

We are in the midst of the long days of winter, yet the recent mild temps may have you dreaming that it's March outside. I'm sure mother nature isn't done with us yet, but it's been fun to enjoy the outdoors more these last few weeks. A year ago this time we were living up the memes that talk about living in a place where the air makes your face hurt. What a difference a year has made!

Here in the Sioux Falls office we are busy preparing for our upcoming JDRF One Walk season. One Walk is such a special day where we celebrate the strength of our community and what the power of all of us, together, can do. We raise awareness for the impact of type 1 diabetes and connect with others who know the journey that this disease can take you on. And, we have a lot of fun and celebration along the way too. Join us at one of our upcoming walks in Sioux Falls, Rapid City, or Sioux City. www.walk.jdrf.org

We have many events scheduled throughout the year in the Dakotas but also in Minnesota so make sure to check out Chapter Events at the bottom of the newsletter to get those dates in your calendar.

Enjoy the extra day that February brings us this year, and as always, I wish you a healthy and happy month ahead!

Tammy Beintema
Development Director





MAY 2 | SIOUX FALLS

MAY 16 | RAPID CITY

JUNE 6 | SIOUX CITY

#JDRFOneWalk

Register today! **walk.jdrf.org**

Time to register!

Registration is now open for all three spring walks. So register your Family Team, School Team, or your Corporate Team today. www.walk.jdrf.org

It takes many hands

We need your help to make our five walks across the Dakotas and Iowa a success! As we plan all five walks for 2020 we can use your help. We are currently needing help in the following areas:

- Family Team Coaches
- Logistics
- Walk Day volunteers
- Planning Committee

Dates are set for North Dakota JDRF One Walks

Mark your calendar for the Fargo and Minot JDRF One Walks. We will begin planning for these walks very soon.

September 13, 2020 Fargo, ND at the Scheels Arena

September 20, 2020 Minot, ND at the Minot State Dome



New Face in the Sioux Falls Office

We are excited to announce our new additional staff person in the Sioux Falls office, Lisa Oligmueller. Lisa is a Development Coordinator, and will be working part-time. She will be assisting in all the JDRF One Walks in the Dakotas, Outreach, and other areas. Please help me in welcoming Lisa as a new addition to the staff.



It's that time of year again. Coworkers, classmates and family members are sounding under the weather and runny noses are everywhere. Try as you might, you could be next. If you can't avoid what's going around, we've pulled together tips on how to handle being sick when you have T1D.

[Get Our Sick Day Tips](#)



Minnesota Wild Center Luke Kunin Talks T1D

“Can I still play hockey?” Those were Minnesota Wild Center Luke Kunin’s first thoughts when he was diagnosed with T1D at age 12. Lucky for us, Luke didn’t let T1D stop his dreams of becoming an NHL player. Our MN partners at [5 Eyewitness News](#) sat down with Luke to talk T1D and why raising awareness is so important to him. Watch the full story [here](#).

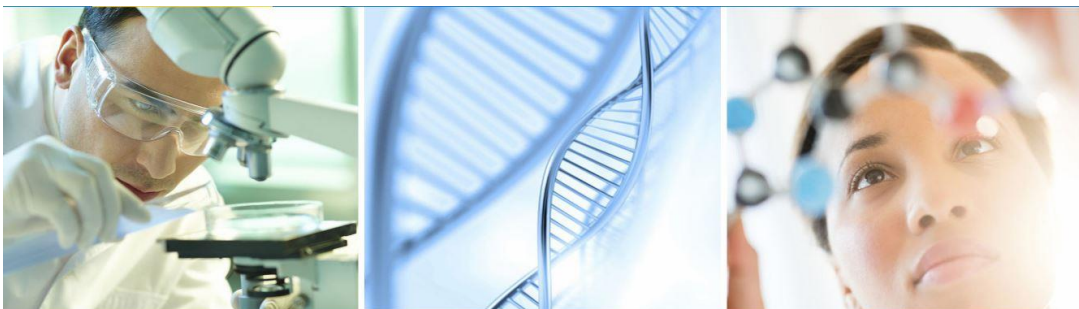


One Sweet Day

Managing T1D and all the sweet treats on Valentine's Day can sometimes cause a bit of a heartache. Keep Valentine's Day sweet and manageable with this handy [carb count guide](#). If love is in the air, check out Beyond Type 1's [Boyfriend & Girlfriend Guide to T1D](#) to help your partner get in-the-know on T1D care.



RESEARCH AND ADVOCACY UPDATE



Do you want T1D therapies faster?

Clinical trials are a vital step in the development of new therapies. Therapies can be delayed when there are not enough volunteers participating in trials. Check out the JDRF Clinical Trials Connection Tool jdrf.org/ctc. This tool is for people with type 1 diabetes and their families and will help match up clinical trials that are right for them. Visit the JDRF Clinical Trials table at the JDRF One Walk February 22, 2020 at the Mall of America. There are currently 20 trials recruiting for T1D and 10 trials recruiting that are specific to complications. Enrollment information for family members and qualifying relatives will be available at the Walk. Prevention trials are targeted to those family members who currently do not have T1D but have a family member or close relative with T1D. Read more about clinical trials at: [Advancing the Cure with Type 1 Diabetes Clinical Trials](#).



Universal Screening for Type 1 Diabetes: The Time has Come?

Universal screening for type 1 diabetes (T1D) is a priority for JDRF, but the cost versus benefits remain unclear. Now, a large-scale population study in Bavaria, Germany, headed by JDRF-funded Anette-Gabriele Ziegler, M.D., Ph.D., has a clue. The [Fr1da study of nearly 100,000 children](#) suggests that screening for autoantibodies—antibodies that are directed toward your own body—can reduce the progression from pre-symptomatic T1D to life-threatening diabetic ketoacidosis (DKA), by a lot. [Click here](#) to read more.



JDRF 2019

Top Breakthroughs

2019: Top T1D Advances of the Year

Last year, we saw some incredible progress in T1D research. From new therapies that will change the way T1D is treated to promising trials that could significantly delay the disease altogether, 2019 was a big year. Read more about the top advances of last year--which were made possible by JDRF supporters.

[Find Out What Made The List](#)

Chapter Events

- **February 7, 2020** - [Sioux Falls Walk Kickoff](#)--Sioux Falls SkyForce game
- **February 22, 2020** - [JDRF One Walk Minneapolis](#)
- **May 2, 2020** - [Sioux Falls JDRF One Walk](#) - Sioux Falls Convention Center
- **May 2** - YLC [Derby for a Cure](#) at Midpoint Event Center

- **May 12** - Research Spotlight, McNamara Alumni Center
- **May 16, 2020** - [Black Hills JDRF One Walk](#) - Rapid City Rushmore Civic Center
- **May 30 - 31** - [JDRF Young Adults Conference](#) in Los Angeles
- **June 6, 2020** - Sioux City JDRF One Walk - Long Line Family Rec Center
- **July 23 - 26** - JDRF Ride to Cure Diabetes in Grand Rapids, MI
- **August 6 - 9** - JDRF Ride to Cure Diabetes in La Crosse, WI
- **September 10 - 13** - JDRF Ride to Cure Diabetes in Saratoga Springs, NY
- **September 13, 2020** - Fargo JDRF One Walk - Scheels Arena
- **September 20, 2020** - Minot JDRF One Walk - Minot State Dome
- **October 1 - 4** - JDRF Ride to Cure Diabetes in Amelia Island, FL
- **October 3** - JDRF Hope Gala
- **October 15 - 18** - JDRF Ride to Cure Diabetes in Death Valley, CA
- **October 24** - Type One Nation Summit, Saint Paul RiverCentre

Community Events

Shop Amazon and donate to JDRF through [Amazon Smile](#)