡ Juntos Somos Más Fuertes !



Volunteer Mentors Sam Wohns and Corey Greenblatt during home visits in Ecuador, March 2012



FDJE youth leader Guido Alarcon and AYUDA volunteer Chris Capron with Benson Pau, Vice Chairman of the International Confederation of Childhood Cancer Parent Organizations

NCD Child Conference

On March 19 - 20, AYUDA participated in the NCD Child Conference in Oakland, CA. Organized by key child and adolescent NCD health advocates: Caring and Living as Neighbors (CLAN), the Public Health Institute (PHI) and the Global Health Council (GHC). The conference was held exactly six months after the UN High Level Meeting on NCDs. The aim was to discuss key issues pertaining to NCD prevention, treatment care and support in children and adolescents and strategize ways to ensure their inclusion in the global agenda for NCDs and global health in general. AYUDA was asked to serve as the youth coordinating body for the conference and participated to help amplify the voice of youth living with NCDs. To ensure youth were meaningfully involved in the conference, AYUDA took part in planning meetings, organized a dinner for youth attendees and recruited two experienced AYUDA volunteers, Chris Capron and Lourdes Laguna, to take part in the conference as rapporteurs. The FDJE's very own youth leader Guido Alarcon spoke at the opening and closing ceremonies of the conference about the experiences of young people living with type 1 diabetes in Ecuador and the importance of including young people, especially those living with type 1 diabetes, in the global and local NCD movements.

Geneva Health Forum

This April, Merith Basey, Director of International Operations and Molly Lepascka, Director of Communications, had the opportunity to present at the Geneva Health Forum in Geneva, Switzerland. The theme of the forum was "A Critical Shift to Chronic Conditions: Learning From the Frontliners." Featured at the forum were speakers that represented all areas of chronic conditions from diabetes to HIV. Merith had the opportunity to present the work of AYUDA during a panel called *The Power of Empowerment: the case of diabetes* alongside experts from Bangladesh and the Philippines.



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Support our mission.

Your contribution will help empower youth to serve as agents of change in diabetes communities around the world.

YES, I want to support AYUDA.

Enclosed is my tax-deductible donation in the amount of:

\$50 \$100 \$250 \$500 \$1,000 \$2,500 other_____

Name: _____

Email: _____

Phone: _____

Address: _____

Name of Volunteer you are supporting: _____

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