



FUNDRAISING LETTER SAMPLES

LETTER OF SUPPORT - GENERAL

I'm writing to ask for your support for a very special goal—to improve the lives of every person affected by type 1 diabetes (T1D).

This year, I'll be taking part in the JDRF Walk to Cure Diabetes, along with a half-million others nationwide. JDRF raises vital funds that power the global movement to help cure, treat and prevent T1D. I'm asking you to help support my fundraising efforts with a donation. Your tax-deductible gift will help make a difference in the lives of people with T1D.

It is faster and easier than ever to donate. Simply visit walk.jdrf.org and search for my name to donate online. If you prefer, you can mail your gift check to me at the address listed below. Please make the check out to JDRF and include my name in the "Memo" section.

(INSERT ADDRESS)

Any amount, great or small, helps JDRF get closer to its goal to improve the lives of every person affected by T1D by accelerating progress on the most promising opportunities for curing, better treating, and preventing T1D.

Sincerely,

(INSERT NAME)

REGISTER TODAY
WALK.JDRF.ORG

LETTER FROM ADULT WITH T1D

As you may know, I live with type 1 diabetes (T1D). When I was **(INSERT AGE)**, I was diagnosed with the disease. Many people believe that insulin is a cure, but it is not. I am committed to JDRF, the leading global organization focused on T1D research. JDRF raises funds to support research to cure, better treat, and prevent T1D. The goal of JDRF is to improve the lives of every person affected by T1D by accelerating progress on the most promising opportunities for curing, better treating and preventing T1D.

[Share personal story of what it is like to live with T1D every day or your commitment to helping others with the disease.]

This year's Walk takes place on **(INSERT DATE)**, and I'm writing to ask for your support. Now more than ever, you can make a real difference in my life and the lives of all people with T1D. Please either join my team as a fundraiser or support me with a donation. It's simple, fast, and fun! Please visit walk.jdrf.org and search for my name to get started.

Thank you for your support!

Sincerely,

(INSERT NAME)

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LETTER FROM CHILD WITH T1D

As you may know I live with type 1 diabetes (T1D). I would really love it if you will donate to my team and join me in the JDRF Walk to Cure Diabetes on **(INSERT DATE)** at **(INSERT WALK LOCATION)**. Let me share with you what my life is like living with T1D.

[Share personal story of what it is like to live with T1D every day.]

Friends, I encourage you to sign up, donate, and come walk with me this year. Bring your friends, too! Better yet, bring 10 friends! We want every person on our team to raise at least \$100. I know that the Walk will be a great experience and I also know that YOU can make a difference. Please visit walk.jdrf.org and search for my name to make a donation or join my team as a fundraiser and supporter today.

See you at the Walk!

Sincerely,

(INSERT NAME)

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LETTER FROM PARENTS

Dear Family and Friends,

On **(INSERT DATE)**, our family will be walking in the JDRF Walk to Cure Diabetes. As you may know, we have a personal connection with type 1 diabetes (T1D) that affects millions of children and adults. Our **(SON/ DAUGHTER)**, **(NAME)**, was diagnosed with T1D almost **(NUMBER)** years ago.

As you can imagine, this diagnosis of T1D has changed all of our lives forever. While managing day to day through these life changes, we are committed to JDRF. We raise funds to fulfill the important mission to improve the lives of every person with T1D, while accelerating progress toward curing, better treating, and preventing the disease. Please join us in our commitment to JDRF.

We have formed our walk team to raise money to support the research required to cure, better treat, and prevent T1D, and to provide support while managing this disease.

We are actively recruiting anyone who would like to join us on our team and raise money in support of **(NAME)** and the JDRF Walk to Cure Diabetes.

Two small steps can make a BIG difference!

1. Make a generous contribution in support of **(INSERT NAME)**. Any amount is welcome. Online donations are safe and secure. Simply visit walk.jdrf.org and search under Donate to a Walker. However, if you prefer you can send us a check made out to JDRF. Please mail checks to: **(INSERT HOME ADDRESS)**
2. Join our Team and help us fundraise in support of **(NAME)** on **(INSERT DATE)**. You can register for our team at walk.jdrf.org. Your support and fundraising efforts will make a difference!

Please know that more than 80 percent of JDRF's expenditures directly support research and research-related education. Past JDRF research efforts have helped to significantly improve the care of people with this disease, and have expanded the critical scientific understanding of T1D. JDRF will not rest until T1D is fully conquered.

We greatly appreciate your consideration and support of this worthy cause. We look forward to having as many people as possible join us. Even if you can't join us at the Walk, we appreciate any and all donations made as part of our fundraising efforts for JDRF.

If you have any questions or need any additional information, please don't hesitate to contact us. Again, thank you from all of us for your generous support of **(NAME)**.

Very truly yours,

(NAMES)

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WALK.JDRF.ORG

LETTER FROM GRANDPARENTS

Dear Friends,

On **(INSERT DATE)**, our **(GRANDDAUGHTER/GRANDSON)**, **(INSERT NAME)**, was diagnosed with type 1 diabetes (T1D). This day changed our family's life forever. Type 1 diabetes has no cure. Many people believe that insulin is a cure, but it is not. Type 1 diabetes needs constant attention. To stay alive, people with T1D must take multiple insulin injections daily or continually infuse insulin through a pump. Each day, every day, for the rest of **(INSERT NAME)**'s life **(HE/SHE)** will have to carefully monitor food and insulin intake, as well as exercise to maintain a careful balance and avoid high or low blood sugar reactions that can be life-limiting or life threatening.

Our family is taking part in the JDRF Walk to Cure Diabetes on **(INSERT DATE)** at **(INSERT WALK TIME AND LOCATION)**. You can make a personal donation by simply visiting our personal fundraising page at walk.jdrf.org or by sending a check made payable to JDRF. By doing so, you will help make a difference in the life of **(INSERT GRANDCHILD'S NAME)** and the millions of people living with T1D. The money we raise will go to improve the lives of every person affected by T1D by accelerating progress on the most promising opportunities for curing, better treating, and preventing T1D.

Thank you for your support of our **(GRANDDAUGHTER/GRANDSON)** and the millions of people living with T1D.

Sincerely,

(INSERT NAME)

REGISTER TODAY
WALK.JDRF.ORG

ACTUAL LETTER FROM A COLLEGE STUDENT

Dear Friends,

This past fall I started my freshman year at **(COLLEGE/UNIVERSITY)**. I am really happy here, meeting lots of great kids, and enjoying my classes. With the adjustments of leaving home, starting college, and dealing with my diabetes without the support of my family, or doctor, or that right group of friends **(WALK TEAM NAME)** who have been by my side since the beginning), I wanted to feel as normal as possible and try to forget about type 1 diabetes (T1D) or trying to find a cure.

My parents understood, and told me not to worry about writing my annual letter. So I didn't. I thought that we all (including you) deserved a break from T1D. But the truth is, as the weeks and months rolled by, I found that my dream of a vacation from T1D was just that—a dream—impossible to maintain.

I have come to realize at college, more than ever, what an unpredictable monster diabetes is. Every night I am away, I know how much my parents worry about me. And every night before I go to sleep, I worry that without my parents' watchful eye or the safety net of my friends and family who have grown up with this disease (almost as much as I have), my blood sugar might dip too low, and I might not wake up in the morning. I worry that if I pass out from a low blood sugar my new friends might not be able to recognize the symptoms and not realize I need help. I worry that I might lose consciousness among strangers. I worry that I might never be safe.

So here I am, once more, writing to you. Type 1 diabetes is still very much a part of my life. I am confident that one day my annual letter will have a different tone, and I will be writing to announce that I no longer have to prick my finger ten times a day, that I no longer have to fear blindness, kidney failure, heart disease or amputation, and that I have finally thrown away my syringes and insulin. I will be writing to say that thanks to you, T1D is now just a distant memory, and that I, and the millions of other people around the world who once suffered from it, can take back their lives and renew their sense of being a normal person.

But until that day, I ask for your help. My family and I appreciate any donation you can give to the JDRF Walk to Cure Diabetes. As always, I send you my permanent appreciation for your tireless loyalty and unwavering generosity, and for showing me year after year that I don't have to fight this disease alone.

All the best,

Tessa

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ACTUAL LETTER FROM A SIBLING

Dear Friends and Family,

As the sister of two teenage girls who have type 1 diabetes (T1D), it's difficult to watch them live with this disease. Every day they each need at least 10 finger pricks, and without their insulin pumps, they would need injection every time they put something in their mouth. Growing up has been hard for them. Even though you couldn't tell a kid with T1D from a perfectly healthy one by just looking at them, my sisters have missed out on countless kid stuff, because they have T1D. Their first sleepover was at the age of 13, when they could monitor their own blood sugars at night. Being a teenager is hard enough but having to juggle homework, sports, friends, and a disease is even harder. Not to mention having to sit out during a gym class because of low blood sugar, or having to stop whatever you are doing multiple times during the day to test your blood sugar.

Type 1 diabetes is a disease with many misconceptions. First of all, T1D is not something you will outgrow, once diagnosed with T1D, you have it for life. Although insulin is necessary to survive, it is not a cure. Without a cure, my sisters will continue to live their lives with the constant stress of checking their blood sugar and giving themselves insulin injections. Worse, the threat of passing out or even falling into a coma because of low blood sugar can be a daily fear. This will continue to be a huge part of their lives without a cure.

This year I am captain of our walk team, the **(TEAM NAME)**, for the Walk to Cure Diabetes on **(DATE)**. With the help of our friends and family we are raising money to go towards research to find a cure, better treatments, and prevention. We would love your help in making this dream of a life without diabetes a reality. Here are a few ways you can help:

1. You can join our team, raise donations, and walk with us at **(LOCATION & DATE)**.
2. If you are unable to walk with us, you can go to our personal fundraising webpage and make a donation.
3. You can forward this letter to your family and friends to help us raise money to help find a cure, better treatments, and prevention for T1D.

To join the team and make donations go to walk.jdrf.org and search for our team under the Donate to a Walker section.

Thank you so much for your help and time,

Amanda

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ACTUAL LETTER FROM AN ADULT WITH T1D

Hi All,

Today seemed like an appropriate day to sit down and complete my JDRF Walk to Cure Diabetes personal webpage. Today is my dad's birthday, and he would have been 67. But, eight years ago, he passed away. His death was caused by complications from type 1 diabetes (T1D). I took care of him before his death. He had been diagnosed with end-stage colon cancer. The cancer was caused by anti-rejection drugs he had been taking since his kidney transplant back in the 1980's. All his complications were related to T1D.

I cannot put into words what it was like taking care of my father, watching him die, from a disease that I also have. There is no easy way to communicate these feelings.

My own diagnosis came at a very difficult time for me and my family. My dad was in the hospital after having suffered a near-fatal heart attack.

I remember being at the hospital visiting my dad. My mom and I were taking a break in the cafeteria. I very nonchalantly told her "I think I'm diabetic." Having knowledge about the symptoms was helpful, but I had still managed to ignore them for some time. I peed constantly, could not quench my thirst and had lost nearly 35 pounds in about a month. I fell asleep in class and couldn't figure out why my eyesight was so blurry up close, yet I could see the TV without my glasses.

The date was Monday, November 26, 2001. I sat in the student health services at my school and phoned my mom. I confirmed to her what I already knew in my heart. I had type 1 diabetes. My blood sugar was around 600 mg/dL. (A normal blood sugar level is 80-120 mg/dL.) I was sent home that night with a vial of insulin, needles, a bag of supplies, and reading materials.

I will "fast forward" to today. I am 33, married to a wonderful, loving man, and plan to start a family (someday...relax family and Brent). I have an insulin pump that delivers insulin to my body 24 hours a day, 7 days a week. I wear a CGM (continuous glucose monitor) that takes measurement of my blood sugar levels every two seconds. I can check my blood sugar and get a reading in 5 seconds. I am quite the bionic lady!

My father, however, did not have such "luxuries." In comparison, he had to sharpen his one needle with a pumice stone and boil his glass syringe. The insulin he used came from a pig or cow and was not nearly as sophisticated as the one that I use today. To check his blood sugar was a complicated process (to say the least), and he never got an actual number, just a range.

For me, my goal is to be complication-free every day. To not let the daily burden of T1D overcome me. There are no breaks from T1D. Ever. Financially, personally, emotionally, and of course, physically.

Until there is a cure.

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Which is where you, my wonderful friends and family, come in. I can say without hesitation that the reason I have such amazing resources, and the advancements in T1D care are so great is because of JDRF. JDRF's mission is quite simple: to find a cure, better treatments, and prevention for T1D through the support of research. Treatment means a better and longer life for myself and those with T1D.

We need a cure. This may not happen in my lifetime. But it's important to acknowledge the advancements that occurred in my father's lifetime.

It's hard to write about living with T1D. I am really not a "sharer" in this way. But I cannot tell you how much I wish that my father did not go through what he went through, and that my mom did not have to be so strong for so long.

I look at my husband Brent. I look at my nieces and nephew. It doesn't have to be the same. It won't be the same!

I'm asking everyone to help, in any way they can. If that means donating \$5, or forwarding this message onto 10 friends, whatever you do will make a difference. It will most certainly mean something to me, Brent, and my amazing family.

XOXO, thank you for your support.

Annie

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