

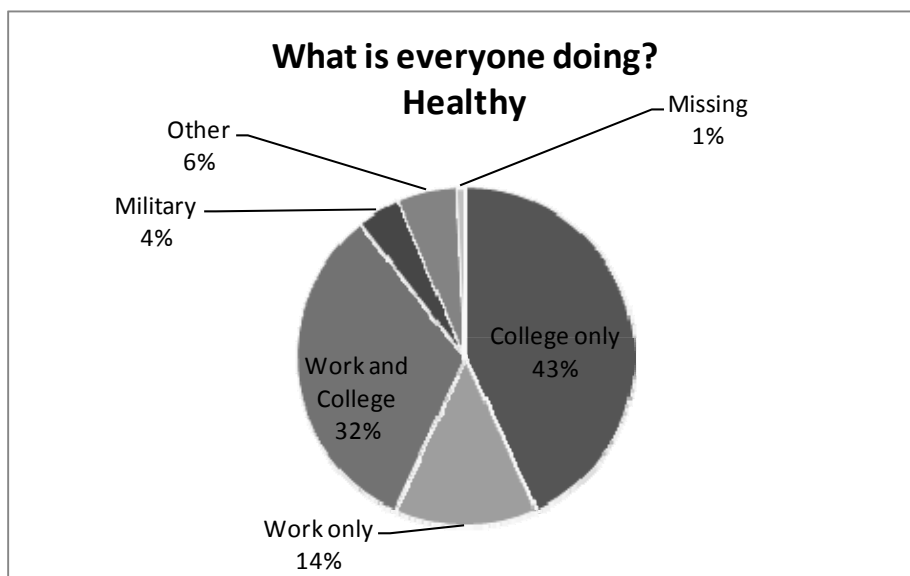
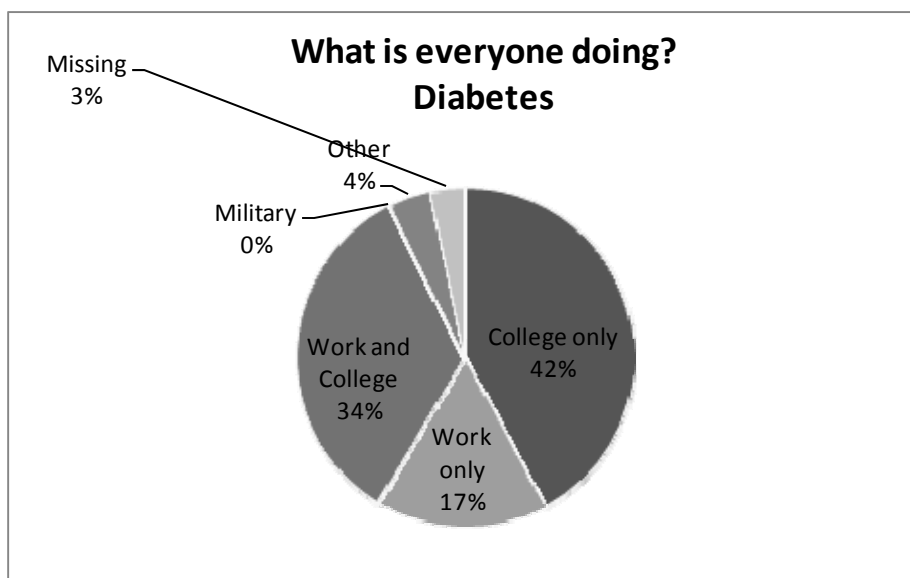


# Research on Emerging Adults' Changing Health

## Dear REACH Families,

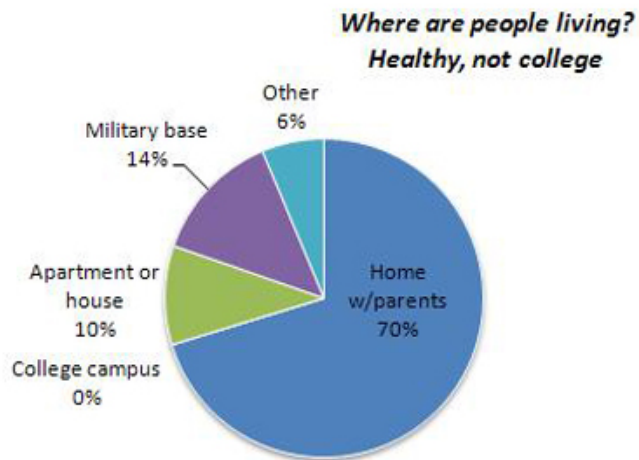
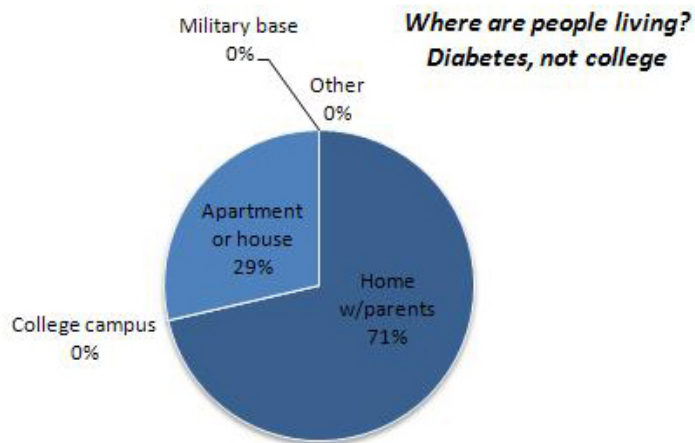
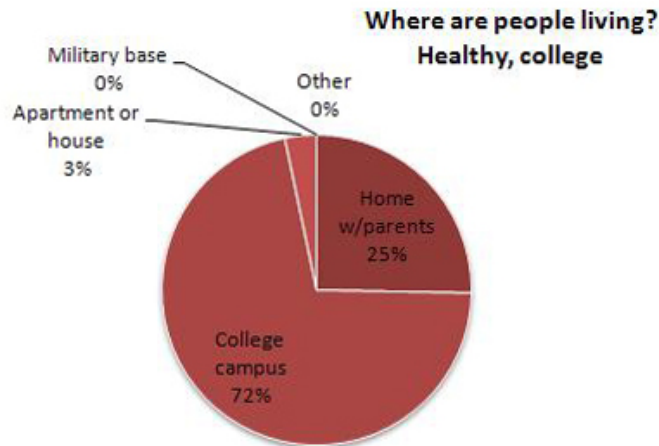
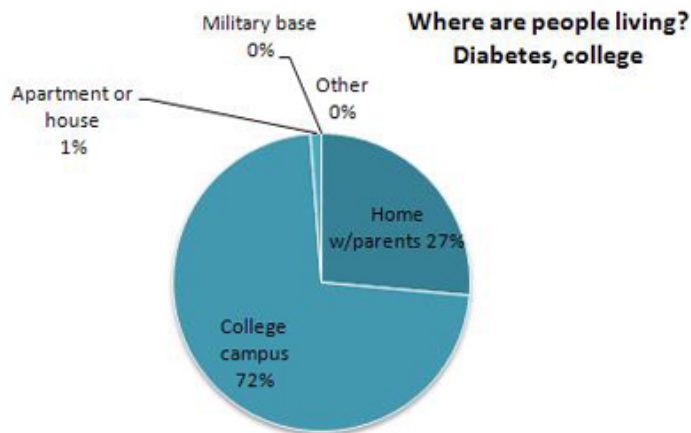
We are pleased to announce the official start of our new REACH (Research on Emerging Adults' Changing Health) Study. We will be enrolling people into the study over the next 3 years. We will provide you with details when you become eligible (4 years after expected high school graduation).

I promised I would share some results with you from the *Transition Times Study*. One of our most important findings is that there are no differences between the participants with and without diabetes in terms of what they are doing after high school. As shown below, three-quarters of each group was attending school full-time, half of each group was working, and living situations were comparable. Of those attending college, about one-quarter were living at home. Of those not in college, 70% were living at home.

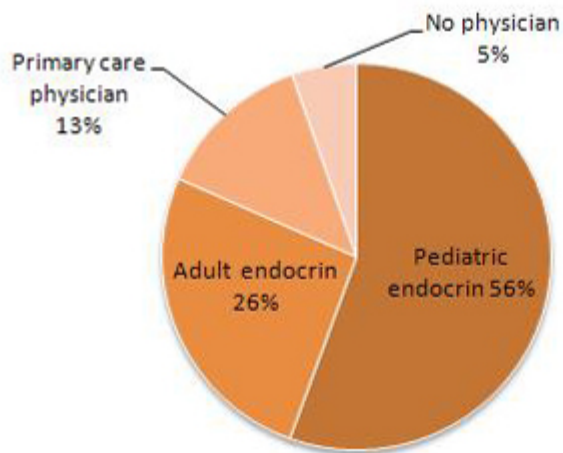


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### What kind of physician are people with diabetes seeing?



## Message from Vicki cont.

We will share more results with successive newsletters. Because I have my 21-year-old nephew living with me for the summer trying to figure out how to save money, I thought some tips on summer fun on a budget might be worthwhile.

As always, thank you for your support and please update us with any changes of email addresses, street addresses, and phone numbers.

Sincerely,

Vicki Helgeson  
Principal Investigator

## Summer Fun on a Budget

### Pittsburgh CitiParks — Cinema in the Park 2012

Starting in June and running through the end of August, Pittsburgh CitiPark's *Cinema in the Park* features popular films at eight different Pittsburgh area parks. The films are shown at no charge, so grab a blanket and some friends to hang out with under the stars.

You can bring food and drinks, but no glass bottles or alcoholic beverages. Inclement weather may cause cancellations. For cancellation information tune into KDKA or visit [http://www.city.pittsburgh.pa.us/parks/cinema\\_in\\_the\\_park.htm](http://www.city.pittsburgh.pa.us/parks/cinema_in_the_park.htm)

Movies usually start around 9:00 p.m.

#### Cinema in the Park 2012 Schedule

**Schenley Park** (Flagstaff Hill), *Sundays & Wednesdays*

July 1 Zookeeper (PG)

July 4 *Holiday - no movie*

July 8 Hugo (PG)

July 11 Mission Impossible

Ghost Protocol (PG-13)

July 15 Kung Fu Panda 2 (PG)

July 18 Thor (PG-13)

July 22 Dolphin Tale (PG)

July 25 The Twilight Saga:

Breaking Dawn, Part 1 (PG-13)

July 29 The Muppets (PG)

August 1 Real Steel (PG-13)

August 5 Indiana Jones and the

Temple of Doom (PG)

August 8 Just Go With It (PG-13)

August 12 The Princess and the Frog (G)

August 15 Super 8 (PG-13)

August 19 Happy Feet Two (PG)

August 22 Unknown (PG-13)

August 26 The Smurfs (PG)

August 29 Green Lantern (PG-13)

August 21 The Smurfs (PG)

August 28 The Adventures of Tintin (PG)

**Brookline Memorial Park** (Oakridge Street), *Thursdays*

July 5 Hugo (PG)

July 12 Kung Fu Panda 2 (PG)

July 19 Dolphin Tale (PG)

July 26 The Muppets (PG)

August 2 Indiana Jones and the

Temple of Doom (PG)

August 9 The Princess and the Frog (G)

August 16 Happy Feet Two (PG)

August 23 The Smurfs (PG)

August 30 The Adventures of Tintin (PG)

**Highland Park** (Reservoir Drive, Highland Park), *Select Mondays*

July 16 Dolphin Tale (PG)

August 20 The Smurfs (PG)

**Arlington Park** (Fort Field, Arlington Heights), *Select Mondays*

July 23 The Twilight Saga:

Breaking Dawn, Part 1 (PG-13)

**West End** (Elliott Overlook, Mt. Washington), *Tuesdays*

July 3 Hugo (PG)

July 10 Kung Fu Panda 2 (PG)

July 17 Dolphin Tale (PG)

July 24 The Muppets (PG)

July 31 Indiana Jones and the

Temple of Doom (PG)

August 7 The Princess and the Frog (G)

August 14 Happy Feet Two (PG)

## Pittsburgh CitiParks — Cinema in the Park 2012 cont.

**Arsenal Park** (39th and Butler Streets, Lawrenceville), *Fridays*

July 6 Hugo (PG)

July 13 Kung Fu Panda 2 (PG)

July 20 Dolphin Tale (PG)

July 27 The Muppets (PG)

August 3 Indiana Jones and the Temple of Doom (PG)

August 10 The Princess and the Frog (G)

August 17 Happy Feet Two (PG)

August 24 The Smurfs (PG)

August 31 The Adventures of Tintin (PG)

**Riverview Park** (Observatory Hill), *Saturdays*

July 7 Hugo (PG)

July 14 Mission Impossible - Ghost Protocol (PG-13)

July 21 Dolphin Tale (PG)

July 28 The Twilight Saga: Breaking Dawn, Part 1 (PG-13)

August 4 Indiana Jones and the Temple of Doom (PG)

August 11 The Help (PG-13)

August 18 North by Northwest (unrated)

August 25 Sherlock Holmes:

A Game of Shadows (PG-13)

**Grandview Park** (Bailey Avenue, Mt. Washington), *Saturdays*

July 7 Hugo (PG)

July 14 Kung Fu Panda 2 (PG)

July 21 Dolphin Tale (PG)

July 28 The Muppets (PG)

August 4 Indiana Jones and the Temple of Doom (PG)

August 11 The Princess and the Frog (G)

August 18 Happy Feet Two (PG)

August 25 The Smurfs (PG)

## Summer Sounds 2012—Greensburg's Concerts in the Park

Summer Sounds is a free series of concerts in Greensburg's downtown St. Clair Park. All shows begin at 7 p.m. and run to about 9:30 p.m. They are every Friday.

St. Clair Park is located at 135 N. Maple Ave., Greensburg PA 15601.

Parking in City lots will be free after 5PM on concert nights. Nearest lots are between the park and W. Otterman St. on North

Main St, one block west of the park, and North Maple Ave, one block south of the park. There are other City lots within a short walk at 130 North Main St, 201 South Maple Avenue, and the Bell Parking Garage at 106 West Otterman Street.

### Summer Sounds 2012 Schedule

July 6 The Mary Ann Redmond Band

July 13 Sons of Bill

July 20 Delta Rae

July 27 Hoots and Hellmouth

August 3 The English Channel

August 10 Christine Spero group

August 17 NoMaD

August 24 Ryan Montbleau Band

August 31 Silent Film

More information can be found at the Summer Sounds website: <http://www.summersounds.com/>

## Westmoreland Arts and Heritage Festival

An annual summer celebration, the free Festival takes place at Twin Lakes Park in Greensburg, July 5 through July 8, 2012. Times are from 11am-8pm each day.

The festival is host to entertainment, food, an artist market, petting zoo, fiddler's contest, poetry competitions and much more!

The Westmoreland Arts and Heritage Festival is held at Twin Lakes Park in Hempfield and Unity Townships, near Greensburg. Twin Lakes Park is just minutes from Westmoreland Mall.



## A Fair in the Park

A Fair in the Park is rated as one of the top 100 best arts festivals in the country by Sunshine Magazine.

The Fair takes place at Mellon Park in Pittsburgh's Shadyside neighborhood. It offers artwork by local artists and from artists located from around the world. With food, music, artist demonstrations, hot air balloon rides and activities for children, there is hardly time for a dull moment.

The 2012 dates for the fair are September 7, 8, and 9. Times are not announced yet.

There is street parking available on Beechwood Blvd., Shady Ave., and Fifth Ave. Parking is also available across the street at the Ellis School lot (Saturday and Sunday only).

More information can be found at <http://www.afairinthepark.org>

## Youngstown Summer Festival of the Arts

The Summer Festival of the Arts is a collaboration between Youngstown State University and the local and regional arts community. The dates and times are July 7, 2012 from 10 a.m. to 7 p.m. and July 8, 2012 from 11 a.m. to 5 p.m.

The Festival of the Arts features local and regional artists. Performances by various groups throughout

both days. Festival of Nations features foods and performances from the various ethnic and cultural groups in the Mahoning Valley. There is also a 5K race and jazz music. More information can be found at the festival's website. <http://web.yosu.edu/sfa/>

The event takes place at and around Youngstown State University. The

Main Information Booth is located in the middle of the Festival near Kilcawley Center. Schedules of events and other pertinent information is located there.

Parking is free in the Wick Avenue deck or any surface lot open around the Festival.

## International Car Show at the Pittsburgh Vintage Grand Prix

Every July, Schenley Park is the scene for one of the area's largest car shows. The International Car Show at the Pittsburgh Vintage Grand Prix is host to a display of over 2000 cars: all makes, all years, all countries. The weekend show is open to anyone.

The car show runs from 11 a.m. to 4 p.m. on July 21 and July 22. In addition to the car show, you can also watch 150 vintage racers compete on the golf course track all day.

Parking is available at Flagstaff Hill for the event, but there is a \$15 charge.

Directions and more information is available at <http://www.pvgrp.org/pvgrp-events/maps-directions/>



## Great Trail Festival

This festival runs for two weekends: August 25-26 and September 1-3. The hours are 10 a.m. to 5 p.m. This event also has a really low price of admission; \$5 for adults, \$4 for children (10-18) and children under 10 are free. The Great Trail Festival is a recreation of life on the Ohio frontier during the French and Indian War era. The festival is held annually at the Great Trail Festival Grounds and features exhibitors from Ohio and surrounding states.

Craft shopping is always a pleasure in the large, shaded story book glade. Savor the wide variety of delicious kettle-cooked foods and refreshments.

The Festival Grounds are located right on Ohio State Route 43 between Malvern and Carrollton, Ohio in Carroll County, Ohio.

For additional information please visit: [http://www.greattrailfestival.com/db/Festival\\_Location.html](http://www.greattrailfestival.com/db/Festival_Location.html)

## Allegheny County Summer Concert Series and Events

In addition to Pittsburgh's Cinema in the Parks, Allegheny County also offers free summer concerts and other events at the amphitheaters at South Park and Hartwood Acres Park.

This summer the County is offering a "Books to Life" Cinema Series, "Big Band Bashes," a concert at Harrison Hills Park, and the 3<sup>rd</sup> Annual Dog Day Festival at Hartwood Acres Park.

Some other highlights are: free concerts by the Pittsburgh Symphony Orchestra, the 18th Annual Pittsburgh Jazz Festival, performances by the Duquesne Tamburit-zans, and the annual Ballet Under the Stars event.

The full schedule and additional information can be found at <http://www.alleghenycounty.us/summer/index.aspx>



## Looking for Free or Cheap Activities in Your Area

This newsletter only lists a handful of events that are happening in Western PA and the surrounding areas. Here are some ways you can find additional summer activities to do for cheap or free.

If you are a college student, chances are you may be able to use your student ID for discounts on baseball tickets, admission to the Pittsburgh Zoo, admission to the Carnegie Museums. Check with your university to see if you are eligible for discounts with your student ID.

Check your local library. They usually have community newspapers with free event listings. The library itself may also offer free readings, workshops, and movie nights.

On the internet, Zvents ([www.zvents.com](http://www.zvents.com)) and Yelp ([www.yelp.com](http://www.yelp.com)) are two useful websites for finding events in your area.