

# DiADIC NEWSLETTER

VOLUME 1, ISSUE 1

AUTUMN 2015

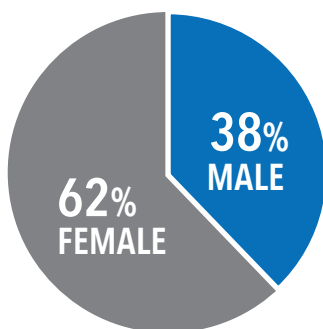
## DEAR DiADIC PARTICIPANTS,

It was about one year ago that we realized the National Institutes of Health was going to fund this study. We are so excited to be studying adults with type 1 diabetes and their partners because there is so little research on this issue. To date, we have 46 couples enrolled in the study and thank you very much for the time you have donated toward this study.

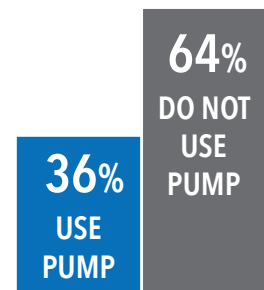
Although your study participation may be complete, we would like to keep in touch with you via periodic newsletters. In this newsletter, we provide you with some information about the people who have participated in the study, a winter recipe, some places to visit in Pittsburgh during the holiday season, and some resources in the area for times of difficulty.

Vicki Helgeson

## PARTICIPANT DEMOGRAPHICS



	Age	Age of Diagnosis
Average Age	47	18
Range	24-77	<1-50



## FALL BUTTERNUT SQUASH SOUP



Yield: 5 servings

Total Time: 40 min

Prep time: 10 min

Cook time: 30 min

### Ingredients

2 (12 oz) packages frozen butternut squash

1 tablespoons olive oil

1 onion, diced

1 large carrot, diced

2 cloves garlic, minced

24 oz fat-free, low-sodium, chicken broth

1/2 teaspoon ground black pepper

1/8 teaspoon dried sage

### Instructions

Microwave frozen squash for 5 minutes.

In a large soup pot, heat the oil over medium-high heat.

Add the onion and carrot and sauté for 5 minutes, or until clear.

Add the garlic and sauté for 30 seconds.

Add the squash and sauté for 3 minutes.

Add the remaining ingredients.

Bring to a boil, reduce heat, and simmer for 15 minutes.

After the soup has cooled slightly, transfer it to a blender and blend until smooth or use an immersion blender in the pot to blend until smooth. If desired, return the pureed soup to the pot to reheat before serving.

### NUTRITION FACTS

Calories .....	115
Carbohydrate .....	21 g
Protein .....	4 g
Fat .....	3 g
Saturated Fat .....	0.4 g
Sugars .....	6 g
Dietary Fiber .....	4 g
Cholesterol .....	0 mg
Sodium .....	95 mg

## PLACES TO VISIT IN PITTSBURGH DURING THE HOLIDAY SEASON

### PHIPPS CONSERVATORY

Phipps Conservatory and Botanical Gardens brings together the finest in horticulture, art, education and fun! From seasonal flower shows, educational classes, special exhibits and fun events - something's always blooming at Phipps!

One Schenley Park  
Pittsburgh, PA 15213  
Phone: 412-622-6914  
[hipps.conservatory.org](http://hipps.conservatory.org)



## PLACES TO VISIT IN PITTSBURGH DURING THE HOLIDAY SEASON

### **Pittsburgh Ballet Theater**

Widely acclaimed for its classical ballet masterpieces as well as innovative explorations of contemporary dance, Pittsburgh Ballet Theatre is currently recognized as one of the world's leading ballet companies. PBT's repertoire is a distinctive blend of ballets by 20th century masters, including Paul Taylor, Alvin Ailey, Agnes de Mille, Choo-San Goh, Lynne Taylor-Corbett, John Cranko and the great George Balanchine, new works by today's most passionate choreographers, and acclaimed versions of the 19th century classical ballets Coppelia, Don Quixote, Giselle, Romeo and Juliet, The Sleeping Beauty and Swan Lake.

2900 Liberty Ave.

Pittsburgh, PA 15201

Phone: 412-281-0360

[www.pbt.org](http://www.pbt.org)

### **Fallingwater**

Nothing compares to experiencing Fallingwater in person. When planning your visit, allow an entire day to enjoy the house and its spectacular setting. Fallingwater is located in western Pennsylvania's Laurel Highlands area, a beautiful natural area with spectacular mountain vistas, river valleys, numerous waterfalls, and rich forests. Plan to spend some time outdoors – hiking, biking, canoeing or rafting, fishing, or skiing.

**HOURS:** April 1 to mid-November and Christmas Day to New Years Day Tuesday-Sunday 10am-4pm for the 45-minute tour; weekends only the rest of the year. The 2 hour in-depth tour begins at 8:30 am. Reservations are required to guarantee admission.

**ADMISSION:** \$10 per person Tuesday-Friday, \$15 weekends and holidays for a 45-minute tour; \$40 per person Tuesday-Friday, \$50 weekends and holidays, for the 2-hour tour. Members of the Western Pennsylvania Conservancy (\$40 and higher categories) are entitled to free admission each year. Special rates are available on weekdays for school tours. When tours are full, visitors may view the grounds for \$4.00 per person Tuesday-Friday, \$6.00 weekends. The supervised Child Care Center is \$2 per hour. Admission prices are subject to change without notice.

Route 381 (PO Box R)

Mill Run, Pennsylvania 15464

Phone: 724-329-8501

Fax: 724-329-0881

[www.wpconline.org/fallingwaterhome.htm](http://www.wpconline.org/fallingwaterhome.htm)

---

## COUPLES MENTAL HEALTH RESOURCES

We realize that diabetes is a chronic illness and can be difficult at times.

Below is a list of some resources in the Pittsburgh area that may be helpful in times of difficulty:

Mental Health Resources	Therapists that specialize in couples' counseling	
re-solve Crisis Network 333 N. Braddock Ave Pittsburgh, PA 15208 888-796-8226	Sharon Opitz 7625 W Hutchinson St Pittsburgh, PA 15218 412-927-1075	Melissa Oliver 412-916-6376 Offices in Monroeville and Penn Hills

Websites that contain a variety of mental health centers

<http://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Mental-Health/Services-For-Adults.aspx>

[http://www.wpic.pitt.edu/research/adhd/resources/Mental\\_health\\_adults.html](http://www.wpic.pitt.edu/research/adhd/resources/Mental_health_adults.html)

## DiADIC STAFF

Vicki S. Helgeson  
Principal Investigator  
Vh2e@andrew.cmu.edu

Meredith Van Vleet  
Project Director  
mvanvlee@andrew.cmu.edu

Michele Russo  
Research Assistant  
mmrusso@andrew.cmu.edu

Jennifer Shin  
Research Office Assistant  
Jshin1@andrew.cmu.edu

