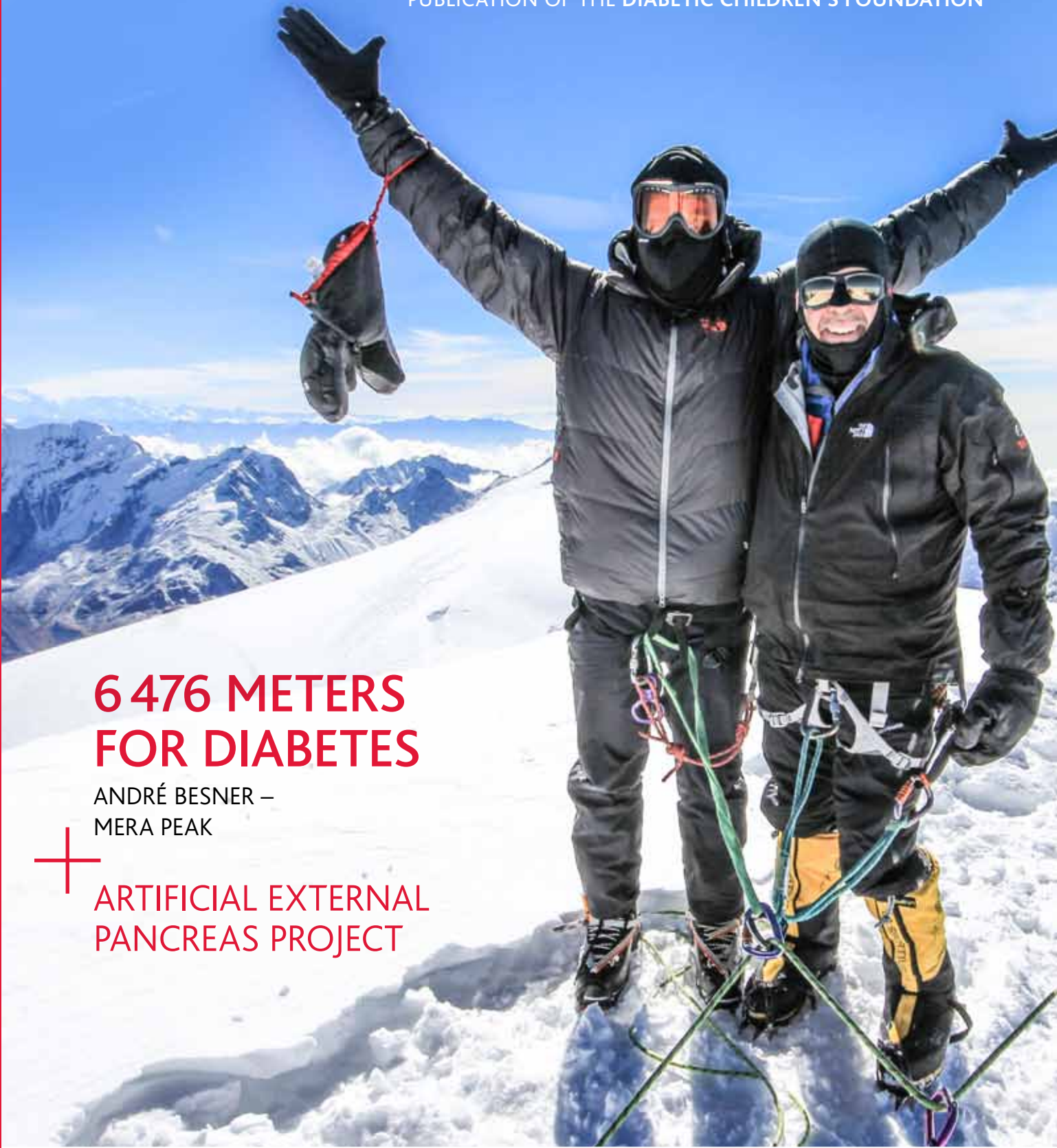




# Contact Parents

PUBLICATION OF THE DIABETIC CHILDREN'S FOUNDATION



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MERA PEAK



ARTIFICIAL EXTERNAL  
PANCREAS PROJECT



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Contact Parents Fall 2014 | Vol. 40 | Numéro 2

### PUBLISHED BY THE DIABETIC CHILDREN'S FOUNDATION

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Montreal (Quebec), H2S 1L6

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Writing : Nancy Jetté

Printing : Impression Paragraph

Design : TruLev Editions

Translation : Anthony Blain, Lucie Brisebois

Publications - Registrations Canada Post - Contract #40050215

Legal deposit: Bibliothèque Nationale du Québec

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## NEW FACES AT THE FOUNDATION

**Lucie Brisebois**  
Director, Fundraising and Development



With an impressive experience in entrepreneurship, Lucie worked for 17 years as a general manager of an upscale restaurant in Montreal. Bachelor of Commerce from Concordia University with a major in finance, she developed strong skills in administration in the legal field and accumulated several community commitments experiences. At the Foundation since May, she explores and goes in search of opportunities for fundraising, partnership and charity events. Her goal: innovate in ways to attract and retain the allies to the cause of pediatric diabetes.



**Nancy Jetté**  
Director, Communications and Marketing



Bachelor in Communications from the UQAM and pursuing her Master's degree in Technical Writing, she worked about 5 years in the field of communication and marketing in the private sector. Nancy is a dynamic jack-of-all-trades. At the Foundation since October, she leaves nothing to chance: redesign of the website, creation of printed materials - including the Contact Parents - development of outreach tools, animation of the social networks, etc. Her goal: maintain contact with the maximum number of young diabetics, parents, allies and professionals to provide the most suitable services.

The Foundation is proud to welcome Lucie, Louise, Nancy and Janie, who have joined the team during the last few months. They already contribute to the growth of the Foundation and of Camp Carowanis, and know how to put their respective skills at the service of the young people and families of diabetic children of Quebec.



**Louise Caron**  
Executive Assistant



Graduated as a medical secretary, Louise has over 25 years of experience as a senior administrative assistant in the private sector and at the head office of the Collège des médecins du Québec. She has a keen interest in all aspects of health, welfare and counselling. Since May, it is with an obvious enthusiasm that Louise collaborates in the Foundation's activities. Her goal: to follow up with families while assisting the executive director, Danielle Brien, and applying best practices in administration.

**Janie Lépine-Bédard**  
Administrative Assistant of Camp Carowanis



Faithful camper at Camp Carowanis, leader, instructor, program manager and then trip leader, Janie, also called Shamane, now adds another job to her resume. Bachelor in journalism from the University of Ottawa, with a minor in History, Janie worked two years at the City of Montreal. As of January 2015, she will be the right and left arms of Camp Director Marie Binette. Her goal: give back what the Camp and the Foundation have offered her.







Zaccary Boudreault  
at Camp in July 2014.

## ARTIFICIAL EXTERNAL PANCREAS RESEARCH PROJECT

THE DIABETIC CHILDREN'S  
FOUNDATION AND CAMP  
CAROWANIS: PARTNERS IN  
THIS LARGE SCALE STUDY

**The results of the artificial pancreas research project phase that took place at Camp Carowanis last summer have been released. To date, the device tested by the research team of Doctors Rémi Rabasa-Lhoret and Laurent Legault at the Institut de recherches cliniques de Montréal (IRCM) has proven to be efficient for blood sugar levels control. This represents an important breakthrough in diabetes research and a real sign of hope for type 1 diabetic youth.**

The artificial pancreas is a promising new technology to alleviate diabetes-related complications, since it provides a better control over type 1 diabetes while significantly reducing risks of hyperglycaemia and hypoglycaemia at night.

Since 2011, the IRCM team has worked relentlessly to develop and test the device. The research objective was to compare three hypoglycaemia prevention strategies at night:

- 1) Treatment with pump;
- 2) Artificial pancreas with insulin only;
- 3) Artificial pancreas with insulin and glucagon.

Part of the research was conducted last summer at Camp Carowanis. The team's onsite work was strongly based on ethics, rigor and transparency, while careful attention was paid to the wellness of the campers. More than thirty children and teenagers with type 1 diabetes enrolled to

take part in the study, with the prior consent of their parents.

*A real sign of  
hope for Type 1  
diabetic youth.*

Tests were done at night and therefore did not interrupt the main activities of the Camp's (i.e. fun, friendships and sports.) During nine

consecutive nights, the 33 participants were hooked up to a continuous glucose monitoring device and placed under one of the three control strategies. Blood glucose levels were recorded every five minutes in order to allow the researchers to analyze and measure performance.

On November 27 2014, the research team proudly announced its results in an article published in the specialized and prestigious scientific journal, The Lancet Diabetes & Endocrinology. The team also presented its results during a special IRCM conference held on December 3rd. We will monitor with great interest the future steps of this exciting study. ■

## MESSAGE FROM DANIELLE D. BRIEN EXECUTIVE DIRECTOR

I would like to start by addressing a few words to parents who have been recently confronted with a type 1 diabetes diagnosis of their child, small or older.

Let's be honest: nothing prepares us to face this situation that falls upon us. With this diagnosis come a ton of worries, sadness, anger, and an immense feeling of powerlessness. I have always rejected the idea of "accepting the illness". If you allow me, I would suggest that you rather accept to "live with the illness". For me, it means to do all that has to be done in order for the obstacles of diabetes not to be constraints to projects, ambitions, sports, fun and joys.

Yes, diabetes comes with its share of discipline, learning, trials and errors. But rest assured that your child will amaze you by his or her resilience, capacity to adapt, because he or she will have had the best role models: you. For the more difficult moments, there is support from a community of families that meet the challenge every day, like yourself. There are near 1,800 families in Quebec who are members of the Diabetic Children's Foundation.

In order to accompany you through the journey, there is also Camp Carowanis, an annual Parents' Symposium, coffee-and-conversation get-togethers in your region, and we work hard

to develop tools to match your needs, of which a friendly and dynamic new web site that will serve as a reference both for you and for all other parties who intervene with your children. A discussion forum will also be available to allow

*" We work hard to develop tools to match your needs, of which a friendly and dynamic new web site that will serve as a reference for T1D."*

you to exchange, no matter where you are in Quebec. We all speak the same language, that of the parents concerned with the well-being of their children, and we will make the best out of it.

To the parents who have been meeting the challenge of diabetes for a few years: well done! For those days and nights spent treating lows and highs, for educating neighbors, friends, teachers and coaches, you pave the way and are role models for families.

The new year will provide several occasions for exchange and sharing. We will work whole-heartedly thinking of you and your children. The teams of the Diabetic Children's Foundation and of Camp Carowanis join me in extending my best wishes. May this Holiday Season be a source of comfort, happiness and fun ! ■

# GETTING ON WITH YOUR DAY MATTERS



GET THE ONLY ALL-IN-ONE METER IN CANADA<sup>‡</sup>

**If you test often, we've got the meter for you.**

Accu-Chek Mobile helps frequent testers manage their diabetes and get back to what matters most.

Order your **free\*** ACCU-CHEK MOBILE METER at [ALLINONEMETER.CA](http://ALLINONEMETER.CA)

- Strip-free testing
- Least painful lancing device<sup>†</sup>
- Advanced accuracy

<sup>‡</sup>Based on market verification, as of January 31, 2014, the Accu-Chek Mobile is the only blood glucose meter available for purchase in Canada that integrates a meter, disposable test strip cassette and lancing device all in one. <sup>†</sup>Data on file.

\*While quantities last.  
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# GOING TO THE TOP

FOLLOW JUSTIN VÉZINA  
IN HIS CLIMBING OF  
MOUNT KILIMANJARO

Justin Vézina at Machu Picchu  
in 2011

**Justin Vézina, age 16, type 1 diabetic, will begin his journey on July 24, 2015, to reach the highest mountain peak in Africa, accompanied by his mother and his sister.**

There are individuals who spread joy and inspire others through their determination and strength of character. Justin Vézina is one of those exceptional persons. He began by a 5-day trek on Machu Picchu in 2011 and was then inspired by the success of his uncle, André Besner, who had just completed climbing his third peak, including two for the cause of diabetic children. Justin is ready to take on a new challenge. He invites you to join him in and help raise funds for the Foundation.

*Justin is ready to take a new challenge and he wants you to join him.*

You can join Justin, his mother Christine Robillard and his sister Maude as they head for the highest peak in Africa at 19,341 feet high, on an adventure where you will walk in

the everlasting snow and encounter giraffes and zebras in the heart of this unique national park in Tanzania. Parents, friends, hikers, and nature enthusiasts, this challenge will allow you to draw closer to the daily life of diabetic children as they push their limits day-in day-out.

The expedition is organized by the Karavaniers – a professional trekking team based in Quebec. The trip includes four days of pre-trekking on Mount Meru to help you acclimatize, followed by the climb of Kilimanjaro and its three summits.

**Are you ready for an adventure? This is your chance! ■**

**DATES:** July 24 to August 8, 2015

**TOTAL LENGTH OF TRIP :** 16 days

**COST:** \$5,495 (Excluding airfare. Price may vary depending on the number of participants. Non-refundable deposit of \$600.)

**MINIMUM REQUIREMENT FOR FUNDRAISING:** \$3,000  
All proceeds will be donated to the Foundation.

## FOR INFORMATION

Lucie Brisebois  
514-731-9683, ext. 225  
lbrisebois@diabetes-children.ca





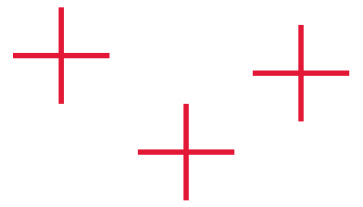


## 6 TIPS TO MAKE THIS HOLIDAY SEASON JOLLY

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Your Christmas tree is decorated, lights are installed, gifts are wrapped; Christmas time is here. For many, it is synonymous with family gatherings, snowstorms and hearty meal. For parents of diabetic children, the holidays can also resonate as an additional challenge. For the festivities not to turn into a puzzle, here are some tips:

- 1** The holiday season requires adaptation since the child's routine - and yours - is modified, as in the summer holidays. Meals and bedtimes are different, not to mention the excitement that is often at its highest among young people. To stay alert to changes, it is advisable to make blood glucose testing more frequently.
- 2** Explain the situation to your child, talk to him or her, give him or her the opportunity to make choices about the food for example. By understanding what happens, your child will be enabled to tame his/her diabetes and be more quickly autonomous.
- 3** Despite a hectic meal schedule, try not to skip meals, as much as possible.
- 4** At family parties outside the house, inform yourself of the menu to forecast adjustments. Feel free to bring a food portion from home to your child if the menu is not appropriate.
- 5** During the winter sports days, think of bringing nutritious snacks like nuts, bars, dried fruit, etc.
- 6** Be more flexible than usual with children. And do not put too much on his/her shoulders. After all, the holiday season lasts only two weeks! ■



## 2014 ACES

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The Foundation has several allies and their actions demonstrate their dedication to the cause of children with diabetes. Here are some of the faithful ones who, sometimes through determination and courage, sometimes with their business acumen and artistic qualities, become inspiring role models of perseverance. The Foundation, its children and their families thank those allies and salute their generosity.

It is in the month of December that the majority of Canadians donate to charities. In 2013, 61% of Quebecers aged 18 and over made a donation. The average of these gifts were \$222 compared to \$519 for Canadians outside of Quebec. For all age groups, health and children's sectors are favored by Quebecers.

Sources:  
Étude sur les tendances en philanthropie au Québec en 2014 (Épisode)  
Institut de la statistique du Québec

Did you know ?







**André Besner**  
– Conquest of Mera Peak



André Besner's accomplishment is certainly one of the top highlights of the year. On October 18th, 2014, he reached the peak of Mount Mera in Nepal at 21,247 feet. After conquering Aconcagua and Kilimanjaro, he decided to tackle the Himalayas in support of diabetic youth, including his nephew Justin, who has had type 1 diabetes since the age of 10. André and his generous supporters raised more than \$32,000!

**Étienne Masse**  
– Montreal Marathon



As a brave 21-year-old runner with type 1 diabetes, Étienne Masse sets an ambitious goal of running 42 km at the beginning of the year. Thanks to the support of his family and friends, he accomplished his goal in September while raising funds for the Foundation. He even said he would repeat his achievement next year. Congratulations Étienne!



**Alexa MacLeod**  
– Bracelets we can be proud of



Ten and a half-year-old Alexa already has the entrepreneurial spirit! She has been living with type 1 diabetes since she was 5 and was recently diagnosed with Celiac Disease. She decided to create and sell bracelets for The Diabetic Children's Foundation. In her case, the expression "pay it forward" is particularly appropriate.

**Sébastien Sasseville**  
– Running across Canada

Sébastien Sasseville is a real go-getter. With him, anything seems possible, even running across the country. Type 1 diabetic since 2002, he has crossed 7,500km between St. John, Newfoundland and Vancouver, British Columbia, between February 2nd and November 14th, 2014. His exploits earned him worldwide recognition and many admirers, including us!

**Jacob Cadieux of the group In Saigon**  
– Insuline Rock Benefit Concert

Diabetes rocks. Jacob Cadieux, living with type 1 diabetes, clearly understands this. On May 23, 2014, Montreal's Cabaret Underworld hosted a benefit concert for the Foundation. Bands including In Saigon, The Alibi, Those Trees and Lazy Lee rocked on stage to raise donations for children with type 1 diabetes. ■

# 2014: SUMMARY OF THE YEAR

WHAT MOMENTS MADE HEARTS SHINE – YOURS, YOUR CHILDREN'S AND THE FOUNDATION'S – THIS YEAR? RETROSPECTIVE 2014.



## 4<sup>th</sup> Parents Symposium Unanimous satisfaction

As satisfaction rates approach 100 %, it is safe to say, and with no exaggeration, that the event was a resounding success. More than 200 participants, parents, children, and professionals gathered at the Centre des sciences de Montréal on May 24, 2014, to attend conferences, to join in discussions, and to share their knowledge on themes related to type 1 diabetes, including service dogs, nutrition 2.0, diabetes at school, transition care from childhood to adulthood, as well as daily health. Children had access to various workshops and activities on-site.

*A 100%  
satisfaction rate  
= a resounding  
success*

Conferences speakers included psychologist Jean Paré, keynote speaker and athlete, Chris Jarvis, as well as IRCM researcher, Dr. Rabasa-Lhoret. Participants shared their appreciation of selected conferences and themes, opportunities for discussion, chosen venue, and overall symposium organization.

Great thanks to our generous sponsors:

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## Thank you to the great team of volunteers for their contribution to the Symposium :

### The parents organizing committee

Martin Frappier  
Ginette Gougeon  
Johanna Griffith  
Anne McIsaac  
Christine Robillard

### The nursing team

Andréane Vanasse,  
Head nurse  
Jennifer Paré  
Sarah T. Filliatrault  
Jade St-Germain  
Rachel Meunier

### The Camp Instructors

Judith Beaudry Chrétien  
Jade Boivin Racicot  
Mathieu Carrière  
Frédérique Gagnon  
Emmanuel Gendron  
Reyana Hadeif  
Sonia Langlois  
Janie Lépine-Bédard  
Timothy Parr  
Maude Prud'homme  
Zachary Wilson  
Boulanger

## Scotia Bank Challenge Montreal 21k and 5k

Hundreds of runners and walkers of all levels signed up for the race on April 27th, 2014, including 32 that ran in support of diabetic children. Collectively, they raised \$16,200 that will be redistributed next summer to Camp Carowanis.

Join our team for the race on April 26th, 2015!

## Congratulations to the Scotia Bank Challenge team:

Annie Angers  
Blanche Audet  
Charles Audet  
Émile Audet  
Xavier Audet  
Elyse Beauregard  
Christina Bégin  
Annie Bouchard  
Amélie Champeau  
Karine Champeau  
Renée Houle  
Champeau

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Sylvie Couture  
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Michel Lacasse  
Marie Landreville  
Binette  
Valérie Martineau  
Chantale Michaud  
Nicole Pelletier  
Virginie Ratté  
Éric Robitaille  
Roxanne Ducharme  
Caroline Trinh  
Sylvain Yelle





## Camp Carowanis

The 57<sup>th</sup> Summer of fun and safety

Season 2014 at Camp will once again be etched in the memories of hundreds of young staff and monitors, 68 new campers and dozens of parents present during family weekend.

### Registration will start in February 2015!

Session 1 : from June 29th to July 10th, 2015

Session 2 : from July 13th to 24th, 2015

Session 3 : from July 27th to August 8th, 2015

Family weekend : August 14th, 15th and 16th, 2015

## Golf and Cycling

A renewed tradition

The Foundation held its annual golf tournament on August 18th, 2014, with the addition of a cycling tour, to the delight of many participants. In total, 226 golfers, 31 cyclists and nearly twenty volunteers took part in the event that generated more than \$290,000 in proceeds. This successful event also included a gourmet dinner, a silent auction, and a live auction under the able direction of Yvon Lambert, to top it off.

The Foundation would like to thank the Organizing Committee and Board members Jean Charles Angers, André Plourde, Marcel Proulx and Patrice Vézina, long-time supporters of the Foundation and of children with diabetes, for this unforgettable day.

**Save the date for next year: August 17th, 2015**

## Halloween Boxes

Small coins with great capacity

On Halloween night 2014, children from 34 schools and daycare centers raised more than \$25,000 in their Halloween boxes! This money will allow kids from all walks of life to attend Camp Carowanis. Is your child's school involved? Contact us for more details at [info@diabetes-children.ca](mailto:info@diabetes-children.ca).

## World Diabetes Day

Demystifying the disease

On November 14, 2014, The Diabetic Children's Foundation was in the lobby of the Tour de la Bourse of Montreal in order to meet the public and to shed light on some common myths about diabetes. Hundreds of people were greeted onsite by nurses, by members of the Foundation staff and even by a stilt walker! Close to one hundred brave souls volunteered to take a blood glucose test. **We look forward to seeing you again next year! ■**





