

# UPSTATE NEWSLETTER

2022 Tour de Cure: Upstate New York  
June 11, 2022

**LIMITED TIME LEFT TO EARN!!**



Register and raise at least \$150 by December 31st and this Tour swag will be yours. Be sure to share this with your team members!

**2022 TOUR SPONSOR SHOUT OUT**

**Parsons & Associates, Inc.**  
INSURANCE & RISK MANAGEMENT SINCE 1930

**EFPR GROUP**  
Certified Public Accountants

**Team Spotlight: Team Anna, Schuylerville NY**

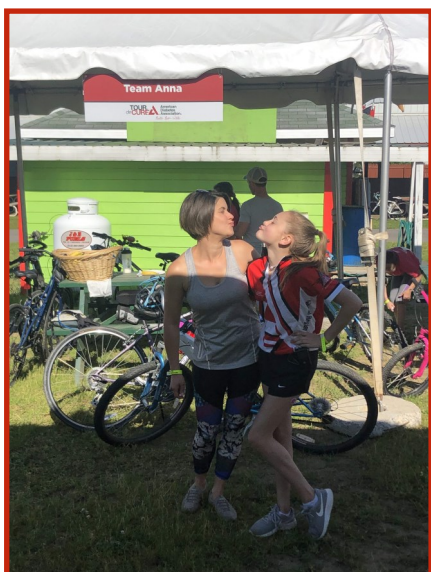


Anna Overholt, Age 11

**Erin Rupnick, Team Captain** - Team Anna was formed in 2015 as a response to my niece, Anna's, T1 Diabetes diagnosis in 2014. I think everyone in our family felt helpless in this tremendous challenge Anna and her parents faced. Fundraising for the ADA felt like one small thing we could do to help her. Admittedly, I didn't know a lot about Diabetes before Anna's diagnosis - I'm not sure anyone in our family did. We all got a crash course in how much her daily life was impacted. It was heartbreaking to watch her world change so much at age 8, and equally inspiring to see her rise to the challenge. She quickly earned herself the nickname "Anna the Brave"

and has met each challenge with maturity and grace. The first year we did Tour de Cure, I walked around the event after the ride with Anna and will never forget her saying "I can't believe all these people are here for diabetes...". **Knowing she felt seen and cared for was enough to keep riding each year.** Our little team of family and friends works hard and out-earns the year before. We thrive on healthy competition, and have a great community of friends, colleagues and even strangers who donate to our cause. It has been so amazing to see how many people simply want to support a cause they see us all so passionate about.

Anna has become an articulate and confident speaker at various ADA and private fundraisers, talking about her life with diabetes and educating and inspiring others. **I know her story is just one of many in the world of diabetes, which is why we continue to ride until there is a cure.**



**Corporate Partnership Opportunities Available**



The success of Tour de Cure relies on many factors, including the support from local businesses and organizations across the state. We are so grateful for the partnerships that we have built over the years with so many great companies, and we are always looking for new ones! If you know of a company that may be a great fit, please let us know!

There are a few different ways a company can get involved:

- Corporate Sponsorship** - There are a number of opportunities to invest in Tour de Cure, and the corporate benefits can be customized to your needs, based on the sponsorship level.
- Corporate Team** - Engage your employees in a Corporate Team to promote health and wellness, alongside a bit of friendly competition.
- Committee/Board Involvement** - Come join the group of people that help make this event a success! From planning and logistics, to outreach and corporate support, we love new faces and new ideas.
- Volunteer Opportunities** - It takes many hands to make Tour day happen and we can always use a few more. These responsibilities range from set-up and take-down, to registration and rest stops, just to name a few.

**News from National: Advocacy 2021 - Safe at Schools**

On August 5, 2021, the New York State Governor signed SB 1239 (2021–2022 Legislative Session), authorizing trained unlicensed school personnel to administer prescribed glucagon (injectable and nasal) to students with authorization from the student's provider. A BIG **THANK YOU** to the New York legislators for approving this bill and keeping our children with diabetes Safe at School!



Still looking for some holiday recipes? Look no further had the Diabetes Food Hub! This is a central location for hundreds of recipes, with easy to follow directions and nutritional information right at your fingertips!

Visit - <https://www.diabetesfoodhub.org/>



No-Bake Peanut Butter & Chocolate Bites

🕒 10 min 📏 24

**Top Fundraisers**  
(as of 12/15/21)

TOP INDIVIDUALS	TOP CORPORATE TEAMS	TOP FRIENDS & FAMILY TEAMS
1. Paul Koch: \$3,334	1. Kivort Steel Diabetes Revolution: \$7,012	1. Team Scouts BSA Troop 75: \$3,991
2. Robert Kivort: \$2,500	2. Team GM Cares: \$828	2. Rochester Bicycling Club: \$1,855
3. Stu Balter: \$1,930	3. Excellus Blues Blasters: \$785	3. IslandFit: \$150
4. Howard Katz: \$900	4. Parsons & Associates—Metro Fitness Pedalers—\$750	4. Upstate Peloton Cycling Club: \$130
5. James Johnson: \$655	5. Ortho Clinical Diagnostics: \$555	5. The Spoke Patrol: \$50



**Important Tour Links:**  
[Event Details](#)  
[Fundraising Tips & Toolkits](#)  
[Volunteer Opportunities](#)

Follow the [Tour Facebook Page](#) and Join the [Community Group!](#)



Jessica Joanis, Director of Development  
JJoanis@diabetes.org  
(315) 546-5430