



July 2020

## Editorial



### When it's all about solidarity

During this unprecedented crisis, one feeling has lifted us all in Quebec : Solidarity.

Solidarity inspiring all essential services workers and binding them to the community.

In the same vein, **Fred** has implemented new measures to help diabetic children's families keep their spirits up, and

provide them with support and information.

Speaking of solidarity, I'd like to thank all the professionals who joined **Fred** to inform, reassure, and demystify the illness and its spreading mode, the risk of contamination and complications. Also thank you for providing tools to manage stress and anxiety that resulted from confinement.

Thanks to all of you: Doctors, nurses, psychologists, interveners in pediatric diabetology, and to all pharmaceutical professionals that are specialized in diabetes management supplies, for sharing your knowledge, and for your availability and your dedication. On behalf of all our families, **Fred** is so grateful for your help.

With the reopening that has started, **Fred** remains with you for help.

Enjoy your summer. ☀

**Claire Rousse**, Executive Director

## The thought of the month



### Father for life

*« My parents are always paying attention to me, [...] Sometimes, I feel like giving up ...but my parents, especially my father, they encourage me every time [...]. so I try to be good in school as much as in taekwondo. »*

*Ali, 14 years old, T1D, and **Quebec champion** in taekwondo*

Until the age of twelve, Ali was exactly like his brothers. Hardworking and cheerful, he liked spending time with his dad, just like them. Maybe actually he spent more time with his dad while he shared with him his passion for taekwondo. He was even thinking of getting to a professional level.

And then, all of a sudden, he was diagnosed with Type 1 diabetes. Of course, it was a deep shock. He felt dejected. However, his father believed in him and in his dreams. So Ali got back to training.

Two years went by. Ali took part in championships. He also won medals. His father is still here and, thanks to him, Ali knows that nothing can stop him... not even diabetes.

## Fred thanks YOU so much



We have reached our goal of \$250,000 and we were even able to exceed it!  
**\$294,000**

And it is all thanks to you!

While all our traditional fundraising events were being cancelled, due to the Pandemic, you have proved that solidarity can move away all problems. There are so many types of people around the world, but there is just one type of generosity...and you are part of it!

A big **THANK YOU** also to all our partners who doubled the donations to better help **Fred** fulfill its mission and support diabetic children and their families.

**Aerotherm -Realtherm Alithya Allied Altus A. Plourde Ascencia Brivia Management inc A StOnge Broccolini Canderel Claridge Real Estate Cogir CPD Developments D. Fontaine Divco É. Lafèche Groupe Jean Coutu Groupe Maurice Immeubles Huron Ivanhoé Cambridge J-C Angers Laboratoires Riva M. Proulx Mondev Pharmascience P Grubert RBC Redbourne Sandalwood Management Ville de Laval V. Shirley**

## Latest news

### It's time to go on vacation. Are you ready for the hot summer days?

**You're going on vacation?  
Don't forget your vacation's [guidelines](#).**

Time for summer vacation. Any plans? Well, due to the Pandemic, everybody will stay in Canada this summer. Anyway, who cares? There are so many beautiful places to discover or visit again. We need though to keep in mind that sugar blood ought to be checked more often.

So keep away from heat waves. It may impact glycaemia. When the weather is hot, it is crucial to drink plenty of water to keep hydrated. You may also want to bring with you vegetables and fruits filled with water.

**While it is hot why not enjoy swimming?**

Swimming is the best way to freshen up. Here is a reminder of all the necessary [precautions](#) to keep.

Have a safe swim!



## A smart pump to stabilize glycaemia should be available soon

It is an ongoing fight for Type 1 diabetic people. Keeping sugar blood within the target values is not a piece of cake. Up to date, insulin pumps allow to readjust its values by calculating manually the bolus you need. However, this new pump which administers a second hormone, Pramlintid, in addition to insulin, could make all the difference.

[Read more](#)



## NEW! Discover Fred's playlist

### Wanna connect?



Taking up a challenge for **Fred** makes you feel like swinging.

To encourage all our heroes who are taking up the Scotiabank challenge, **Fred** has prepared a special playlist that you may listen to, either when you are training or while you are doing the race, or simply when you want to have a good time with friends.

Who is game to connect with **Fred**?

Follow our publications on Facebook and Instagram for further details.

## ACTIVITIES



### Take up the challenge for Fred

Due to COVID-19, the Scotiabank race has been rethought. The crowd, the fair, being together for one cause: nothing was possible. There was only one thing left: the gift of self.

And that is what many of you have chosen.

Racing for **Fred**, to help diabetic children.  
Far away from our eyes, in silence.  
Because you believe you can make a difference.  
And that's just what you're doing!



What about you? Are you ready to join in?

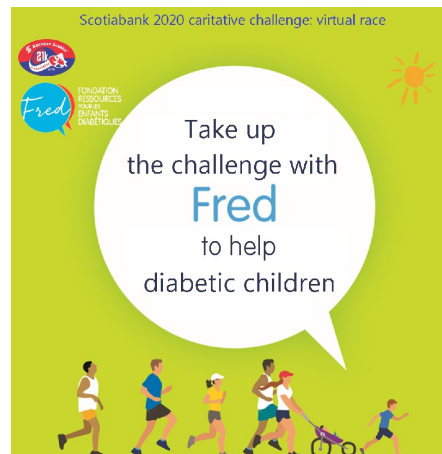
## Reminder

The Scotiabank challenge that was supposed to hold its race at the end of April has adapted its formula to comply with Public Health's guidelines. A new option was implemented: the virtual race. To all those who would like to stay fit and help diabetic children and their families, it is a unique opportunity to combine both.

The virtual race should take place between **May 25 and August 31st**. The platform will allow you to record your time and you will receive your short and your medal by regular mail.

[I register](#)

Thank you for helping **Fred's** children ☐



## Supper-meetings will be back soon



Many months went by since the children and their families could meet and share at **Fred's** supper-meetings. We are pleased to announce that our gatherings will be back soon to allow you to join other families like yours, near you.

Stay tuned for further details.

## Thank you to our partners of the fundraising campaign

### Great Allies



### BENEFACTORS



### Friends of the foundation



You have questions about Type 1 diabetes? You would like to know 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).