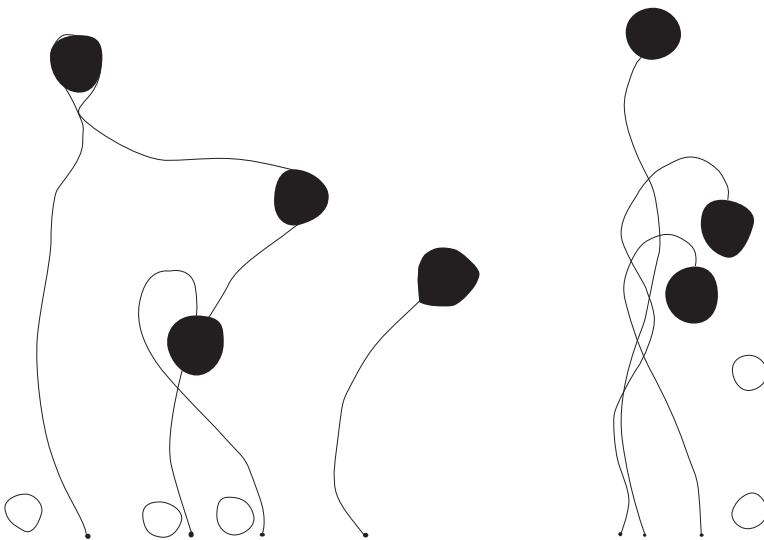


No-Sugar Added **POETRY**



A Diabetes Poetry Book

PRAISE FOR NO-SUGAR ADDED POETRY

(in alphabetical order)

“No Sugar Added Poetry stirs those hidden emotions that people with diabetes have kept safely locked away for many years! It comes straight from the heart of those living with diabetes and speaks directly to the soul of those living with diabetes. The importance of the emotional health of people with diabetes is finally being recognized in a positive way. People with diabetes truly are a unique and talented group of people and this book proves it!”

BRANDY BARNES

Founder, Executive Director

www.diabetessisters.org

“This book shines a light on the full palette of the diabetes experience: scatterbrained feeling of a hypoglycemia, turbulent relationships with food, the fear of bearing a healthy baby, schisms with family and the support they share.”

DAVID EDELMAN

President

www.diabetesdaily.com

“I wouldn’t have wished for diabetes, yet my life has been enhanced by the diabetes community — it reaches out and wraps its arms around you. You will find a piece of yourself here, as I have, and let us not forget there is also pride in rising to the challenge of diabetes.”

RIVA GREENBERG

Type 1 patient 38 years and counting

www.diabetesstories.com

www.diabetesbydesign.com

“In remembering the great American poet Robert Frost, President Kennedy recalled that Frost wrote, ‘I have been one acquainted with the night,’ and that only through knowing the deepest darkness of midnight could Frost understand the triumph of the human spirit. In reading No-Sugar Added Poetry, we bring different perspectives, but we can all gain the same enlightenment – an appreciation of the challenge of diabetes and the enormity of the triumph in living well with it.”

JEFF HITCHCOCK

President/Editor

www.childrenwithdiabetes.com

“These brave writers and their powerful words remind us why we’re committed to making managing diabetes easier. No-Sugar Added Poetry is required reading for every member of the ACCU-CHEK marketing team and recommended to anyone hoping to peer in to the soul of diabetes.”

DAN KANE

Vice President
Roche Diagnostics

“No Sugar Added Poetry is a must read for any caretaker, loved one, or professional who yearns to understand what it’s like to live with diabetes. It’s as raw as it is insightful, and educational as it is compelling. As a reader you are urged to feel the emotions of these precious lives; but more importantly these incredible writers have supplied a window to their heart so we may only begin to scratch the surface in understanding their soul. I cried, I ached, I loved, I cherished, and most importantly: I learned. Thank you TuDiabetes.”

DIABETESDAD, TOM KARLYA

Vice President, Diabetes Research Institute

“We all deal with this disease in different ways, but through the power of poetry, we’re able to share - and heal - in ways that can’t be bottled. This book is proof that something truly beautiful can be born from adversity.”

KERRI MORRONE SPARLING

www.sixuntilme.com

“As a psychologist working with families touched by diabetes, I encourage my patients to use humor and the delights of writing to handle the diagnosis as well as dealing with the tension of everyday life with diabetes- the personal and relationship challenges. It is the effort, not the outcome that heals. I celebrate this collection: it stimulates recognition of the universally painful feelings surrounding diabetes and presents a model for thinking about diabetes in a more healthy and effective way.”

DR. WENDY SATIN RAPAPORT

Psychologist, Diabetes Research Institute

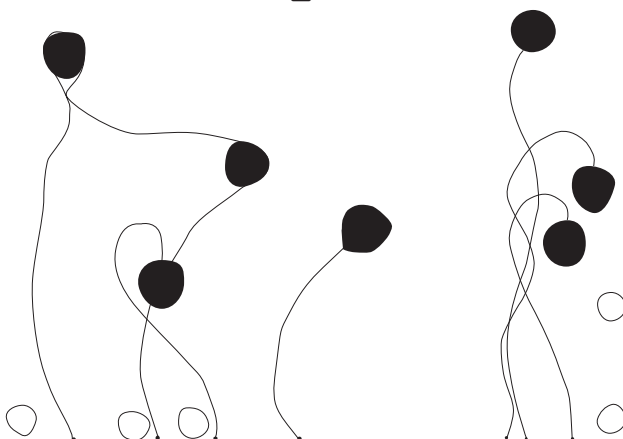
“Nothing in this world is as soothing as a window into the psyche of others who share your struggles, that no one else can grasp. This book is chicken soup for your diabetes soul!”

AMY TENDERICH

www.diabetesmine.com

No-Sugar Added

POETRY



Poems and haiku by members of TuDiabetes.org
Compiled by the Diabetes Hands Foundation

Foreword by
WILLIAM H. POLONSKY
CEO, Behavioral Diabetes Institute

Introduction by
LEE ANN THILL
Diabetes Blogger at The Butter Compartment

Berkeley - California, 2010

Sponsored by Roche Diagnostics, the maker of

ACCU-CHEK®

COMPILATION COPYRIGHT © 2010
THE DIABETES HANDS FOUNDATION

POEMS COPYRIGHT © 2010 EACH AUTHOR

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the copyright holder.

FIRST EDITION 2010

International Standard Book Number (ISBN)

9 7 8 - 0 - 5 7 8 - 0 5 3 8 0 - 6

Published by the Diabetes Hands Foundation
Berkeley - California

Printed in the United States of America

Edited by

GABRIELA AGUILAR
gabybarce2002@hotmail.com

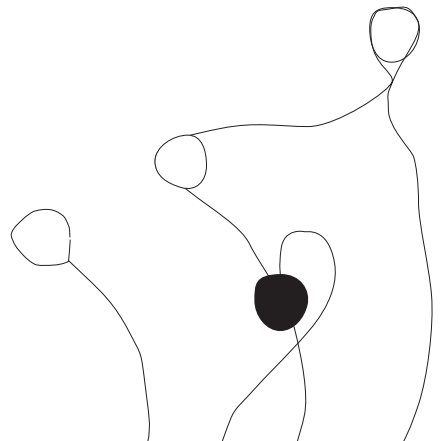
KERRI MORRONE SPARLING
www.sixuntilme.com

Design and Illustrations by
ANDREINA DAVILA

The No-Sugar Added Poetry logo and headings
use the GF Ordner Inverted font by Lorenz Goldnagl (gfonts)

TO ALL PEOPLE
TOUCHED BY DIABETES:

YOU ARE NOT ALONE



FOREWORD BY BILL POLONSKY PHD CDE

INTRODUCTION BY LEE ANN THILL MA ATR-BC

POEMS

AFTER DIAGNOSIS

- Haiku by J. Donovan, 20
- “Chronic” by K. Marple, 23
- “Partial Definition” by J. Davis Harte, 25
- “Uninvited” by R. Pandolph, 27
- “It’s Not Just Me” by K. Marple, 28
- “The Fight” by Sugarrbabie, 31
- “Three A.M., Fifty-Four Milligrams Per Deciliter” by J. Goodman, 33

LOSS: PAIN, ANGER AND DENIAL

- Haiku by T. Keelan, 36
- “A Diabetic Child went Comatose During the War” by S. Abdel-Rahman, 39
- “Needle Disease” by K. Marple, 40
- “Let Us Share Your Insulin Bottle” by S. Abdel-Rahman,, 43
- “On The Edge Of Time” by J. Catterall, 45
- “It’s Like Evel Knievel’s Helmet” by J. Nairn, 49
- “Just a Number” by D. Bahr, 51
- “The Girl” by S. Abdel-Rahman, 52
- “Calling Names” by M.E. Tucker, 55
- “Street Kid” by S. Abdel-Rahman, 56
- “Freedom” by A. Gerstung, 59

HEALING , LEARNING , FIGHTING

- Haiku by L. Gauvin-Miller, 62
- “Song of My-[diabetic]-Self” by M.B.L., 64
- “I couldn’t do that” by J. Nairn, 67
- “Wednesday Morning Coming Down” by H. V. Shell, 69
- “It’s not my fault” by K. Williams, 71
- “A Diabetic Ditti” by M. Greenblatt, 73
- “I’m no Quitter” by Sugarrbabie, 75
- “Family Hands” by Debbie, 77
- “She Waits” by L. Gauvin-Miller, 79

ACCEPTANCE !

- Haiku by M.B.L., 82
- What Matters” by K. Morrone Sparling, 84
- “Finding Peace” by S. McNabb, 86
- “My Sugar” by M. Mandel, 89
- “That Room in the House Will Always Be Yours” by J. de Jesus, 91
- “To The Diabetic” by D.K.B., 93
- “Til Death Do Us Part” by A. Grace, 94
- “Ode to a Perfect Pancreas” by A. Eastwood, 99

THE LANGUAGE OF LIVING WITH DIABETES BY MANNY HERNANDEZ

ACKNOWLEDGMENTS

GET INVOLVED , LEARN MORE