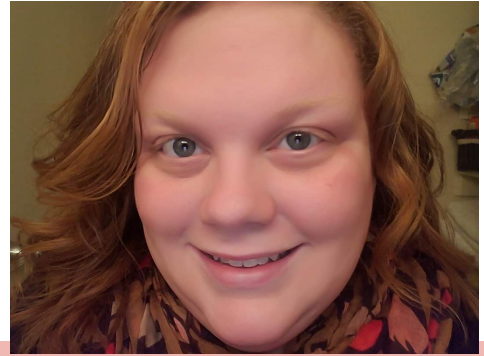


My One Page Description



What people appreciate about me

I am a Type 1 Diabetic. My overall health is very important to me and I am always attached to something that beeps or makes noise!

I love horses, dogs, cats and even creepy, crawly bugs! I am allergic to bees though and hate using my epipen!

Family time is important as I like to have open communication with those I love.

I have a Chihuahua-Dachshund mix named Theo and a Chihuahua-Pitbull mix named Charlotte.

Charlotte is a service dog (she lets me know when my sugar is too high or low!).

Cooking and eating good foods are something I enjoy but eating out at restaurants can be difficult with figuring out carbs and insulin.

Music is a huge part of my life. I love going to concerts, listening to music in the car and being able to listen to music at work.

I work best when I am in areas that are not very quiet. I do my best work when there is a lot going on.

I enjoy drinking teas (hot and cold) and have fallen in love with matcha green tea lattes-but I can only drink one a day!

I enjoy using technology and like spending free time on the computer or the phone playing games and surfing the web.

When I am having a bad day, give me space

When I don't feel well, it's important to let me rest.

When I am stressed out, I need a physical activity to work off my stress.

Because of my diabetes, I need to drink plenty of water so reminders to drink more are always helpful!

Know how to administer my epi pen and if needed, give me what I need to raise my sugar level if it's low.

I love being busy but I need reminders to slow down and take breaks.