Mental Health Resources

• If you or your child are having difficulty coping with changes caused by the pandemic or current environment, mental health providers are available to talk via a program called Youth CopeNYP
   • To learn more or make an appointment, email youthcope@med.cornell.edu

• As a reminder, our behavioral psychologist, Corinne Catizarozoli, is available for appointments related to diabetes distress at 646-962-3442 (option 3)

• Additional mental health resources:
  • Apps: Headspace for Kids, Mindful Family, Dreamy Kid, Cosmic Kids
  • Beyond Type 1 mental health resources
  • JDRF community forum

Virtual Camps:
- Asphalt Green
- New York Super Soccer Stars
- Tennis Innovators
- Brooklyn Arts Exchange Dance Classes
- Bold Arts Dance Classes

Exercise apps & videos:
- Apps:
  - Sworkit Kids
  - Just Dance
  - Go Noodle
  - Nike Training Club (best for teens)
- YouTube Channel: Learn how-to dance
- YMCA free family workout

- Other Ideas:
  - Visit a new park
  - Go on a hike
  - NYC kayaking
  - Bike riding – check out these trails

What’s happening at NewYork-Presbyterian Weill Cornell?

We are open! We are currently offering video visits and in-person appointments

Upcoming events:

Virtual Technology Update
- Emily Coppedge, NP, will review insulin pumps and sensors
- Join us on your “lunch break”
  July 14th at 12pm (Tuesday)

Virtual Coffee Talk
- Coffee talk with Dr. Corinne Catarozoli, PhD
- “Parenting a kid with Diabetes”
  July 16th at 8:30am (Thursday)

If interested, please RSVP to WCPedsendo@med.cornell.edu and you will receive a zoom link
Dr. Alexis Feuer, MD, is a pediatric endocrinologist

About: “I was diagnosed with diabetes on Valentine’s Day in 1992. I grew up in Rockland County and was a cheerleader in high school. I went to NYU and lived in NYC until recently when I moved to Long Island with my husband and 16 month old, Nathaniel. I have a secret addiction to TikTok!”

Advice/Tip: If you wear an insulin pump, change your infusion set or Pod in the morning before you bolus for a meal. This way, if there is something wrong with the pump site, you’ll know early on and can change your set/Pod before you get too sick. Try not to change a set/Pod right before bed because you may go to sleep not knowing you are not getting any insulin!

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

Dietitian Corner:

Summer Recipe: Watermelon Pizza

Ingredients
One-inch round slice of a whole watermelon
1 cup of Plain Greek yogurt
2 cups of mixed berries
½ cup of pomegranate seeds
2 tbsp. unsweetened coconut flakes

1. Cut whole watermelon into one-inch round slices
2. Spread the yogurt over the watermelon slice
3. Sprinkle on berries, pomegranates, coconut flakes
4. Cut the watermelon into 6 (equal size) slices
5. Enjoy!

1 slice= 15 grams of carbohydrate (may vary depending on size, toppings)