

Pediatric Endocrinology News

IN THIS ISSUE

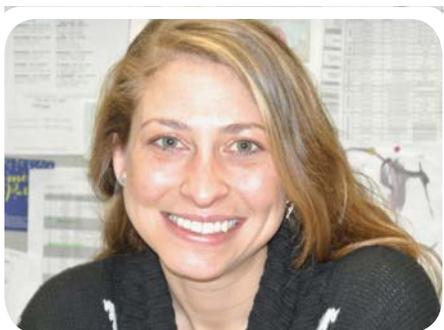
- Diabetes Summer Camp [pg. 1]
- Welcome Amy Mitchell [pg. 1]
- The Barton Center Camps [pg. 2]
- So You Want to be a Driver [pg. 3]
- ADA Camp Carefree [pg. 3]
- The Normal Life of a Child with Diabetes [pg. 4]
- MyHealth Online [pg. 5]
- A Note to Pumpers [pg. 6]
- Diabetes Scholars Foundation [pg. 6]
- Basic Sick Day Guidelines [pg. 7]
- SLAMDiabetes Tournaments [pg. 7]
- JDRF Walk to Cure Diabetes [pg. 8]
- Traveling with Diabetes [pg. 9]
- National Nutrition Month [pg. 10]
- Upcoming Events [pg. 12]

SUMMER CAMP OPPORTUNITIES



Diabetes Summer Camp

Each summer, many of our patients take advantage of some of the wonderful summer camp opportunities available throughout New England. (Kayaking at ADA Camp Carefree pictured above) *(continued on page 2)*



Welcome Amy Mitchell

My name is Amy Mitchell, and I am very excited to join the pediatric endocrine team as the clinic's social worker! I grew up in Vermont and earned my bachelor of arts in sociology with a minor in psychology at the University of Vermont. I continued at UVM and earned my masters in social work in 2007. I achieved my licensed clinical social worker certification this past year.

Prior to joining the pediatric endocrinology team, I worked as an inpatient social work case manager for the past two years. In that role, I worked with the Pediatrics, Obstetrics and Maternity teams. I provided support to families during hospitalization and assisted with setting up services for discharge. Before working at the University of Vermont Medical Center, I worked with the State of Vermont Department for Children and Families as a juvenile services social worker for six years. I worked closely with families, schools and community partners to help youth and families achieve their goals.

(continued on page 5)

Diabetes Summer Camps *(continued from page 1)*

Diabetes summer camp is a magical place for kids and adolescents, where diabetes is quietly tucked into an awesome daily schedule of camp. It is a place where life with diabetes is the norm and the most important thing is to have the time of your life with other girls and boys who are just like you. Days are filled with sports activities, arts and crafts, swimming, talent shows, casino nights, “Hike to Heck” (a mud hole), campfires, an occasional outdoor overnight, a potential field trip (may include an amusement park, sporting event, trip to Boston, movie theater, beach day or natural park), camp dances, diabetes education game shows, boating, hiking and so much more. Registration is now open, and spots fill up, so act quickly!



*Clara Barton Camp (above);
Camp Joslin (below)*



The Barton Center

There are two camps associated with The Barton Center:

- The Clara Barton Camp is an all-girls camp for campers ages 6 to 16.
- The Joslin Camp is a boys camp for campers ages 6 to 16.

The small staff-to-camper ratio of one staff member to every three campers includes a team of health care professionals consisting of physicians, nurses, dietitians and mental health professionals. Well-trained counselors serve as wonderful role models as most have type 1 diabetes themselves and were Barton or Joslin campers when they were younger. The deep friendships campers make with each other last a lifetime. Please see the camp website for schedules, registration information and applications for financial assistance www.bartoncenter.org. Please note that financial assistance (Campership) is awarded on a first come, first serve, sliding-scale basis and does fill up quickly.

Vermont Overnight Camp

August 9, 2015 to August 14, 2015

South Hero, VT

Coed, Ages 6-16

Introducing a new program in a new location! Barton is excited to be teaming up with SLAMDiabetes to bring the fun and excitement of camp to kids in northern New England. Please join us at our first Barton overnight camp program in Vermont! This new program is just a short ride from Burlington, Vermont and easily accessible from upstate New York, northern New Hampshire and Montreal. Located on the new, spacious Camp Ta-Kum-Ta camp grounds, Barton campers will experience the outdoors, enjoy swimming, arts and crafts, and crazy camp games along with diabetes education! Provide your camper with the skills to live a successful, healthy life with diabetes while empowering them to be who they want to be! This overnight camp is a wonderful opportunity for kids living in northern New England to learn from each other that they are not alone in their school district or county and that they can have fun and make lifelong friends in a fun, safe and educational setting! Please see the camp website for schedules, registration information and applications for financial assistance. Please note that financial assistance (Campership) is awarded on a first come, first serve, sliding-scale basis and does fill up quickly. www.bartoncenter.org *(continued on page 3)*

ADA Camp Carefree *(continued from page 2)*

ADA Camp Carefree is a vibrant camp that provides a healthful, educational and recreational residential camping experience for children with diabetes. Emphasis is given to creating a warm atmosphere of caring and cooperation.

Camp Carefree is located at Lions Camp Pride on the shores of Merrymeeting Lake in New Durham, New Hampshire. The facilities include spacious camper cabins, a health care center, a large dining hall, separate shower houses, complete waterfront system, playing areas and a low-element ropes course.

The two-week ADA Camp Carefree experience is designed for 120 campers and six-to-eight counselors-in-training. There is a ratio of one staff member for every five campers. For registration information and information on financial aid opportunities, please access the Camp Carefree website:

www.campcarefreekids.org/.



So You Want To Be A Driver...

Driving is a very exciting and serious responsibility, with or without diabetes. The risk associated with driving is high and adding on diabetes makes it even more serious. As your medical team, we need to ensure that you have good diabetes habits before you become a driver. Once you have your permit and/or license, we need to make sure that you are continuing these habits to keep you and other people on the road safe. Our clinic expectations do not change once you start driving. Here are the habits we need you to continue as a driver:

1. Four blood glucose (BG) checks per day at appropriate times (breakfast, lunch, dinner, bedtime), whether or not you are eating those meals
2. Treating and re-checking ALL low BGs (rule of 15 is followed)
3. Checking BG immediately before driving and every hour if you're on a multi-hour drive (**Do not drive** if BG is less than 90 mg/dl.)

These above three expectations are required before we will sign the medical clearance paperwork for your permit or license.

The following are our expectations for driving:

- Discuss expectations at routine diabetes visit around age 14 or 15 (if you are interested in driving)
- Meet with your certified diabetes educator to discuss driving expectations, questions, concerns you or your family may have and strategies for driving with diabetes
- Continue expectations at every visit, with the addition of the third expectation once you begin driving

We can report any safety issues to the DMV. The DMV can review those issues and may decide to suspend your permit or license. We do not want to do this to any patient, but we have a responsibility to keep you and other people on the road safe. Please feel free to contact us with any questions.

The Normal Life of a Child with Diabetes

By Annie Stoltie

Originally published on asweetlife.org (donations appreciated)

My son was diagnosed with type 1 diabetes two Septembers ago. Our story's probably a lot like other ones you hear: there was a frantic trip to a hospital, a period of shock - he has *what?* - followed by anger. Then came the realization that our child will be completely dependent on a drug for survival and will forever cope with a condition that requires round-the-clock maintenance that comes with never-ending ups and downs.

My husband and I circled the wagons, retreated into our own scary, complicated world of carb counting, needles and sleepless nights. I cried. Most of my friends, though well meaning, didn't understand ("He'll stabilize, right?" "At least it's not cancer."). I look back at the compassion we were surrounded with and wish I could have better articulated that we were grateful. But we just needed time. But when you're so stunned at how your life can change so dramatically after a quick trip to the pediatrician, well ... you're busy metabolizing your new scene and the gravity of it all. Now we know that we'll rely on that love and support for, um, forever.

Now, as the days fall away, I can tell my friends that leaving the hospital was kind of like bringing home my first newborn, but without the instincts to help him survive. This time, that stuff had to be taught, studied and practiced. There was a learning curve. At the hospital, during what I call our three-day "diabetes boot camp", I recall giving myself finger sticks and shots, injecting expired glucagon into oranges, taking carb quizzes and math tests. I should also mention that my son took all of this like a champ. Even then he was a precocious little guy who immediately knew a protein from a carb, who, from the start, would bravely present his backside for a post-meal shot. When my husband and I sufficiently passed our tests, we were released and permitted to bring our son home. It was, in a word, terrifying. But we did it. And we're still doing it. Things are okay. Our normal is our normal. And now I have something important to share, particularly with those D-Moms and D-Dads who are at that panicked "circle the wagon" stage. Here goes.

My son turned seven today. Even though there was no school, he awoke early, opened presents from his sister, dad and me and checked himself in the mirror several times to report, he told me, what he looked like as a 7-year-old. (In his words, "The same, but different.") He and his little sister built an enormous blanket fort that they filled with pillows and toys, with a strategic entrance facing a wall so they'd know if someone - mommy - was coming. There were cartoons, followed by a trip to the outdoor ice rink - a flooded and groomed baseball diamond - two hamlets away from ours.

While we were there, the wind whipped, making the single-digit temperature feel dangerous, numbing faces and toes. But we skated on, my daughter shuffling from one corner of the rink to the other, my son sprinting round and round, hockey stick in front of him. We came home, thawed fingers and toes and drank hot chocolate. The kids watched cartoons, then we climbed into the car and set off for a nearby town, where my husband and I threw our son a party at a pizza parlor. A dozen kids came, mostly seven-year-olds, running wild in their pirate hats and eye patches, gobbling pizza and opening their mouths to exhibit partially chewed food. They laughed, hugged, jumped, chased, tackled. It was chaos, particularly after the giant cupcakes.

We drove home through snow, my son on a high from the fun, recounting the gifts he had just opened: LEGOs, a slime kit, pirate tattoos, superhero books, a Harry Potter wand, a toy helicopter, a snake that grows when you put it in water. At home we inspected the bounty, my son started building one of his new LEGO sets, then we brushed teeth and read a book. The kids were kissed, snuggled, tucked. Exhausted, they quickly fell asleep. I watched my son for a while - my little guy, not quite as little as before. It was a beautiful day.

Throughout it all were finger sticks, carb counting, insulin injections, an insulin pump set change, a couple of hypoglycemias and a couple of hyperglycemias. Those are just things we do, stuff we deal with, part of life. Are some days harder than others? Do I worry much of the time and wish to the moon and back that my son didn't have type 1 diabetes? Sure, but there's more light than dark, more hope than fear. And that's something.



MyHealth Online

We are in full swing using MyHealth Online, the patient medical record you can access from home.

There are many advantages to using MyHealth Online for your child with diabetes. You can:

- Send us messages (like an email) when you would like us to review blood sugar faxes or pump uploads
- Send non-urgent questions or messages for the CDEs
- Request prescription refills without having to call
- Check on appointments or make appointments
- Access most of your child's lab results, including their A1c done here in the office
- View and pay bills with UVM Medical Center billing

What MyHealth Online cannot be used for:

- Emergency blood sugar problems (highs or lows)
- Sending blood sugars in to review
- In lieu of appointments
- Communication with school nurses or anyone who is not a family proxy

How to sign up for MyHealth Online:

- Go to www.uvmhealth.org/medcenter
- On the right-hand side, click on MyHealth Online (it is an orange button with white writing)

If you and your child both do not have active accounts, follow directions to first make yourself active and then request access to your child's account as a proxy. This can also be done during a visit with us, but you may need to wait after your appointment for us to help you with this process.

If you do not have your own account active at the time of a visit, we will not be able to activate you as your child's proxy at the visit. Completing the process at home will be the best approach as it can take up to 10 days per person.

Welcome Amy Mitchell *(continued from page 1)*

In my free time, I love to run and recently accomplished two major personal goals: running the Burlington City Marathon and the New York City Marathon. I also enjoy biking, yoga and being near the water (I'm happy whether it's Lake Champlain or the ocean!).

I am looking forward to joining the team and meeting all of you. While working with inpatients, I have missed the opportunity to be ongoing support and a resource to families when they are searching for information or just need someone to talk to. The pediatric endocrine team is a supportive and collaborative group of providers who share this passion. I can't wait to be a part of the team!

A Note to Pumpers

Since pump malfunctions and issues tend to happen when you least expect them (and not to mention at the worst times), please remember the following:



- Always have back up Lantus® and syringes with you. The pump companies are great at getting a replacement pump shipped very quickly, but basal insulin is required while you wait. And, if the pump malfunction happens on a weekend, it could be several days before you receive a new pump.
- Always have access to your most current pump doses (basal, carb ratio, correction factor). Without this information, it is difficult for both you and us to know what to do with doses for injections while you wait for your pump. Also, it makes it easier to program your new pump when you have all of the settings. Be sure to write down dose changes or print them each time you upload.
- NEVER put your pump back on with active basals while you still have Lantus® on board. Lantus® works for approximately 24 hours.
- If you are going on vacation, consider contacting your pump company. Some offer a “loaner” pump program.

Please let us know if you need a prescription for Lantus®.

“How to Read Your Pump Upload” Sessions

We have had a fantastic response in planning upcoming “How to Read Your Pump Upload” sessions, from learning which report to look at all the way to fine tuning your dose adjustment skills. If you would like to learn how to better adjust your child’s insulin doses based on pump uploads, stay tuned for information about regular sessions to learn this skill. We currently have a session planned for Wednesday, March 25 from 5 pm to 7 pm at UVM Medical Center in the McClure Lobby conference room. Please contact Abby or Lisa for more details. They will be happy to meet you where your family is at in reviewing pump uploads!

SCHOLARSHIP OPPORTUNITIES FOR COLLEGE-BOUND SENIORS WITH TYPE 1 DIABETES

Diabetes Scholars Foundation

The school year has just got underway and those of you who are seniors in high school or parents of seniors are likely already thinking about next year. If you are planning to go off to college, there are a number of scholarship opportunities that are exclusively for young adults with type 1 diabetes.

To learn more about scholarship opportunities, please check out this website:

<http://diabetesscholars.org/college-scholarship/>

Eligible young adults must complete a typed application (not handwritten) and submit it by the deadline (postmarked by April 15, 2015). Applicants must be United States citizens or permanent residents. Applications will be evaluated based on the young person’s:

- Interest in better diabetes management
- Enthusiasm for sharing their diabetes knowledge with others in their community
- Track record of involvement in diabetes education outreach

SICK DAY GUIDELINES

- Check blood glucose and ketones every 2 to 3 hours.
- Call clinic if ketones are moderate-large, even if after hours.
- Push fluids as tolerated
- Do not omit insulin. Doses may need to be adjusted. Please call us for assistance.
- Consider contacting your pediatrician as well for the non-diabetes part of the illness.

Basic Sick Day Guidelines

Illness is difficult to manage and diabetes can make it even more complicated. Keeping an extra close eye on blood sugars and ketones during illness is essential. Ketones can come on rapidly, can be difficult to manage and can be present even with low blood sugar, if your child is not able to eat or drink or if he or she is vomiting. Checking for ketones is necessary during any illness, even a simple cold. Please remember to always call the clinic or doctor on call if your child has ketones in the moderate to large range regardless, especially in the setting of low blood sugars.

If your child is vomiting, there is a medication called Zofran that will dissolve under his/her tongue to help stop nausea and vomiting. Zofran is given every six hours ONLY if your child is vomiting. We ask that you call the clinic before you give this medication to your child. If you do not have a current prescription for Zofran, please let us know so that we can contact your pharmacy.

Remember the basic sick day guidelines (see sidebar). Please let us know if you have any questions or concerns.

SLAMDiabetes Tournaments

**5th ANNUAL VERMONT SUMMER CLASSIC
WIFFLE® BALL TOURNAMENT**
Friday and Saturday, June 26-27, 2015
Little Fenway, Essex, VT



Team registration now underway! For more information or to register contact Krista Jones:

krista@slamt1d.org. Here's the link for the tournament page on the website: <http://slamt1d.org/wiffle-ball-tournaments/tournaments/slamdiabetes-vermont-summer-classic-2014/>.

TABLE TENNIS TOURNAMENT
Professional and Amateur Divisions
Saturday and Sunday, May 2-3, 2015
Burlington International Airport
Free Parking

Sponsored by Spruce Mortgage and its Wiffle® Ball team. For more information, contact Julie Richards at Julie@juliecrichards.com

Love Basketball? Want to organize a SLAMDiabetes 3-on-3 tournament at your school or in your town? We'll help you get started. Contact Krista: krista@slamt1d.org or Jeff: jeff@slamt1d.org.

JDRF Walk to Cure Diabetes



Kick-Off Event

March 15, 2015

12-2 pm

Essex Cinemas

Please join us for the JDRF Walk to Cure Diabetes kick-off event! All are invited to attend this event. Gather tools, talk to other team members and prepare to make this year's walk a success. Lunch will be served. Please RSVP to Jenn Foster at 578-8576 or by emailing jdrfvwalk@gmail.com by March 2.

Zumbathons

April 4, 2015

12:30-2:30 pm

BFA Elementary School, Fairfax, VT

Team Emma will host a Zumbathon on April 4 from 12:30-2:30 pm at BFA Elementary School in Fairfax. Come and join us for Zumba, raffles a bake sale and more! This event is by donation at the door. All proceeds will be donated to the 2015 JDRF Vermont Walk to Cure Diabetes. If you have questions, please email jennfoster.vt@gmail.com.

May 9, 2015

10-11:30 am

Swanton Elementary School, Swanton, VT

5th Annual Shake It for Zac Zumbathon will happen on Saturday May 9 from 10-11:30 am at Swanton Elementary School. There will be raffles and door prizes! The event is a \$10 donation at the door, all proceeds go to the 2015 JDRF Vermont Walk to Cure Diabetes.

Bluebird Barbecue JDRF Community Night

April 8, 2015

4:30-9:30 pm

Bluebird BBQ, Burlington, VT

Want a night off from cooking and a chance to support a great cause? Come on out to the Bluebird Barbecue JDRF Community Night! On April 8 from 4:30-9:30 pm, Bluebird Barbecue in Burlington will donate 10% of their sales to the 2015 JDRF Vermont Walk to Cure Diabetes. Make your reservations now by calling 448-3070; this event books quickly! If you have questions, please email jdrfvwalk@gmail.com.

Ninety Nine Restaurant Dining for a Cause

April 29, 2015

5-9 pm

99 Restaurant, Williston, VT

Join us from 5-9 pm at the Ninety Nine Restaurant in Williston for Dining for a Cause! **Reservations are not needed for this event but you will need the voucher on page 9.** When you present the voucher to your server, 15 percent of your guest check will be donated to the 2015 JDRF Vermont Walk to Cure Diabetes. This also applies to take out! If you have questions, please email jdrfvwalk@gmail.com.

JDRF Walk to Cure Diabetes

May 17, 2015

CVU High School

Hinesburg, VT

Save the date and get your team registered for the 2015 JDRF Walk to Cure Diabetes! Teams will gather at CVU High School in Hinesburg, VT. You can register online at www/walk.jdrf.org. Contact jdrfvwalk@gmail.com if you have questions.

DINING FOR A CAUSE

Benefits: Juvenile Diabetes Research Foundation

Date: Wednesday, April 29, 2015

Time: 5 - 9 pm

Location: Ninety Nine Restaurant, 11 Tafts Corners Shopping Center, Williston, VT



RESTAURANT & PUB

Please present this voucher to your server as this is required for the organization to receive credit for the sale.

*Coupons, discounts and promotions, including "Kids Eat Free," will not be accepted during the fundraiser.

Donation is 15 percent of sales (excludes tax and gratuity). Only valid on date, time and location stated above.

Traveling with Diabetes

Excerpts from Practical Diabetology, Nov/Dec 2011

Whether you are planning to travel by car, plane, boat or train, managing diabetes can be a challenge. Here are some tips to remember:

Travel letter: Carry a note or letter from your physician explaining that the traveler has diabetes and detailing the medications/equipment used to treat it. The letter should state that all medications and supplies must be carried with the traveler.

Supplies: Pack more supplies than you will need. Be sure to include extra lancets, strips, insulin, glucagon, glucose tabs/gel, syringes/pens, batteries, a medical ID card and pump supplies. All supplies should be placed in a carry-on bag as luggage can get lost or is subjected to various temperatures which can damage the supplies.

Food: Carry some form(s) of simple sugar (glucose gel/tabs, hard candy, etc.) and a bag of snacks. Many airlines will provide special meals when requested well in advance of the flight. Water is also essential for proper hydration, especially when traveling to warmer climates.

TSA regulation: According to the TSA (Transportation Security Administration), diabetes is classified as a "hidden disability", which allows travelers to carry their supplies with them. There are restrictions, including making sure lancets are capped and clearly identifying all insulin. The following website provides more detailed information (www.tsa.gov – *Fact Sheet for Passengers with Disabilities and Medical Conditions*). TSA has developed a notification card that can be presented at the screening gate to allow travelers to disclose their condition. People on pumps or CGMS can inform the TSA agents that these devices cannot be removed and should not be exposed to x-ray equipment or full body scans. A visual inspection, which may involve a hand wand inspection, can be requested.

Time zones: Crossing time zones can present challenges. Travelers may have to adjust the timing of their insulin injections. Eastward travel means a shorter day, which may result in requiring less insulin. Westward travel means a longer day, in which more insulin may be required. To assist with these time changes, travelers should keep their watch on their home time zone until the morning of arrival. Contact your diabetes team for more specific guidelines if needed.

Monitoring: Traveling means changes in routine, diet, sleep and physical activity. Blood sugars should be monitored more frequently. Jet lag can make it hard to recognize extremes in blood sugar levels. Meters, test strips and insulin should be kept out of direct sunlight.

Although people with diabetes cannot take a vacation from their diabetes, with careful planning they should be able to relax and enjoy their vacation.

It's National Nutrition Month!

By Danielle Esenler, UVM nutrition student



Snacking often gets a bad rap for leading to the consumption of excess empty calories. In reasonable portions, however, these midday delights are a great way to control hunger between meals. Snack time is a great opportunity to fit in those all-important servings of fruits and vegetables as well as meet other dietary requirements, such as protein and dairy.

The snacks below vary in their strengths but are all relatively low in saturated fat and calories. Each has something to offer, be it fiber, protein or vitamins and minerals. Happy snacking!

One medium apple with one tablespoon peanut butter:

28.5 grams carbohydrate

Source of fiber

Source of protein

Two deli roll-ups

(two slices of light cheese, two slices of thin deli turkey):

Three grams carbohydrate

Low carb

Low calorie

Low fat

Two cups light popcorn:

9 grams carbohydrate

Low calorie

Low fat

One ounce of pretzels:

23 grams carbohydrate

Low calorie

Low fat

One ounce reduced-fat cheese and 16 reduced-fat Wheat Thins:

22 grams carbohydrate

Source of protein fat

¼ cup trail mix (nuts and raisins):

12 grams carbohydrate

Source of protein

Four celery sticks, one ounce cream cheese and one tablespoon raisins:

13 grams carbohydrate

Low calorie

It's National Nutrition Month! *(continued from page 10)*



½ cup regular applesauce with ½ cup low-fat cottage cheese:

25 grams carbohydrate

Low fat

Source of protein

Three ounces of baby carrots with one tablespoon hummus:

Eight grams carbohydrate

Low calorie

Low fat

Source of fiber

One hard boiled egg, one slice whole-wheat toast with two teaspoons light spread:

12 grams carbohydrate

Source of protein

One cup of sliced strawberries:

12 grams carbohydrate

Low calorie

Low fat

Six ounces of low-fat, fruit-flavored yogurt:

32 grams carbohydrate

Low fat

Source of protein

Six ounces nonfat, fruit-flavored Greek yogurt:

20 grams carbohydrate

Low calorie

Low fat

Source of protein

Source of fiber	<i>Four grams or more</i>
Source of protein	<i>Four grams or more</i>
Low calorie	<i>150 calories or less</i>
Low fat	<i>Five grams or less</i>
Low carb	<i>Five grams or less</i>

For more information on National Nutrition Month, go to:

<http://www.nationalnutritionmonth.org/nnm/>

Pediatric Endocrinology & Diabetes
Children's Specialty Center
East Pavilion, Level 4
111 Colchester Avenue
Burlington, VT 05401



POSTAGE
HERE

PEDIATRIC ENDOCRINOLOGY NEWS | SPRING 2015

#

PEDIATRIC ENDOCRINOLOGY NEWS

Pediatric Endocrinology News is produced quarterly by the Department of Endocrinology at The University of Vermont Children's Hospital.

NEWSLETTER EDITOR

Lisa Bolduc-Bissell, RN, CDE

NEWSLETTER PRODUCTION

Susan Hayward

PEDIATRIC ENDOCRINOLOGY & DIABETES

Children's Specialty Center
East Pavilion, Level 4
111 Colchester Avenue
Burlington, VT 05401

PHONE

(802) 847-6200

FAX

(802) 847-5364 Fax

www.uvmhealth.org

Upcoming Events

Life After High School Program

Sunday, April 12 from 12:00 - 3:00 pm

Location: TBD

Is your child getting ready to graduate from high school in the next few years? If so, keep your eyes and ears out for information about our Life After High School program coming this spring. Open to current high school juniors and seniors, this program will help you and your child prepare for the transition from high school to whatever exciting adventure may come after graduation.

The UVM Children's Hospital will host its first event to help prepare you and your young adult with type 1 diabetes for life after graduation! All current high school juniors and seniors are invited to a fun, interactive and educational evening aimed to reinforce the diabetes management skills needed for successful transition to independence. Lunch provided. Sponsored by SLAMT1D, Inc.,