

LETTER OF SUPPORT – GENERAL

I'm writing to ask for your support for a very special goal—to improve the lives of all people affected by type 1 diabetes (T1D).

This year, I'll be taking part in Team JDRF. Team JDRF raises vital funds for research to cure, treat, and prevent type 1 diabetes (T1D). I'm asking you to help support my fundraising efforts with a donation. Your tax-deductible gift will help make a difference in the lives of people with T1D.

It is faster and easier than ever to donate. Simply visit team.jdrf.org and search for my name to donate online. *(or INSERT PERSONAL WEBSITE LINK)* If you prefer, you can mail your check to me at the address listed below. Please make the check out to JDRF and include my name in the "Memo" section.

(INSERT ADDRESS)

Any amount, great or small, helps JDRF progressively remove the impact of T1D from people's lives until we achieve a world without T1D.

Sincerely,

(INSERT NAME)

LETTER FROM AN ADULT WITH T1D

As you may know, I live with type 1 diabetes (T1D). When I was (INSERT AGE), I was diagnosed with the disease. Many people believe that insulin is a cure, but it is not. I am committed to JDRF, the leading global organization funding T1D research. JDRF raises funds to support research to cure, better treat, and prevent T1D. The goal of JDRF is to progressively remove the impact of T1D from people's lives until we achieve a world without T1D.

[Share personal story of what it is like to live with T1D every day or your commitment to helping others with the disease.]

I am participating in Team JDRF and I'm writing to ask for your support. Now more than ever, you can make a real difference in my life and the lives of all people with T1D. Please either join me as a participant or support me with a donation. It's simple, fast, and fun! Please visit team.jdrf.org and search for my name to get started.

Thank you for your support!

Sincerely,

(INSERT NAME)

LETTER FROM PARENTS

Dear Family and Friends,

On **[EVENT DATE]**, I will be participating with Team JDRF in **[EVENT]**. As you may know, I have a personal connection with JDRF and type 1 diabetes (T1D) because my **[SON/DAUGHTER]**, **[NAME]**, was diagnosed with the disease almost **[NUMBER]** years ago. As a result, besides closely monitoring **[HIS/HER]** diet, **[NAME]** must test **[HIS/HER]** blood sugar levels three to four times a day and take insulin shots twice daily. This means to approximately 1,100 finger sticks and 730 shots in **[HIS/HER]** legs and arms every year. And this will continue every year for the rest of **[HIS/HER]** life unless a cure is found.

[Visit jdrf.org/T1DLooksLikeMe to create a T1D footprint, a customized infographic that shares the facts and figures associated with the impact of T1D on someone's life]

As you can imagine, this has forever changed our lives. In my attempt to encourage and support **[NAME]**, while educating those we know, I have decided to join Team JDRF to do two things: raise money to support the research required to cure, prevent and treat T1D, and provide **[NAME]** with support and let **[HIM/HER]** know that **[HE/SHE]** is not alone with this disease. T1D has also proven to **[HIM/HER]** that **[HE/SHE]** can do anything else **[HE/SHE]** wants.

You can help! Make a generous contribution in support of **[INSERT NAME]**. Any amount is welcome. Online donations are safe and secure, however, if you prefer, you can send us cash or a check made out to JDRF. Please mail them to: **[PARTICIPANT ADDRESS]**

JDRF is the leading global organization funding T1D research. Every dollar they spend comes from donors and they use your donation with great fiscal care.

We greatly appreciate your consideration and support of this worthy cause. If you have any questions or need any additional information, please don't hesitate to contact me. Again, thank you from all of us for your generous support of **[NAME]**.

LETTER FROM GRANDPARENTS

Dear Friends,

On **[INSERT DATE]**, our **[GRANDDAUGHTER/GRANDSON]**, **[INSERT NAME]**, was diagnosed with type 1 diabetes (T1D). This day changed our family's lives forever. T1D has no cure. Many people believe that insulin is a cure, but it is not. T1D needs constant attention. To stay alive, people with T1D must take multiple insulin injections daily or continually infuse insulin through a pump. Each day, every day, for the rest of **[INSERT NAME]**'s life, **[HE/SHE]** will have to carefully monitor food and insulin intake, as well as exercise, to maintain a careful balance and avoid high or low blood-sugar reactions that can be life-limiting or life-threatening.

[Visit jdrf.org/T1DLooksLikeMe to create a T1D footprint, a customized infographic that shares the facts and figures associated with the impact of T1D on someone's life]

I am asking you to support me in Team JDRF. Simply follow this link **(or [INSERT PERSONAL WEBSITE LINK](#))** to make a personal donation. By doing so, you will help Team JDRF make a difference in the life of **[INSERT GRANDCHILD'S NAME]** and all those living with T1D. The money we raise will help JDRF progressively remove the impact of T1D from people's lives until we achieve a world without T1D. Thank you for your support!

Thank you for your support of our **[GRANDDAUGHTER/GRANDSON]** and the millions of people living with T1D.

Sincerely,

[INSERT NAME]

SAMPLE LETTER FROM A COLLEGE STUDENT

Dear Friends,

This past fall, I started my junior year at New York University. I am really happy here, meeting lots of great kids, and enjoying my classes. With the adjustments of leaving home, starting college, and dealing with my type 1 diabetes (T1D) without the support of my family, or doctor, or that right group of friends who have been by my side since the beginning, I want to feel as normal as possible and try to forget about T1D or trying to find a cure.

My parents understand and told me not to worry about writing a fundraising letter for Team JDRF. So I didn't. I thought that we all (including you) deserved a break from T1D. But the truth is, as the weeks and months rolled by, I found that my dream of a vacation from T1D was just that—a dream.

I have come to realize at college, more than ever, what an unpredictable monster diabetes is. Every night I am away, I know how much my parents worry about me. And every night before I go to sleep, I worry that without my parents' watchful eye or the safety net of my friends and family who have grown up with this disease (almost as much as I have), my blood sugar might dip too low, and I might not wake up in the morning. I worry that if I pass out from a low blood sugar my new friends might not be able to recognize the symptoms and not realize I need help. I worry that I might lose consciousness among strangers. I worry that I might never be safe.

So here I am, once more, writing to you. T1D is still very much a part of my life. I am confident that one day my annual letter will have a different tone, and I will be writing to announce that I no longer have to prick my finger ten times a day, that I no longer have to fear blindness, kidney failure, heart disease or amputation, and that I have finally thrown away my syringes and insulin. I will be writing to say that thanks to you, T1D is now just a distant memory, and that I and the millions of other people around the world who once suffered from it can take back our lives and renew our sense of being a normal person. But until that day, I ask for your help. My family and I appreciate any donation you can give to Team JDRF.

As always, I send you my permanent appreciation for your tireless loyalty and unwavering generosity, and for showing me year after year that I don't have to fight this disease alone.

All the best,
Tessa

SAMPLE LETTER FROM A SIBLING

Dear Friends and Family,

As the sister of two teenage girls who have type 1 diabetes (T1D), it's difficult to watch them live with this disease. Every day, they each need at least 10 finger pricks and, without their insulin pumps, they would need injections every time they put something in their mouths. Growing up has been hard for them. Even though you can't tell a kid with T1D from a perfectly healthy one by just looking at her, my sisters have missed out on countless kid stuff because they have T1D. Their first sleepover was at the age of 13, when they could monitor their own blood sugars at night. Being a teenager is hard enough, but having to juggle homework, sports, friends, and a disease is even harder. Not to mention having to sit out a gym class because of low blood sugar, or having to stop whatever you are doing multiple times during the day to test your blood sugar.

Type 1 diabetes is a disease with many misconceptions. First of all, T1D is not something you will outgrow—once diagnosed with T1D, you have it for life. Although insulin is necessary to survive, it is not a cure. Without a cure, my sisters will continue to live their lives with the constant stress of checking their blood sugar and giving themselves insulin injections. Worse, the threat of passing out or even falling into a coma because of low blood sugar can be a daily fear. This will continue to be a huge part of their lives without a cure.

As you can imagine, living in a family with T1D has forever changed all of our lives. In my attempt to encourage and support my sisters, while educating those we know, I have decided to participate in Team JDRF in order to do two things: raise money to support the research required to cure, treat, and prevent T1D, and support my sisters and let them know that they are not alone with this disease. You can help! Make a generous contribution in support of Jenny and Susie. Any amount is welcome. Online donations are safe and secure, however, if you prefer you can send me cash or a check made out to JDRF.

Please mail them to....

JDRF's goal is to progressively remove the impact of T1D from people's lives until we achieve a world without T1D. We greatly appreciate your consideration and support of this worthy cause. If you have any questions or need any additional information, please don't hesitate to contact me.

Thank you so much for your help and time,
Amanda

ACTUAL LETTER FROM AN ADULT WITH T1D

Hi All,

Today seems like an appropriate day to sit down and complete my Team JDRF personal webpage. Today is my dad's birthday, and he would have been 67. But, eight years ago, he passed away. His death was caused by complications from type 1 diabetes (T1D). I took care of him before his death. He had been diagnosed with end-stage colon cancer. The cancer was caused by anti-rejection drugs he had been taking since his kidney transplant back in the 1980s. All his complications were related to T1D.

I cannot put into words what it was like taking care of my father, watching him die, from a disease that I also have. There is no easy way to communicate these feelings.

My own diagnosis came at a very difficult time for me and my family. My dad was in the hospital after having suffered a near-fatal heart attack.

I remember being at the hospital visiting my dad. My mom and I were taking a break in the cafeteria. I very nonchalantly told her "I think I'm diabetic." Having knowledge about the symptoms was helpful, but I had still managed to ignore them for some time. I peed constantly, could not quench my thirst, and had lost nearly 35 pounds in about a month. I fell asleep in class and couldn't figure out why my eyesight was so blurry up close, yet I could see the TV without my glasses.

The date was Monday, November 26, 2001. I sat in the student health services at my school and phoned my mom. I confirmed to her what I already knew in my heart. I had type 1 diabetes. My blood sugar was around 600 mg/dL (a normal blood sugar level is 80-120 mg/dL). I was sent home that night with a vial of insulin, needles, a bag of supplies, and reading materials.

I will "fast forward" to today. I am 33, married to a wonderful, loving man, and plan to start a family (someday...relax family and Brent). I have an insulin pump that delivers insulin to my body 24 hours a day, 7 days a week. I wear a CGM (continuous glucose monitor) that takes measurement of my blood-sugar levels every two seconds. I can check my blood sugar and get a reading in 5 seconds. I am quite the bionic lady!

My father, however, did not have such "luxuries." In comparison, he had to sharpen his one needle with a pumice stone and boil his glass syringe. The insulin he used came from a pig or cow and was not nearly as sophisticated as the one that I use today. To check his blood sugar was a complicated process (to say the least), and he never got an actual number, just a range.

For me, my goal is to be complication-free every day. To not let the daily burden of T1D overcome me. There are no breaks from T1D. Ever. Financially, personally, emotionally, and of course, physically. Until there is a cure.

Which is where you, my wonderful friends and family, come in. I can say without hesitation that the reason I have such amazing resources, and the advancements in T1D care are so great is because of JDRF. JDRF's mission is quite simple: to find a cure, better treatments, and prevention for T1D through the support of research. Treatment means a better and longer life for myself and those with T1D.

We need a cure. This may not happen in my lifetime. But it's important to acknowledge the advancements that occurred in my father's lifetime.

It's hard to write about living with T1D. I am really not a "sharer" in this way. But I cannot tell you how much I wish that my father did not go through what he went through, and that my mom did not have to be so strong for so long.

I look at my husband Brent. I look at my nieces and nephew. It doesn't have to be the same. It won't be the same!

I'm asking everyone to help, in any way they can. If that means donating \$50, or forwarding this message onto 10 friends, whatever you do will make a difference. It will most certainly mean something to me, Brent, and my amazing family.

XOXO, thank you for your support.

Annie