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### SYMPTOMS OF DIABETES:

- Frequent trips to the restroom
- Unquenchable thirst
- Losing weight without trying
- Weakness & fatigue
- Tingling/ Numbness in your hands, legs & feet
- Blurred vision
- Dry & Itchy skin
- Frequent infections or cuts and bruises that take a long time to heal

## DIABETES AWARENESS

By: Lia Pelenato



Diabetes is devastating the lives of our families and the community around us. It affects our loved ones, friends, co-workers and even our children. Why should we care about diabetes? Because its negative impact has plagued our island, and currently, most people are living with high risk of diabetes.

November is the diabetes awareness month and we encourage our people to take the necessary steps in preventing and/or managing diabetes. This is a problem not only for adults, but for children as well, because diabetes is one of the most common chronic conditions in children and adolescents.

There are two types of diabetes which are believed to be doubled by the year 2025. Type 1 diabetes "develops" in children and adults, causing the body to stop making insulin and blood glucose to increase to very high levels. This is an early onset, known as a "juvenile" and/or *insulin-dependent diabetes*. This type develops very quickly over a

couple of days and/or weeks due to the pancreas inability to make insulin. Treatment for this type is insulin injection and a healthy lifestyle in food consumption.

Here are symptoms of Type 1 diabetes:



- You are very thirsty a lot of time
- You pass a lot of urine
- Tiredness, weight loss, and feeling generally unwell.

Type 2 diabetes is characterized by the body's inability to make enough, or properly use, insulin. Type 2 diabetes is often silent in the early phase but people should be very careful as Type 2 can present many complications. The complications of diabetes are almost entirely prevent-

able with not only lifestyle changes, but also close monitoring and medication.

The possible complications of diabetes are far worse than what we make them out to be. If a person with diabetes is not treated early on or forgets to take medication, this may lead to:

- Heart attack or Stroke
- Eye problems
- Kidney damage/failure
- Never damage
- Foot problems
- Impotence

The severity of these long-term difficulties vary from person to person, which is why it is vital for everyone to check your blood glucose and be careful with your diet. It is important that we share information and educate our people about diabetes. This month American Samoa stands together with the world to prevent diabetes and promote awareness of diabetes in our home island.

## “MEET & GREET”

By: Ernie Seiuli



Children signing, dancing and playing during the event at Utulei beach



Parents, families, and Individuals with Developmental Disabilities (DD) joined together at Utulei Beach, on a beautiful sunny Veterans Holiday on November 11th for the “Meet & Greet” picnic hosted and planned by a subcommittee group of parents with the support of the University Center for Excellence on Developmental Disabilities (UCEDD) staff. The purpose of this event was to introduce the parents/families to each other as a way of familiarizing them with others in the DD community of American Samoa. Many parents and families were present, and this was also a way to introduce the public to DD individuals living amongst us.

Last September, this same group of parents of children with DD participated in the American Samoa Community

College (ASCC)UCEDD Parent Leadership training at Sadie’s by the Sea, which was conducted by Dr. Glenn Gabbard from the University of Massachusetts. This training empowered many of the parents to continue networking, to provide family support, and to become leaders within the community. Continuing the strategy of the September leadership workshop, the parents came up with the idea of “Meet & Greet” as a way for individuals with DD and their parents and families to gather on the Veterans Holiday. More than 50 parents and families came and enjoyed activities such as volleyball games, a jumper for kids, and a raffle of prizes donated by individuals and the private sector. Utulei Beach was filled with participants with red t-

shirts and hats which symbolized love, happiness, passion, excitement, and celebration of children and individuals with DD.

A special thank you and acknowledgement to all the sponsors who generously donated for this special day for our DD community:

1. Mr. & Mrs. Iuli Godinet
2. Mr. & Mrs. Taeaofua Dr. Solomona
3. Island’s Choice
4. CBT Inc.
5. Ms. Deanna Fuimaono
6. Star Kist Samoa



## When will it STOP?

By: Lia Pelenato



Child abuse and domestic violence are becoming alarming problems on island. Abuse has many forms, and nobody should be suffering from the hands and control of someone else. Children are our future and must be nurtured with utmost care, not punished and marked with bruises on their face and/or body. Domestic violence is an ugly ordeal that affects not only

the abuser and victim, but also the children within this union, who are scared for life due to violence. American Samoa is not accepting this form of cruelty and has formed the Multidisciplinary Response Team (MDRT) dedicated to minimizing the trauma to victims of child abuse, domestic violence and sexual assault by creating protocols and policies that will unite various

government agencies and non-governmental agencies in their effort to protect, intervene, educate, investigate, and prosecute these types of crimes. The MDRT meets every two weeks and is planning to address the House of the Legislative in January 2011 and introduce a new bill concerning child abuse and domestic violence on island.

# ROSA'S LAW

Eliminating the "R" word in Federal Statutes *By Tafa Tupuola*

On October 5, 2010, President Barack Obama signed Rosa's Law mandating Federal statutes to replace the term

"mental retardation" with "intellectual disability". The "R" word stands for "retard" or "retarded" and is casually used referring to stupidity.



Mental retardation was generally used as a label in identifying an individual with a disability that also affected their cognition.

The history behind the initiation of Rosa's Law was from a 14-year old sibling who wanted his sister with Down syndrome to be recognized like any other individual. Nick approached Maryland U.S. Senator Barbara Mikulski requesting to remove the "R" work from all statutes replacing it with Intellectual Disability. Sen. Mikulski and

Sen. Mike Enzi sponsored the bi-partisan bill, which was passed by the Maryland state legislature.

The new law will remove the "R" word from the language of federal health, education, and labor policy. The new law will give people with disabilities the equal respect and dignity they deserve.



President Obama hugs young Rosa after signing "Rosa's Law".

## Launching OFFICIAL UCEDD Website

The University Center for Excellence on Developmental Disabilities (UCEDD) would like to invite you to be a member of our official website. This website is dedicated to disseminate information concerning individuals with developmental disabilities (DD) for parents, families, friends and our local people. This is a *free membership* website that allows you to access any and all information concerning UCEDD activities throughout the year 2010-2011.

### INFORMATION SUCH AS:

- UCEDD Mission
- Legislation
- Activities
- Upcoming Conferences & Meeting
- Photos of all UCEDD activities
- Advisory & Interagency Council
- DD Network
- Parent Corner
- UCEDD staff
- Guest Book

<http://asucedd.org>

**REGISTER TODAY AND  
BECOME A MEMBER!**

December  
upcoming Events



### Disability Track & Field

Parents & Families of Individuals  
with Developmental Disabilities

When: Saturday, December 11, 2010  
Where: Utulei Beach (across Lee Auditorium)  
Time: 6:30 a.m. – 9:00 a.m.

This ad is paid for by the American Samoa Community College  
University Center for Excellence on Developmental Disabilities

For more information on the Disability Track & Field, please feel free to contact Ms. Deanna Fuimaono or contact our office.



## University Center for Excellence on Developmental

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in an alternative format, please call the  
American Samoa Community College  
UCEDD at: 699-9155 ext. 441 or 438  
Fax: (684) 699-8843*

### OUR MISSION

*The University Center for Excellence on Developmental Disabilities (UCEDD) assures that individuals with developmental disabilities of all ages and their families participate fully in activities that will design and promote self determination, independence, integration and inclusion in all facets of life in American Samoa. The UCEDD will ensure the delivery and purpose of the Developmental Disabilities Act through culturally competent activities.*

<http://asucedd.org>

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### ACRONYMS/MEANINGS

- ADA: Americans with Disabilities Act
- ASCC: American Samoa Community College
- CBT: Charles, Beaver, Tom Ho Ching Store
- DD: Developmental Disabilities
- DV: Domestic Violence
- MDRT: Multidisciplinary Response Team
- UCEDD: University Center of Excellence on Developmental Disabilities

*Please consider our environment before  
printing.*

### SEND US YOUR COMMENTS

We would love to hear from you if you have comments about our newsletter, or if you would like to be added to our newsletter list! Drop us a line: [ucedd@amsamoa.edu](mailto:ucedd@amsamoa.edu)