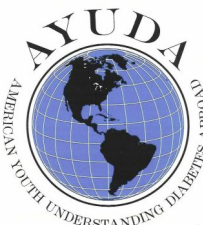


Winter 2007



Newsletter

www.ayudainc.net

CAMPO AMIGO ECUADOR 2006: THE SUMMER OF LOVE

With a new, upgraded campsite and a recently initiated Volunteer Training Program, Campo Amigo Ecuador 2006 (CAE '06) was bound to be a rousing success. But it took the arrival of an unexpected visitor to truly create a once in a lifetime experience – Love. That's right, Love paid a surprising visit to camp and no one could resist its allure. Love was on the soccer field, in the art room and swimming in the pool. Love was, in fact, everywhere and became a defining aspect of camp.

"I'd never seen so much love in one place," said AYUDA Volunteer Coordinator, Raffi Fuchs-Simon. "The feeling was amazing. Everyone, from the youngest campers to the oldest staffers, cared about each other."

Love-ly, indeed, were the 31 volunteers and 12 staff members (representing 12 states and 17 educational institutions) that worked closely with local youth leaders from the Fundación Diabetes Juvenil Ecuador (FDJE) and Ecuadorian medical students. Their hard work and dedication made camp the safest and most rewarding it has ever been.

Of course, Love played a role in their superb performance, too. The AYUDA team's loving relationship grew stronger this year because of the Volunteer Training Program (thank you Novo Nordisk for your lead sponsorship). Participants had the opportunity to meet before venturing down to Ecuador during the American Diabetes Association's annual Scientific Sessions. The bond formed during these five days allowed the volunteers to hit the ground running once they arrived in Quito for a three-week stay with host families from the local diabetes foundation before CAE '06 began. "I felt comfortable once I arrived in Quito," says first time volunteer Melanie Weiner. "I knew all the volunteers from the training program and the home stay allowed me to touch up on my Spanish and become accustomed to Ecuadorian culture before camp started."



Smiles all around this summer



Raise your hands if you love Campo Amigo!

basketball and volleyball courts; a swimming pool; and a recreation hall large enough for a Hollywood-style costume party, Nueva Vida was downright luxurious for campers, staffers and volunteers alike. "This year we actually had running water all the time and the food was better," said Vanessa Ng. "The campsite was an improvement from previous years and it was close to Quito in case of an emergency."

CAE '06 also featured a new Counselor-In-Training program, "Nuevos Horizontes", which took past campers and taught them how to be counselors. "It was great to show up to snack time and have it already set out for your group," said Kendra Henning. "Nuevos Horizontes made camp activities flow much smoother."

But while the new campsite and programs enhanced the Campo Amigo experience for everyone, it was Love that really made camp a remarkable experience for all those involved. During CAE '06's final dinner, with the entire camp watching through misty eyes, volunteer Lucio Demarco did what no volunteer had done before. He got down on one knee and proposed to his girlfriend, fellow volunteer Rachel Gollnick, who thankfully acquiesced. It was Love Campo Amigo style that truly made this summer special and allowed AYUDA to achieve its goal of creating a fun, educational and safe experience for Ecuadorian children and adolescents with diabetes while improving their long-term medical and psychosocial health.

Apply to volunteer at CAE '07! Visit www.ayudainc.net. Application deadline is February 11.

THE GROUP 4 JOURNAL

COMPILED BY VOLUNTEER SARAH LEVIN

Having just finished a year of teaching middle school, I decided to have my campers (eight girls, ages 9-11) keep a group journal. I asked each of them to write about camp, what happened, and what they liked (or didn't). Below are some entries from Campo Amigo Ecuador '06.

Tuesday, August 15: Day 3

With lots of love I write this entry. We woke up at 7 and made our beds and got dressed and checked blood sugars (I was normal) and the doctor came and told me to inject 10 units of NPH and 6 of Regular and everyone injected their insulin and we went to eat cereal, milk, and everyone ate at table 4... We brushed our teeth and rested...then went to sports where we played 3 different games...and we had snack ...Forgive me because I don't remember what we ate! – Eliana

At first the entries were just like the one above, but I encouraged the girls to write about their feelings and about what was happening within the group. I gave Diana the journal one afternoon while she said she was too sick to play soccer with the group.

Thursday, August 17: Day 5

What I like most about camp is learning a lot more about diabetes and playing and dancing, although I don't like to be sick and lately I have been sick and I want to feel better but I try and I can't. I don't know what I have, but I don't want to be sick. I want to be well... I think that camp is very fun, but being sick doesn't let me enjoy myself. – Diana



Diana, the orange princess, surrounded by group 4



Gabi writing in the journal

Diana began to complain of stomach pains daily, crying and pointing to the spot where she said it hurt. Because this was her second summer at camp, I learned from the medical staff that she often became sick when felt she was being excluded. Diana came from a troubled background (her difficulties at home were emotional as well as economic) and was quickly becoming an outsider in the group. One night, the group had a meeting to talk about helping Diana. Gabi wrote an entry about our talk.

Friday, August 18: Day 6

Tonight we had a talk about Diana and about everything that was happening in the group; we said that we were going to make everything well, that we were going to play all together and that we were going to help Dianita a lot, because she needs it; now [after our talk] she doesn't get sick, and her stomach only hurts her a little. I think that everything we've talked about today is very important for everyone, so that we can have a good time at camp, and so that we can be united as a group. I hope that from now on nothing hurts Dianita and that everything goes well for the rest of camp. Good night to everyone! – Gabi

The girls in my group showed incredible maturity as they listened and participated in a discussion about differences in backgrounds and making everyone feel included. At the dance that night, Diana led all of us in dancing the "crazy step," had a balloon fight, and spent her only night of the week where she didn't get sick once—and I had my campers to thank. They took great care with Diana, and saw for themselves how important it was to make everyone feel included.

*¡Intern with AYUDA! Dedicate your time to enabling others.
Earn academic credit. Visit www.ayudainc.net for more details.*

A LETTER FROM CROATIA...

Raffi Fuchs-Simon, AYUDA's Volunteer Coordinator, visited Croatia in June '06 to participate in a diabetes camp. He wrote this letter to report on what he found.

Hi AYUDA family,

I'm in Mali Losinj, a beautiful town in Croatia, for the Croatia Diabetes Association's camp. I'm having an amazing experience here and learning a lot about the

diabetes camping system in Eastern Europe. It's really been great to establish a relationship between diabetes associations in Croatia and AYUDA and I just wanted to write and share my observations with the rest of the AYUDA family.

First off, it's obvious that this Croatian diabetes camp is well organized. The buses to and from camp are on time, the living arrangements are comfortable and the menu is pre-planned. Doctors and nurses monitor the campers in a very professional manner. Their work appears effortless because of their punctuality and previously planned medical schedule.

Educational sessions at the camp are different from those organized by AYUDA. They provided informative group sessions for all the campers to participate in at the same time. While these classes are informative, diabetes camps organized by AYUDA differ somewhat. We conduct separate education sessions according to the age of the campers under the theory that older and younger campers learn at different speeds and by different methods and education can be more effective if it is age appropriate.



Mali Losinj, a lovely site for diabetes camp

Due in no small part to the camp's close proximity to beautiful beaches, the recreational activities are pretty exciting. We play volleyball and football, swim and explore the surrounding beaches. I have noticed, however, that there were other types of activities that could benefit the camp greatly. Arts and crafts, along with the physical games, would help develop new talents, strengthen campers' confidences, and expand the diversity of activities.

Finally, while everything is very well ordered at camp, there are no young counselors with diabetes to act as role models for campers. AYUDA's philosophy is that youth are the most powerful tools in helping other youth. We've found that young counselors with diabetes can be role models for the campers, who can gain greater control of their diabetes by asking questions and mimicking staff who understand their condition. Just as important, successful, young staff with diabetes help to demonstrate the unlimited possibilities, regardless of their condition, which await campers as they grow older. I am going to suggest this to the organizers.

So far, the Croatia Diabetes Association's camp has been tons-o-fun. Not only am I learning a lot, but I've also had the opportunity to share ideas with many of the campers and counselors and get a tan. It is my hope that AYUDA can continue to work together with the Croatia Diabetes Association to exchange ideas, train diabetes youth leaders, and improve the lives of children living with diabetes.

¡Juntos Somos Más Fuertes!


Raffi Fuchs-Simon

If you or anyone you know is interested in the Croatia program please don't hesitate to email Raffi Fuchs-Simon at raffifs@ayudainc.net.



Campers enjoy snack time at camp in Croatia

AYUDA GOES TO BELIZE

After conducting an in-depth analysis and needs assessment of the local diabetes community in Belize, AYUDA initiated the Diabetes Education Leadership Training and Advocacy (DELTA) Program from July 9-13th, 2006, in Belize City, Belize, in partnership with the local diabetes community. The program was considered a remarkable success as it represented the first ever diabetes leadership program in Belize.

DELTA attracted over 25 youth with diabetes, three local medical professionals and six AYUDA representatives. The three-day program focused on the encouragement and promotion of active youth involvement in the system that their lives depend upon. The objectives of DELTA included: (1) empowering and training youth to better manage their diabetes and take a leadership role in the diabetes community, (2) strengthening and building the capacity of the Belizean diabetes community, (3) increasing the awareness of the Belizean diabetes community among various local non-governmental organizations, private sector partners and media outlets.

Diabetes is an enormously common condition in Belize and has serious impact on the healthcare system. Non-communicable diseases, in particular diabetes and cardiovascular disease, accounted for over 30% of all mortality from 1993-1996. In 2003, diabetes was ranked sixth among the ten leading causes of mortality in Belize.

AYUDA plans to continue to support the DELTA program in Belize in the coming year and will be looking for possible volunteers to participate in the program in 2007. Also, AYUDA welcomes the support from any diabetes camp that wishes to sponsor an exchange with Belizean youth. For more information please contact Merith Basey at mbasey@ayudainc.net.



Merith Basey with Youth in Belize

2006 AYUDA VOLUNTEERS

Anthony Battista – Washington, DC

Julie Burke - Texas

Alex Case – Illinois

Lucio Demarco - Connecticut

Annie DiRocco – Delaware

Eric Fish – Boston, MA

Ginevra Frank – Washington DC

Rachel Gollnick – Connecticut

Meghan Jones - Bermuda

Hari Kowtha - Arizona

Andrew Leonard - Illinois

Sarah Levin – Washington, DC

Ali Luck - Massachusetts

Rachel Passman – Washington, DC

Nicole Poupirt – Delaware

Marissa Schwartz - Oregon

Karen Siegel – Connecticut

Melanie Weiner – New Jersey

Dr. Avni Shah – Childrens Hospital Los Angeles, California

Dr. Fran Kaufman – Childrens Hospital Los Angeles, California

Dr. Neal Kaufman - California

Barry Conrad – Stanford University Hospital, California

Veronica Barraza – Stanford University Hospital, California

Debbie Jones – Bermuda Diabetes Centre

Dr. Patricia Barrera Lozano – Colombian Diabetes Association

Andres Baquero – Colombia

Letty Hernandez – Mexican Diabetes Federation

Samir Salam – Mexico

¡Join AYUDA's full time staff!

Visit us online at www.ayudainc.net for more details.

THE AYUDA FAMILY UPDATE

It's been a rewarding year for many members of the AYUDA family. On the diabetes front, **Karen Siegel** maintains her seat on the Novo Nordisk Youth Panel and has set up her own diabetes website to support the Unite for Diabetes campaign. You can check out her impressive site at sweetresolution.wordpress.com. 2006 volunteer **Ali Luck** has also been working within the community



We know what you've been doing

by developing a program to train camp counselors who work with campers who have diabetes. Over in Germany, AYUDA European representative **Bianca Rieger** recently published an article on Campo Amigo for Generation D, a magazine for youth with diabetes. If you speak deutsche you can read the article at www.accu-chek.de/teens. On the equator, **Daniel Lopez Cavazos**, AYUDA Fellow and Ecuador Country Officer, just returned from a diabetes camp in Bogotá for the Asociación Colombiana de Diabetes. He brought along **Sofia Alarcón**, **Henry Andrade** and **Montserrat Vela** of the FDJE. The University of Delaware newspaper recently ran an article featuring the Campo Amigo experiences of volunteers **Nicole Pouppirt** and **Annie DiRocco**. The article can be seen at www.udel.edu. Hearty congratulations go out to a few AYUDA family members. 2006 volunteer **Melanie Weiner** has



CAE's first marriage proposal

been accepted early to George Washington University. In the marriage department, AYUDA founder **Nicolas Cuttriss** was recently married to **Lara Turgay** in a small ceremony in Washington DC **Lucio Demarco** and **Rachel Gollnick**, fresh off the first ever camp proposal, are planning their ceremony for the following year. ¡Felicitaciones!

AYUDA REMEMBERS...

Recently, the AYUDA family has lost two beloved members. Activist and philanthropist, **Maya Miller**, was an outspoken and generous supporter of AYUDA. Her commitment and dedication to helping kids living with diabetes will forever be remembered. We would also like to send our condolences to the Solowiejczyk family, for the loss of **Anita Solowiejczyk**, a dearly loved mother and supporter of AYUDA.



Maya's memorial service at Orchard House

AYUDA STAFF

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Nicolas Cuttriss

President
Jesse Fuchs-Simon

Vice President
Adam Ross

Global Program Director*
Merith Basey

Education Director
Kendra Hennig

Alumni Coordinator
Vanessa Ng

Communications Director
Jeannette Osterhout

Recruitment Director
Rafael Fuchs-Simon

Editor and Publicist
Jacob E. Osterhout

UK Programme Director
Nicola Attack

Diabetes Mentor
Steve Eidelman

Leadership Coordinator
Alex Sackeim

Ecuador Country Officer*
Daniel Lopez Cavazos

**salaried position*

The AYUDA Classifieds

A Call for Volunteers - AYUDA seeks out-going, responsible leaders who are excited about working with kids in a friendly, challenging and dynamic environment. Spend your summers understanding Ecuadorian culture and working at a diabetes camp. Health care professionals also wanted. Visit www.ayudainc.net for more details. **Application deadline for new volunteers is February 11.**

Intern with AYUDA - Are you a motivated individual interested in youth empowerment, international health, Latin America, and citizen sector management? Experience the day-to-day operations behind AYUDA's delivery of essential care to children living with diabetes abroad. Earn academic credit. Visit www.ayudainc.net for more details.

Full Time Positions Available - In order to meet our expanding needs AYUDA is looking for exceptionally dedicated individuals to fill a variety of needs including financial management, IT, fundraising and development. Preference will be given to former AYUDA volunteers. For further information please contact Merith Basey at mbasey@ayudainc.net.

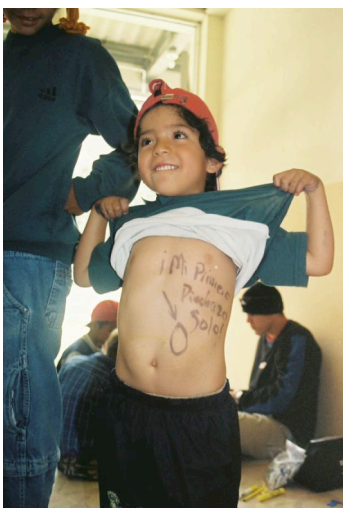


“Youth Empowerment”, (n.) 'yüth im-'pau(-&)r -ment, a process whereby young people gain the ability, authority, and agency to make decisions and implement change in their own lives and the lives of other people.

Help AYUDA Empower Youth to Create a Positive Change.

An organization run for youth by youth, that's AYUDA. We see youth as agents of change. In the decade since AYUDA was founded, we have become an international leader in the development and delivery of diabetes education, advocacy, and youth empowerment. Our organization has expanded its support to diabetes communities throughout the world by creating the **AYUDA Volunteer Program**, which has sent over 200 volunteers abroad, and the **CAI Youth Leadership Program** that has led to a network of over 400 dedicated young diabetes leaders from 20 different countries.

Help AYUDA support the world's most deserving diabetes youth leaders and their respective diabetes communities. Give these youth leaders a voice by investing in AYUDA. You can make a difference by mailing in the contribution form below or making a tax-deductible donation online at www.ayudainc.net. *!Juntos somos más fuertes! - Together we are stronger!*



✂

Help make a difference in the lives of children living with diabetes abroad. Work together with AYUDA to empower diabetes youth leaders and create a positive change.

Enclosed is my tax-deductible donation of:

- \$5,000 \$500 \$100
 \$1,000 \$250 \$ _____

Name: _____

In honor of: _____

Phone: _____

Email: _____

Address: _____

Your connection to AYUDA?

Please mail your tax-deductible donation to:

**AYUDA, Inc.
1700 N. Moore Street
Suite 2000
Arlington, VA 22209**

Or make your secure donation online at:
www.ayudainc.net