



Spring 2016
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Dear DiADIC couples,

A NOTE FROM VICKI

We now have 124 couples enrolled in our study. We are over half-way to our goal of 200 couples in this study. There are two study sites – Pittsburgh and Salt Lake City, Utah. It is too early to report any study results, but we thought we would give you an idea of who enrolled in this study:

- ◆ 61% of participants are female, but we are hoping for a 50/50 representation
- ◆ Ages range from 26 to 76, with an average of 47 years old
- ◆ Just over one-third (38%) use continuous glucose monitoring
- ◆ Just over two-thirds (68%) are on an insulin pump
- ◆ The vast majority of couples are married (93%)
- ◆ Couples have lived together from 1 to 52 years, with an average of 19 years

Now that the weather is looking up, we thought we would attach a list of local places to visit during the next few months. We hope you enjoy our suggestions.

VICKI HELGESON

CITY THEATRE

City Theatre is the place for people who love great theatre: amazing performances, compelling stories, and stimulating design, presented in a space that is so close and comfortable that you can feel the dynamic energy of a live performance.

57 South 13th Street
Pittsburgh, PA 15203
412-431-4400
www.citytheatre-pgh.org



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CARNEGIE MUSEUMS

In 1895, Pittsburgh industrialist Andrew Carnegie established Carnegie Institute to help people improve their lives through educational and cultural experiences. His founding ideals are now embodied in a collective of four distinctive museums — Carnegie Museum of Art, Carnegie Museum of Natural History, Carnegie Science Center, and The Andy Warhol Museum — that serve more than 1.67 million people each year. Individually, each of the Carnegie museums displays and interprets the world through its own unique lens of art, science, and natural history.

Phone: 412-622-3236
www.carnegiemuseums.org



MATTRESS FACTORY ART GALLERY

The Mattress Factory is a museum of contemporary art that presents art you can get into — room-sized environments, created by in-residence artists. Located in the historic Mexican War Streets of Pittsburgh's North Side since 1977, the Mattress Factory is one of few museums of its kind anywhere.

500 Sampsonia Way
Pittsburgh, PA 15212
Phone: 412-231-3169
Fax: 412-322-2231
E-mail: info@mattress.org www.mattress.org

PITTSBURGH OPERA

Pittsburgh Opera combines its long history with an exciting artistic and company vision to make it one of the most dynamic opera companies in the country today. All of the Opera's programs and activities are guided by its mission to enrich the life of Pittsburgh and the tri-state area and draw national and international attention to the region.

801 Penn Avenue
Pittsburgh, PA 15222
412-281-0912



RACCOON CREEK STATE PARK

This park is one of the largest and most beautiful parks in the Commonwealth. A centrally located 100-acre lake provides opportunities for outdoor recreation like fishing, boating, and photographing and viewing waterfowl and other wildlife. The Raccoon Creek Wildflower Preserve is a botanical wonderland.

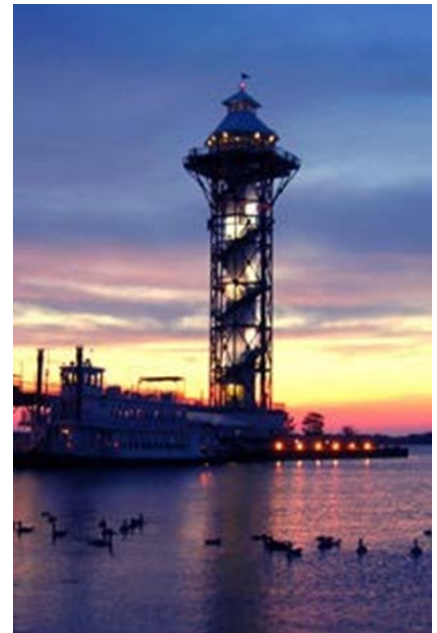
Raccoon Creek State Park 3000 State Route 18
Hookstown, PA 15050-1605
Phone: 724-899-2200
Wildflower Reserve Interpretive Center



ERIE

What do you get when you have 7 miles of natural beaches (Presque Isle), a great lake (Lake Erie), a friendly community that is big enough to have AA Baseball and OHL Hockey but small enough that the longest drive in town is around 20 minutes, and a community attitude where a smile to a stranger isn't a foreign concept? You get Erie, PA! We hope you enjoy your visit to our great city and sincerely wish you to make repeat visits or consider calling Erie home!

www.eriepa.com



OGLEYBAY

Oglebay is a unique 1650 acre resort of exceptional beauty and abundant recreational activities nestled in the hills surrounding Wheeling, West Virginia. Wilson Lodge at Oglebay has overnight accommodations with fine dining, indoor pool, fitness room and massage therapy. For families and larger groups, 49 cottages are available at Oglebay. Oglebay is located in Wheeling, West Virginia on Rt. 88 N, just 4 miles off I-70 at exit 2A. 1 hour from Pittsburgh via I-79 S to I-70 W to Wheeling Exit 2A

1-888-OGLEBAY
www.oglebay-resort.com

NATIONAL AVIARY IN PITTSBURGH

The National Aviary is America's only independent indoor nonprofit bird zoo, located in historic North Side's West Park. The Aviary is home to 600+ birds of more than 200 species. Many are threatened or endangered in the wild. Our natural, planted exhibits allow visitors an up-close view of the bird world. From hummingbirds to Andean Condors, the birds represent nearly every continent, with a particular emphasis on rainforest and wetland habitats.

Ridge & Arch Streets Pittsburgh, PA 15212
Phone: 412-323-7235
www.aviary.org



FRICK ART AND HISTORICAL CENTER

The Frick Art and Historical Center is a fascinating complex of museums and historical buildings located on over five acres of lawns and gardens in Pittsburgh's residential East End. The Center is devoted to the interpretation of the life and times of industrialist and art collector Henry Clay Frick. Exhibitions of fine and decorative art are also presented at the Center.

7227 Reynolds Street
Pittsburgh, PA 15280
Phone: 412-371-5483
www.frickart.com



HEINZ HALL FOR THE PERFORMING ARTS

Dedicated in 1971 (and renovated in 1995), Heinz Hall is a cornerstone of the Pittsburgh Cultural District. The building was first opened in 1927 as Loew's Penn Theater, which presented both films and live shows. With its international reputation for grandeur and excellence as a concert hall and showplace, the 2,661-seat Heinz Hall is home to the Pittsburgh Symphony Orchestra. Dining is available at Heinz Hall, for dinner in the Mozart Room, Sunday brunch in the Regency Room, and lunch during the warm season in the Garden Cafe.

600 Penn Avenue
Pittsburgh, PA 15222
Phone: 412-563-1224