



### Inside this issue:

Page 2: Family Camp

Page 3:  
Rebecca Infanti,  
T1 in schools,  
Father's Day

Page 4: CGMS

Page 5:  
DRCI AGM  
Mitchell Fundraiser

Page 6:  
Haydens Pump  
Adventure  
DRCI Update

Page 7: TOPS

## Rebecca Infanti



At left, Rebecca Infanti

On Saturday August the 12th at the Regal Café in Timor Street, the DRCI had the pleasure of sharing our most recent Guest Speaker with the wider Community. Participants on the day travelled from as far as Dunkeld, Colac & Ocean Grove to hear our guest, Rebecca

Infanti speak. Rebecca is a Psychologist with 12 years clinical experience working with children, adolescents and families in the public and private health sectors. She has a Master of Psychology (counselling), Postgraduate Diploma in Educational Psychology and a Bachelor of Arts (Psychology).

Rebecca was diagnosed with Type 1 Diabetes at the age of 6 and has managed its presence in her life for over 31 years. Rebecca also has a wealth of experience as a carer of two immediate family members and four second degree relatives with Type 1 Diabetes.

After reading Rebecca's Brochure 12 months ago, I knew instantly that I had to try & get to come to Warrnambool to share her knowledge with Families.

*"It may come as no surprise to you that being diagnosed with a chronic illness like diabetes is a life-changing event. However, you may not be aware that research indicates a diagnosis of chronic illness can cause greater stress to a person than that experienced with the death of a close family member."*

CONT, P3

Peer Support  
Christmas  
Breakup  
4th DECEMBER

## Family Camp



Our great Friend Dorothy Vogels, with Caprice, Haley, Eliza & Abbey & a random Wolf!

with each other & witness how much they have all grown in 12 months!!  
With so much support around the place, it also allows some parents, like myself to drop their guard a bit, it gives us a little bit of respite & the courage to keep going.

Thankyou to DE Ingrid Rial who joined us for the weekend bringing with her 3 of the most gorgeous boys, you would ever wish to meet. The presence of teenagers Joseph & Daniel added a different level of Peer Support to the Camp & with it a lot of Fun. Ingrid's Foresight & commitment to her T1 & ChIPS kids in Timboon as a DE, is a breath of fresh air & we enjoyed & value her Input.

Another Successful weekend was had at Brucknell Scout camp for our 2011 Family Camp.

The weather was once again good to us, even better than last year, allowing us to have a camp Fire in the evening.

The Food was amazing & thanks to a couple of wonderful Mums we had some special activities planned to compliment the ones that already exist at Brucknell.

We had the pleasure of welcoming 3 new Families to Camp this year.

The Kline Family from Bushfield, the Henderson Family from Warrnambool & the Baillie Family from Timboon..

We have the most amazing kids at Camp & they all get along Famously. They are surrounded by so many Peers managing the same issues everyday, that the commradierie in these kids is quite humbling. It is with a lot of Pride that I watch them be

*Diabetes resource  
centre inc.*

Diabetes Resource  
Centre Inc.(DRCI)  
PO Box, 5133,  
Warrnambool 3280

DRCI Peer Support—  
TOPS Contact :

Mylee Collins:  
0400729357

Shannon Warburton:  
0418562270

Julie Gibson:  
0411453786

St. John of God, Senior  
Diabetes Educator:  
Anne Morris:  
55634555

South West Health Care  
Senior Diabetes Educator:  
Maree Boyle:  
55631490

South West Health Care  
Paediatricians: 55644300  
After hours and  
emergency:55631666

DRCI COMMITTEE OF  
MANAGEMENT;

President, Mylee Collins  
0400 729 357

V.President, Ann Morris

Secretary, Shannon  
Warburton

Treasurer, Rebecca  
Murrell  
0414271661

# FAMILY CAMP



Left: (L-R)  
Joseph Arrundell, Oliver  
Rial & Daniel Greaves  
who attended Camp with  
DE Ingrid Rial from Tim-  
boon.,



Right: Two of our young-  
est Campers, & new  
Friends, Lola Baillie and  
Damon Warburton.



Above: The Younger Kids  
took full advantage of Jo-  
sephs easy going Nature.  
We eventually untied him!!  
Below: L-R Our newest  
Member Nicholas Hender-  
son with new Friend Hayden  
Prout.



Thankyou, Thankyou, Thankyou!!  
To all our wonderful Families, for  
making our 2011 Family Camp  
weekend another success.

Just a couple of quick mentions:  
to the Gibson Family for groceries  
Shopping, Natasha & Stacy for  
photos, water Bottles, slide show  
& fantastic, wonderful games.

Educators Maree Boyle & Ingrid  
Rial for your time.  
Ann & Shannon for all your be-  
hind the scenes planning.  
The Vogels family for the joy that  
you bring.  
The Baillie Family support with  
IGA .  
Wannon Water.  
Last but not least,  
The Warrnambool Rock & Rollers  
& eResources, Good Idea Adver-  
tising.



Above & Below: Riley  
Wastell entertained the  
kids with her Impres-  
sive bobbing for apples  
skills.



Left: Even the  
Big Kids had fun,  
Karen & Daugh-  
ter Maggie Kline  
Right: Some of  
our gorgeous  
Girls  
Below: Games



After receiving advice from DA VIC that they were no longer interested in coming to Warrnambool due to inadequate RSVPs to their 'TOOT', I called Rebecca to see if she was still interested in making the trip to Warrnambool. My initial thought was; that if an organisation such as DA VIC (who receive funding to put on events such as the Type1 out of Town (TOOT) events) wouldn't come, then perhaps the DRCI asking Rebecca to travel to Warrnambool at her own expense & Volunteer her time to an audience that could be very small, might not be feasible. (DRCI currently does not receive any Funding)

Fortunately for the DRCI & the T1 South West Community, Rebecca was only too happy to come & speak to families & share her knowledge & experience.

Rebecca's Power Point was full of Interesting Content that many of us had never encountered or had even thought about.

Rebecca provided us with several interesting facts which grabbed our attention, among them;

**Genetics make up only 20% of why people get T1.**

**One in five (20%) of T1 diabetics are at Twice the risk of a mental illness.**

Rebecca went on to outline and cover various issues relating to T1 such as:

The roller coaster ride — Adjustment to T1 life

Commonly Encountered Hurdles — sadness, withdrawal, burnout, anxiety, low self esteem, depression, eating disorders.

Stress — intense physical response, emotional response.

What is burn out? - Herbert J Freudenberg

The burden of hypos.

The event was well attended with Families travelling from as far as Dunkeld & Colac to attend. We also had Kim Henshaw & Kelly Rossman from DA VIC & two Warrnambool Diabetes Educators in the audience. Since the event, the feed back we have had from Educators is that several people on the day have in fact re-engaged with their Educators after a long period of time away. This is a fantastic result & I know Rebecca will be thrilled with the result.

We cannot thank Rebecca enough for going out of her way for us.

For more Information on Rebecca & how you can contact her visit: [www.healthyhappy.com.au](http://www.healthyhappy.com.au)

Our next Information/Education forum for the Community will be: **T1 In Schools**

February the 21st 2012 at Emmanuel College 4-6pm.

Parents/Teachers, Please note in your Diaries. All Schools are Invited & encouraged to participate & send at least 1 member of Staff along. We had a reasonable turn up last year at short notice, we hope that this event will grow, for the benefit of better Communication, Education of T1 & Management within our Schools.



Below: Shani & Izabella Henderson enjoying their first DRCI Fathers Day

## Fathers Day

This year we welcomed The Henderson family as new Members to our Fathers Day event. Shani, John, Izabella & Nicholas joined a small turn up at the Warrnambool Indoor Cricket Centre. **The day was generously sponsored by South West Roofing & A K Garage Doors.**

Thankyou to DRCI Dad Rob Gibson for organising the, sponsorship & Catering, another great afternoon was had by all.

The Fathers Day event is a great pre-cursor to The Family Camp. It's a relaxed Informal day for Families to catch up from last years camp or to re-acquaint themselves with new Families before the next Camp.

The DRCI Fathers Day is specifically organised for Dads because at DRCI we realise that, often it is only the Mums who manage to get to Peer Support during the week.

This is our way of trying to provide Peer Support for Dads & the Family Unit as a whole. Managing a T1 child is a huge responsibility for the Primary Care Giver, more often than not the majority of Care falls on the Mother. This can create an unbalanced Family Unit with some Fathers Feeling 'not useful' or 'helpless' in certain situations.

Coming to an event such as Fathers Day can remind Dads, that they are not alone. There are other Men/Dads dealing with the same demands & anxieties associated with when one of your children is diagnosed with a Chronic illness.

Thanks Rob!!



# What is the iPro 2 System?

For some time now my 'Mothers Instinct' has told me that there is more to my daughters Bedwetting than just a 'bad habit' that she has fallen into. We have tried the 'Blanket' with the alarm twice, with no success. The only thing the Blanket seems to achieve is, in waking the entire Family up on a regular basis, while my daughter in question sleeps soundly through the night. Charlottes Paediatrician suggested we might want to try it again, but for obvious reasons I was reluctant, & I asked Nick for different Options. One of them was to set my alarm & wake her up myself, which is what her Father does when she stays at his house. It works for him because she doesn't stay very often, however as a single parent with two jobs, I was less than impressed with the idea of broken sleep.

My overall concern was, that the bedwetting was being caused by Charlottes BS peaking over night, thus resulting in her 'weeing' the excess sugar out of her system. I have long since given up worrying over the mess & the continuous washing, my Primary concern was her overnight BS (the cause of course being the wrong dose of Insulin) & her emotional needs. It's ok to wet your bed when you're 6, but it kind of gets 'not ok' when you are 10. I was determined that I didn't want this Impacting anymore on her self esteem than living with T1 already does.

As an added Bonus!! my next concern was that her 'Hypos' were 'presenting' in a new way that I have never had to deal with before & they were beginning to 'freak me out' just a little. A non responsive, mostly wet, disorientated & slightly seizing child is not the way most of us envisage starting our day & is certainly not what most people want to hear when they ask 'How was your day?'. For any Parent, it can be Isolating & extremely unnerving..

ENTER THE CGMS> A few weeks ago my girlfriends little girl went on a Continuous Glucose Monitor System (CGMS) designed to capture exactly what her BS were doing 24hrs a day for 6 days. The results my girlfriend received were shocking, left many of us deeply upset, but has now given her enough Information to completely overhaul her daughters management plan. After witnessing her results, I realised that perhaps Charlottes BS were *not* peaking but rather they were going so low overnight resulting in her being barely conscious or not conscious at all & that was what was causing the bedwetting. (In short, she was incapable of waking up, even if she wanted to!)

After consulting both my Paediatrician & DE & being introduced to the new technology at SJOG (smaller, more accurate), we decided it was worth trying.

**The iPro 2 system is designed to capture your glucose levels continuously 24 hours a day. It allows your clinician to review your glucose patterns and trends. While wearing the iPro 2 system, you will still need to check your blood glucose to calibrate the system and manage your diabetes. You will be wearing the iPro 2 for six days while continuing to manage your diabetes. Live your life with your normal behaviour. If you normally exercise, then exercise. Keep tape over the sensor and iPro 2 recorder to prevent accidental removal or sensor movement. You may shower and swim.**

My Educator rang me as soon as the results came in & advised me that 'the news' wasn't great. Her long Acting Insulin is the culprit, causing her to go so low over night, that my beautiful little girl has been *incapable* of waking up for about a period 7-8 hours. Next stop is my Paediatrician Nick Thies for his advice & support, together we will work this out & get her back on track! Not only her long term Health will Improve but perhaps her bedwetting will cease as well, making her feel less of a burden & less isolated among her Peers.



Above: 1)CGMS is tiny & Inserted relatively painlessly just under the skin. Charlotte said 'it hurt way less than having my ears pierced'. 2)DE Sharon Martin Clips the CGMS attachment into place. 3) Charlotte at home with CGMS which she wore for 6 days.

Thankyou Nick, Ann & Sharon, for your support & guidance.

**Warrnambool Rock  
& Rollers**  
PRESIDENT- HAL GREER  
PH- 5562 3153



Above: Natasha & Tim Prout

### [DRCI AGM was held at the Flying Horse Bar & Brewery on the 13th September at 7.30pm](#)

Felicity Melican from Sinclair Wilson presided over the meeting. Felicity was instrumental in the founding of the DRCI & has been a great support over the 18months. She is a great source of strength & I have regularly sought out her advice on numerous occasions.

With the Departure of Bob McIver some months ago & the Recent resignation of Secretary Paul Baker, the DRCI had two positions declared open on the evening. Nominations were called & one position was filled by Natasha Prout.

The DRCI wholehearted welcomes Natasha onto the Committee. Natasha is the mother of a child with T1 & has also returned recently to nursing at SWHC. Tash & her Family have been members of the DRCI since our Launch last year & she regularly attends Peer Support with her youngest son Connor. Tash has been a wonderful support to myself personally & a great supporter of the DRCI & it's vision for the future.

The DRCI would also like to thank Paul Baker for his role in the founding of the DRCI , his role & creation of our website & for his business services & advice he gave freely & in his own time.

## Trivia Night Fundraiser

for

## Mitchell McCosh

Warrnambool Golf Club

Friday, December 2

7:30pm

\$10 pp

BYO Nibbles, Drinks @ Bar Prices



*See you there trivia buffs!*



*Door Prize, Raffle Tickets, Fantastic Prizes for  
Trivia Winners on the night, Music, Games,  
Fun and Laughter!*

Round up a table of your most intelligent (geeky) friends for a fantastic night out and show your support for a worthy cause.



All proceeds go towards securing an Insulin Pump for Mitchell which will help to better manage his condition and improve his overall quality of life living with Type 1 Diabetes.



To book your tickets phone:  
Warrnambool Picture Framing on 55615722 (BH)  
or Sharon on 0449074458 (AH)

### What are the costs?

The cost of an insulin pump is \$8000, plus hospital stay and ongoing monthly expenses to replace disposable infusion sets, cartridges and batteries. Using an insulin pump is more costly than using insulin pens or syringes.

### Who pays?

In most cases, private health insurance (hospital cover) will part of the cost of the pump provided you are admitted as an inpatient at the time the pump is initiated and you meet the requirements set by the health fund relating to qualifying periods.

Health insurance will not cover the ongoing consumables that must be purchased.

There is also a **Type 1 Diabetes Insulin Pump Grant Program** for people under 18. The program provides subsidies of up to \$2500 towards the cost of insulin pumps for around 700 people under the age of 18 who cannot afford private health insurance. The subsidy of between \$500 and \$2500 per person is means tested on the basis of gross family income.

In Mitchell's case, we aim to raise enough funds to cover the gap amount needed for the insulin pump and hospital stay, as well as contribute to the ongoing costs that pump therapy requires.

All proceeds from the Trivia Night Fundraiser will be deposited into the **Mitchell McCosh Foundation** account. Direct donations can be made to:

BSB: 063-533 Account No: 10665538

BSB: 063-533 Account No: 10665538

## eResources Business Systems

78 Fairy Street Warrnambool 3280  
Phone 03 5561 2094 Fax 03 5561 5024  
admin@eresources.com.au





## *Haydens Pump Adventure*

After attending his first diabetes camp in Warburton 2009, Hayden was very keen to commence pump therapy. Since that time Tim & I have been weighing up our options & trying to determine whether having a pump was a passing fad for Hayden. In August we attended a pump seminar at SJOG & this is when our Pump journey really started. At this seminar Hayden was able to see, hold & play with a pump. We were also informed of the loan pump program. This program allows Hayden to borrow a pump from the company for 12 months. For more information on this program please talk to your Diabetes Educator.

To be eligible for the government rebate on Insulin Pumps, you need to have Private Health Insurance. Haydens Pump adventure will continue at the end of November where he will have an overnight stay at SJOG. Adventure to continue in the next Newsletter.....

Regards Tash

For more Information on Pump Subsidies Please contact JDRF.

**It's been a busy couple of Months for the Committee at DRCI. When I sat down to do the Newsletter I finally realised why life has been a little more Chaotic than usual.**

**We have been Invited to attend a number of Community Events over the last week, which has enabled us to reach the wider Community. As the DRCI does not receive any Funding, Trade Displays, are a good way to raise our profile at a small cost. With the 3 events that we have had in the last week & our Family Camp, I would like to use this space to say a very big Thankyou to our most recent sponsor resources.**

**Thankyou to Rod, Danlee & the team at eResources for helping us with a huge amount (for us) of photocopying recently.**

**It is these necessities that might seem small to others, but it puts a massive drain on the Finances & we certainly appreciate Rods Involvement with the DRCI & look forward to being able to draw on his Knowledge & Life skills with regard to T1 as we grow as an organisation.**

### *Diabetes Annual Cycle of Care.*

The DRCI was fortunate to be invited to the SWHC Annual Cycle of Care day by DE Katherine Stewart. We were among approximately ten trade displays over the two days. The annual event is designed to assist in:

the understanding diabetes, the role of Allied health, Understanding Self Management and to update knowledge of insulin.

Thanks again to Shannon for the first day & to Natasha Prout who finished up for me on the second day. It was a great day to catch up with Reps who we liaise with on occasion & Allied Health Members out of the Clinical setting.

Thankyou Katherine Stewart.

### *Combined Health Support Network Annual Luncheon.*

DRCI Secretary Shannon Warburton & I represented the DRCI at the Annual luncheon at the Invitation of Combined Health Support Network President, Anne Clapham. We caught up with Early Intervention in Chronic Disease Coordinator, Karen Lenahan — who has been a great supporter of DRCI since taking on her new Role. We also met Pam Stepnell from the Warrnambool Diabetes Support Group.

As a result, we have been added to the CHSN contact list along with other Warrnambool Organisations & this meeting was Instrumental in us being Invited to the;

### *Warrnambool Walk for Health and Service Providers Expo, Friday the 21st October, Civic Green*

This is only the second time the event has taken place & this year we were 1 of 26 service providers on Display. Thankyou to Rachel Furnell for helping me attend & staying all afternoon & to Stacy Wastell for seeing out the rest of the afternoon so I could return to work. Everyone was so very Friendly & This event will only grow with more community Input.

Small steps of raising our profile but worth it.

### *Child and Family Services Expo*

The 2011 Child & Family Expo is designed to provide Service Providers, Educators, Community Organisations & other interested people to come together and gain insight and understanding of the various services and supports that are available to children and families within the Warrnambool and surrounding areas.

Thankyou again to Shannon, we did a tag team effort at this event as we had another on the same day.

Sally McKenzie (early childhood WCC) was very receptive to meeting our Organisation, not knowing that it existed.

Thankyou to Gail & Lyn at Barwon Health for suggesting that it may be of benefit for us to attend.

We have certainly met some wonderful people in the Community over the last month or so.

## Thankyou to our sponsors:

- Sinclair Wilson
- Azeus Print & Design
- Avatar Business Intelligence
- ST. John of God Health Care
- Crichton Plumbing Services
- Subway Home Maker Centre
- Flying Horse bar and Brewery
- Good Idea Marketing Advertising
- Brian and Peterson Builders
- South West Healthcare
- Warrnambool Rock & Roll club
- City Memorial Bowls Club

## Thankyou To Our New Members for October/November

Henderson Family  
Rachel Furnell  
Katherine Stuart  
Sharon Martin  
Joseph Arrundell  
Ingrid Rial  
Daniel Greaves

## PEER SUPPORT—TOPS

*Guest Speakers: Rachel Furnell & Lyn Boyd Barwon Health*

*DRCI TOPS was fortunate to have the company of Rachel Furnell. Rachel is T1 & has been on a pump for several years now. Rachel was only too happy to come along & answer all the questions we had about Insulin Pumping. I first met Rachel when she was given my details through JDRF to speak briefly at a Rotary Trivia Night. Since then Rachel has become a great friend & source of Support & Information to the DRCI. As I have said to Karen Lenehan before, to meet young adults with T1, is not only beneficial for our kids but reassuring to us as parents. The knowledge that there are healthy examples of good management out there, That there is in fact a light at the end of the Tunnel & living proof that our children will in fact be ok.*

*Hot Topics at our last Meet: Respite*

*After many Phone calls, Shannon was able to find a local Organisation that may be able to help out in some capacity with Respite. Most Respite locally is geared toward aged care & disabilities, upon further investigating we managed to meet Gail Blackwood & Lyn Boyd from Barwon Health who outlined exactly what their service offered. For DRCI families there are some avenues that families may be able to access & through having Lyn come & speak to our group, we can now pass this Information on. It was lovely to have Lyn, as the mother of a daughter with T1, she was definitely on the same page as far as what some of our concerns or anxieties are.*

*Barwon Health Carer Respite & Carelink Services. 78A Fairy Street WMBL03 5564 6053*

**Do yourself a Favour & Check out Our Updated Website.**

**For all news & events go to:**

**[www.type1diabetesinformation.org.au](http://www.type1diabetesinformation.org.au)**

**A very big Thankyou to Tim & Natasha Prout for all the effort they have put into updating the Website.**

### Upcoming Events

- *December 4th Members Christmas 17th*  
*Family day*
- *T1 in Schools*  
*February 21st 2012*

### Committee Meeting

*November 9th*

### TOPS—Peer Support

*October 6th-20th*

*November 3rd-*

SINCLAIR *Wilson*