

Terry and I are writing you on behalf of Max.

As you know, Max was diagnosed with type 1 (juvenile) diabetes at Christmas three years ago, shortly after he turned two years old. He will be insulin-dependent for the rest of his life. In his short five years of life he already has endured over 8,500 fingerpricks and 6,500 insulin injections. In addition to his rigorous blood testing and insulin shots, everything he consumes must be weighed and measured, and his blood levels even need to be checked while he sleeps and plays. Max is always a trooper and rarely complains. As you've seen, he is full of smiles, laughs, and five-year-old mischief, amidst his daily diabetes routine. He actually began doing some of his own shots at the prime age of three! Max continually amazes us and is a blessing to have in our lives as a daily reminder of spirit, humility, and a positive attitude.

There are many devastating diseases in our world right now, and that saddens us. The difference with juvenile diabetes is that wiping it out of existence is extremely attainable and within reach. Max often asks us, "When is my diabetes going to go away?" It's a painful question to answer looking at his beaming and hopeful eyes. We feel confident a positive answer will be available before he goes to high school.

Please understand, we are not trying to have a pity session. We truly believe that out of every difficulty comes something good. As parents, it's our instinct from the moment our kids are born to protect them from any harm. We must do everything in our power to help find a cure for him. It's our mission to avoid the heart and kidney disease, blindness, amputation, and early death that is a reality for many people with juvenile diabetes.

The Juvenile Diabetes Research Foundation (JDRF) is the #1 non-profit funder of diabetes research worldwide. One of JDRF's largest fundraising events is the "Walk to Cure Diabetes." Each year since Max was diagnosed, we have formed a team named "Max's M&M's" and have raised money towards this cause. This year's walk will be held on Saturday, January 18 at the Mall of America!

If you are interested, there are three ways you can help us make a difference for Max:

- You can join our Family Team, known as "Max's M&M's," which consists of family and friends who collect pledges and walk with us.
- Send your donation and contact others in your circle of family and friends to donate as well. Just contact us and we will send you a pledge form. If you choose to raise donations yourself, you may forward this letter or write your own.
- You can send our family a tax-deductible contribution in any amount, made payable to JDRF. We have enclosed a postage-paid envelope addressed to our home. We will deliver any donations in Max's honor the morning of the Walk.

Thank you for helping our family team meet our goal of raising \$10,000 this year. Thank you for your support and we would be honored to see you at the Walk on January 18th!

The Zimmer's
Peggy, Terry, Max (5) and Ellie (2 ½)

