

Meet our Program Coordinator:

Claire M. Blum, MS Ed, RN, CDE



I was diagnosed with Type 1 Diabetes, at the age of 17, while attending a boarding school in Singapore. Our school nurse taught me how to give injections and how to cut my toe nails. I learned how to check my urine for sugar, and gave my injections with a glass syringe and needles that were sharpened on a wet stone and boiled for sterilization. What we know about diabetes today is incredibly sophisticated compared to what we knew back then, yet one thing remains constant - living well with diabetes depends a great deal on you, your choices, and the presence of people who love and support you.

School nurses, friends, family, and health care providers can provide a safe place in which to grow and learn. Unfortunately, we are not always blessed with such a network of supportive others to help us along our journey, and we often struggle even when they are available. I have come to believe that it takes a great deal of courage to live well with diabetes, and that the support we need most is found inside our own hearts.

Today, as a Diabetes Educator, I find that it is easy to tell others what they should do in order to manage their diabetes, but as a person who also has diabetes, I know that managing diabetes takes much more than factual information. It requires inner wisdom, a willingness to listen to that inner wisdom, and a great deal of compassion. It is an ART that can be learned and cultivated, which adds dimensions to life that are often missed.

Claire is a Registered Nurse and Certified Diabetes Educator, with a Masters in Education. She has worked with Children, Adolescents, and Adults who have Type 1 and Type 2 Diabetes. Her areas of expertise and interest include Intensive Diabetes Management, with use of Insulin Pump Therapy and Continuous Glucose Monitoring; Pre Diabetes; Women's Issues; Child and Adolescent Transitions; Diabetes Research and Advocacy; and Mindful Approaches to Stress, Weight Management, and Depression. Her training includes studies in Family and Consumer Economics, Nursing, Nutrition, Social Work, Mindfulness Based Stress Reduction, and Outdoor Education. But her greatest interest is in helping people LIVE WELL with DIABETES.