



*dedicated to finding a cure*

### **Top 10 Recession Busters for JDRF Loyalists**

*Recession got you down? What follows are some simple steps JDRF volunteers, staff and donors can take to help us through the next day, week, month or whatever is needed until the economic tide turns our way again. Consider the following:*

- 1.) Shop JDRF donors and sponsors. If you've never made a true effort to support our corporate donors before, now is the time to make sure you do. Can't remember who they are? Simply check out the back of your past season's walk shirt, look on your local chapter website or call you local chapter and ask for a list. They've helped us. Now we need to be sure to help them.
- 2.) Let our sponsors, current and past, know you love them. Hand write a note and send it to a corporate supporter. Let your child with diabetes write one too. Simply tell them how thankful you are for all they have done on behalf of a cure, and let them know you are a loyal customer in part because of their support.
- 3.) Thank your friends and past donors for no other reason than to say thank you. Draft a note and just let all your walk donors, gala attendees or helpers of any kind know how much you truly appreciate them. *Don't ask for anything.* Just say thank you. They'll feel good and you'll feel good when you realize the volume of contributions you've had over the years to be thankful for.
- 4.) Hold a "Food drive fundraiser" for the needy. Encourage your friends and neighbors to join you for a fun "food gathering day." For every can donated, ask each person to also donate \$1 to JDRF. Collect the total, and then bring the food to your local food bank. Make it fun: Ask each friend to bring a food item that tells something about them as a person. At the party, each person shows the food item and explains the meaning. A fun reason to gather, and double whammy of doing good. Imagine ~ If we could get one million cans of food donated nationally and each brought JDRF \$1, that would be a million dollar donation, something we ALWAYS celebrate at JDRF.
- 5.) Gather excess diabetes supplies, be they pump sites you don't use or meters you've been given and never opened, and ask your local endo practice how you can donate them to help families of kids with diabetes in need. Then send them along to do good where they can.
- 6.) Start your walk team efforts early. With most people having less to give this year, it means trying to get more to sign on. Hold a very early walk kick off event at

your home, asking friends to join you in a slow and steady progression toward walk day.

- 7.) Be thankful for what we have achieved thus far. If you haven't been on the [jdrf.org](http://jdrf.org) site and read about advances in research lately, get on there and remind yourself. Even in the past decade, the advances are remarkable, and worth patting our collective backs for.
- 8.) Host a support event or volunteer to be a Bag of Hope delivery volunteer or ODST volunteer. Reaching out to help when someone needs it is so meaningful, and will some day lead to that person wanting to help too, be it financially or otherwise. It's the right thing to do, and a "free" way to give when funds are tight. Email [outreach@jdrf.org](mailto:outreach@jdrf.org) for more information.
- 9.) Hold a "diaversary party," around the anniversary of your child's diagnosis. Remind friends and donors of the date and that time is ticking on, recession or not. Ask that gifts of any amount be given to JDRF in honor of that date.
- 10.) Plan a group "Close to home fundraiser vacation." No doubt many friends are thinking the big trip to Disney may be out this year. Find a hotel in your own town or near it, ask for a group room rate, and invite all your friends to spend a much more affordable "vacation" there as a group. Ask each attendee to donate part of what they save to your walk team. Pretend you're all far, far away and enjoy the company and fun while raising money for a cure.
- 11.) (Because even if this is a top 10, we always go the extra mile in JDRF world.) Stay positive. We have done, and are continuing to do, great things. We are on the path to a better future for our loved ones, and nothing – not a recession or a worrisome stock market or anything at all – will ever stop us from moving forward.