



# FONDATION RESSOURCES POUR LES ENFANTS DIABÉTIQUES

August 2021

## Info-diabetes

Living with Type 1 diabetes?  
Are you getting enough sleep?

## \$2,500 of the YPI award granted to Fred

Congratulations to Michael, Daniel and David from the [Hebrew Academy](#) and thank you so much!

## Info-finance

Thank you for your generosity!

I want to help a T1D child

## Going back to school with Type 1 diabetes during COVID- 19 pandemic

Favoring a smooth start of the school  
year

**Fred's** calendar of activities  
Coffee-meetings will be back soon

Speaking about the camp  
Camp Carowanis' latest news

The funny corner

## Editorial

We had many good news to celebrate this summer.

The gradual deconfinement is being followed by the return of face-to-face events, gatherings around sports activities or games, meetings around a good meal or a drink.

Even the fall sessions at school, CEGEP and university will be held face-to-face.

Our young people were so happy to meet again with their friends and their parents were reassured for their mood.

We are also happy to inform you that the camp has welcomed a few hundred young T1Ds, making children and adults so happy and it is such a relief to see those big smiles at Carowanis during the activities. The children were able to make plenty of lasting memories, while waiting for the family weekend.

Hoping for a promising fall, we wish you a wonderful return to school.

**Claire Rousse**  
Executive Director

## Info-diabetes



### Living with Type 1 diabetes? A few tips to get a good night sleep

There's nothing like a full night's sleep to start the day off on the right foot.

But, getting a good night sleep is not always easy when you are living with type 1 diabetes.

Nonetheless, a minimum of 7 to 9 hours of uninterrupted sleep is necessary to have a good rest in order to preserve physical and mental health.

So how can you get some sleep when you are living with Type 1 diabetes?

[Read the article](#)

## \$2,500 of the YPI award were granted to Fred in order to profit diabetic children

### An initiative from the students of the Hebrew Academy of Montreal

Michael, Daniel and David from the [Hebrew Academy](#) of Montreal, participating under the kind direction of their teacher, Mrs Celia Natanblut, are very proud to announce that their project has won the [YPI award](#) and that [Fred](#)'s diabetic children will benefit from a grant of \$2,500 to support its programs and camp Carowanis' activities.

The YPI award is an initiative aimed to create in secondary students a sense of belonging to the community, and to promote commitment to social issues.

Building on the development of inclusive values and promoting civic engagement, it is taught in school as part of the program and it is awarded to a cause championed by the students whose project wins.



Michael Silverman, Daniel Laredo and David Israel, holding the check obtained from YPI, next to their teacher, Mrs Celia Natanblut.

*« I have met three inspiring young men, motivated and talented. They are aware of the importance of [Fred](#) for young T1Ds. It was*

Michael Silverman, Daniel Laredo and David Israel have decided to defend the cause of type 1 diabetic children.

*a beautiful moment! »*  
Claire Rousse, Executive Director of Fred

Thank you to those three students ☐

## Going back to school with Type 1 Diabetes during the pandemic

A plea for a smooth return to school

Summer is not over yet, but it's already time to plan your young diabetic's return to school.

The follow-up plan, the meetings with the principal and the nurse are all essential.

For help, feel free to check out the [Diabetes at School - Guidelines for Families](#) on Fred's website.



Beyond the care to be transposed into the school context, there is a whole dynamic to be rethought in order to recreate the link with the school environment and to help the youth re-establish the relationships they had with their peers. The months of loneliness have affected the young people's mood and the way they interact with their friends. In these conditions, the start of the school year can be a source of stress for some teens and pre-teens.

It's a smooth approach and proper preparation that must be taken to ensure an easy start to the school year.

### Staying alert for signs of stress

Returning to high school will not be easy for many teens. In particular, if the young person is shy, introverted or has had a bad experience with confinement. He or she may feel embarrassed at the thought of being "exposed" during diabetes care. Pay attention and keep listening to your teen. Talk about it with him/her. It is important that they feel understood and supported. If needed, you can discuss this with his or her teachers to facilitate his or her return to school.

If you have any questions or feel the need to talk, remember that Fred is there for you. Feel free to [contact us](#).

**\$252,815 raised to better help Type 1 diabetic children and their families**

**Thank you for your generosity**



Fred



**THANK  
YOU!**

Living with a type 1 diabetes diagnosis requires a lot of adjustment. One needs to rethink the family dynamics. That's where Fred comes in with programs and actions to make daily life with diabetes easier. The need has been particularly great since the beginning of the pandemic and our traditional fundraising efforts have not been able to take place. So we have initiated the '1 Type of Generosity' virtual fundraising.

Hence, thanks to you, this year, Camp Carowanis reopened its doors, allowing children and teenagers with type 1 diabetes to reconnect with the fun of summer while forging new friendships and learning to be better in control with their diabetes. On the other hand, Fred will be able to set up different activities that will bring some positive changes in the lives of young people.

Thanks also to all our great partners who have doubled the amount of donations!

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## Fred's calendar of activities

Coming back soon!

# Coffee-meetings

Connecting, sharing and listening near you

Because when we talk about it, everything goes better



Watch for the return of Fred's coffee meetings.

This is the perfect opportunity to meet families in your community, who are dealing with the same issues, on a daily basis and share your experiences with type 1 diabetes. Fred and Camp Carowan's teams will also be there listening to you with a certified nurse. You will also benefit from a few tips to better live with your new reality.

# Speaking about the camp

## An unforgettable summer



Friends forever



Being the best at calculating carbs



Who's afraid of a little joke?

The campers had a great time this summer at camp. A few hundred children and teens took advantage of the reopening of Carowanis to make new friends, enjoy the outdoors, have fun and build happy memories while learning in a pleasant environment to control their diabetes.

Our team was also happy to see again the children for a great season and we are looking forward to seeing you on the family weekend.

## The funny corner

Up and down, by Edith Hakman



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Wondering about type 1 diabetes? Would you like to know more  
about certain topics? Do you have a topic that is close to your heart  
and would like to see it addressed?

Write to us at [info@diabetes-children.ca](mailto:info@diabetes-children.ca)

Fred | [www.diabetes-children.ca](http://www.diabetes-children.ca)

