



October 2020

## Editorial



### A lesson of hope

At a time when health and social distancing are a major concern for all school staff, **Fred** would like to pay special tribute to the teachers and caregivers of our students with type 1 diabetes. A thought also for our young people, for their resilience and their ability to keep smiling when everything in their lives is turned upside down. In the mean time, **Fred** is always there for the children, for the families. Do not hesitate to [contact us](#). Together we will take up the challenge.

Have a good fall! ☀

**Claire Rousse**, Executive Director

## Fred says : Halloween will be



It's official.

It will be possible to celebrate Halloween however this year the party will have a different flavor.

So **Fred** has decided to surprise the children.

Glucoman will be delivering candy pumpkins (including a description of the number of grams of

carbohydrates for each candy) and bags full of surprises to celebrate Halloween.

Winners will be notified to confirm the time of the mascot's appearance.  
Is your child ready to receive Glucoman on their doorstep?

*Only diabetic children are eligible.*

*Social distancing instructions will be respected at all times.*

*Inter-regional travel is subject to Public Health guidelines and some areas may not be accessible to Glucoman.*

Good luck and happy Halloween to all diabetic children ☐

## News of the month

### Méo Légaré, a valiant knight of modern times

When Guillaume was diagnosed with Type 1 diabetes, his



first thought was that his opportunities for the future were being eroded. But it was counting without his determination, his courage, and, yes, why not, a little help from Fred and camp Carowanis.

Today, as Méo Légaré, he has decided to prove that type 1 diabetes is not and must NEVER be a hindrance to what can be accomplished. So he decided to take on a major challenge : **to walk the 106km from camp Carowanis to Fred's office in less than 24 hours, while raising funds to help other young people overcome their diabetes.**

Quite a journey.

After an adequate preparation at the Mont des Morios, he started the adventure, on September 26th. At 4:22 a.m., several blisters on his feet, a few hypoglycemia carefully managed on the way, he arrived, exhausted but happy. **He raised \$4,570 out of a goal of \$3,000.**

Nothing is impossible, even when you have diabetes.  
Congratulations Méo ! You are an inspiration to all ☐

## News

### With the return of seasonal flu, should you get vaccinated?

With the return of bad weather, the question inevitably comes back. Should we get our children vaccinated against the flu? The question is particularly relevant since, this year, with the pandemic, fear sets in at the first signs of cough or fever. We consulted with the medical staff of the BETTER project and here is the advice we received.



#### Influenza vaccination for diabetic children

*An article by the IRCM BETTER Project Team*

Diabetic children are generally not more at risk of contracting the flu virus, but they are at risk of an additional complication: diabetic ketoacidosis. That's why influenza vaccination is recommended for children 6 month of age and older living with type 1 diabetes.

Fortunately, the vaccine is covered by the RAMQ for diabetic children and their relatives living under the same roof.

In fact, the Quebec BETTER registry for people living with type 1 diabetes aims to provide more complete coverage of new technologies and therapies.

For more information, to register, to register your child, go to:

<http://www.type1better.com/en/home>

## ACTIVITIES

### Scotiabank Challenge 2020: Heroes in the Shadows



## Congratulations to our Scotiabank Challenge heroes

They had signed up for the challenge, didn't give up when it was postponed. Even when it changed its formula, they persisted and signed up. They are our Scotiabank Challenge heroes.

Congratulations to our brave runners, who have adapted to the constraints of the pandemic to help diabetic children:

- The Ribeiro clan: Renata, Milton, Isabella, Giovanna;
- The mother-daughter duo: Geneviève Cadieux - Élise Cadieux-Lynch;
- Amanda Melles;
- Renata Santos;
- Julie Martin;
- Julie-Anne D'Aoust;
- Sébastien Hébert;
- Martine Blais.

Fred humbly salutes your courage and tenacity. ☐

## On the camp side

### It's Halloween at Camp Carowanis



You decorate your pumpkin every year.  
Are you game to participate in the contest?  
Let your imagination run wild, take your brushes or even your knife, decorate your pumpkin, and send us a picture before **October 31 at [carowanis@gmail.com](mailto:carowanis@gmail.com)**.  
Click on the image for all details and have a chance to win your Carowanis 2021 jersey.

**[For further details \(in French only\)](#)**



Who will have the best disguise?  
Get a chance to win your 2021 Carowanis jersey before anyone else.  
Put on your best disguise, get into your character, take a picture and send it to **[carowanis@gmail.com](mailto:carowanis@gmail.com)** before **October 31**.

**[For further details \(in French only\)](#)**

## Do you have your Carowanis 2021 jersey?



Camp Carowanis is getting ready for winter after a very special summer season.

But, this is only the beginning of adventures since the shadow of the camp vacation, in the summer 2021, is already looming.

Next season's Carowanis jerseys are already on order and can be purchased online.  
Do you have yours?

For more details or to order some, please contact:

[jbedard@campcarowanis.ca](mailto:jbedard@campcarowanis.ca)



You have questions about Type 1 diabetes? You would like to know more about some aspects? A specific topic is dear to you and you would like to see it covered at one of our dinner-meetings or at the T1D Discovery Corner?

Send us an email at [info@diabetes-children.ca](mailto:info@diabetes-children.ca).