



Elbowbumpkid Inc

Annual Report 2025

Volunteer Powered,
Community Funded Nonprofit



www.elbowbumpkidinc.org
hello@elbowbumpkidinc.org



About Elbowbumpkid



Girl Power Program Participants, Summer 2025

Collaborating Since 2019

Elbowbumpkid Inc (EBK) is a volunteer powered & community funded nonprofit. Our mission is to provide families impacted by Type 1 Diabetes (T1D) with the opportunity to connect, thrive, learn and grow despite the diagnosis. We meet families where they are in their journey, providing tailored resources and building community, with the ultimate goal of advocacy and empowerment.

Programming Highlights:

- T1D education and free/reduced cost supplies at diagnosis and beyond
- Specialized Celiac Disease education and resources
- Caregiver support activities including a mental health series
- College and back to school kits
- Scholarships for T1D students
- Community based events and connection opportunities for families
- Girl Power program targeted specifically for girls with T1D
- Diaversary cards to celebrate progress and growth

Volunteer Powered, Community Funded Nonprofit



"We got a wonderful donation of clothing, through Elbowbumpkid and lots of educational directives. My child whom felt very lonely found and made friends at the social events we went to and looks forward to more."

-A parent supported by EBK

Executive Summary

Overview

2025 marks our 6 year anniversary as a nonprofit and we continue to grow. We launched 3 new programs, 43 new educational resources and expanded our in person events beyond CT to MA & RI. Most importantly, our programming reached 20% more people than in 2024.

Key Outcomes

Growth: Our in person and virtual programs touched over 1000 community members in 2025, an increase from 850 last year. The number of volunteers powering our nonprofit increased by over 50%.

Community: Our most popular event continues to be our partnership with Merlin’s Magic Wand for a Wish Day Out. Girl Power events are now quarterly and have more than doubled participation. We host an event at least monthly to foster engagement.

Fundraising: We had a total of \$58,503.97 in donations, a \$22,000 increase from 2024.

Partnerships

We appreciate our long standing, aligned partners: The Birthday Giving Program, TK.Type 1, Merlin’s Magic Wand, NAPA Auto Parts, C.E. Floyd, Breakthrough T1D, Wicked Gluten Free, Catchafire, Connecticut Children’s Medical Center, Yale Pediatrics, 4imprint, Elizabeth Kill, dQ&A, and Bob’s Jerky for a Cause

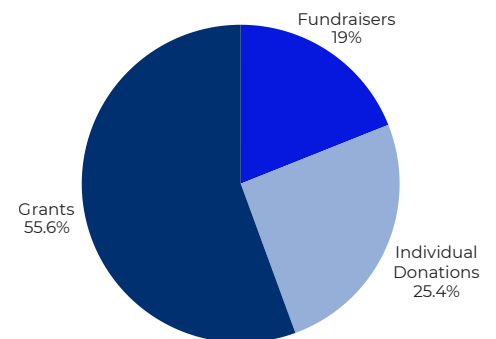
And we are thrilled to have created new relationships:

- **Touched by Type 1:** Distribute EBK resources to newly diagnosed families
- **Friends of Feeney:** Co-host annual low blood sugar kit event
- **Spibelt, Frio, SugarPixel, Pip, Glowcose & Not Just A Patch:** Provide discounted resources to families
- **Middlesex Chamber of Commerce:** Connect us with local expertise



Community Event at the Norwalk, CT Aquarium, March 2025

Distribution of Fundraising Channels



Programming

- Facilitated **32 free or subsidized events** in 2025. Over 80% of events were free or heavily subsidized for the person living with T1D. Caregiver & family member participation was also subsidized by donations & grants.
- Touched over 1000 individuals with T1D and their family members through in person programming and virtual sessions.
- Developed a **new Celiac program** to help families navigate this diagnosis which was adopted by both clinic partners & community members.
- Launched a kit program for both newly and currently diagnosed T1D families to **help with non RX supplies**.
- Created **new resource guides** for both children and caregivers; and we published **our first children’s book!**
- Launched a girls-only program creating space for engaged conversations and community building. Our quarterly **Girl Power program engages** T1D girls aged 8-16 and includes separate targeted events like crafts & pool parties.
- Mailed cards to kids in the USA **celebrating their achievements**.



Community Event at Legoland, NY in partnership with Merlin’s Magic Wand, July 2025

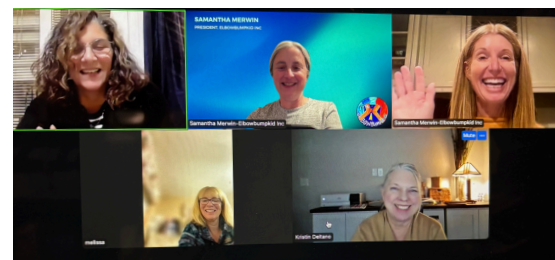
Scholarships

- We provided two \$1250 scholarships for students living with T1D that are pursuing secondary education.
- We partnered with the Children with Diabetes scholarship fund to enable participation in the Friends For Life (FLL) diabetes education conference.

Our scholarship committee is powered by 4 dedicated non-board volunteers who create the program & review applications each year. Thank you Teresa, Lisa, Kristin & Melissa!

“Deep gratitude to Elbowbumpkid for supporting our community and making it possible for us to attend the Friends For Life conference. FFL is an unforgettable event as families come together to learn, share, and support each other. There is a sense of unity and mutual understanding binding individuals through shared experiences, hopes and fears. Lifelong friendships are born. We leave empowered and hoping to return.”

- An EBK scholarship recipient



Scholarship Committee Meeting, 2025

Fundraising

The growth in our impact this year would not have been possible without a significant increase in funding which was fully allocated to our programming. We secured \$43,017 in grants and \$7,110 from our signature Spring Designer Bag fundraiser as well as social media campaigns. We are also grateful for the generosity of direct donations from members in our communities.



Annual Fundraiser, May 2025

Governance

Our board and committees remain **100% volunteer powered**. Our overhead includes website charges, processing fees for event enrollment, postal charges, state filing fees, accounting services, infrastructure software costs, conferences/events & bank fees. These fees are less than 10% of our total budget.

Our volunteers are incredible, read more here:
<https://www.elbowbumpkidinc.org/meet-our-board-members>



EBK Board Members, 2025

"She has been a huge support to my family and many others. She provided opportunities for children and caregivers of Type 1 Diabetes to get together and form bonds."
-A parent supported by EBK reflecting on the support of a volunteer

Awards & Recognition

We were proud to receive awards and recognition from these diversified (non-T1D) organizations:

- **United Way Unsung Hero Award**
- **Liberty Bank Kindness Award**
- **Red Sox Community Impact Award-CT winner**
- **Daily Points of Light Award**
- **Cigna Community Ambassador Program**

Feature: New Celiac Program & Expanded T1D Resources

Why focus on Celiac with T1D

Celiac disease is a common secondary diagnosis for families living with Type 1 Diabetes, however there were no resources or guides to help families navigate the unique challenges of the additional diagnosis. Our President Samantha Merwin spent 3 months developing resources for families impacted by Type 1 Diabetes & Celiac Disease. This project was made possible through the Cigna Community Ambassador Fellowship program where employees apply for up to three months of paid leave to support a specific community-based project.

What resources are available

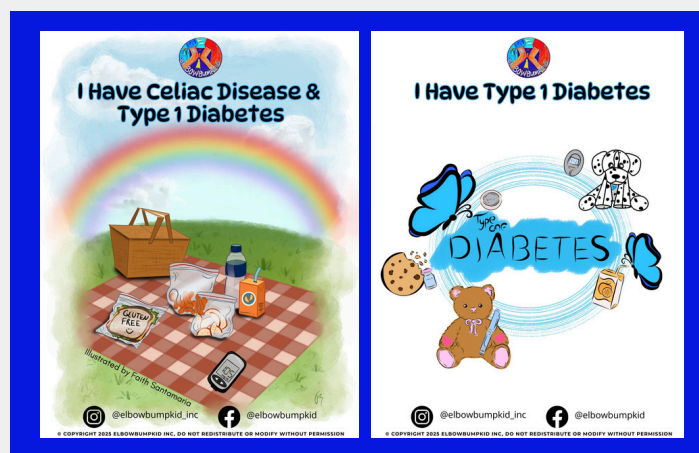
We created resource guides from meaningful contributions from our team, community members, medical professionals, and partner non-profit organizations. They bring together essential information commonly shared at the time of diagnosis, along with details often sought later, to serve as clear and accessible resources throughout the different stages of your diagnosis journey.

- Our resources include a kids guide, a getting started clinic brochure and a longer booklet, grocery store guides, games & some are translated into Spanish as well.
- After creating the Celiac guides, we consolidated our T1D resources to have the same look and feel as the Celiac and created both caregiver and kids resources.
- All resources are free for any doctor or person living with T1D/Celiac.
- We enhanced our T1D newly diagnosed program & launched a partner pilot program for Celiac/T1D families to obtain some starter kitchen supplies when diagnosed to minimize the financial burden.

Community contributions

Thank you Cigna Community Ambassador Program, Connor Parkinson, Koren Odierna Iskra, Michele Perriolat, Dr. Anthony Porto's office and all our community members who contributed content or feedback for our new resources. Feel free to view them on our website resources page:

<https://www.elbowbumpkidinc.org/resources-landing>



"Thank you for all that you have done and continue to do for families and for kids like our son!!!"
-A parent supported by EBK

Looking Ahead

Our board is committed to continuing to grow our impact through our resources, programs and events. **We plan to grow our board and volunteers in late 2026** to broaden our reach and expand our skill set.



EBK Team at our annual blood sugar kit event, 2025

What's next for Elbowbumpkid Inc?

- Increase partnerships with other T1D nonprofits & companies to share our resources & share their programs with our community, thereby expanding the number of families supported by our programs by at least 10%. This will also amplify our social media presence.
- Continue both the Celiac & T1D kit program pilots, gathering feedback and adjusting the program as needed for 2027.
- Conduct focused market research on the needs of the T1D/Celiac community & to add resources as necessary.
- Offer more free T1D printables and videos on our website.
- Focus on in kind donations for our kits to maximize donation dollars.
- Leverage our chamber membership to partner with businesses that have skills we need to grow.
- Explore mailing certain resources to families in remote areas of RI/MA/CT that are unable to connect in person.

Supporters

A sincere thank you to all our volunteers, sponsors, grantors, donors, board members and the community. We are powered by all of you and couldn't support, maintain and grow our community without all of you!

 [Elbowbumpkidinc.org](https://www.elbowbumpkidinc.org)

 hello@elbowbumpkidinc.org

Volunteer Powered, Community Funded Nonprofit



Community Participants