



FONDATION
RESSOURCES
POUR LES
ENFANTS
DIABÉTIQUES

April 2021

Info-diabetes

Your teen, his drinking, and you

A word from our nurse

Ready or not? The season for unsticking stickers is around the corner

Our teens and us

From controlling Type 1 diabetes to managing autonomy

Info-finances

The planned donation, a concrete way of improving the day-to-day routine of a T1D child

I wanna help a T1D child

Our volunteers, today, tomorrow, and forever

Thank you Sofia, Jeanne, and Rosemarie

Fred is moving

Always closer to you to better address your needs

Our activities

Editorial

Because it's all about listening

The situation that we are experiencing for a year now, has affected our habits and disrupted our daily lives. But above all, it has weakened the spirits of our young people at a decisive stage of their identity construction, that is to say the phase of adolescence.

Facts

In 2019, nearly 20% of high school students had been diagnosed with an anxiety disorder, depression, or eating disorder¹, and nearly one in five teens aged 15 to 17 has reported their mental health as fair or poor². These numbers will probably increase as a result of all the stress, frustration and worry that has been built up.

It is therefore more important than ever to listen to them and to keep the dialogue open.

Fred is there for them, for you

We have several programs designed to support your youth, break their loneliness and help them feel understood and surrounded by peers. Don't hesitate to [contact](#) us.

Claire Rousse

Executive Director

¹ <https://www.ledevoir.com/societe/sante/542919/bilan-sante-jeunes-qc>

² <https://www.lapresse.ca/societe/famille/2020-07-23/la-sante-mentale-des-15-a-17-ans-sous-la-loupe.php>

Unveil **Fred's** programs and get on board with us for new adventures

Speaking of the camp

Discover the latest news of Camp Carowanis.

The greatest gift you can give a child is not to love them but to teach them to love themselves
Jacques Salomé



Your teen, his drinking, and you

Your youngster is growing up and is now happily crossing the threshold of adolescence with its share of outings with friends and ... whether we want to admit it or not, its first alcohol consumption. What can you do to prevent a disaster while letting your teenager live his or her life?

[Read the article](#)

Ready or not? The season for unsticking stickers is around the corner

What to do when half of the POD is detached, but the cannula is still well inserted in the skin?

[Read the article](#)



Our teens and us

Fred supports the research programs of the Department of Pharmacy at UdeM. Going through adolescence can be challenging somehow at certain times. So can be managing a chronic disease like diabetes... but that's the reality for young people with type 1 diabetes.

Fred is proud to support first year pharmacy students at UdeM with their research project. Here is an overview of the field survey conducted by ten students with **Fred's** collaboration to understand the experiences of adolescents living with type 1 diabetes.



Getting autonomous (in French only)

Focusing on the parent-teen



I want to help a T1D child

The planned donation, a concrete way of improving the day-to-day routine of a T1D child

Do you know the planned donation?

A planned donation is a contribution made through tax, estate and financial planning to help a cause that is important to the donor. It allows you to show your support or appreciation to **Fred** for the support you may have received at an important time in your life, and to demonstrate your commitment to the cause of children living with type 1 diabetes.

A planned donation can take many forms: a bequest, a gift of life insurance, a charitable annuity, a charitable trust, a gift of securities... Each has its advantages.

A simple process

Determine what type of donation is best for you by talking to your financial planner. Then, contact the person responsible for planned giving at **Fred**.

By making a planned donation, you are helping to create a brighter future for children living with type 1 diabetes.

Thank you ☐

Our volunteers, today, tomorrow, and forever

They are here, they make sure everything goes fine. The pandemic and restrictions did not stop their enthusiasm and dedication. A huge THANK YOU to our volunteers who are always there when we need them!

On the right, **Sofia**, **Jeanne** and **Rosemarie** have joined us to complete their scholar volunteering program, and they are assembling about 60 welcome kits for families with children newly diagnosed with Type 1 diabetes.

You are awesome, girls!

Would you like to volunteer for **Fred**? We need you for several missions.



I want to volunteer for Fred

Do not hesitate!

A TRAINING EVENT SHOWCASED IN VIRTUAL MODE

A program dealing with topics such as youth anxiety, eating disorders, therapies for obesity, installing a pump to control diabetes, technologies, and more ... !

A certificate of attendance will be given to all participants.

This program is compliant with the educational standards for group training to obtain category 1 credits and it is presently in the process of getting final approval of the DPC Direction of the Faculty of Medicine of University of Montreal in regards with ethic regulations.

What are you waiting for?

Hurry up and subscribe to participate in this Symposium and enjoy exciting conferences and our surprise guest speakers!

[Program at a glance](#) (in French only)

REGISTRATION

THURSDAY
May 13 AM

FRIDAY
May 14 AM

Virtual event

Presented by
Centre de recherche
UMC - Réseau Études
diabétiques

In cooperation with
Fred
FONDATION
RECHERCHES
ÉTIQUES
DIABÉTIQUES

9th SYMPOSIUM
for professionals
in pediatric
diabetology 2021

Fred and camp Carowanis are moving

In June 2021, Fred and camp Carowanis' head office will move to new locations. As a result, our fixed costs will decrease and we will get closer to our families.

Please note our new location will be at:

302-6855 De L'Épée Avenue
Montreal, Quebec
H3N 2C7

Telephone Fred
514.731.9683

Telephone Camp Carowanis
438.814.2401

Running the Scotiabank Challenge for Fred: Already 77 runners. What about you?

While the nice
weather is

Émile, 4 years
old, has



almost back, many friends of **Fred's** decided to get back into shape while offering children with diabetes the opportunity to stay at **Camp Carowanis** and be among other young people who are experiencing

the same challenges to enhance their learning to be self-sufficient with their diabetes and to discover and achieve their full potential.

We would like to encourage them and wish them a good training.

You may also [show them your support](#):

What about you? Are you ready to take on the challenge?

started training.

What are you waiting for?



Émile's mother, Geneviève, has agreed to share with us her story:

Getting a diagnosis of Type 1 diabetes in the middle of a pandemic can be quite a shock. Knowing that we re not alone while experiencing all these turmoils makes it easier for us as parents. We are proud and happy to go running for diabetic children at Scotiabank challenge.

*Put on your running shoes and join us to allow all families with a child coping with Type 1 diabetes, to keep getting support from **Fred** !*

[I register](#)

Virtual Coffee Talk
Parents of T1D kids any age

Fred FONDATION RESSOURCES POUR LES ENFANTS DIABÉTIQUES

We are back as requested.
Are you ready for the next virtual Coffee talk?
See you on **Wednesday April 28 at 7:00 pm!**
Looking forward to meet you!

[Registration](#)

Speaking of the camp



Volunteers are needed
Who is afraid of spring cleanup?

Camp Carowanis is getting ready to welcome the campers. We need your help and your smile to give us a hand in order to prepare the camp. Families and friends are welcome to join us.

Register now by writing to jbedard@campcarowanis.ca.

See you on **May 29** at **Camp Carowanis**, in Sainte-Agathe-des-Monts.

[Read more](#)

Summer 2021 : Have you reserved your stay?



The sun is shining and registration for summer camp is well underway. If you have not yet booked your stay, hurry up, there are only a few places left.

Looking forward to seeing your children 😊

[Registration](#)

Have you missed our [information session](#) *(in French only)*?

You may see it in [video](#) *(in French only)* by clicking on this [link](#).

Is it your child's first stay?

Discover the camp with this [virtual visit](#) *(in French only)* and learn everything you want to know about it: programming, activities, how it works.

Open House: June 5, 2021

2-week Program:

Session 1: Monday July 5-Friday July 16

Session 3: Monday August 2-Friday August 13

1-week Program:

Stay #1 : From July 19 till July 24

Stay #2 : From July 25 till July 30

Family Weekend: August 20 till August 22

IT'S ABOUT TIME.

Move forward with the
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It's about time in your everyday schedule.
It's about time in range.
It's about time there was a system that adapts to your
unique needs when it comes to your diabetes management.*

Go beyond multiple daily injections and move forward
with your diabetes management.

Focus on your life, not your levels.

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or call **1.800.284.4416**

*Some user interaction required. Individual results may vary.
The MiniMed™ 770G is indicated for people living with Type 1 diabetes, ages 2 and older.
Actor portrayal used in this brochure.
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Medtronic



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

Fred | www.diabetes-children.ca

