



February 2020

Editorial



A new year dedicated to families

A new year has started and it is already giving us more confidence in our resolutions. Indeed, 2019 saw an increase in diagnosis of type 1 diabetes, thus

increasing the number of families in need of some support from *Fred*. We receive a significant number of requests for more support and we are more determined than never to continue to meet the needs of these families whether it is by accompanying the parents in the schools or by providing information on new devices and technologies, promoting networking and sharing, in addition to the unique camp *Carowanis* and the discussions with health professionals. Last year, we worked tirelessly to provide families with access to diabetes management technologies. We will continue to put forward every effort to make diabetes management easier for all families.

In the meantime, we wish with all our heart a great year and great blood sugars!

Your team at *Fred*



News of the month

Camp Carowanis featured on the TV show "Maître du chantier" on "V"

One camp, some construction contractors and a TV set

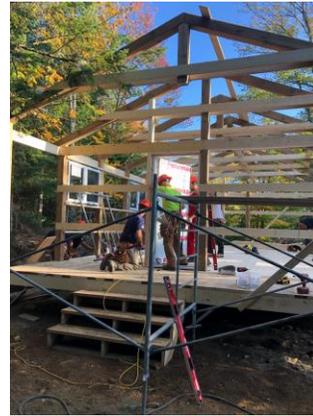
Take one magical summer camp where children with diabetes spend the best summer vacations they've had, surrounded by like-minded individuals.

Select a few construction contractors competing for the title Quebec Best General Contractor.

Finally, take a TV show supporting a good cause.

Shake well and you get **Camp Carowanis** featured on the TV show **Maître du chantier** with the aim of building a new dormitory for its protégés and always offer more to all campers.

Thank you for thinking of *Fred* and the Camp! We greatly value your support in helping us meet our mission and helping children with diabetes so they become more independant in the management of their diabetes while having fun and making new friends.



[Watch the video](#)

Info-Diabetes

You are travelling? Remember to take these precautions

The Spring break is around the corner and some of you decided to go abroad on vacation. To make sure nothing ruins your vacation, there is nothing like planning.



Here is a little reminder to help you get ready:

- **Insurance:**

If your child was recently diagnosed with diabetes, letting your insurance company know you are going on vacation and where is a good idea.

- **The drugstore:**

You can ask your pharmacist to provide you with the list of prescription medications. When travelling, to be on the safe side, always bring 1.5-2 times the amount of insulin you would normally use.

Moreover, it is important to check with your pharmacist what medication you should take depending on your destination.

- **Your child is using an insulin pump?**

Review the settings on the pump (e.g. carb ratio, basal rate, sensitivity, bolus increment,...).

Write them down on a piece of paper before leaving.

Bring a spare insulin pump with you. Some companies offer an insulin pump travel loaner.

- **You are flying?**

Bring a doctor's letter mentioning T1D and keep it with you at all times.

Keep all your medications and diabetes-related equipment with you in the cabin or in your carry-on. Custom officers know diabetics need to have their equipment with them in the cabin. Also bring DEX4 glucose tablets, candies, juice boxes and granola bars to treat eventual low blood sugars.

Always carry Glucagon in case of emergency.

Wear a medical ID bracelet or chain.

Bring a copy of all your prescription medications.

Beware of the time difference! Check with your doctor if any insulin dose changes are required to better adapt during your vacation.

A little reminder: To keep your insulin cool and safe, you can use a Frio® insulin cooling wallet or similar products.

Fred in the media

When it comes to educating people on Type 1 diabetes, *Fred* is always on the front lines. Here are our latest publications in the media:

Official launch of the nasal Glucagon in Canada

It received approval from Health Canada and is now ready to be used. To be faithful to its mission to help families, *Fred* asked that it be covered by the RAMQ plan.

[Read the Press release](#)

Children with diabetes, let's talk about it

For Diabetes Awareness Month, *Fred* published a summary article on type 1 diabetes and the way it impacts the lives of the children and teens with that condition in "**Flèche Mag**" magazine.

[Read article](#) (in French only)



Fred talks about diabetes in «Montréal en santé»

Last October, *Fred* published a piece in the special issue "Living with Diabetes" of the "Montréal en santé" magazine to bring awareness and educate people about Type 1 diabetes.

[Read publication](#)



Scotiabank Charity Challenge: Run for Fred's Children



Mathieu's Journey

Mathieu was diagnosed with Type 1 diabetes when he was 7. He found some support in *Fred*. At first, Mathieu was quite shy, but he found a world of possibilities by attending the foundation's meetings. His stay at Camp Carowanis transformed him in every way and he now wishes to offer that experience to other young diabetics by sponsoring the stay of children who would likely not be able to afford the camp otherwise.

Mathieu has been participating in the Scotiabank Charity Challenge for 5 years, running for *Fred's* diabetic children. Thanks to him, Shawn - who is 9 - was able to enjoy the camp during the summer of 2019.

[Watch video \(in French only\)](#)

Thank you, Mathieu, for being an inspiration for others!
What about you? Would you run for *Fred's* children with diabetes?

Our Volunteers : Unsung heroes

They are there when you walk in, welcome you, respond to your requests, ensure everything is running smoothly. They always have a smile on their faces when they come to our offices and are not seeking anything in return. These people are our volunteers.

With another year ahead, we would like to take a moment to honour these unsung heroes who are always there to assist every time we develop new activities. We will introduce

them to you throughout the year. They deserve to step into the light and we would like to express our gratitude to them.



Our Volunteer of the Month:

Taxie

Sylvia Mondestin - also known as Taxie at the camp - was diagnosed with Type 1 diabetes when she was 8. She is in charge of the Leaders program-a program for apprentice camp counsellors at Camp **Carowanis** since 2018.

The dynamic and dedicated young woman has been spending all her summers at the camp for 15 years now, ensuring youngsters have an amazing experience. Nonetheless, she never hesitates to

volunteer to come and give **Fred** and the camp a hand whenever possible.

Welcoming visitors at events, she is always ready to take care of the children so they have a fun time.

She also comes to **Fred's** offices to make some phone calls or to count the money boxes during Halloween campaigns.

Always in a good mood, she is happy to give back to **Fred** and the camp the help and support she received herself.

Who would have thought the little 8-year-old girl who feared being away from her parents for a summer camp would be a volunteer at **Fred** and would spend the summer at Camp **Carowanis** for the fifteenth year?

Thank you, Taxie, for all your help! You are precious to us 💕
You are truly an inspiration for everyone!

Diabetes and teens



In one of our events soon

Being a teenager is hard!

It is even harder when you are Type 1 diabetic. You simply would like to be like everyone else but instead you need to adjust your schedule, your meals, your injections for every single activity...

It is so frustrating.

Why me? What did I do?

The question is on every teenager's lips when they reach that stage in their lives; a critical stage in their development. And that question lingers even if managing their diabetes has simply become routine.

And that's when rebellion emerges.

That stage is as painful for the teenagers with T1D as it is for their parents.

This is the reason why *Fred* will cover that topic at one of our next events.

Stay tuned for more details.



Fred is hiring

Fundraising and Philanthropic Development Director

Fred is looking for someone who loves a challenge, enjoys team work, and strives to make an impact on the lives of young diabetics. Are you that person?

[See more](#) (Job description in French)

Committed Parents needed

Fred is looking for parents willing to get involved in the foundation, and contribute to the achievement of its mission.

If you want to play an active role in the lives of several young diabetics and contribute to the well-being of families like yours, contact us at info@diabetes-children.ca.

Fred's Upcoming Events

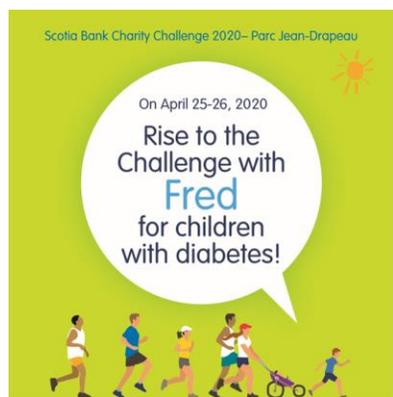


The next dinner-meeting will be held in Montreal. Will you join us?

Our next dinner-meeting will be held in Montreal. Join us on **February 19** at **Complexe Desjardins** for a great evening of networking and sharing.

Fred, the camp, a member of the BETTER project and a nurse will be there for you and your children.

To register, send us an email at info@diabetes-children.ca or call us at **514.731.9683**.



The Scotiabank Charity Challenge is you, it is me, it is all of us...

I have never been a sports fan. In fact, every time we had to participate in a sporting activity, I was the kind of person who lags.

This year though, I would like to try something different. As a mom, I find myself wanting to give to children, I want to change the life of a kid for the best.

When I know that we only need to participate in the challenge, even if we are only walking or are the last one to get to the finish line. We only need to get creative and collect some money to allow a child to meet children like them. We have the chance to allow that child to have the best summer of their life at the camp, surrounded by people who



understand them because they are in the same situation.

So yes, I am willing to put on my running shoes. Scotiabank Charity Challenge, here I come.

[I register](#)

Fred's Activities



Celebrating the magic of Christmas in family with *Fred*

Taking part in *Fred's* Christmas event has been one more time a chance to celebrate together and having fun, feeling understood during the Holiday season.

More than 300 people attended the event at the iSaute Kirkland trampoline park. It was a fantastic feeling and a great pleasure to watch participants jump, climb and laugh. We could feel how happy everyone was to be there. These were moments of pure joy. We could also feel the solidarity uniting all participants.

Thank you to all the families for making our events such a success!

[Watch video](#)



Janie Bédard's conference at the Gatineau diabetes clinic How to get through adolescence when you live with Type 1 diabetes

Being diagnosed with Type 1 diabetes at 5, Janie's journey was not the easiest.

At first, she went through a period of rebellion and then found the strength to move on. Indeed, she became Camp Carowanis' Administrative Director and now she helps other young diabetics. She gave a presentation for an event organized by Gatineau Diabetes Clinic and aimed at teenagers and their families. Her presentation was a testimony. Along with her mother, they both talked about their experience with diabetes.

These testimonials were touching and moving, yet simple and frank.

Do not miss their next testimony in **May 2020 in Laval**.





The amount raised by *Fred's* Halloween money boxes is ...31 220 \$



Despite the weather, this campaign was a success and will help *Fred's* children with diabetes through activities and resources.

We would like to thank all the children and the parents who participated. Thank you all for your involvement!

A big THANK YOU also goes to the school boards, the principals and the teachers for their support.

Thanks to you all, we had an outstanding fundraising campaign.

On behalf of all the families, thank you for your solidarity!



Health professionals honour families living with Type 1 diabetes in the 8th edition of the Professionals' Symposium in Pediatric Diabetology



Almost 150 people from across the province proudly wore blue clothes as a solidarity gesture towards people living with diabetes for the 8th edition of the symposium which was held on November 14 - World Diabetes Day.



COMITÉ SCIENTIFIQUE 2019
SYMPOSIUM DES PROFESSIONNELS EN
DIABÉTOLOGIE PÉDIATRIQUE

Very popular with health professionals, the symposium addresses various aspects of diabetes in children, offers a review of the new approaches and allows participants to learn about the latest developments in care, follow-up care and treatment.

Presented by the Research Centre of the CHU Ste-Justine and organized by *Fred*, the symposium brings together all pediatric endocrinology stakeholders—doctors, researchers, nurses, pharmacists, psychologists, nutritionists and social workers, allowing them to have an overall view of the issue and find solutions that take into consideration all the aspects of the family dynamics.



Thank you to all these health professionals who spare no effort to ensure the well-being of our children!

News from the camp



Are you a former camper at Camp Carowanis?

You spent some time at Camp Carowanis?

If you want to be reminded of all the silly things we did together, want to talk about all the great moments you had during your stay whether it was around the campfire or around fellow campers, get in touch with us by email at:

info@diabetes-children.ca.

We are planning a first event from 4 p.m. to 6 p.m. on Saturday, April 25 after the Scotiabank Charity Challenge.

We are looking forward to seeing you!

New! Webinars to learn more about the camp

You have heard that a stay at Camp Carowanis was opening up new opportunities for youngsters and you would like to learn more?

Great news!

You can now attend a webinar with photos of the facilities. The first webinar will be in **March**.

You will be able to ask questions to learn everything you want to know about Camp Carowanis.

Stay tuned for more details!

We are hiring



Camp counsellors

You like working with youngsters aged 7–15;

Lifeguards

You are creative;
and,
You enjoy the outdoors.

Join us at Camp Carowanis and have a great
time in a fabulous setting.

Send your resume and a cover letter to
carowanis@diabete-enfants.ca.

[More details](#) *(in French only)*

You are a certified National Lifeguard
Waterfront;
You like working with youngsters aged 7–15;
You would like to spend your summer in a
fabulous setting.

We have exactly what you need.

Send your resume and a cover letter to
carowanis@diabete-enfants.ca.

[More details](#) *(in French only)*

Nursing Students

You are looking for a proper experience of
working in the field of diabetes;
You would like to work with youngsters with
Type 1 diabetes; and,
You enjoy the outdoors.

Are you that person?
Then, join the medical team at Camp
Carowanis.

Send your resume and a cover letter to
avanasse@diabete-enfants.ca.

[More details](#) *(in French only)*

Nurses (day shift, evening/night shift)

You would like to get work experience in the
field of diabetes;
You would like to work with youngsters
aged 7–15 with Type 1 diabetes; and,
You are a hard worker, dynamic and enjoy
wide spaces.

Are you that person? Then, join the medical
team at Camp Carowanis.

Send your resume and a cover letter to
avanasse@diabete-enfants.ca.

[More details](#) *(in French only)*

Kitchen Helpers

You enjoy the atmosphere in a kitchen;
You enjoy working with food; and,
You are looking for a proper work experience in
a kitchen.

Join the team at Camp Carowanis.

Send your resume and a cover letter to
carowanis@diabete-enfants.ca.

[More details](#) *(in French only)*

Nutritionist, Kitchen management

You are a nutrition student;
You are looking for proper experience in a
kitchen; and,
You love wide spaces.

Join the team at Camp Carowanis.

Send your resume and a cover letter to
carowanis@diabete-enfants.ca.

[More details](#) *(in French only)*

Thank you to our partners



You have questions about Type 1 diabetes? You would like to learn 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 Families' Symposium? Send us an email at info@diabetes-children.ca

Fred | www.diabete-enfants.ca/



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