



Thank you for joining the JDRF One Walk. We want to share more about your team on our Arizona social media pages so we can get to know our teams better and show the power of our community united in the effort find a cure for type 1 diabetes.

Feel free to **share your answers here** *OR* use the questions to **record a short video** sharing your story. Email this form to **desertwest@jdrf.org**. If your video is too large to email, you can send text it to **702-275-2283** (*the JDRF cell of one of our staff members*). Be sure to also include a picture of your T1D or your walk team.

Sample answers are included below in italics.

Team Name: _____ **Name of T1D:** _____

Diagnosis Date: _____ **Age at diagnosis:** _____ **Current age:** _____

How many years have you participated in the JDRF OneWalk?

My family/team has been participating in the walk since 2013.

Why are you participating in the JDRF One Walk?

We participate in the JDRF One Walk because it is a great day for our family to see all the other families in the community fighting with us against T1D. Raising money for diabetes research helps our family feel like we are fighting back against T1D.

What is the most important message for someone newly diagnosed with T1D?

I want people newly diagnosed with T1D to know that they are not alone. There is a community of people ready to support them. I also think it's important for people to know that BG numbers aren't "good" or "bad" but just give us information to make decisions or corrections and keep moving.

What is something you would like to share about your family, your team, or your life with T1D?

I want people to know that diabetes hasn't stopped me from doing anything. It sometimes takes more preparation or thought but I haven't let diabetes stop me from living my life!

My walk team is our family. We (mom & dad) connect our walk pages to Facebook which has become the easiest way to fundraise. Our daughter sets up a lemonade stand in our neighborhood and loves sharing that donation with the team.