

'Ride Red Riders' raise \$500,000 at Tour de Cure

By **BETTE SHARPE**
GLENDALE DAILY PLANET
SPECIAL TO
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The American Diabetes Association hosted its annual Tour de Cure ride, the organization's largest fundraising event March 18 at Midwestern University. Ride lengths ranged from 10 to 100 miles and included fully stocked rest stations. This year's event featured something new, a stationary cycling option, which offered riders a virtual Tour de Cure experience.

This year's goal, from the event's website, had a goal of raising \$555,000. There was a \$15 registration fee and a fundraising minimum of \$200. Early numbers show there were

1,200 riders who raised \$500,000.

The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Diabetes is a disease in which person's blood sugar is too high. More than 1.4 million Americans are diagnosed with diabetes every year. Diabetes kills more Americans every year than AIDS and breast cancer combined. As many as one in three American adults will have diabetes in 2050, if present trends continue.

What is diabetes? When the body does not properly process food for use as energy there can be problems. Diabetes is a group of disorders characterized



Photo by Bette Sharpe/Glendale Daily Planet

Terry Thomas and Charles Lewis are wearing the red "Ride with Me" shirts. Both have diabetes and rode in the 2017 Tour de Cure March 18. Bike riding helps keep their blood sugar levels in check.

by chronic high blood glucose (sugar) levels. This is due to the body's inability to produce any or enough

insulin to regulate these levels.

Most of what we eat gets turned into glucose to

be used by our bodies for energy. The pancreas produces insulin, a hormone. Insulin helps glucose get into the body's cells.

Diabetes can cause health complications like heart disease, blindness and kidney failure.

In 2012, the National Institute for Health reported an estimated 29.1 million Americans (9.3 percent of the population) live with diabetes. Of these, an estimated 8.1 million persons were unaware they had the disease.

Almost 90 percent of people living with type 2 diabetes are overweight, or obese. People who are overweight, or obese, have added pressure on their body's ability to use insulin to properly control blood sugar levels, and are,

therefore, more likely to develop diabetes. (Source: <http://www.obesity.org/content/weight-diabetes>)

At the Tour de Cure event, Fry's Pharmacy's Lee Ellershaw presented a check for \$25,000 for American Diabetes Association to Tour de Cure representative Mark Nadeau.

Ashley Girard and her friend Addy Ross are young women who live with diabetes.

Ashley said, "Diabetes is an opportunity for me to meet wonderful new people and to be a volunteer and to help hopefully find a cure one day."

Addy said about having diabetes can be "a little time consuming, but at the same time, it does not control our life."

Successful aging - winning strategies for living well and loving life

By **KAYE BAKER**
PRODUCER
'SUCCESSFUL AGING'

Hosts John Wenzlau and Millie Oakeson welcomed Dr. Gaylen Bartlett of ADIO Chiropractic. Bartlett is a native of Phoenix and attended Arizona State University, where he studied biochemistry before attending Chiropractic College at Palmer College of Chiropractic in Davenport, Iowa.



John Wenzlau and Millie Oakeson

Bartlett explained that at ADIO they assess the body's nervous system using NASA-certified technology to determine exactly how the body is functioning.

"Using this approach, we then apply very gentle and specific chiropractic adjustments, when necessary, to remove dysfunction, allowing the brain to communicate freely with your body."

Millie was interested in the Torque Release Technique (TRT) which Bartlett relies on.

He explained, "TRT is the only technique in chiropractic that has been completely birthed out of scientific research. The technique allows me to find primary misalignments in the spine and adjust them gently and specifically without any popping, twisting or cracking."

John was concerned with length of treatment and Bartlett explained it's different for everyone. Each situation is different and some of his patients respond quickly, while others take more time. Bartlett continued, saying, with aging, he sees things like back pain, arthritis, high blood

pressure, sciatica, numbness and trouble sleeping because of pain in legs and feet. His primary focus is to provide a pain-relief alternative for muscles, joints, bones and connective tissue - used in conjunction with conventional medical treatments. Chiropractic care is a drug-free and surgery-free path to healing successfully. Because our nervous system controls every cell and organ in our body, chiropractors focus their attention on the health of our spine being properly aligned. Chiropractic is whole body care with a vision to see the body as much more than the sum of its parts.

In the second segment, John and Millie welcomed Sandy Messer. She is a graduate of Ambassador University with a degree in business administration and an emphasis in accounting. Messer became accredited with the Veterans Administration in 2013; she has personally handled more than 850 applications, all of which have been approved.

John immediately asked Messer what is Aid and Attendance and when is it

appropriate to seek assistance? Messer explained, wartime veterans and their surviving spouses, 65 years and older, may be entitled to a tax-free benefit called Aid and Attendance that is provided by the Department of Veteran Affairs.

Millie asked Messer what options for paying for care is acceptable to the VA? Messer said, "The pension is designed to provide financial aid to offset the cost of care for those who need assistance with the activities of daily living, such as walking, dressing, bathing, eating, toileting and transferring."

Messer said the five areas of care are "in-home, independent living, assisted living, memory care and skilled care as long as the person is receiving the Aid and Attendance of another person."

John asked Messer how long the pension lasts and she said, "Indefinitely."

Millie continued by asking what are the eligibility requirements?

Messer said, generally, a veteran must have at least 90 days of active duty service, with at least one day during

a wartime period. A veteran is eligible for up to \$1,788 per month, while a surviving spouse is eligible for up to \$1,149 per month.

Messer shared that this most important benefit is often overlooked by many families with veterans or

surviving spouses who need additional monies to help care for parents or loved ones.

In Messer's closing remarks she said, "It is a privilege and honor to recognize the sacrifice of service; hopefully, this pension will

make a difference for our loved ones."

For information on this show, call 623-847-3047.

"Successful Aging" explores aging well every week 11 a.m. Tuesday on Independent Talk KFNB 1100.

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