

## OVERVIEW

Created out of concern that some of our nation's most extraordinary children and young people are under-served, the Kids With Courage Foundation is pleased to be creating ways to directly and positively impact the lives of children and young people who battle Type 1 diabetes. As a 501(c) (3) not for profit foundation, Kids With Courage recognizes, encourages and honors these brave children and young people who are life-long patients.

**Mission:** PROVIDING OPPORTUNITIES THAT ENCOURAGE, EDUCATE AND CREATE POSITIVE OUTCOMES IN THE LIVES OF CHILDREN, YOUNG PEOPLE AND FAMILIES WHOSE LIFE LONG JOURNEY INCLUDES BATTLING TYPE 1 DIABETES.

**Vision:** Our vision is for the children and young people we serve. A CULTURE OF ENGAGED YOUNG PEOPLE (WHO JUST HAPPEN TO HAVE TYPE 1 DIABETES) WITH "CAN DO" ATTITUDES, COMMITTED TO A LIFETIME OF LEARNING, ACHIEVEMENT, LEADERSHIP AND SERVICE.



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## PROGRAMS

When Type 1 diabetes strikes there is disbelief, shock, anger, fear, helplessness, pain and sorrow. There is so much to learn. There is overwhelm. There is mourning. *Another childhood stolen.* It is time to learn to cope and time to learn how to live life the best you can. It is difficult. Forced to face and fight a life threatening disease every day for life is a tragedy that changes life for the child and the entire family, forever. *Programming purpose—Educate. Empower. Encourage. Care. Support.*

**Crate, Full of Courage Program:** Being diagnosed with Type 1 diabetes is devastating. Children and families need more than coming home from the hospital with a broken heart, feelings of fear, overwhelm, sadness and despair armed with insulin and medical supplies that fill a pantry to start a new life full of medical procedure and protocol. Kids With Courage has created a way to make a difference in the lives of children, young people and families faced with this complex and difficult health crisis through its 'Crate, Full of Courage' program. Bundles of encouragement are overflowing with helpful, useful and practical tools, comfort and support items and priceless education, information and resources. Ensuring that newly diagnosed children, young people and families in crisis feel less scared, have everything they need when they get home from the hospital and a little direction to start their new journey and face this tremendously difficult change with grace and courage.

**Outreach—United We Fight:** Managing Type 1 diabetes isn't easy. Successfully living well with Type 1 requires more than knowledge, good medical care and treatment. Attitude, motivation, and support are major components. Connecting with and support from others who understand their journey is an important tool that can make all the difference. Several outreach activities for families where Type 1 lives are planned each year.

**Education Classes and Workshops—Guardian Angels, Partners in Care:** Caring individuals--grandparents, caregivers, family, friends and school nurses, teachers and daycare staff have the opportunity to learn about Type 1 diabetes and how to care for a child with it from Certified Diabetes Educators. Education and caring support is crucial to good health.

**Type 1 Champions Scholarship Program:** The need for scholarships for children and young people with Type 1 diabetes is enormous. Imagine a lifetime of expensive daily medications and quality healthcare. Our scholarship program recognizes worthy Courage champions—engaging in a healthy self management of their Type 1 diabetes, who have decided not to let T1 get in their way, evidenced through their every day conduct and character, leading by example with contributions to school and community.

## HOW WE'RE FUNDED

Building the charitable capital that our kids need will be an ongoing process. Funds are raised through individual gifts, fundraising events, memorial and honorarium programs, business/corporate gifts and sponsorships and foundation grants. Kids With Courage also relies on in-kind contributions to lessen the cost of goods and services.

## FOUNDED

The Kids With Courage story all began with a brave little 7 year old named McGwire, from Lee's Summit, MO. On March 9, 2006, McGwire Bottcher was diagnosed with Type 1 diabetes. McGwire's life changed that day and was placed in a whole new world of medical procedure and protocol. McGwire was forced to bear the burdens of a dreadful, life altering, life threatening disease and live a life of finger pokes, multiple daily injections, restrictions, interruptions and worries that children should not have to concern themselves with, yet always found a way to wake up each and every day with a smile. This little first grader inspired our founder Daphna Bottcher (McGwire's mom) with unwavering strength and courage. As a parent of a child diagnosed with Type 1, Daphna quickly realized that hope alone was passively inadequate to manage the daily challenges and demands of this devastating, scary disease. Daphna knew she wanted something more. The kids who battle each day to live needed more. They deserved more. A lot more. While no organization filled that void, Daphna developed the idea and pursued the creation of an organization that proactively promotes courage as its cornerstone, believing that daily courage is an essential tool to fight this disease. On September 17, 2007 the first Crate, Full of Courage, a bundle of encouragement, overflowing with essential tools and educational materials, love and support was delivered to a newly diagnosed patient with Type 1 diabetes at Children's Mercy Hospital. Since then, thousands have been delivered.

## OUR CHALLENGES

The Kids With Courage Foundation services are based upon the challenges noted by our programs in addition to the following:

Type 1 diabetes (*also know as juvenile diabetes*) is a serious, dreadful disease that is widely misunderstood by our society. A recent nationwide study revealed that 80% of the American public does not know that there is a distinct difference between two diseases with similar names – Type 1 and Type 2 diabetes. Type 1 diabetes develops when a child or young person's own immune system attacks and destroys the insulin producing cells in the pancreas, therefore it can no longer produce its own insulin. The body is then unable to fulfill its most essential function of converting food into energy. Without intensive insulin therapy and carefully monitored medical attention, organs begin to fail, eventually causing blindness, kidney failure and death. To stay alive, people with Type 1 diabetes are required to take multiple daily injections or continually infuse insulin through a pump, and test to monitor their blood sugar numerous times a day, in order to attempt to keep it within safe levels. In one year alone these children must endure around 5,000 insulin injections (shots) and finger pokes to check their blood level in order to maintain and sustain life. Children and young people with this form of diabetes must be prepared at all times for serious reactions and complications, all of which can be life-limiting and life-threatening. *Type 2 diabetes occurs when the body doesn't respond properly to the insulin that their pancreas produces. Type 2 is manageable with proper diet and exercise.*

Insulin is not a cure for diabetes, it is merely life support. There is no cure! Until insulin was discovered in 1921 being diagnosed with Type 1 was a death sentence.

There are approximately 15,000 children newly diagnosed with Type 1 diabetes\* each year in the United States. And Type 1 is on the rise. Being a child diagnosed with Type 1 diabetes, not only changes the child's life *forever*, but changes the lives of the entire family, and creates enormous medical and psychological issues for all. These children and young people are life-long patients who are forced into managing a disease that is trying to kill them each and every day. Complications from T1 diabetes include—heart disease and stroke, hypertension, blindness, kidney disease, nervous system disease, amputations, dental disease and complications of pregnancy. This diagnosis is life-changing and life-threatening.

\*Diabetes.niddk.nih.gov/dm/pubs/statistics. National Diabetes Statistics, 2011. US Department of Health & Human Services, NDIC

Imagine a lifetime of quality medical care and expensive daily medication's. These are burdens that these children and families must contend with, not just temporarily, but for life.