



April 2020

## Editorial



### It's gonna be all right

**Fred** is there! We are still there and we will keep standing by your side on this tough period of time. It's been now a month that the confinement measures have been set. The whole province of Quebec is affected by COVID-19 and during this crisis, we all need to be supportive of each other.

We understand that you are worried but be sure that **Fred's** team is there for you. Despite the confinement, we are adapting our services and we are offering personalized support to families. We're there for you with our heart and ear and all our actions are aiming towards helping our families.

**#It is gonna be all right !**

*Claire Rousse*, Executive Director

## Info-Diabetes

### Coronavirus and diabetes at a glance

#### Facts

Since the number of people infected with Coronavirus has been increasing, many families are worried and are keeping asking questions.

It is important to mention that there is no conclusive evidence that a Type 1 diabetic person, whose diabetes is well controlled, is more at risk of contracting the disease.

The risk of developing complications could be higher, especially if the person suffers from kidney disease or if the diabetes is not well controlled. But then again, there is not enough evidence that this is the case.

As for each and everyone, the preventive measures are the same: social distancing and thorough hand washing with soap and mild water for 20 seconds.

[Watch the video of Dr. Rabasa-Lhoret \(available in French only\)](#)



#### Medical Supplies

We are staying in touch with the pharmaceuticals who supply insulin, Glucagon, and Dexcom. Here are the latest news:

There is no shortage of any supplies at the moment. Should the situation change, an update will appear on this [website](#).

[Read the Press Release of Lilly](#)

#### What about stress

Keeping inside and respecting social distancing from friends and family can be tough. So is trying to keep calm while your income is decreasing and managing the stress and

fears or children's anxiety, sometimes even their denial of the situation. And, of course, above that, you need to cope with all the daily challenges of Type 1 diabetes. Hence **Fred** is offering a counseling service with a mental health professional. This service is **free of charge and it is confidential**. To get in touch with a specialist, please complete this [survey](#). To write your questions and take part in the forum on anxiety, mood disorders and how to better communicate with your children throughout this crisis, watch your emails and social media during the week of April 20 or [email us](#).

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## *Fred and the camp are there for you*

We know that the latest weeks were rough on you. That is why we want to let you know that we will always be standing by your side.

Our team is there to answer your questions and keep you informed of all the news related to Type 1 diabetes.

We have also organized virtual gatherings to help you meet and share with other parents and our team.



**Camp Carowanis'** team has also set a calendar of virtual activities for the children to make them play and have fun, even remotely.

***Remember! You are not alone. We are there for you.***

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## *Fred is there for you, for us, for all*



### Caritative Organizations: A Key Service

COVID-19 has fundamentally changed our perception of what is essential in a community. Hence we can feel the importance of each gesture and how each and everyone contributes to the well-being of the community.

It is actually time to redefine what is mostly needed when we are dealing with a survival mode.

Let's give ourselves the means to keep the resources who are ensuring the community's well-being, such as the support groups, the foundations, the non-profit organizations, people who stand there for the community so it stays strong and united.

You may help us keep working on supporting measures by copying the following text and posting it on your social media:

**[#letshelpFred#supportforfoundations#essentialservices#community](#)**

**[Donate](#)**

Thank you for your support

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## *News from the camp*

**A thrilling schedule of activities for children and teens**

CALENDRIER D'ACTIVITÉS 						
LUNDI 6 avril	MARDI 7	MERCREDI 8	JEUDI 9	VENREDI 10	SAMEDI 11	DIMANCHE 12
Viens danser le Cha-Cha slide avec notre équipe!!! Facebook 14h 	Tu veux d'aventure? viens écouter Méo raconter son périple sur le chemin de compostelle. Zoom 18h30 	Viens faire du cardio- Karaoke avec Caribou! Facebook 16h 	Pâques arrive! Decore ta maison avec Taxie et Caribou! Facebook 10h30 	RETOUR DANS LE TEMPS Quel a été ton souvenir de voyage? Partage tes expériences Facebook 19h 	Viens cuisiner UNE RECETTE aux couleurs de Pâques avec Ukulelé! Facebook 10h30 	JOYEUSES PÂQUES À TOUS 
LUNDI 13	MARDI 14	MERCREDI 15	JEUDI 16	VENREDI 17	SAMEDI 18	DIMANCHE 19
Viens jouer au BINGO avec Shamane Facebook 19h 	Rallye photos dans la maison avec Taxie partie 2! Facebook 16h 	Part à l'aventure dans les bois avec Ukulelé! Facebook 16h 	Plongez une 2e fois dans l'univers des histoires de Colobus! Facebook 19h30 	Soirée jeux de société avec Taxie Facebook 18h30 	Concours de BINGO! Raconte nous ta meilleure blague en vidéo Qui sera élu le grand champion de la blague? Envoie-nous ta vidéo 	

It is hard to stay confined. One tends to lose his references. Children are getting bored. Fortunately, Camp Carowanis has organized a calendar of remote activities so children and teens may have fun while respecting social distancing. Registration can be made by **email** or by getting on Camp Carowanis' Facebook or Instagram page.

We are looking forward to having fun with you!

## Thank you to our partners

**Medtronic**  
Further, Together

**Fondation**  
**StHöbert** MC/™



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 T1D Discovery Corner?  
Send us an email at [info@diabetes-children.ca](mailto:info@diabetes-children.ca)

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

