

DIABETES **POSITIVE!**

JANUARY 2006

**Positive Profile:
Singer/Songwriter
Adele Morgan**

**Diabetes
Basics:
What
Everyone
with Diabetes
Should Know**

**Diabetes
Fitness**

POSITIVE LIVING WITH DIABETES

Singer/Songwriter Adele Morgan

Adele Morgan has been singing since she was six years old. “The first song I soloed in public was ‘Away in a Manger,’ at a Christmas pageant,” Adele says. “Actually, another little girl was sup-

posed to sing with me but when the time came, no sound came out of her. So I just sang it myself. I’ve been singing ever since.”

Three years ago, another performer persuaded Adele to try an insulin pump, and it turned her life around.

posed to sing with me but when the time came, no sound came out of her. So I just sang it myself. I’ve been singing ever since.”

Her singing has taken her a long way from her home in Alaska, where

she has lived since she was six weeks old. She won a trip to Nashville in a singing contest, but decided not to pursue a contract with a major label. Instead she has become a successful independent singer/songwriter, recording on her own music label, Blondetone Music. Adele’s Christmas CD, “It’s That Time of Year,” has sold more than 2,000 copies. Her second album, “From My Heart,” was released in November, 2004. Her songs,

“It’s That Time of Year,” “Where Are Your Treasures,” “Live For Me Mama,” and “Pretty Is...” were finalists in the 2003, 2000 and 1998 Alaska Song of the Year contest. She has a beautiful clear, pure voice, and her sound is a contemporary blend of country, jazz and acoustic pop stylings.

Type 1 diabetes entered Adele’s life in 1987 at the relatively late age of 24. At that time, she was already married to her childhood sweetheart, Alan Morgan, and mother to her daughter, Alayna.

“My husband was working as a commercial fisherman at the time,” Adele says. “I was out with him in a little fish-site cabin where the only bathroom was a Folger’s can. I was filling it up. By mid-afternoon, my vision was so blurry I couldn’t see. I had no idea what was wrong with me. When I finally got to the doctor there was a communication mix-up. Before the doctor



talked to me, his nurse asked, ‘How long have you had diabetes?’ I said, ‘Excuse me?’”

For the first 17 years, Adele managed her diabetes with multiple daily shots of insulin. Then, three years ago, another performer persuaded her to try an insulin pump—and it turned her



life around.

"I can't believe I went so long before getting a pump," Adele says. "Before I got the pump I really didn't feel good most of the time. I might have two days a month where I really felt great. Now it's the opposite—I

might have two days a month that I don't feel my best, and the rest of the time I feel fantastic. I used to have insulin reactions at the most inappropriate times—including, sometimes, when I was performing. Now they are very rare." Adele's enthusiasm for the pump has led her to serve as National Spokesperson for a major insulin pump manufacturer.

Exercise is also a big part of Adele's diabetes management—and a big part of her life.

"I've always been active," Adele says. "I was a gymnast when I was young. In high school I played on the volleyball team, and

I also made the volleyball team in college, although I chose to participate in a traveling singing group instead. I was a volleyball coach for 15 years at Wasilla High School, and I always worked out with my teams." Adele coached her team to a 4A State Championship in 2001.

Today Adele stays fit by running, biking and hiking in the summer, and cross-country skiing in the winter. When it is below zero she stays inside and works out to videotapes of Tae Bo, dance, Pilates, and weight-lifting. "If I skip a day it drives me crazy," Adele says. "And I have to take more insulin. If I can't do my usual hour-a-day, I do at least half-an-hour. When I'm staying in hotels, I do the stairs."

Adele's advice for someone newly diagnosed with diabetes?

"Find someone who is living well with diabetes and learn as much as you can from them," Adele suggests. "Be open to learning about new technologies or scientific studies out there that will give you a better quality of life. Some people get too set in their ways and really miss out. Above all, have a never-quit attitude about your diabetes control! It will be worth it!" □

To learn more about Adele Morgan

Adele has an excellent website that includes her biography, her performing schedule, a gallery of pictures, an opportunity to buy her CDs, and much more. You'll find it on-line at www.adelemorgan.com.

You can also buy her CDs on-line from CDBaby.com, a site that specializes in showcasing independent artists like Adele. A unique feature of the site is that it gives you an opportunity to preview her songs before you buy. Point your browser to www.cdbaby.com/cd/adelem. □



Selected articles from this and previous issues of Diabetes Positive! are available on the Internet at LifeScan.com.