

July 21, 2005

Hi from the Clarks!

It's been a very busy year for our family, the most shocking and time consuming of which was Ellie's diagnosis with juvenile diabetes last August. We hit the ground running though, and raised \$2,807 in a little over two weeks for the JDRF 2004 Walk to Cure Diabetes. We want to do **MUCH** better this year. The walk gave us something positive to work on in such a low spot in our lives, as it was just four weeks after Ellie's diagnosis. Now, it gives us hope...



**WALK!**  
**BECAUSE WE CAN!**  
**BECAUSE WE SHOULD!**  
**BECAUSE WE HAVE TO!**

We are back on our feet now, living with this disease times two and yet thankful that we can. We have created a team of walkers this year, and have named our team "**Ellie's Elephants – STOMPing out diabetes**". Our team will have right around 20 members, and we are hoping to raise \$20,000. It is a very lofty goal, but just knowing that over 85% of the money we raise by our walk team goes directly to research makes us work harder! We will be walking on September 24<sup>th</sup>, at 10:00a at Ah-Nab-Awen Park in Grand Rapids.

Ellie and Anna after 2004 JDRF Walk to Cure Diabetes



Ellie and Katie also had the experience of a lifetime this past June. They traveled to Washington D.C. after Ellie was chosen from over 1,000 applicants to be one of five delegates from Michigan at the Juvenile Diabetes Research Foundations Children's Congress. 150 children with juvenile diabetes from all over the country gathered in Washington D.C. to meet with their Senators and Representatives. Katie cannot explain to you how empowering it was to sit in a room with 150 children and see "hope".

Ellie, Katie & Mary Tyler Moore at the U.S. Capitol in June 2005



They also had the distinct honor of testifying in front of the United States Senate in a hearing on June 21<sup>st</sup>. The goal was to ensure the Senators understood what they live with daily, in hopes that they remember us when it comes time to pass legislation that might affect the speed at which a cure for diabetes is found.

Katie has also joined JDRF support groups, both locally in Grand Rapids, and with the JDRF's Online Diabetes Support Team. She fields questions submitted on the JDRF website from people all over the world struggling with the ongoing battle of blood sugar control, and trying live a "normal" life while dealing with diabetes in their families. It has been encouraging to get feedback from those asking for help... finally the 28 years of dealing with diabetes is paying off, by helping others try to cope!



Life with diabetes can be tough. To give you a glimmer of what Ellie's life has been like since August last year, she's had: (Remember, as of this letter... it's only been 10 months!)

- 1657 blood sugar checks (that means finger pokes to get a drop of blood)
- Her blood drawn five times (that means one nurse holding her arm, Katie or Steve holding Ellie down and one nurse drawing the blood).
- 109 insulin pump site changes as of the date of this letter. That is a big poke... and it HURTS!

We've done our part this year, now, we are asking for your help. There are lots of ways you can contribute to finding a CURE:

1) Send us a check to put towards "Ellie's Elephants" walk team... help us meet our \$20k goal. We've enclosed a self-address envelope – put in a check, throw on a stamp, that's all you need to do! Make the check out to JDRF.

**or**

2) Donate to our walk team online using your credit card. Receipts are available online!  
<http://walk.jdrf.org/walker.cfm?id=86063889>

**or**

3) Join "Ellie's Elephants – STOMPing out diabetes" Walk Team and help us raise money! It's really pretty easy... sign up online at <http://walk.jdrf.org> choose Michigan – Grand Rapids, and be sure to select Ellie's Elephants and Katie Clark as the captain. Then, send out a letter like this to all of your contacts, send out emails to anyone else you know with a place they can donate online. It's EASY!!! You don't even have to show up to walk... we'll call it a virtual Walk to Cure Diabetes.

4) Come play in the JDRF - Ellie Clark 1<sup>st</sup> Annual Charity Golf Outing at Old Channel Trail Golf Course in Montague, Michigan on August 31, 2005. The money raised will go to Ellie's Elephants Walk Team! \$65 per player, scramble format, 9:00a shotgun start! You can call Katie at 616-299-3637, email us at [ellies.elephants@gmail.com](mailto:ellies.elephants@gmail.com) to sign up for the tournament.

5) Sign up to be an Advocate for JDRF. <http://www.capitolconnect.com/jdrf/datamod/jdrfReg.aspx>  
Help us reach our Congressional members and let them know what we need! It's easy to do... a simple call, email or fax to your Congressional members when you are notified by JDRF via email.

We **will** be successful in our goal of finding a cure for diabetes. We **will** be known as the people who cured diabetes. The only question is: **How long will it take?** Our belief is, the more money we raise, and the more outspoken we are about what we need, the faster that day will come.

We have appreciated your thoughts and support in the past, especially this past year. We know we could not have gotten through this year without our family, friends and community supporting us. We are grateful.

We wish you health, and happiness!

Sincerely,

Steve, Katie, Ellie & Anna Clark