

Going FORWARD



Nissan 5762
March/April '02

Friends **W**ith **D**iabetes

*Growing Together
Keeping Ahead*

- ➔ What's New at FWD
- ➔ Portion Control
- ➔ Halacha Tidbits
- ➔ The Sweet Side of Diabetes



Special **Pesach Guide**
Pages 7-19



Friends With Diabetes
ריעים מתוקים

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F.W.D. is under the rabbinical supervision of Rabbi M. M. Weismandl shlit"a of Nitra – Monsey.

Endorsed by many other leading Rabbonim.

The information in this newsletter is meant to be used in conjunction with, and under the guidance of, your health care professional. It is NOT meant to diagnose or treat medical conditions, nor as advice or prescriptions. It is provided for educational purposes only. In the event that you use the information without your doctor's approval, you are prescribing for yourself, which is your constitutional right, but F.W.D. and the authors of this newsletter assume no responsibility. We strongly advise that you inform your doctor of any changes you wish to make.

Please consult your physician for medical questions, and your Rav (Rabbi) for halachic (Jewish law) decisions.

Dear Rabbi and Mrs. Meisels,

Thank you so much for the wonderful Shabbaton you arranged for the girls. Everything from the beautiful baskets to the wonderful sleeping arrangements to the delicious, healthy foods with listed carbohydrates to the inspiring shiurim, to the educational carb counting demonstration was fantastic. M. has not stopped talking about it. She has made so many new Friends With D whom she's been speaking to almost daily. It was really great for her to spend the weekend exclusively with girls just like herself with diabetes.

May Hashem give you strength to continue the amazing work you do.

Mr. & Mrs. K. and, of course, M.



**רבי מייסלס
כבוד שליט"א**

We would like to express our deepest appreciation for the beautiful publication that you sent us. The השקפות (hashkofos) on the idea of נפשותיכם were extremely helpful and were very מחזק (mechazik). Last year was my first year as a Type 1 and my doctor did not allow me to fast. I found it very difficult to eat shiurim. This year he allowed me and I was almost able to, besides for 1 package of winkies at my mid day. Although I think that moment was the biggest עינוי (affliction) of the day, I kept in mind the beautiful stories of gedolim (rabbinical leaders), the הנני מוכן (prayer before eating) and the idea of the "rare" mitzvah that we have. We also were happy to see a very clear cut explanation of the danger and the halachos, etc. Your work is a tremendous יזכוי הרבים and may the אייבערשטער (Hashem) bentch (bless) you with gezunt (health) and אריכות ימים (long life) and the ability to continue your עבודת הקודש (holy work).

Sincerely,

The J.s

Dear Rabbi Meisels,

Just a few words of appreciation to let you know what a difference your wonderful education is making! After listening to (and participating in) your presentation on dealing with Tu B'Shevat fruits, I felt confident and inspired enough to do exactly as you had showed us. On Monday, Tu B'Shevat, I sat down with the chart of carb factors you had thoughtfully supplied with your Tu B'Shevat newsletter. I carefully weighed every piece of fruit on my plate and added together their various carb contents. I was able to bolus accurately for the fruit, and was delighted to see that my numbers were in the 120's two hours after my meal.

Thank you so much!

B.B.



From John Walsh, author of the famous books "Stop The Rollercoaster", "Pumping Insulin", and "The Pocket Pancreas".

Rabbi Meisels,

The hard work you have put into extending the Unused Insulin Rule to cover extended or square wave boluses looks great! I created the Rule, originally referred to as the 20% Rule for Regular for the 1989 edition of Pumping Insulin, to enable people to know how much residual bolus insulin they still had working. This helps prevent unnecessary low blood sugars, and enables anyone on insulin to estimate their insulin need more closely

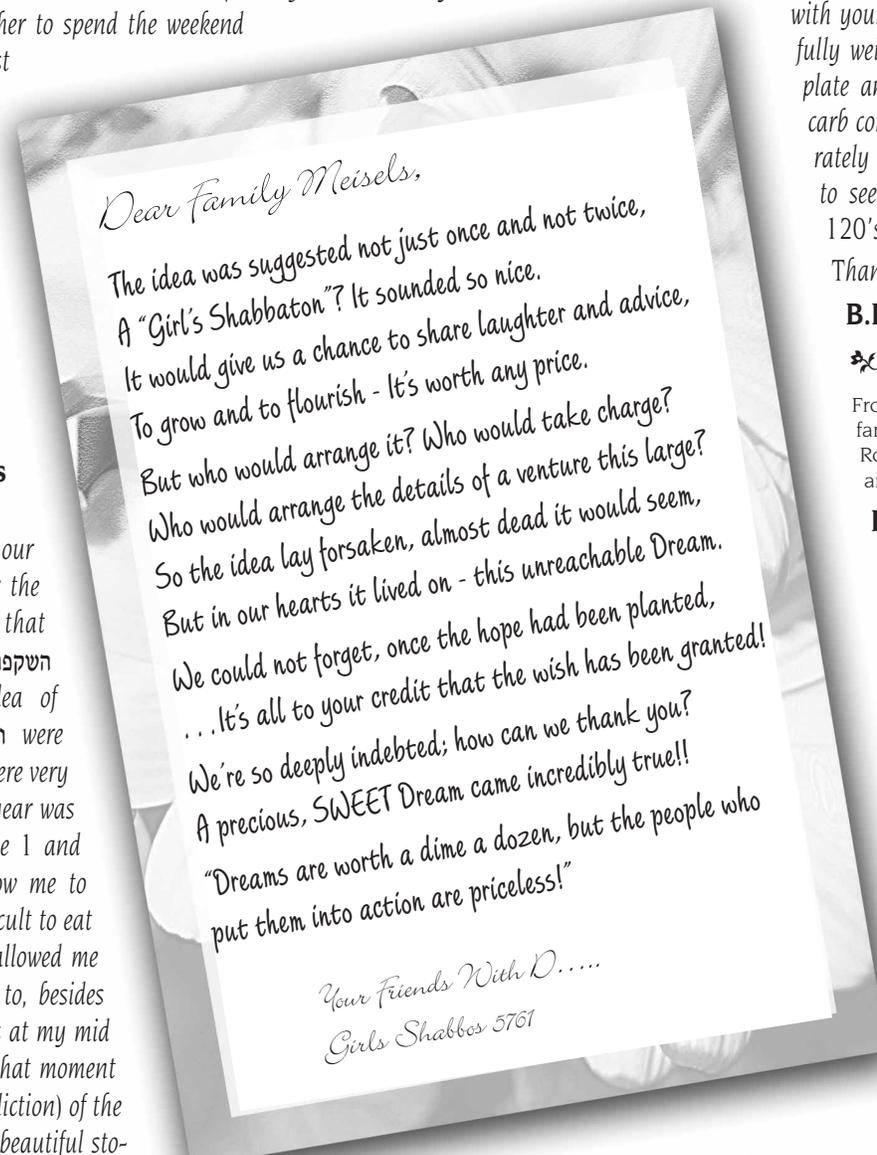
ly in the varied circumstances that pop up in life.

Your modification for extended boluses is a terrific advance on this concept and will be a great aid to everyone who uses square wave boluses.

Keep up the great work!

Best regards,

John Walsh, P.A., C.D.E.



Dear Family Meisels,

The idea was suggested not just once and not twice, A "Girl's Shabbaton"? It sounded so nice. It would give us a chance to share laughter and advice, To grow and to flourish - It's worth any price. But who would arrange it? Who would take charge? Who would arrange the details of a venture this large? So the idea lay forsaken, almost dead it would seem, But in our hearts it lived on - this unreachable Dream. We could not forget, once the hope had been planted, ... It's all to your credit that the wish has been granted! We're so deeply indebted; how can we thank you? A precious, SWEET Dream came incredibly true!! "Dreams are worth a dime a dozen, but the people who put them into action are priceless!"

*Your Friends With D.....
Girls Shabbos 5761*

**We want to hear from you.
We need your feedBACK to keep going FORWARD!**

בעזהש"ת

The Chazal say... "בשעה שיצאו ישראל ממצרים כרתו ברית לגמול חסד זה עם זה" — "When the Jewish nation left Egypt they vowed to do chesed (good deeds) with each other". Likewise, the posuk states, Hashem says: "זכרתי... לך חסד נעורייך... לכתך אחרי במדבר..." — "I will remember the chesed of your youth that you did while heading to the desert (midbar)." The question is: what chesed are these pesukim referring to? Klal yisrael followed Hashem into the desert, not as a kindness, but for their own sakes, as they did not want to remain behind in Egypt. So which chesed did they perform at the time of leaving Egypt?

I heard an insightful answer: We know that four-fifths of the Jews didn't leave Egypt. What happened to those families' children? Who took care of them? The other fifth that was left fostered those orphans and included them in their family affairs. This is what Hashem meant when he said "the chesed of your youth". The words refer to the kindness klal yisrael extended to the young children of the other families, fostering them even though they were heading to a desert where there was no set source of food and clothes for their own families. The posuk in Parshas B'shalach hints at this with the phrase, "והמשים עלו בני ישראל מארץ מצרים" — vachamushim, in groups of five, did the Jews leave Egypt, i.e. each family had children of another four families with them.

While they ate the matzos and the Karban Pesach, b'nei yisrael had already fostered those orphan children into their houses. This act of chesed actually contributed to the zechus that enabled them to leave Egypt. We can therefore explain why the Karban Pesach was always eaten in groups, why an individual was not allowed to make his own. By only eating together with a group of other people, we reflect the first Karban Pesach in Egypt (mitzrayim), where each family cared, and shared their own Karban with four other families.

This understanding also clarifies another interesting passage in the Hagadah. The ben chacham (smart son) asks: "What are all those mitzvos that Hashem commanded you to do?" We should answer him and teach him all

the laws of Pesach, including the law of "not eating after consuming the Karban Pesach". M'forshim try to explain this dialogue.

The Gemoroh states that the reason why we are not allowed to eat after the Karban Pesach, is so that people should stay with their group until they finish eating, and not move from one group to another.

The wise son asks: "Why do we do everything on Pesach in a group fashion? Why is it so family oriented? Why can't each individual do it on his own? And why do we proclaim on Pesach, 'Whoever is hungry should come to us to eat?'" We answer him by citing the law of not eating after the Korbhan Pesach, to emphasize the importance of being B'achdus, united together. The exodus from Egypt taught us that on an individual basis we will never succeed, only by being united as a group would we succeed.

This is the mission of our organization, "Friends With Diabetes". Our aim is to create a network of Jews with diabetes that can provide each other with support and understanding. With friends with diabetes you can talk about everything, from meal plans to insulin pumps. They can share your successes and remind you that diabetes is a controllable condition.

Many long-lasting friendships have formed at FWD's support group meetings. Join us and experience the wonderful sensation of having "Friends With Diabetes".

Olam Chesed Yiboneh!

Wishing you a Kosher and happy Pesach!

Rabbi Hirsch Meisels
Friends With Diabetes



MARCH - APRIL '02 • 1 " D S H T T D R J S

Dear Members;

בס"ד

Once again I have been given the special opportunity to review the Pesach diabetes issue compiled by Rabbi Hirsch Meisels. This unique compendium of the relevant topics of Hilchos Pesach for both Type 1 and Type 2 diabetics is laudable for its scholarship and practical applications.

The Bais Halevy teaches us that the reason Klal Yisroel said נעשה ושמע (WE will do and WE will hear) by Mount Sinai, and not אעשה ואשמע (I will do and I will hear) in the singular, is because the Jewish people voluntarily took responsibility not only for their own adherence to Torah laws and values, but also for their fellow Jew. Rabbi Hirsch Meisels is a role model for this precept of unselfish concern for others, as is exhibited in his tireless efforts on behalf of Jews with diabetes. He is a true FRIEND of diabetics.

Don Zwickler, M.D.



If you have
experienced a past FWD
Shabbos gathering,
then you are
surely looking ForWarD
to our upcoming boys'
Shabbos to take place
early summer iy"ch.

For reservations and
details please call
after Pesach
(845) 352-7532

**SAFETY MESSAGE FROM
HATZALAH**

Wear your Medical ID.

A necklace or bracelet
will be detected,
a wallet card might not!

Help us help you!

What's New at F.W.D.?

It is with a tremendous sense of gratitude to Hashem Yisborach that we look back at the events of the past few months.

► **November/Cheshvon 5762**
(Shabbos parshas Noach):

Close to 20 diabetic girls of various backgrounds gathered in Monsey, N.Y., for a Shabbos of friendship, growth and learning. The girls benefited from thought-provoking presentations by Rabbi Yung and Mrs. Herzog. Rabbi and Mrs. Meisels made the event a phenomenal success with their educational, enjoyable games and stimulating conversations. (See full article in this issue.) The boys' Melave Malka during that same month, Motzei Shabbos Beraishis, was shorter in duration but equally enjoyably and educational. It took place in Brooklyn and featured a hands-on presentation by Rabbi Meisels on estimating carbohydrates in foods. The Kaliver Rebbe shlita addressed those present with meaningful words of encouragement and fresh optimism.

► **December/Teves 5762:**

Rabbi Meisels met with members of Hatzoloh-EMT in Monroe NY. He provided relevant and crucial information about diabetic emergencies and their treatment. He also discussed further collaboration to promote the prevention and awareness of diabetes within the Jewish community. (Tapes are available in Yiddish.)

► **January/Teves 5762:**

A Melave Malka was held on Moitzei Shabbos for the boys (bacharim) and young men of our group. Rabbi B. Katz shared inspiring and warm thoughts, stressing that the mitzvah of watching our health is even holier

than the rest of the 613 mitzvohs. As diabetics, we have the opportunity to perform this dynamite mitzvah several times a day. The speaker expressed his amazement at FWD's success (with a lot of siyatah dish-mayah) in transmitting this important attitude to its members.

The evening also featured a hands-on demonstration on dealing with Tu B'Shevat fruits. The attendants participated actively, and even those who were new to carb counting understood the lesson.

Our beautiful Tu B'Shevat newsletters were handed out, along with a useful chart listing carb factors of various fruits. While eating the seudah of Melave Malka the participants had a chance to converse with each other to share experiences and to make new "Friends With Diabetes". The event was both enjoyable and incredibly informative!

► **January/Shevat 5762** brought more good news for adolescent girls with diabetes. FWD held a mini-shabbaton, also in Monsey, which was unequalled in success. Rabbi N. Bron of Monsey delivered a fascinating overview of the low carb diet, which led to much discussion and debate. Rabbi Meisels elaborated on the glycemic index, carb counting and carb factors, especially in relation to Tu B'Shevat. The educational gains of the Shabbos were rivaled only by the phenomenal amount of chizuk and encouragement it generated. Rabbi Meisels provided beautiful insights, stories and outlooks. Rabbi P. Yung and Rabbi E. Tauber, renowned Monsey guest speakers, also shared powerful and practical

(Cont. on next page)

M A R C H - A P R I L ' 0 2 • J " D U N I D ? J



When Sweet Dreams Come True

(Printed in the Yated)

We all have dreams. Each of us has private hopes and aspirations, events and goals we like to envision in rosy detail on the fluffy wings of imagination.

I have sometimes thought that growing up with diabetes, we simply have more things to dream about. We picture "the cure", a magical potion of silver crystals, bedded in a haze of twinkling stars and shining, blinding ribbons and bows. Almost as enticing, is the vision of a day when the people around us will suddenly understand both the time consuming details of our condition and yet, how utterly normal we are despite it all. This was always a private wish, boxed and filed in that whimsical place in every person's mind boldly labeled, "Dreams".

This past Shabbos, Parshas Noach, seventeen girls with diabetes ranging in age from twelve to nineteen years, were granted a wish.

Coming from throughout New York, Passaic, and as far away as Denver and Montreal, they gathered in Monsey, NY, for a Shabbos of sharing, learning, laughter, and fun. The event was coordinated and led by Rabbi H. Meisels, masterful director of an invaluable Jewish organization, "Friends With Diabetes", and his wonderfully dedicated wife. As the participants later

(What's New, Cont.)

ideas that will surely make the Shabbos unforgettable.

► **February/Adar 5762:**

Rabbi Meisels hosted a phenomenal pre-Yom Tov meeting for young teenaged boys with diabetes. The discussion was exciting and fast paced as participants shared their past Purim and Pesach experiences. The event leaves many new ideas and warm memories in its wake.

remarked, it was exciting simply to share a day with so many girls who faced similar trials, had identical concerns, and understood exactly what you struggled with on a daily basis. There was no need to find a private corner for testing blood sugars or administering insulin; almost every person in the room was doing the very same thing!

The program was loaded with exciting games, which triggered both thought-provoking questions and lots of laughter. At several opportunities throughout the Shabbos, the girls were treated to question-and-answer sessions on diabetes-related topics, with Rabbi M. providing expert information and advice. A highlight of the Shabbos was also a wonderful presentation by Rabbi Meisels using real-looking food replicas to teach participants to accurately estimate the carbohydrate contents of various foods.

There was plenty of spiritual inspiration as well. Rabbi Pinchas Yung, renowned principal of Bais Rochel school of Monsey, discussed the tremendous assets of achdus, drawing on points from the week's parshah. He also elaborated on the concept of empathy, as all participants of the Shabbos were in a unique situation where they could truly identify with each other. He praised the remarkable accomplishments of the organization, particularly their wonderful publica-

tions, which are treasure troves of halachic and medical information.

Equally impressed by the vast accomplishments of FWD was a second speaker at the Shabbos, famed Monsey teacher and educator, Mrs. Herzog. Her twin themes were the timeless topics of emunah and bitachon. Using stories and examples, she reinforced the belief that Hashem only gives a person a challenge he/she can handle.

Beautiful, educational handouts and adorably coordinated gifts were not the only souvenirs of that unforgettable Shabbos. Those present have gained hands-on education, a refreshing outlook, and iy"eh, everlasting friendships.

Perhaps most precious of all, seventeen girls have learned that sometimes, sweet dreams really do come true. It's comforting to know that we can still keep on dreaming. Friends With Diabetes will work their magic.



**SUCCESS
is a dream
turned into
REALITY!**



IN A NUTSHELL: Nuts are easy and convenient to snack on, but make sure you count them right. Seven dry roasted

almonds = 1g, 10 peanuts = 1g, 12 pistachios = 1 g. We can simplify by estimating that any 10 of these nuts contain 1 g of carb. Remember one exception; 10 cashews contain 4 g of carb!

BERRY TIP: Berries are healthy, delicious, and lower carb too. One cherry or strawberry contains 1g of carb. Count your berries and you've counted your carbs.

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