



NATIONAL DIABETES AWARENESS MONTH

AN UPDATE OF
THE AFRICAN AMERICAN DIABETES ASSOCIATION, INC.

November 2023

INSIDE THIS ISSUE

- AADA board members participated in Union Capitol Boston's Membership Day at the Bolling Municipal Building in Boston, Mass.
- EMPOWERMENT: A Diabetes Webinar Series
- AADA co-founder and CEO featured on Black PR Wire's Podcast, Thivin' in Color and WHUR's The Daily Drum

SPREAD THE WORD
NOVEMBER IS
NATIONAL DIABETES AWARENESS MONTH



Barbara King, M. Ed., Chair, AADA Board at UCB Membership Day, Roxbury, MA Educating residents about diabetes during National Diabetes Awareness Month.

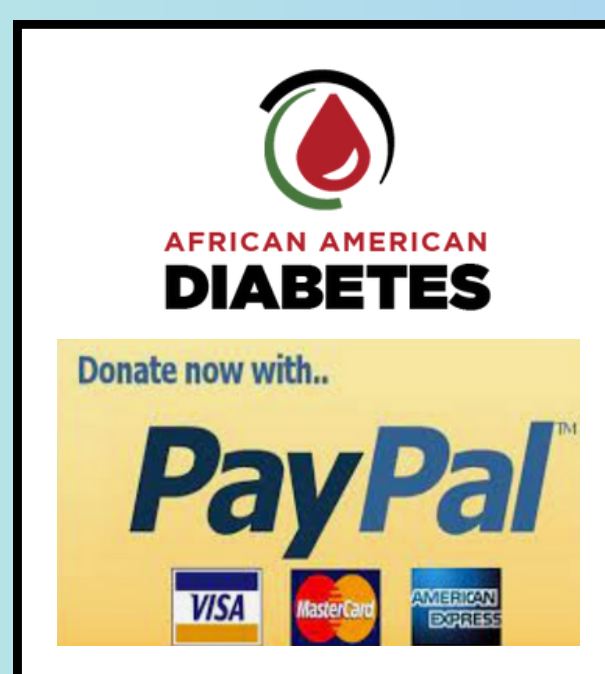


UCB MEMBERSHIP DAY

AADA Co-Founder and Board Chair, Barbara King, and Board Vice Chair, Anthony Banks attended Union Capitol Boston's Membership Day at the Bolling Municipal Building on Saturday, November 4, 2023. Our dedicated board members were able to spread the word about AADA, and raise awareness about diabetes! AADA thanks the whole UCB team of staff and volunteers for creating this wonderful community engagement opportunity.



Anthony Banks, Vice Chair, AADA Board speaks with Boston area residents and potential new AADA members about diabetes.





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Listen to the LIVE broadcast

THE DAILY DRUM
WITH HAROLD FISHER

Monday November 13, 2023
Medical Monday Segment
LIVE In Studio Guests
7:00 PM
HUR Voices Sirius XM 141

Leon Rock, M. Ed.
Co-Founder and CEO
African American
Diabetes Association, Inc.

Dr. Gail Nunlee Bland
Howard University
Hospital

[Listen to Medical Monday Nov 13, 2023](#)

[Visit WHUR Today!](#)

EPISODE 25

THRIVIN' IN COLOR
EPISODE 25

Hosted by
CAMRY BROWN

LEON ROCK, M. ED.
Co-Founder & CEO of African American Diabetes Association

[Thrivin' in Color Podcast](#)

[Visit BlackPR Wire Today!](#)

EMPOWERMENT: A DIABETES WEBINAR SERIES

Diabetes Management During the Holidays:

WHAT TO EAT & WHAT NOT TO EAT

Join AADA for a fun and interactive webinar, as Dr. Adeola Oke discusses how to manage diabetes during the upcoming holidays. She will talk about ingredient choices, portion control and much more!



NOV 15 | 7 PM EST

REGISTER NOW



africanamericandiabetes.org



info@africanamericandiabetes.org



AFRICAN AMERICAN
DIABETES
ASSOCIATION™

Dr. Adeola Oke



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THANK YOU!

We Appreciate Our Volunteers

Volunteers are critical to the success of the African American Diabetes Association. Our volunteers are special people who like to use their time and talents to make the world a better place. We thank them all!

[Volunteer Today!](#)

Current Diabetes Clinical Trials

Below is a list of selected clinical trials that are currently open and recruiting, but you can expand or narrow your search.

- Type 1 diabetes NIH external link—includes studies funded by the NIH or other U.S. Government agencies
- Type 2 diabetes NIH external link—includes studies funded by the NIH or other U.S. Government agencies
- Gestational diabetes NIH external link—includes studies funded by the NIH; other U.S. Government agencies; and individuals, universities, or other organizations

You can also search:

www.ClinicalTrials.gov NIH external link to find studies on other types of diabetes or on specific conditions linked to diabetes.

The African American Diabetes Association (AADA) will participate in this year's Giving Tuesday Movement on November 28, 2023.



Your support for AADA enables us to reach your community and communities across the United States. Thank you for making our work possible.

Virtual Webinars

EMPOWERMENT A DIABETES WEBINAR SERIES

NOVEMBER 2023

- 1
It's Not Your Fault
- 8
Let's Take Our Power Back!
- 15
Diabetes Management During the Holidays: What to Eat and What to Avoid
- 29
Overcoming the Holiday Blues with Movement

WITH
Dr. Adeola Oke

Diabetes Awareness Month

Join us Wednesdays in November from 7:00pm - 8:30pm EST!

Register Online Today!
bit.ly/3rUwUcx



Our Board Chair has launched her Podcast!

Barbara King recently announced the creation of her personal "This Damn Diabetes" podcast. During her 1st episode, scheduled to be released during National Diabetes Awareness Month, Barbara will introduce the purpose of the podcast and provide information on the different types of diabetes, symptoms and its complications. She will also discuss health disparities with diabetes care in America. [Listen to her podcast HERE](#)

Follow the African American Diabetes Association on social media





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Become an AADA Partner

There are many reasons why you and your organization should partner with the African American Diabetes Association. When you put your name alongside a respected public cause, such as the African American Diabetes Association, you build goodwill for your company. This encourages both customers and employees to become more loyal. It also builds a reputation for accountability and integrity. People love when a company can show that it has a generous person at the helm. Positive media coverage at a low cost! When you partner with the African American Diabetes Association, your logo will be seen as a sponsor at our events and on our website. You can easily leverage that sponsorship to showcase your community engagement for the media. [Learn more HERE.](#)

Volunteer Today!



VolunteerMatch

Volunteer Opportunities

Join AADA as a volunteer in order to do good for others and the community. Volunteering with us will provide a natural sense of accomplishment. Here are a few of the many volunteer opportunities.

- [Virtual Administrative Assistant \(Volunteer Position\)](#)
- [Fundraising Volunteer](#)
- [Non-Profit Membership/Engagement Coordinator](#)
- [AADA Event Coordinator \(Volunteer Position\)](#)
- [Volunteer Social Media Coordinator](#)
- [Volunteer Videographer](#)

[SEE ALL OPPORTUNITIES](#)

Coming Spring 2024



AADA MEMBERSHIP DRIVE

Become a Member of AADA

Individual Membership

- Learn about individual membership, complete and submit the membership [Application HERE](#)

Chapter Membership

- Learn about Chapter membership, complete and submit the Chapter [Application HERE](#)

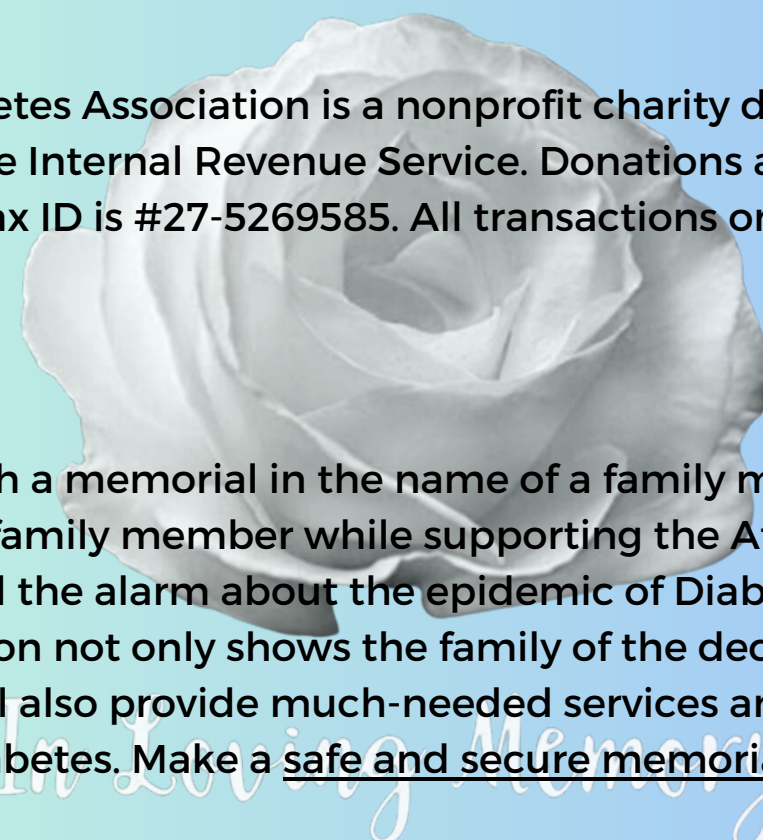
DONATE TO AADA Today!



The African American Diabetes Association is a nonprofit charity designated as tax-exempt under Section 501(c)3 by the Internal Revenue Service. Donations are tax-deductible to the full extent of the law. Our tax ID is #27-5269585. All transactions on [our website](#) are [safe and secure](#).

Memorial Gift

If you would like to establish a memorial in the name of a family member or friend, it would be a fitting way to honor a family member while supporting the African American Diabetes Association's work to sound the alarm about the epidemic of Diabetes in our communities. Your tax-deductible donation not only shows the family of the deceased that you care about their loved one, it will also provide much-needed services and resources to African Americans impacted by diabetes. [Make a safe and secure memorial gift today!](#)



Connect with us on social media

Join our social media platforms to connect with AADA as we expose people and organizations to diabetes issues, cultures, and experiences, enriching the lives of those impacted by diabetes and other health disparities throughout the United States.



YouTube

Instagram

