CONGRATULATIONS, BALTIMORE!
WE RAISED $416,465 TO STOP DIABETES!

On a beautiful day, October 3rd, 1300+ walkers stepped out to fight diabetes at Baltimore’s Rash Field at the Inner Harbor. WJZ’s Mary Bubala kicked off the event along with Corporate Chair, Patty Brown, President of John’s Hopkins Healthcare. Noah Black, 2009 Maryland Youth Ambassador, shared his personal story of living with type 1 diabetes and reminded everyone why it is so important to support the event. The ladies from Baltimore Fitness and Tennis jazzed up the crowd with their zumba warm-up and sent them on their way. DJ Johnny provided the soundtrack of the day and participants enjoyed a special performance by 80’s super group, Peaches and Herb. Former Oriole Pitcher and Hall of Famer, Scott McGregor and 105.7 the Fan’s Ed Norris were on hand to sign autographs and chat with walkers.

Carefirst BlueCross BlueShield sponsored the Red Strider Tent for walkers that identified themselves as having diabetes. These individuals were given a red hat to wear during the walk as well as other goodies provided by Carefirst.

The annual Health and Fitness Festival provided valuable health information and featured our generous sponsors including 1st Step Diabetes Wellness Center, Amerigroup, Bon Secours, Bravo Health, Cabot Cheese, CareFirst BlueCross BlueShield, Ernst & Young LLP, Johns Hopkins Medicine, Lorien Health Systems, M&T Bank, Medifast Inc., Mercy Medical Center, Novo Nordisk, PricewaterhouseCoopers, University of Maryland Medical System - Joslin Diabetes Center and United Health Care/Everycare.

Special thank you to our Premier Sponsor, Bravo Health, our Red Strider Sponsor, Carefirst BlueCross BlueShield, our Silver Sponsors, Lorien Health Systems and United Healthcare/Everycare and our Bronze sponsors Bon Secours, Johns Hopkins Medicine, Medifast Inc., M&T Bank and Saul Ewing LLP.

Thank you to our wonderful committee and amazing volunteers for making this important day a tremendous success!

Congratulations to Sam Zaccari, our top individual fundraiser, for raising over $14,000, CareFirst BlueCross BlueShield (Team Blue), our top corporate team for raising over $33,000, and Team TJT, our top family team for raising over $7,400!

Because you stepped out and raised both money and awareness, the American Diabetes Association will be able to continue to work tirelessly to fund ground-breaking research, educate Americans about diabetes, and advocate on behalf of the nearly 24 million American children and adults living with diabetes.

Still Have Donations to Turn in?
We are accepting donations through the end of the year. Send your donations to ADA Maryland, Poole and Hunt Building, 2002 Clipper Park Road, #110, Baltimore, MD 21211, Attn: Balto Step Out.
Thank you to each and every one of the Teams & Individuals that participated in Step Out: Walk to Fight Diabetes! Each year, we like to recognize the Top 10 Fundraising Teams & Individuals that have gone above and beyond to help us stop diabetes. Let's give these Teams & Individuals a virtual round of applause!

**Top Corporate Teams**
- CareFirst (Team Blue) $33,818
- Johns Hopkins Medicine $30,542
- Lorien Health Systems $21,274
- Clinical Associates $8,497
- AMERIGROUP Maryland $4,033
- WeCare PDS $3,667
- Takeda Trekkers—October 3, 2009! $2,800
- Team Walgreens $2,667
- M&T Bank MTBIA $2,185
- Saul Ewing $2,035

**Top Family/Friend/Club Teams**
- Team TJT $7,454
- Julia’s Team $7,083
- In Memory of Patricia Basil $5,054
- Morgan’s Marchers $3,636
- Univ. of MD School of Pharmacy $3,092
- Chesapeake Biological Laboratories, Inc. $2,840
- Bmore for the Cure $2,735
- Bad Decisions $2,636
- Poppy’s Team $2,365
- The Dream Team $2,274

**Top Individuals**
- Sam Zaccari $14,209
- Debbie Tyner $13,035
- Wanda Moore $6,965
- Bill Stack $4,736
- Aimee Turrall $4,289
- John Distler $4,110
- Richard Rubin $4,000
- Karen Travis $3,030
- Robert Mccune $2,800
- Sarah Getman $2,985
**Holiday Nog**

1 c plain soy drink  
1 c orange juice  
1 medium banana  
1 tsp. pure vanilla extract  
8 ice cubes  
½ tsp. ground allspice

In a blender, combine the soy drink, juice, banana, vanilla, and ice cubes until smooth.

Pour into glasses and sprinkle with allspice. Enjoy!


MyFoodAdvisor™ is a unique calorie and carbohydrate counting tool that can help with diabetes management and nutrition. Learn about different types of food and make meal planning fun and easy!

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**STOP DIABETES. STAY INVOLVED.**

Make your Step Out event experience last all year long. There are a variety of ways for you to stay involved with the ADA and to help us stop diabetes! Visit [www.stopdiabetes.com](http://www.stopdiabetes.com) to join the movement!

**November is American Diabetes Month,** a time to bring even greater awareness and attention to the seriousness of diabetes, its deadly complications and the importance of proper diabetes control. Visit [www.diabetes.org](http://www.diabetes.org) to learn more about how you can get involved in promoting American Diabetes Month.

**Join the Step Out Planning Committee!** We can’t build and continue to grow the walk without dedicated volunteers like you! Or volunteer at our local office.

**Participate in our one-day cycling event, Tour de Cure on May 8th 2010!** Get your team together for another great day of exercise and raising funds and awareness to stop diabetes. Visit [www.diabetes.org/tour](http://www.diabetes.org/tour) for more information.

**Participate in our School Walk for Diabetes!** A fun and educational program to create awareness in MD schools. Visit [www.diabetes.org/schoolwalk](http://www.diabetes.org/schoolwalk) to register today!

**Subscribe to Diabetes Forecast.** For only $28, you get an entire year (12 issues) of the latest information on diabetes research and treatment, as well as practical tips on day-to-day diabetes management.

**Sign up for Action Alerts at the Advocacy Action Center.** See how you can easily contact your state and federal representatives about important legislation that affects people with diabetes. Sign up today at advocacy.diabetes.org.

For more information, please contact Dotty Raynor at (410) 265-0075 x4673 or draynor@diabetes.org

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**SPONSOR SPOTLIGHT**

**Bravo Health and the American Diabetes Association**

As a National Strategic Partner of the American Diabetes Association, Bravo Health has committed to help create a better future for its members with diabetes. Bravo has created Achieve, a Medicare Advantage Plan specifically for members with Diabetes. Achieve offers special care management programs for people with diabetes, low copayments for most health care services, $0 for diabetic supplies and $0 for diabetes related drugs including coverage in the gap (limited to diabetes related drugs).

Nearly one in every three Bravo Health members is affected by diabetes and as part of their commitment to help the Association stop diabetes, Bravo Health will provide its membership with educational materials developed by the ADA and the option of working with case managers for an increased level of care. The relationship will also focus on year round Association events that promote a greater awareness of the disease, like “Step Out: Walk to Fight Diabetes.” For more information and to see how you’re current health care plan measures up to Bravo Achieve, please visit [www.mybravohealth.com](http://www.mybravohealth.com).
Baltimore Step Out 2009 Photo Montage

RASH FIELD at Baltimore’s Inner Harbor