



*dedicated to finding a cure*

## YOU CAN EARN COMMUNITY SERVICE HOURS AND HELP YOUR SCHOOL!

You will earn community service hours for organizing your schools fundraiser. Your school will also receive 10% of the total raised to spend on equipment, computers, field trips, etc. The money you raise will fund important diabetes research.

### It's all about STUDENTS helping other STUDENTS!

- Students can earn community service hours for organizing a fundraiser at your school. Choose your fundraiser from the list of ideas below or think of your own...the sky's the limit!

#### Sample Menu of Community Service Opportunities:

- Based on activity:
  - **Form a JDRF school walk team**  
-Create a fundraising page and send out the link to 20 friends and family members
  - **Sell JDRF sneakers** in your cafeteria, outside retail stores (grocery stores, Walmart, etc)
- And/or based on dollars raised:
  - Community service hour for every \$100 raised
- **Register** your school team on JDRF Walk Central (at [www.jdrf.org](http://www.jdrf.org) and click the walk sneaker on the middle of the page)
- **Take part in the 2010 Walk to Cure Diabetes on February 27, 2010 at Mall of America**
  - Participate by volunteering on walk day, potential volunteer needs include greeters, distribution of walk t-shirts & food to walkers
  - Come out and walk - join 18,000 others on walk day-show your school spirit and wear your school colors



#### Mini-Fundraisers for JDRF

- Sell Paper Sneakers - Students sell paper sneakers for \$1 or consider selling each color for a different price, yellow = \$1, red = \$2, blue = \$3, green = \$5. Have a competition between grade levels. Display the sneakers in a prominent location such as outside the cafeteria, in the school gym.
- Sell "vouchers" to allow students to listen to their Ipod during study hall
- Dimes for Diabetes – collect and donate spare change
- Rummage for a cure – students, parents and PTA members collect items for a weekend event.
- Host a car wash at the school
- Hold a dodgeball or volleyball tournament and charge a registration fee per team
- Have a used CD Sale (students clean out their old CD's and sell them at school)
- Caps for a Cure – students pay \$1 on a designated day(s) to wear their favorite cap.
- Jeans Day – students pay \$1 - \$5 to wear their favorite jeans on a designated day(s).
- Hold JDRF drawings for \$1 or \$5 for a special prize. Prizes don't have to cost money – some ideas are:
  - Be a principal or teacher for the day
  - Get out of gym card
  - Homework extension pass
  - Extra study hall pass

Please contact Kara Fischer, JDRF Special Events Manager-Walk to Cure Diabetes, to answer any questions, to schedule a planning meeting with your group, to assist with online registration, etc. at [kfischer@jdrf.org](mailto:kfischer@jdrf.org) or 952-851-0770

**How Does Type 1 (Juvenile) Diabetes Affect Students?**

Type 1 diabetes is an autoimmune disease in which the body's immune system attacks and destroys the insulin-producing cells in the pancreas. It strikes children and young adults suddenly, makes them insulin dependent for life, and carries the constant threat of devastating complications.

People with type 1 diabetes must take multiple insulin injections daily or use an insulin pump, and test their blood sugar by pricking their finger six or more times per day. The disease is difficult to manage and requires constant attention and a rigorous regimen including a strict meal plan and exercise program.

While insulin keeps people with type 1 diabetes alive, it is not a cure nor does it prevent its devastating effects: kidney failure, blindness, nerve damage, amputations, heart attack and stroke.

More than three million Americans have type 1 diabetes. Each year over 13,000 children are diagnosed with diabetes. That's 35 children each and every day.

Ask students who have juvenile diabetes. It's difficult. It's upsetting. It's life threatening. It doesn't go away.

*"Every day, I have to endure up to six injections of insulin and more than ten finger pricks to keep me alive. When my blood sugar is high, my head hurts, I feel angry and sad, and it's hard to concentrate. When my blood sugar is low, I am dizzy, shaky, and in danger of becoming unconscious."* -**Emma Melton, age 16**

*"I already have problems with my kidneys, and I take medicine every day so my kidneys won't fail. I worry about what will happen if a cure isn't found soon."* -**LaNiece Evans-Scott, age 11**



### **About the Juvenile Diabetes Research Foundation (JDRF)**

JDRF's mission is to find a cure for diabetes and its complications through the support of research. JDRF is the world's largest charitable funder and advocate of type 1 diabetes research and is responsible for more than \$1 billion in direct funding since it was founded. JDRF funds research with the greatest impact throughout the world, leading to results as soon as possible.

More than 80 percent of JDRF's expenditures directly support research and research-related education. Because of its unwavering focus on its mission to find a cure, JDRF annually receives top rankings from independent sources that rate charitable giving.

JDRF was founded in 1970 by the parents of children with type 1 diabetes. As a result, JDRF volunteers have a personal connection to type 1 diabetes, which translates into an unrelenting commitment to finding a cure. These volunteers are the driving force behind more than 100 locations worldwide that raise money and advocate for government spending for type 1 diabetes research

**We hope you join us in our mission to  
FIND A CURE FOR DIABETES!**