



# ATL Foundation News

Issue 11, May 2012

## 'Never Thought It Would Happen to Me

by Becky Brinkman

The great majority of our grant recipients are between the ages of 50 and 70. As I interview potential recipients and review their applications, the most common statement I hear is: "I never thought this would happen to me." It's amazing how we can be so surprised by our futures. I thought back on the way we were raised, what messages we got from the media as we were growing up in the post World War II generation. This is what I recall.

TV happened. Disney's Jiminy Cricket was first crooning "When you wish upon a star, makes no difference who you are, anything your heart desires will come to you" in the 1940's. The Lone Ranger and similar cowboy programs often contained a dreaded quick sand scene. I had never heard of or seen quick sand in the 1950's, but I thought it was just a matter of time, and I was suspicious of the playground sand box. At school, we drilled weekly how to maneuver our little skinny bodies under the even littler and skinnier legs of tiny desks to avoid injury from nuclear attacks by some country we couldn't yet find on a map. These were the topics of the day that colored my thoughts of future dangers. I bet many of you have similar childhood recollections.

But this is what I don't recall. I don't remember hearing about hip or knee joints that were going to rust out like old Chevys, exploding gallbladders, chronic diseases such as Lupus or MS, or chemotherapy. Maybe our little minds held all they could with Jiminy Cricket fantasies, Wild West adventures and fears of another war. Whatever! But reality is what we experience today. And some of us are having health issues that demand attention beyond our means.

That's why the ATL Foundation was created. If someone among us needs short term financial support to negotiate a serious health problem, ATL is here to help. If you know of someone who fits our mission,

someone who "never thought it would happen to them" and is unable to meet their financial demands, please direct them to us by helping them fill out an ATL Foundation grant application or contacting one of the board members directly. (And keep an eye out for quick sand!)



## THANKS, KAREN JESSEY!

ATL wants to express our deepest gratitude to Karen Jessey for serving on the ATL Foundation Board of Directors for the past several years. Most recently, Karen held the position of Secretary on the board.

Karen was very instrumental in fundraising for ATL. She was involved in so many ATL events, and she and her partner, Jules, have opened their home for many events. Most notably, she was on the committee organizing the past few golf tournaments and spearheading sponsors for the tournaments. Undoubtedly her greatest accomplishment while serving on the board was creating the sustained giving program. When Karen joined the ATL Foundation board, she was surprised that a sustained giving program was not formalized, so she organized events to talk about the mission of ATL and corral donors to commit to monthly, quarterly, or annual donations to ATL. The formalized program, Friends of the Flock, brings the ATL Foundation \$15,000 - \$20,000 annually.

Karen resigned from the ATL Board at the end of 2011 since she has joined the board at the GLBT Center of Colorado, where she will continue to make great things happen! We appreciate your time and devotion to ATL and know that you will always be a friend to ATL!

The ATL Board Members: **Holly Sahud** -President, **Becky Moore** -Vice- President , **Sue Boynton** - Treasurer, **Nancy Fritsch**- Secretary, **Becky Brinkman** - Grant Coordinator, **Margaret Burd**, **Mary Fischer** and **Carol Kobel**.

### ATL goes Bowling!!!

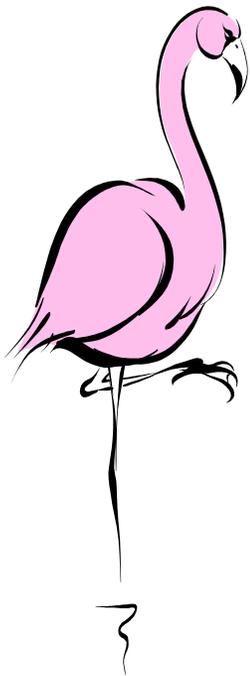
In November 2011, ATL held the annual Bowling fundraising event at Brunswick Lanes in Westminster! We had 52 bowlers and 5 volunteers to assist with selling merchandise and managing the poker games. Everyone had so much fun bowling, catching up with old friends and meeting new friends, and enjoying pizza and prizes afterwards. Prizes went to individual and team high scores. The event raised \$3,712 for ATL, which means so much to our grant recipients. Some of our past grant recipients attended the event to see old friends and express their appreciation to everyone that supports ATL's mission.

Some of the money raised came from the sale of ATL merchandise.

We unveiled some new merchandise (hats, shirts, etc.) at the bowling event, so look for the new stuff at our next event!



ATL Bowling event supporters.



If you received this newsletter via the US Postal Service then you are already on our mailing list. However, we are starting to use more e-mail messages as a way to cut costs and keep everyone informed. So, send us your e-mail address at: [ATL\\_Events@earthlink.net](mailto:ATL_Events@earthlink.net) And we will add you to our e-mail mailing list (not to worry - we won't share your address with anyone).

## ATL Cookbook is still simmering - Calling all cooks, it's time to feed the flock.

Over the last year, the ATL Board has been putting together our family cookbook and we still need your help. Please send us your favorite "family" recipes. We plan to have categories including some of the following:

- Hors d'oeuvres/Finger Foods
- Snack Time
- On the Side
- Soups
- Gluten-Free Goodies
- Breakfast & Brunch
- Low Fat/Low Calorie
- Quick 'n Easy
- International Flavors
- Vegetarian Favorites
- Pasta, Beans, & Rice
- Oven Delights



And more depending on what you send us!

Have fun and be creative with your entries. In general, we plan to print what we get from you all, but a cookbook with 10 recipes for potato salad would not be very interesting, so we reserve the right to pick one.

### **Guidelines:**

- You can include recipes from books, magazines, newspapers, websites, other books unless the recipe is trademarked, such as Flamingo@Brownies.
- Send your recipes via email, U.S. Postal, fax, or visit our website to enter the recipe directly.  
[atl\\_events@earthlink.net](mailto:atl_events@earthlink.net)
- Fax: (303) 429-4171
- US Mail: ATL Foundation  
PO Box 740985  
Arvada, CO 80006-0985
- You can send a paper copy, a pdf, a copy handwritten in ink, an email with the recipe copied into the text, or fax a copy.
- You will be recognized as the contributor of the recipe – so include how you would like to see your name in print.



## Our Newest Board Member -

### **Ms. Carol Kobel**

Carol is originally from southwest Nebraska and has resided in Colorado since 1964. She has been active in volunteer activities since her high school days helping with fundraising events, visiting in nursing homes, transporting non-drivers to medical appointments, and a variety of other helping causes.



In 1985, Carol became a volunteer in East Africa during the famine crisis as a Project Administrator for a non-profit. The following year, she lived in Australia and served as a volunteer with the aboriginal people. After returning to the U.S., Carol continued her career work as a psychotherapist for the next 20 years and doing volunteer work for various non-profits in Northern Colorado.

In 2006, Carol helped start a new non-profit, HOPE (Homeless Outreach Providing Encouragement) in Longmont. She has served on the Board of Directors and is an out-reach volunteer. Today HOPE serves hundreds of homeless people in Longmont daily providing meals, shelter, clothing, transportation and ultimately helping people to no longer live on the streets.

In 2006, Carol became a volunteer with the Nicaraguan Project, where she serves on the Board, does fundraising and goes to Nicaragua each June to serve in the medical clinics fitting glasses.

Since 2009, Carol has volunteered regularly with Out Boulder, serving the LGBTQI community throughout Boulder County in various capacities. Her favorite activities are helping plan and working at the annual Out Boulder Pride Fest and keeping the Pride House in good working and welcoming order. Carol is very happy about becoming a Board member of the ATL Foundation and looks forward to serving our women in need.

# ATL's Chipping In Golf Tournament was held 9/10/11 at the Arrowhead Golf Club.

The day started out a bit cold and windy for some of us, but turned into a beautiful day on a beautiful course with even some very good golf being played by some and everyone having a great time!

### Thanks to all our tournament sponsors:

Karen Jessey, ChFC, CLU, CFP, Wealth Strategies Group  
Sue Boynton, State Farm Insurance  
Dr. Nhu Trieu, Dr. Becky Brinkman, Sheridan Park Chiropractic  
Lynn Castelo, Centennial Leasing & Sales  
Dee Robinson, Significant Serenity/Massage  
Erica Johnson, Ambler & Keenan, LLC  
Rebecca Martens, Allstate Insurance  
Cindy Freeding, Pilates Movement for Life  
Dede Frain, BAD – Babes Around Denver  
Margaret Burd, ATL Friends of the Flock  
Rex O'Neal, ATL Friends of the Flock



The ATL Board really appreciates all the Golf Committee members that made the tournament happen – Cindy Joos, Jules Armstrong, former ATL board member Karen Jessey, and Board members Holly Sahud and Margaret Burd for all the work to make this a very successful event for ATL.

Look for the next Chipping In Golf Tournament in June of 2013.



## Make a donation to the ATL Foundation today.

Simply cut along the dotted line and mail this slip, and your payment preference to:

**ATL Foundation**  
**P.O. Box 740985**  
**Arvada CO 80006-0985**

(note: all donations are tax deductible)



Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Method of Payment :

- Check enclosed
- Visa
- MasterCard

Credit Card # \_\_\_\_\_

V-code (3 or 4 Digit on back of card) \_\_\_\_\_

Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

\$ \_\_\_\_\_  
Amount

## Health Care Corner

By Dr. Becky Brinkman

Let's face it, physiology is complicated! Even though humans have been around a long time, we still fail to observe or understand some of the basics that keep us going. In a 2011 study, the Department of Health and Human Services estimated that about 1.3 million of the LGBT community have significant blood sugar problems. It is a factor that greatly affects many of our ATL grant recipients. And, blood sugar is one of those mysteries that you can understand. Your quality of life depends on it!

First, after all these millennia, we still identify only 3 basic nutrient groups: **carbohydrates** (also simply called sugars or glucose), **fats** and **proteins**. Your brain requires glucose to operate on a minute-by-minute basis. Glucose is the immediate energy food for thinking and concentration and all physical activity. (In complex ways, your body can convert fat and protein to energy, but it takes more time and energy to do that.)

Next, you must know that your body requires **insulin** to gather up the sugar/glucose to take it into the cells of your brain and body in order to utilize it. Insulin is like a "door man"- it knocks on the door of each cell, the cell has to be "receptive" to the knock, and then sugar can be ushered into the individual cells to make energy. Sugar must be introduced by the insulin "door man"; it cannot get into your cells to create energy without it.

Two problems arise when blood sugar is not well regulated by insulin in your body.

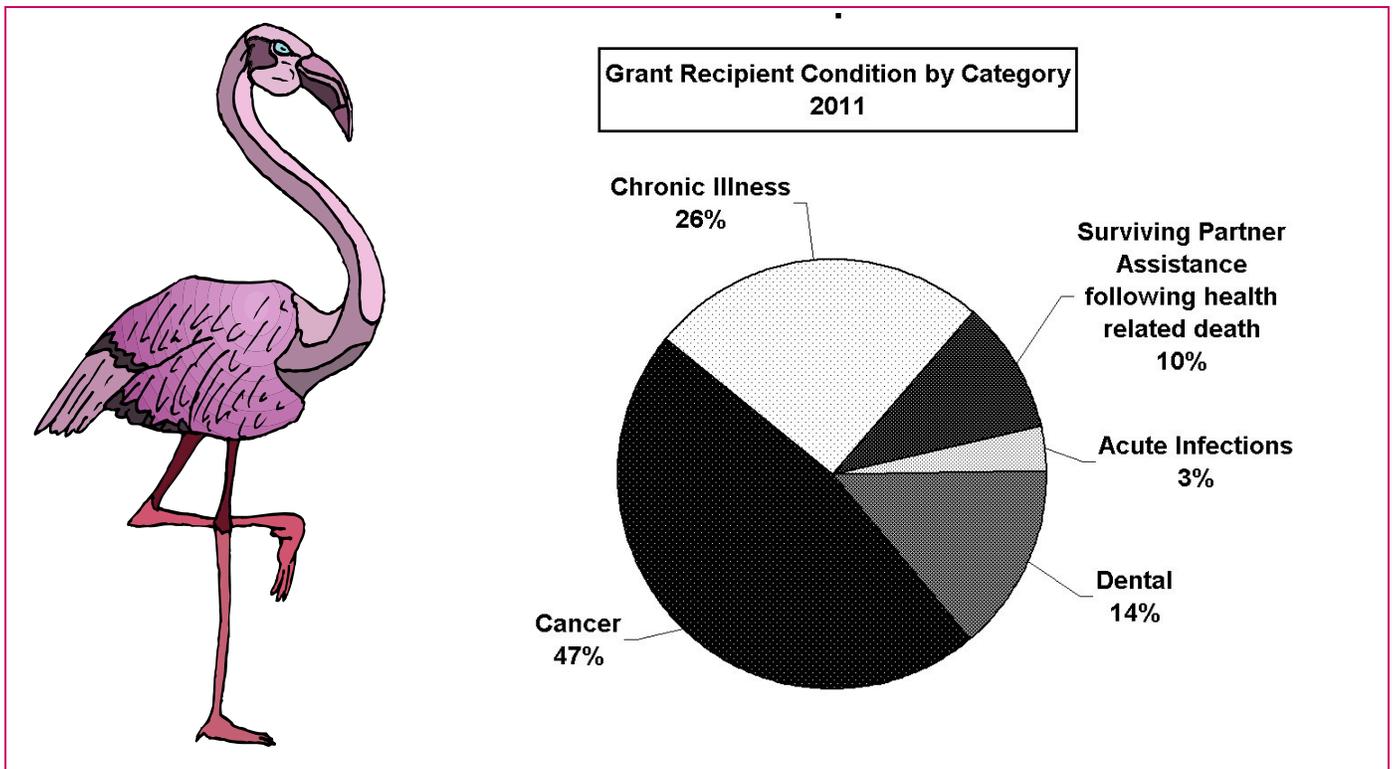
**A. Low blood sugar or hypoglycemia** results when there is more insulin or "door men" available and not enough carb/sugar/glucose molecules to attach to and take into the cells. How do you know you have low blood sugar? Anyone who has children knows the answer to this: you get cranky and irritable, and eating relieves it quickly! Other more subtle symptoms of low blood sugar are poor concentration, blurry vision, and headache. The remedy to this condition is to eat more frequent, small meals, never skip breakfast, and to eat protein with each meal to slow down the absorption of carbs/sugar/glucose, or in other words, to extend the time it takes to utilize the carbs/sugar/glucose. You must listen to your body and do what it says. (Hypoglycemia is also linked to depression,

migraines, insomnia and more difficulties with menopausal symptoms.)

**B. High blood sugar indicates insulin resistance, which leads to "sugar" diabetes or Type II Diabetes.** In this scenario, insulin production is insufficient, OR the cells have become resistant to the "door man". There is too much sugar in your blood stream. This condition can develop more subtly. You may be eating carbohydrates but your body doesn't know what to do with them because they can't enter into the cells if the cells are resistant to insulin or there is a lack of insulin. Not knowing what else to do with it, your body then converts the carbs/sugars/glucose to fat and stores it around your waist and hips. Fatigue or falling asleep after meals is a major sign of insulin resistance, too, as is hot flashing. Insulin resistance causes your body to work too hard. As diabetes progresses, it causes the destruction of many systems in the body, because of it's breakdown of blood vessels. When the smaller blood vessels can't carry blood to distant body parts to deliver oxygen and nutrients, poor vision, kidney dysfunction, pain and numbness in the feet, and heart attacks may occur.

While there are genetic predispositions to diabetes, it is well known that eating appropriate amounts of carbs/sugars, maintaining normal body weight, supplementing with good fish oils, moderate alcohol use, not smoking, and cardio exercise at least 30 minutes 4-5x per week will increase insulin receptivity of cells and significantly slow down the incidence of insulin resistance or diabetes. We each have the capacity to understand and control our blood sugar, and thus create a healthier, more productive, and longer life.



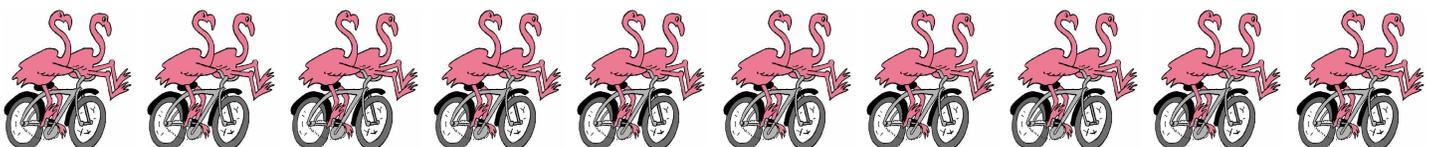


## ATL Bike-About

We're going back to our roots- the bicycle! As you may know, our foundation arose from the ATL Cycling Club in 1993. One of our cyclists developed a terminal illness, and we pooled our money to help her through her process. From that time forward, we devoted the efforts of the ATL Foundation to helping others women who have short term financial needs due to a health crisis. So why not engage our bicycles again?

We're planning a nice late summer ride on a section of bike trail along the Platte River. Ten to twenty miles of leisurely riding along a flat river grade (no hills!), visiting with friends, and engaging in an easy scavenger hunt along the way- what could be more fun??? No need to train excessively, no need for a super fancy bike or biking accessories, no need for a police escort on public streets, no need to gather a big team (but all friends are welcome), no need to exclude children (all two-wheelers are welcome) and no reason not to participate!

This is a new, novel event for us and hopefully a very pleasant time for you. For a \$30.00 donation, you can get a bit of exercise and help us meet our mission while meeting lots of nice people like you! Look for our pink postcard with complete details, but plan on riding with us a couple of hours on Saturday morning, August 25, 2012. Make it easier for our planners by signing up on line. Online registration will be available on July 1st, just visit: [www.ATLFoundation.org](http://www.ATLFoundation.org).



**Thank you** Friends and advocates who have helped women in need find us and fill out the necessary forms for assistance. And to EVERYONE who contributes to, or participates in our fundraising efforts, we do sincerely thank you!

## “Port Wine” Syndrome

By Dr. Becky Brinkman

From the moment we're born we're destined for declining health- someday. We all know it's unlikely we'll ride off into the sunset unscathed, but most of us are older by the time we face serious health concerns. For others, health challenges are apparent from birth. Let me introduce you to Theresa, one of the most inspiring and upbeat people I have met through ATL.

Theresa was born with Sturge-Weber Syndrome. This is a neurological condition that affects blood vessels around the eye and temple on one side of the head. It is identified by a “port wine stain” on the affected side of the face. It is often accompanied by neurological symptoms such as seizures and migraines, and sometimes results in mental retardation. For the past 47 years, Theresa has been able to cope with her symptoms, through medication and biofeedback.

In fact, Theresa and her partner of seventeen years have lived a happy life in Nederland. Theresa has been trained as a physical therapist and her partner has a “handy woman” business. Eventually they decided to add a member to their family, and Theresa gave birth to baby Marguerite who is now 10!

About five years ago, Theresa's migraines began to increase in number and intensity. They occurred about every 6 weeks and left her unable to function for half a day. More recently, the migraines began to occur every 2 weeks and leave her unable to work for two days at a time. Cranial-sacral therapy has helped relieve the seizures, but it is clear that the blood vessels in her face have been expanding and causing more pressure. Currently, the pressure has displaced her nose sideward and distended her lip. It has become difficult to breathe through one nostril and contributes to severe sinus infections. Now her speech is impaired and she cannot control her saliva.

From day to day, Theresa began to see her life diminish. What would she be able to do in 20 years? She thought about what was most important to her in life: being a vital part of her family and community. Could she stay involved with her daughter in school, could she continue to speak to public school classes about being different and bullying, could she go on organizing diversity classes, and teaching physical therapy techniques to the disabled?

Last week Theresa told me she remembered receiving a pink postcard about an ATL event. She searched for that card and found our contact info. She gave me a call to discuss the possibilities of getting help through ATL, but not in the way you might think. She has begun her own fundraising campaign to raise the \$50,000.00 she needs for reconstructive surgery to alleviate her symptoms. Through the ATL website, friends and friendly beings can contribute to Theresa. All money received for her through our website is tax deductible to the donor, and every cent is redistributed to Theresa.

In addition ATL will be directing all the funds raised on August 10th, at Dancin' Divas event in Boulder toward Theresa's surgery. So mark your calendar and plan to “kick up your heels” and help the ATL Foundation help Theresa.

Please, visit Theresa's website at [www.helpingtheresa.com](http://www.helpingtheresa.com). Read her story in her own words. Learn about this syndrome. Donate directly to her through the ATL Foundation. Become an integral player in helping such a vivacious member of our community remain active in the life of her family and community. You can visit our website at [www.atlffoundation.org](http://www.atlffoundation.org) to make a tax-deductible donation.

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*In loving memory of Linda D'Orio*

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**ATL Foundation**  
**P.O. Box 740985**  
**Arvada, CO 80006-0985**

*“Giving a Lift  
To Women in  
Need”*

A Colorado 501(c)3 Non-profit corporation

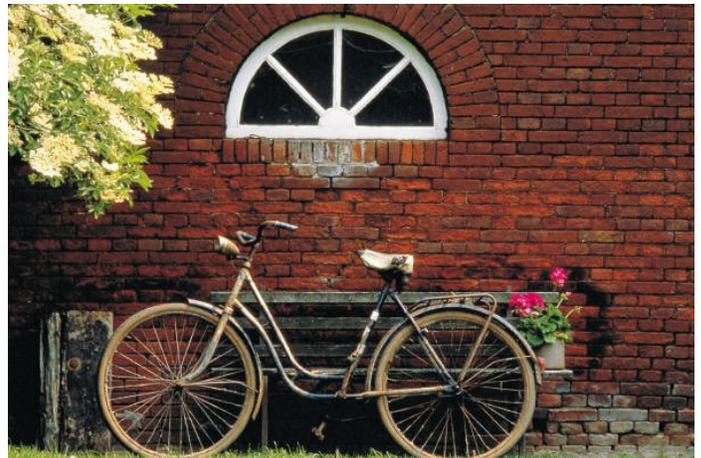
**Friday, August 10, 2012**

## **Dancin’ Divas**

ATL Foundation Benefit  
for Theresa

**Place:** Avalon Dance Hall  
6185 Arapahoe Ave. (a beautiful dance space on east  
Arapahoe in Boulder)  
**Time:** 7 - 10:30pm

**Cost:** \$10.00 at the door



**Saturday August 25, 2012**

Join us for our 1st ever

## **ATL Foundation Bike-About**

Fun bike ride along the Platte River  
You don’t want to miss this one.

**\$30 donation**

Check our website for more information.