



Autumn Edition 2010

# sweettalk

Diabetes ACT Ltd. Newsletter

## DONATE TO DAVID! Trekking the Kokoda Trail in support of Diabetes ACT



**David Collison and a team of trekkers are preparing to tackle the Kokoda Trail in an Anzac Day pilgrimage that aims to raise funds for Diabetes ACT.**

David was diagnosed with Type 2 diabetes in 2005. He currently manages his diabetes through regular exercise and medication, he has dedicated this trek to raising funds for Diabetes ACT. All proceeds raised through sponsorship and donations will go directly to Diabetes ACT.

David says "By taking the Kokoda journey we hope to remind people of the importance of supporting those affected by diabetes. We also aim to promote understanding of daily challenges faced by those living with diabetes".

David served in the Air Force for 21½ years and after many years in uniform, he is excited to have the opportunity to "retrace the footsteps of our WWII troops fighting in New Guinea."

His journey over the 96km of rugged terrain starts on Wednesday 21 April until Monday 3 May 2010.

To help kick off David's quest, ABA Construction Managers Pty Ltd have kindly donated \$2500 to Diabetes ACT.



**You can support David's trek by making a donation or buying a ticket in our car raffle**

**Visit our web site and click on Donate to David!**



**Exercise walks**



**Car raffle**



**March Calendar**

# Health Program

TERRI BERENGUER



Post-GDM Registry

*Helping women  
to stay healthy*

## **Diabetes ACT has recently commenced a Post-Gestational Diabetes Mellitus (GDM) Registry in the ACT.**

Women who had gestational diabetes in 2009 or later will be entered in the Post-GDM Registry when their 12-month registration with the National Diabetes Services Scheme (NDSS) expires. They will receive annual reminder letters to see their General Practitioner for an assessment of their diabetes and cardiovascular status, along with educational material promoting healthy lifestyles.

Women with a history of GDM face an increased risk (up to 50%) of developing Type 2 Diabetes in the future. Incidence of GDM is increasing in the ACT, with latest figures being 5.6% of pregnancies in 2007.

The overall aim of the Post-GDM Registry is to prevent and/or delay the development of pre-diabetes, diabetes and diabetes complications.

**For more information on the program please contact Health Program Manager Terri Berenguer on 6287 8725 or [terri@diabetes-act.com.au](mailto:terri@diabetes-act.com.au)**

## National Diabetes Week 11–17 July 2010

National Diabetes Week focuses on raising awareness about diabetes and educating Australians about the risk factors for type 2 diabetes and how type 2 can be prevented.

For details of Diabetes ACT activities, stay tuned to the next edition of **Sweettalk** or check our web site closer to the date.

## DIG

### Type 1 Diabetes Information Group

Thanks to everyone who responded to the survey about our new type 1 Diabetes Information Group (DIG). Your input will help us to meet your needs.

DIG will meet monthly, with the first meeting at Diabetes ACT on Tuesday 23 March at 6.30pm. A light meal will be provided, so please RSVP.

If you're a person living with type 1 diabetes – or their spouse, parent, carer, sibling, etc. – then this group is for you.

**If you would like to be part of DIG, please call Janet on 6287 8730 or email [janet@diabetes-act.com.au](mailto:janet@diabetes-act.com.au) Check our web site for details of future meetings.**

## Specialist Allied Health Services

### Dietitian for type 1 diabetes

We now offer a specialist dietitian service for people with type 1 diabetes. For information about dates or to make an appointment, please call Janet on 6287 8730 or email [janet@diabetes-act.com.au](mailto:janet@diabetes-act.com.au)

### Diabetes Psychologist

A reminder for all our clients that Specialist Diabetes Psychologist, Dr Linda Beeney, is available on a regular basis at our offices. Linda specialises in providing psychological services to people with type 1 or type 2 diabetes and their partners, families and health professionals.

Check the Calendar in this issue of **Sweettalk** for dates and information on how to book an appointment.

Referral is not necessary, however your GP may refer you under the Enhanced Primary Care Program (EPC) or with a GP Mental Health Care Plan. Linda is an approved provider with many private health funds.

# Calendar of Events



More information about all of these events can be found in this edition of *Sweettalk*.

## MARCH

Tuesday 23	DIG Type 1 Diabetes Information Group	6.30pm with light meal provided, RSVPs essential
Thursday 25	GI Nutrition Group	9.30 – 11.00am
Thursday 25	Seniors Week Expo	10am – 3pm at Old Bus Depot, Kingston
Wednesday 31	Canberra Type 2 Diabetes Support Group	10am – 12pm at Grant Cameron Community Centre, Holder

## APRIL

Tuesday 6	Foot Education in Diabetes Group	10.00 – 11.30am
Thursday 8 and Friday 9	Diabetes Psychologist appointments available#	
Wednesday 14	Newly Diagnosed, Questions and Answers on Diabetes	9.30 – 11.00am
Wednesday 14	Workshop on Blood Glucose Monitoring	11.15am – 12.15pm
Wednesday 20 to Monday 3 May	Kokoda Trail Trek for Diabetes ACT your chance to Donate to David!	
Thursday 22	GI Nutrition Group	9.30 – 11.00am
Monday 26	Diabetes ACT CLOSED for ANZAC Day Public Holiday	
Wednesday 28	Canberra Type 2 Diabetes Support Group	10am – 12pm at Grant Cameron Community Centre, Holder
Friday 30	Carb. Counting – Advanced	1.30 – 3.00pm

## MAY

Tuesday 4	Foot Education in Diabetes Group	9.30 – 11.30am
Thursday 6	Basic Nutrition Group	9.30 – 11.00am
Thursday 6 and Friday 7	Diabetes Psychologist appointments available#	
Wednesday 12	Newly Diagnosed, Questions and Answers on Diabetes	9.30 – 11.00am
Wednesday 12	Workshop on Blood Glucose Monitoring	11.15am – 12.15pm
Saturday 15	Guardian Angel Gala Ball featuring the Celebrity Singing Bee	
Wednesday 26	Canberra Type 2 Diabetes Support Group	10am – 12pm at Grant Cameron Community Centre, Holder
Thursday 27	GI Nutrition Group	9.30 – 11.00am
Friday 28	Carb. Counting – Basic	1.30 – 3.00pm

## JUNE

Tuesday 1	Foot Education in Diabetes Group	10.00 – 11.30am
Thursday 3	Basic Nutrition Group	9.30 – 11.00am
Wednesday 9	Newly Diagnosed, Questions and Answers on Diabetes	9.30 – 11.00am
Wednesday 9	Workshop on Blood Glucose Monitoring	11.15am – 12.15pm
Thursday 10 and Friday 11	Diabetes Psychologist appointments available#	
Thursday 24	GI Nutrition Group	9.30 – 11.00am
Friday 25	Carb. Counting – Advanced	1.30 – 3.00pm
Monday 28	Car raffle entries closed, last chance to win a Honda Accord Euro!	
Wednesday 30	Diabetes ACT SHOP CLOSED FOR STOCKTAKE	
Wednesday 30	Canberra Type 2 Diabetes Support Group	10am – 12pm at Grant Cameron Community Centre, Holder
Wednesday 30	Car raffle DRAW	10am

Unless otherwise indicated, all events are held at Diabetes ACT, Holder

For group bookings please contact Janet on 6287 8730 or [janet@diabetes-act.com.au](mailto:janet@diabetes-act.com.au)

# Please call (02) 9940 3487 or 0412 987 544 to make a Diabetes Psychologist appointment

# Communication and Partnerships

LAUREL DAVIES

## THE 2010 CELEBRITIES



**ANDREW BALZANELLI**  
Managing Director,  
ACT Jones Lang La Salle



**ONDINA**  
Owner Ondina Studio,  
Kingston



**JAMES BLUNDELL**  
Singer/Songwriter



**IVAN SLAVICH**  
CEO  
TransACT



**EOGHAN O'BYRNE**  
General Manager  
Canberra FM



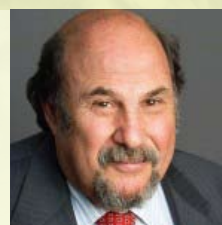
**BRETT HAYMAN**  
Principal Director  
Peter Blackshaw Woden



**NATALIE FORREST**  
Presenter/Editor  
Prime TV Canberra



**JOHN EFKARPIDIS**  
Director  
Rock Development



**MANNY NOTARAS**  
Canberra Businessman

## Guardian Angel Gala Ball featuring the Celebrity Singing Bee

Join us for a night of fun and entertainment!

**Date** Saturday 15 May

**Time** 7pm

**Venue** Hellenic Club, Woden

**Cost** \$150 – includes 3 course meal, drinks  
and entertainment

Following on from the huge success of the 2009 Celebrity Singing Bee and the inclusion this year of Australian Music Icon **James Blundell**, our 2010 Gala event promises to be spectacular, with nine Celebrities participating for the Champion's Trophy.

**You can buy tickets and sponsor Celebrities online  
Visit our website and click on the Gala Ball logo!**



Diabetes ACT apologises for the quality of photos of John Efkarpidis and Manny Notaras, these were the only images available at the time of going to press

## WIN THE AWARD WINNING HONDA ACCORD EURO VALUED AT \$40,100!

With the proud support of **Capital Honda** we present the **Honda Accord Euro valued at \$40,100** in an exclusive raffle of only 4000 tickets at \$25 each. We acknowledge the generous support of Ms Linda Jobling and her team, from Capital Honda.

**YOU CAN BUY TICKETS ONLINE  
VISIT OUR WEB SITE AND CLICK ON THE CAR!**

**Alternatively, complete and return the entry form enclosed with  
this edition of Sweettalk.**



# President's Report



## The Take 5 Team

This initiative sees Diabetes ACT and the Heart Foundation–ACT join forces to emphasise the message of good nutrition for children. The characters of the Take 5 Team have been developed and designed for Diabetes ACT and the Heart Foundation by Mrs Catherine Chapman.

Catherine has developed key rings and stickers, and a television commercial which will go to air in the coming weeks.

## Diabetes ACT joins PayPal

Through PayPal, we are pleased to be able to provide our supporters with a safe, secure way to donate or purchase fundraising products online.

Paying with PayPal is fast, safe and convenient. Your financial information is never shared with Diabetes ACT.

If you don't have a PayPal account, PayPal can also process transactions using Visa or Mastercard.



For latest news visit  
[www.diabetes-act.com.au](http://www.diabetes-act.com.au)

### Kellion Medal

On behalf of Diabetes ACT, I congratulate

**Mr Kevin Boundy** who was recently presented with a Kellion Victory Medal. This award acknowledges the significant achievement in living with diabetes for 50 years or more.

### Cocktail Reception

Diabetes ACT thanks His Excellency Mr Alexios G Christopoulos the Ambassador of Greece & Mrs Matenia Christopoulou for opening their residence and being the distinguished hosts of this year's Cocktail Reception on Friday 26 February.

The DACT Cocktail Reception pays special tribute and thanks to companies and individuals for their ongoing financial commitment to support the work of Diabetes ACT. Guardian Angel Awards were presented to **Liangis Investments, Joe Giugni, A Touch of Elegance** and **Arthur Laing** to acknowledge their special contributions.

A range of fundraising initiatives for 2010 were launched at the Cocktail Reception. These are showcased in this edition of **Sweettalk**.

On behalf of Diabetes ACT, I thank sponsors of the Cocktail Reception – Roche Diagnostics, Medtronic, Lovedesign Group and Canprint – and all our other valued sponsors for their continued support to our organisation.

### Strategic Planning Day

The DACT Board met on Saturday 27 February to review the organisation's achievements over the previous three years and to discuss issues relevant to its strategic direction. I will provide further information about DACT's future initiatives in coming issues of **Sweettalk**.



**Dr Prabir De**

Diabetes ACT President

# NDSS News

ANITA ROBERTS

Diabetes ACT is now supporting more than 14,400 registrants:

- 1807 with type 1 diabetes
- 10,785 with type 2 diabetes
- 1825 with gestational diabetes

One new sub-agent chemist has been appointed to provide even easier access to purchase your NDSS products:

### Spence Pharmacy

14 Glassey Place, Spence, phone 6258 8295

You can find a complete listing of Canberra region sub-agents on our web site [www.diabetes-act.com.au](http://www.diabetes-act.com.au)

We have  
37  
sub-agents

## Members' Survey

We are seeking your views about the value of current services provided along with those that you may wish to see available in the future.

A Members' Survey is enclosed with this edition of Sweettalk. Surveys returned by **Monday 16 May** will go in the draw to win one of three one-year memberships!



## Canberra Exercise Walks

The Canberra exercise walks group invites new people to join its weekend walks.

These walks help people to maintain or increase their level of physical fitness and sense of wellbeing. The group has been walking around Canberra's suburbs, parklands, lakes, hills, mountains and nature reserves since 2003.

Exercise walks take place at various locations on Saturday and Sunday mornings. The walks cover between four and six kilometres and last 60–75 minutes, so the walking pace is moderate.

You are welcome to socialise with other walkers and there is often an opportunity for coffee afterwards.

For more information, please phone Bob Eagers on 6255 1398 or visit [www.ewalksact.com](http://www.ewalksact.com)

### DIABETES ACT

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[www.diabetes-act.com.au](http://www.diabetes-act.com.au)

### DIABETES ACT BOARD

*President* Prabir Kumar De  
*Vice President* Theo Dimarhos  
*Directors* Susan Grigson, Tania Hanzar  
Dr Tony Huynh, Stephen Crocker (CEO)

Corporate partner: **LOVEDSIGN**  
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