

KEEPING YOU



IN THE NOSE

SEPTEMBER GRADUATES – MAX & GABRIEL

KEEPING YOU

IN THE NOSE

THE LATEST AND GREATEST AT DOGS4DIABETICS | BIENNIAL NEWSLETTER | FALL/WINTER 2019

02

15 & Strong

Kibble from
the Corner Office

04

Happy Tails

Meet New Team
Natalie & Rupa

07

Brews, Blues, Boos

Join us at Lagunitas
for DOGTober!



DOGS4DIABETICS™

Kibble *from the* Corner Office

Dear Friends,

This year D4D is celebrating 15 years of service! I believe that everyone in our family -- staff, volunteers, partners, and supporters-- is more dedicated than ever to our mission of empowering diabetics to thrive. Because of you, we've had our most impactful year yet (with 26 life- saving partnerships in the world) and have the home and many of the resources we need to sustain our growth.

So what's next? Just as we emphasize to our clients that self-awareness is key to their diabetes management, we are taking a look within at our operations and going as lean as possible in order to ensure our future impact. As we're maximizing our efficiency and stretching your donor dollars, we're reminded of D4D in the early days...



Do you know our inception story? Like the great tech startups around us, D4D began out of a garage with our founder Mark Ruefenacht funding the research and running an experiment to test his hypothesis-- could the scent of hypoglycemia be isolated and detected on a reliable and scientific basis? In pursuit of this question, many people pulled together their resources-- Mark's professional experience in forensic science, the expertise of medical professionals and dog trainers from many disciplines, and the invaluable donation from Guide Dogs for the Blind, our beloved Armstrong. After verifying his hypothesis, Mark began D4D in October 2004, and as a grassroots movement since day one, D4D continues to be fueled by passion and collaboration, always doing more with less to keep our impact strong.

Thank you for being a part of our story! To honor all the stories in our family, we're proud to be launching our year-end appeal, **#D4D15Strong**. We invite you to take to the social waves, use our hashtag, and share your stories! We want to hear about how you met D4D, how your life has been impacted, and we ask that you introduce others to D4D. For years people have been telling us that we are the best kept secret in the Bay Area, and we need your help to make us the best known innovation.

You've all seen our dogs in action, alerting to life-threatening lows 10-20 minutes before even the newest technology. Surrounded by the buzz and innovation of the Bay Area, man's best friend is still the best tool for saving lives.

In support of #D4D15Strong, we've once again been blessed with the generosity of two anonymous donors, who have each pledged to match every gift dollar-for-dollar up to \$25,000. So you have the opportunity to TRIPLE the impact of your donation, and we have the chance to raise \$100,000 as a community!

We are strong and thriving because of supporters like you, and from all of us at D4D, I want to extend the warmest thanks for your love and commitment. Whether you've been with us since the beginning or are a new member of the family, we know that we couldn't be creating life-saving partnerships without you!

Thank you from the D4D Staff,

Christy Gillham

Christy Gillham
Executive Director



Dear Community,

2019 marks 15 years of service for D4D. As the founder, I am immensely proud of our community and all the work we've done together to empower diabetics to live beyond the restrictions of the disease. For 2020, we are preparing to train and place a record number of partnerships, and we ask that you make a donation this year to help us continue our mission of creating life-saving partnerships that inspire, transform, and empower diabetics in our community.

Even with all the advancements in technology for diabetes management, our dogs remain the best safety net. While I wear the latest in technology-- a continuous glucose monitor in a closed loop system that works with an insulin pump to give me my numbers throughout the day-- Hollis gives me warning 10-20 minutes before the best consumer technology. Hollis is still my #1 reliability source. He just gets it right.



Getting it right as a verifiable science is our founding principle. During the five years of self-funded research before D4D, I utilized my professional background in forensic science and worked with medical professionals and dog trainers from many disciplines to test whether the scent of hypoglycemia could be isolated and detected on a reliable and scientific basis. With the invaluable donation of Armstrong, a yellow Labrador retriever from Guide Dogs for the Blind, we were able to verify that the scent signaling hypoglycemia was common to all diabetics, and D4D was founded with science at its core.

During the last 15 years, we have maintained our industry-leading standards. Our dogs are trained to detect changes in blood sugar at a minimum of 80% and often alert at a statistical confidence interval as high as 99.73%, truly protecting the health and lives of our clients.

Will you help D4D continue to innovate and save lives? Once again this year, we have the opportunity to TRIPLE the impact of our donations. Two generous anonymous donors have each pledged \$25,000 to match every gift dollar-for-dollar made before Friday, January 3rd. Please get involved and help us raise \$100,000 together as a community.

Every penny contributes to allowing us to provide highly-trained, highly-skilled dogs free of charge to our clients. On behalf of the hard-working team at D4D, I want to thank you for your support and generosity. You have contributed to our success over the last 15 years and we thank you.

Sincerely,

A handwritten signature in black ink that reads 'Mark Ruefenacht'.
Mark Ruefenacht

HAPPY TAILS

NEW TEAM: **NATALIE & RUPA**

Unlike many others in the D4D client family, I wasn't diagnosed with diabetes until I was 44. I had a carefree childhood and young adulthood and didn't have to worry about pregnancy either, as I did not have gestational diabetes. So when I was diagnosed, and began the struggle to live a new lifestyle, I had a lot of problems. Oral medications were not effective, and I was on insulin within a year and a half of my diagnosis.

As we know, insulin brings its own problems, and one of them is hypoglycemia. At first I felt the lows, but as the years went by, I stopped feeling them until I dropped into the 40s and 50s. I've had instances where I got confused and couldn't take care of myself; friends have recounted those times, because I couldn't remember them.

So, living alone, I worried -- what would happen if I go low and no one is there to help me? I'd been lucky so far, but what if I'm unlucky just once?

I had seen a few diabetes alert dogs, and I started thinking about getting one. I investigated several organizations, but the cost and distance were prohibitive in all but one place: D4D!

So I applied, doubting at every step that I'd make it all the way along the path. It is a difficult path. Both dogs and handlers go through an extensive and detailed training process, because it's what gives us the best chance at success in our life-saving partnership. With the support of the wonderful trainers and community at D4D, I succeeded in my training, and Rupa and I are thriving on the path with D4D.

With my beautiful Rupa by my side, I'm making a good life for both of us, pursuing my art, my music, my dancing, and my love of all human culture. When I take Rupa to concerts, she gives a standing ovation and at my folk dance group, Rupa dances with me for the final dance. I've painted a portrait of Rupa holding her bringsel, because she is so dear to me.



M E E T T H E D 4 D

DOGS-IN-TRAINING

KICKIN' TRAINING TAIL!

How adorable and amazing are our dogs-in-training? We're proud to share that eight are thriving in our training program and 8 are being evaluated! We receive our dogs from our incredible partners, Guide Dogs for the Blind and Tony LaRussa's Animal Rescue Foundation, and we are all working hard together to create life-saving partnerships!





A R M S T R O N G ' S Dog House

by HOLLIS, D4D CHIEF CANINE AMBASSADOR

A new breed... LIOG! (Medical-Alert Dog, Salsa)



Are You Ready?

My buddies and I are getting our costumes ready for this year's Dogtober on October 21! To add to the fun of this annual event, this year's party will include a costume contest for us and our humans! Winners will receive scary good prizes, and there will be beer, BBQ, and blues at this fun-for-all family event!

So let's dress up and celebrate Halloween early this year with an evening of all-treats-and-no-tricks! And the best treat of all? You'll be helping D4D train and place dogs like me with Type 1 Diabetes, creating life-saving partnerships out in the world!

Excited tail wags and special thanks to our amazing community partner, Lagunitas Brewing Company for hosting this annual event. It's one of my favorite nights of the year, and we hope to see you there! Get your tickets today!

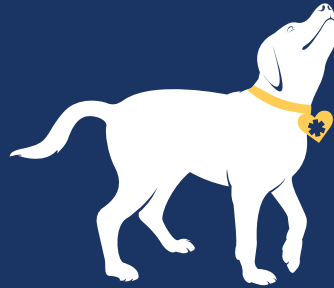
Woof! Woof!



Hollis

2 0 1 9

DOGT OBER



DOGS4DIABETICS™

**BREWS. BLUES.
BOOS.**

BREWING UP ALL THE B'S FOR D4D!

ALL-TREATS-NO-TRICKS

This Halloween season, we will once again be hosting Dogtober with our amazing community partner, Lagunitas Brewing Company! The fun-for-all family event will include BBQ, blues, beer, and to further bewitch you this year-- a costume contest for humans and our best buds!



LAGUNITAS BREWERY, PETALUMA

October 21

5:30 – 8:30 PM

TICKETS \$35

Includes Admission,
Dinner & Live Music!

Get Your Tickets

www.D4DDOGtoberfest.org



Treats from the Trainers

TURNING ON OUR NOSES

It's absolutely incredible how scent can bring together an entire community and turn a service dog into an extraordinary life-saving partner. Here at D4D, we are extremely fortunate to get all of our dogs from Guide Dogs for the Blind and Tony La Russa's ARF, and while most of the dogs we evaluate have the talent for using their noses, they really haven't honed their smelling potential. In order for our dogs to start training, they have to first turn on their noses. And how do we turn on a dog's nose? We start with Food-Find-It, a series of games and play that teach a dog the drive to search and find a particular scent, even if the scent is hidden throughout a house.

Food-Find-It

Step 1: Visual Find

This first step is easy, and we use something our dogs absolutely love -- kibble! We show the dog the container we will be using, typically a sturdy tupperware container that can have a lid put on it, and then we let the dog watch us place the kibble in it. We lower it down to the floor and let the dog eat the kibble.

Next, we put the dog in a room behind a closed door and place 3-4 pieces of kibble inside the container, which we place directly in front of the door. We want the container pretty close to the door, so when it opens the dog will visually see the container and help itself to the rewards. After each find-it, the dog is placed back into the same room and the container is moved to a different spot, still close to the door and in the dog's visual field. We always make sure the reinforcement is followed by praise and additional rewards, which are placed on top of the container.



Step 2- Hidden Find

As the dog gains confidence, we start moving the container around a room, hiding it in more and more challenging places: under pillows or cushions, on a chair in the dining room, or under the bed or behind the shower curtain. When we start hiding the container out of sight, the dog has to use its nose rather than its eyes to locate the container and find the reward.

Step 3- Find It and Stay

The final stage of training is to teach the dog to not only find the container but to stay at it until the trainer arrives. We accomplish this by putting a hole punched lid on the container, and we feed the dog for finding the container and continue to feed and praise the dog as it stays and sniffs.

Each of our dogs goes through these Food-Find-It activities and learns to turn on their noses. Once they have completed all the steps with confidence, they are ready to start with the trainers in the ring!

THANK YOU, RALPH!

Since the beginning of D4D, Ralph Hendrix has been an invaluable member of the D4D family. He has given of his time generously by volunteering for the position of Executive Director and then as Director of Finance and Vice President. After years of committed service, Ralph is transitioning out of his daily responsibilities but will remain a valued Board Member.

From all of us at D4D, we send our deepest thanks to Ralph for his dedication and the vital role he has played in shaping D4D's story. We love you Ralph!



Thank You!

Congratulations



CONGRATULATIONS, KIM AND CHRISTY!

Our wonderful Kim Denton, who has served as our Volunteer Outreach Coordinator, has been elected as a D4D officer and will resume responsibilities as the new Director of Finance and the Board's Treasurer. As many of you know, Kim has served as an elected official for the City of Albany for many years, and we are grateful to have her expertise in keeping D4D moving forward.

Our amazing Executive Director Christy Gilham has also been elected as an officer and will serve as Vice President of D4D. In her more than five years of service with D4D, Christy has demonstrated the highest integrity, ethics, and dedication, and we are excited to welcome Christy into these new roles for our organization. Go team!

HELP US CHEER THEM ON!

These Client/Dog Teams are working hard to meet graduation requirements!

Cooper & Bermuda



Mackenzie and Moon



Kate Nelson & Umpire



Johnson & Ming



CONGRATULATIONS

To these client/dog teams who just graduated. We're so proud of all your hard work and will be here for you throughout your journeys!

Russell & Valentina



Natalie & Rupa



Max & Gabriel



Cheryl & Ladybug



A SPECIAL THANKS

to Wallis Smith, who sponsored Sarah Densham & Wolfie and to the Donna Conner Family, who sponsored Roman & Whistler

Sarah & Wolfie



Roman & Whistler



Community Spotlight



Congratulations Summer Client Class!

Our most recent class of clients all succeeded in their training and passed their final exam and outing. They are eagerly waiting to be placed with their life-saving partner, and we welcome them to the D4D family!



Gregg Glick

To honor the passing of his D4D companion Trajan and to mark 20 years of living with diabetes, our community member Gregg Glick is raising \$20,000 for D4D. He is more than half-way to his goal, and you can contribute to “Trajan’s Fund” on GoFundMe. We want to thank Gregg for his efforts to continue Trajan’s legacy, and we also extend a warm thank you to Allied World, Gregg’s employer and a longtime D4D sponsor, for their generous donation of \$5,000.



Amazon Smile

As of this year, we’ve raised a little over \$3,000 from this program. Please keep shopping on AmazonSmile as the holiday season approaches, and thank you for helping D4D!



Join Our Next CTP Training!

Here at D4D, our Canine Training Partners (CTP) program is really growing!

If you’re interested in fostering a dog-in-training, we will be offering a 4-week class starting Saturday, November 2nd and ending December 7th. We will teach you the skills you need to help us train these dogs for success, including daily care, feeding, and basic handling skills.

What are the Benefits to CTPs?

The love of a dog and the D4D community! Our sweet and snugly dogs provide adventure, laughs, and fun to those in their care. And when you become a CTP, you join a big, warm community that is helping diabetics thrive.

For more information and to apply for the CTP program, please visit our website at <https://dogs4diabetics.com/programs/canine-training-partners>



THANK YOU, PETCO FOUNDATION!

We are honored to be receiving a Helping Heroes Grant of \$5,000 from the Petco Foundation!

This investment is made possible through the funds raised in Petco stores during their annual Helping Heroes campaign, which supports the life-changing work of service, therapy and working dogs. So we also want to thank Petco's store partners, who work hard to gather these small contributions so that we are able to make BIG things happen for animals and people.

To celebrate this new partnership with the Petco Foundation, we will be having an award presentation at the Petco, Santa Rosa store on October 13 at 1pm. Two D4D teams, Sarah & Wolfie and Anthony & Fitzgerald, will be present at the celebration, and Sarah and Anthony are both employees at the Santa Rosa store.

We invite you to attend in support of D4D, Petco, and the life-saving work we're doing together!





OUR SPONSORS

For many years the following organizations have supported us by donating dogs, financial resources, and other goods and services that have been essential to achieving D4D's mission.

Through the generosity of our supporters, we are able to provide our great dogs to insulin-dependent diabetics at no cost to them. D4D relies on the support of individuals, foundations, and corporations, and we would like to especially honor these valued donors for their commitment through the years:

Allied World Insurance Company

AvoDerm

Bollinger Canyon Animal Hospital

Central Garden & Pet

Four Paws

Guide Dogs for the Blind

Lagunitas Brewing Company

Nylabone

Patterson Foundation

Pet Food Express

Presidio Bank

Sun Life Financial

Tony La Russa's Animal Rescue Foundation

Worldwise Inc.



JOIN THE D4D FAMILY

If your organization would like to make a commitment to the service dog and diabetic communities through D4D's mission, please contact cgillham@dogs4diabetics.com.



DOGS4DIABETICS™

Our Dogs Save Lives.

(925) 246-5785

info@dogs4diabetics.com

www.dogs4diabetics.com

Donate Options

Thank you to each and every donor; your donations, large and small, contribute to the success of our program!

- Donate **online** at www.Dogs4Diabetics.com
- **Mail in** a donation to:
Dogs for Diabetics, Inc.
1647 Willow Pass Road, #157
Concord, CA 94520-2611
- **Visit** www.dogs4diabetics.com/donate to find out the various other ways you can contribute!

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SHARE US WITH YOUR FRIENDS!