May is Mental Health Awareness Month!

We feel that it is so important to continue to talk about mental health. This year has been emotionally exhausting, stressful, and upsetting for us all.

If you are feeling down, anxious, or sad, talk to someone you trust and let your health care provider know. We will work to connect you with a pediatric provider who can address your specific needs.

Online Resources:
- Mental Health America
- Youth Mental Health
- American Psychological Association - Children’s Mental Health Issues
- CDC Children’s Mental Health
- Beyond Type 1
- Apps: Headspace for Kids, Mindful Family, Dreamy Kid, Cosmic Kids

Transitioning to Adulthood:

Congrats for making it through the end of the school year, and a special shout out to our high school seniors! As a high schooler with diabetes, it may be time to think about how you can be more independent in your diabetes care:

Tasks to work on:
- Accurate carbohydrate counting
- Giving your own insulin injections/boluses without reminders
- Knowing how and when to change a pump site
- Understanding how to prevent DKA on pump therapy
- Always having hypoglycemia treatment available/on your person
- Practicing how to refill a prescription
- Practicing scheduling your own appointment and contacting your diabetes team

Our diabetes center will transition you to our transition clinic when you are:

Between 18-22 years old
AND when you are ready!
Our transition clinic helps coordinate your final pediatric appointment and a joint appointment with an adult provider.

What's happening at NewYork-Presbyterian Weill Cornell?

- May 20th, 2021, at 5:30pm
  “Graduating with Diabetes” - a program for our high school seniors as they graduate and prepare to go to college with diabetes.

RSVP to WCMpedsendo@med.cornell.edu for any/all events and you will receive a zoom link.
Doris Golub, RN, is a registered nurse in the department of Pediatric Endocrinology at Weill Cornell Medicine

About: “When I was 8 years old, my family and I moved to the United States. 11 months later, I was diagnosed with diabetes on Halloween! I grew up in Brooklyn and attended Abraham Lincoln High School. Afterwards I went to New York University in Manhattan where I currently reside. I have worked with children with diabetes for the past 36 years and look forward to attending the next Diabetes Walk. I enjoy hiking, practicing Transcendental Meditation, and spending time with my beautiful nieces Zoey Michelle and Nora Juliette”

Advice/Tip: “Frequently monitor glucose levels before, during, and after exercising (with or without CGM use) to prevent, detect, and treat hypoglycemia and hyperglycemia”

Reminder: You can always reach out to your doctors with any questions at 646-962-3442 or email WCMpedsendo@med.cornell.edu

Dietitian Corner:

**Spring Recipe: FroYo Bites**

Ingredients
- 1 cup of plain Greek yogurt
- 1 cup of berries of choice (strawberries, blueberries, blackberries, raspberries)

Directions:
1. Mix plain yogurt and berries of choice in a blender or food processor
2. Using a small spoon, scoop the yogurt into a mold or ice cube tray
3. Freeze for about 2 hours
4. Enjoy!

Total recipe= 35 to 40 grams of carbohydrates