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# Legacy News

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## **Standards of Care: New recommendations on nutrition, weight-loss medications, and technology**

The American Diabetes Association® (ADA) has released the *2025 Standards of Care in Diabetes*, which serves as the gold standard for evidence-based guidelines in diagnosing and managing diabetes and prediabetes. These standards are based on the latest scientific research and clinical trials. Additionally, the *Standards of Care* offers methods to prevent or delay type 2 diabetes and its associated comorbidities, such as obesity, along with recommendations for improving health outcomes.

Notable updates to the *Standards of Care* include:

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***“Improving the lives of people affected by diabetes is a key part of the ADA’s mission. The Standards of Care offers the trusted support needed for people living with diabetes and those caring for them to manage the disease and thrive until we find a cure,” said Charles “Chuck” Henderson, CEO, American Diabetes Association.***

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- Consideration of continuous glucose monitor (CGM) use for adults living with type 2 diabetes who use glucose-lowering agents other than insulin.
- Guidance on actions to take during medication unavailability, including medication shortages.
- Additional guidance on using GLP-1 receptor agonists beyond weight loss for heart and kidney health benefits.
- Guidance on continuation of weight management pharmacotherapy beyond reaching weight loss goals.
- Expanded nutrition guidance to encourage evidence-based eating patterns, including plant-based proteins and fiber, while considering nutrient quality, total caloric intake, and metabolic goals.

The ADA updates its *Standards of Care* annually through the efforts of its Professional Practice Committee (PPC). The PPC comprises global experts from various professional backgrounds, including physicians, nurse practitioners, certified diabetes care and education specialists, registered dietitians, nutritionists, pharmacists, and methodologists. Its members possess expertise in a wide range of related fields.

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# Celebrating a Legacy of Love: The Life and Impact of Shirley Mae Burns Conroy

Mrs. Shirley Mae Burns Conroy loved being a teacher. She had many fond memories of the children from her classes, especially the stories her first-grade students shared throughout her career.

Shirley and her husband, Leo, lived all over the United States. They enjoyed the beaches of New Jersey, the culture and cuisine of New Mexico, as well as raised champion Irish Setters in Virginia.

Shirley also loved to travel the world with Leo, who enjoyed a full life living with diabetes. After Leo passed away, Shirley continued her travels alone. Her favorite destination was Paris, France, and she even took a cruise through the Panama Canal. In addition to her travels, Shirley was an avid golfer and enjoyed playing bridge.

Shirley passed away in her Georgia home just shy of her 100<sup>th</sup> birthday. The legacy of Shirley and Leo continues through their estate planning, which supports children and individuals who were significant in her life.

In her will, Shirley included several charities and programs, like the American Diabetes Association's Project Power—a free program with locations across the country, including Atlanta, Georgia, designed for children ages 5 to 12. Its goal is to combat childhood obesity and help mitigate its associated consequences, such as diabetes.

The children involved in this program, along with many others, will benefit from her thoughtful and generous legacy giving.



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## For Estate Planning Professionals

If we can answer any questions about your client's beneficiary designations or estate planning inclusions, contact our Planned Giving team:

P.O. Box 7023, Merrifield, VA 22116

Phone: 888-700-7029 •

[plannedgiving@diabetes.org](mailto:plannedgiving@diabetes.org)

[diabetes.org](http://diabetes.org) •

tax ID number 13-1623888

# Honoring the Legacy, Life, and Spirit of Jeff Todd

Jeff Todd lived with diabetes his entire life and loved skiing and music. After college, he became a ski instructor at Mammoth Mountain and created the Mighty Mites youth ski program. When he was a child, his parents, especially his mom, Lillian, “Lil,” were pioneers in finding ways to provide a “normal” life for him.

Like many with diabetes, Jeff suffered complications in his adult life. In his case, his kidney function declined to the point where he needed a transplant. Lil donated a lifesaving kidney to him—an action that was credited with extending Jeff’s life by more than a decade.

Years afterward, Jeff even competed in the Winter Transplant Games, earning one silver and three gold medals in ski events. Many devoted family, friends, and admirers say they will remember Jeff’s indomitable spirit, relentless energy, riotous wit, and extraordinary courage.

When Jeff passed away in 2007 at the age of 54, his dedicated parents, Robert Madison Todd, Jr. (known to most as “Todd”) and Lil continued their legacy of caring for people living with diabetes with wishes at their son’s funeral to support the American Diabetes Association and inclusion of the ADA in their will.

Lil lived years after her son and husband died, with a heart full of wonderful memories of travel and adventures with her friends and family. With her passing in May 2024, the ADA received a generous gift from their estate—one made with love so others living with diabetes can have a longer and healthier life.

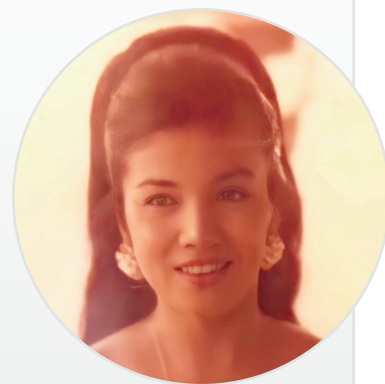


AMERICAN DIABETES ASSOCIATION®

## Camille Circle

### Celebrate a Lasting Legacy to the American Diabetes Association

The Camille Circle was established to honor those who have included the American Diabetes Association in their will or other long-range plans. Camille Blume was a talented, kind woman who believed in leading by example. She passed away in 2021, but her legacy for research and finding a cure for diabetes will live on through her thoughtful estate planning. Thank you for joining others who will fight to end diabetes beyond their lifetime. If you have included the American Diabetes Association in your estate plans or would like additional information, contact Sue or Chelsy at [giving@diabetes.org](mailto:giving@diabetes.org) or 888-700-7029.



Camille Blume

# Mindful Planning: Manage Your Estate with Care and Purpose

Managing diabetes requires mindfulness, careful preparation, and maintenance through diet, exercise, blood glucose (blood sugar) monitoring, and regular doctor check-ups. Similarly, managing your long-term financial and estate plans also calls for awareness, planning, and care.

A well-prepared and well-maintained estate plan can provide peace of mind and fulfill multiple goals, including caring for loved ones and supporting organizations important to you, such as the American Diabetes Association.

Everyone has an estate, and they come in all shapes and sizes. You can determine how your assets will be distributed after your lifetime. Your estate may include real estate, life insurance, retirement accounts, bank accounts, and personal belongings—all of which must be distributed according to your wishes.

Just like managing diabetes, you don't have to navigate it alone. Here are some practical questions to consider as you create your plans:

- Who are the loved ones in your life for whom you feel responsible and/or wish to remember?
- What property do you own, including your home, cars, investment accounts, personal valuables, and other assets?
- What are your plans for your property and assets? Have you considered what you want each person to receive?
- What legacy do you want to leave behind, including charitable goals you may have for the ADA or other organizations that are meaningful to you?
- Who do you want to consult about these decisions, such as your attorney, accountant, or others?

But that's not all! After you've made your will and estate plans, you need to maintain and update them as your long-term goals shift and life changes occur. The addition of children or grandchildren, the passing of loved ones, or financial changes such as an increase in the value of your investments or changes in tax laws can require periodic review and revision of your plans to ensure they are accurate and current.

Finally, remember the peace of mind that comes from having long-term plans that reflect your wishes and charitable goals. Your efforts today can benefit you and your loved ones and positively impact the lives of millions of people living with diabetes until we find a cure.

Please reach out to us or your advisor if you have any questions.



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