



April 2022

Editorial

It's spring ! Spring is a time of renewal and new beginnings.

At Fred, the renewal took the form of the appointment of a Program Director: Ms. Janie Bédard. Already at the helm of the leadership of Camp Carowanis, Janie extends her skills and puts them to serve Fred's families.

Also, a brand new website! The Foundation's website has been revamped to better meet the needs and to allow families to easily find the information they're looking for. Do not hesitate to visit it.

The arrival of the new season also allows us to organize face-to-face events again. Many events will take place during the summer and we need to renew our volunteer base, so don't hesitate to share your time and have the chance to give to the next one. [Form](#)

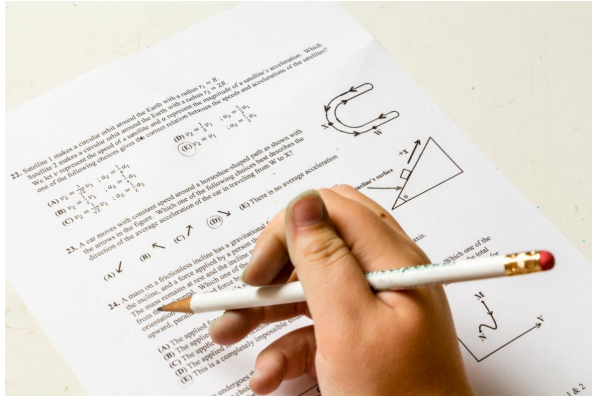
Can't stop the renewal! Camp Carowanis has improved its on-site facilities in preparation for the arrival of its young campers and medical staff this summer!

What about you? Are you going to innovate something? Why not take advantage of the upcoming season to change the recipes you love to make them better for you, to adjust your diet to new, healthy and simple practices?

Fred's team joins me in wishing you a wonderful spring!

Claire Rousse

Exam time and diabetes



Diabetes management for youth during exam periods

During exam time, students with diabetes are faced with the challenge of managing their blood sugar levels. For some people with diabetes, exam time can have an impact on their blood sugar levels.

How should my child manage their diabetes during the stressful exam period?

[To read more](#)

Chocolate Bunny Time and type 1 diabetes...



As a parent of a child with T1D, you probably know that chocolate can be part of your child's diet. However, that doesn't eliminate your concern about managing the festive spring meals, and all the challenges that come with those festivities.

If this is the case for you, I want you to know that this fear is 100% valid and I would like to highlight two concerns that I frequently hear from the families I work with.

Fred's new and dynamic collaborator :

Maude Lafontaine, nutritionist
specialized in type 1 diabetes



[To read more](#)

Pizza and type 1 diabetes



Pizza is a delicious meal that everyone loves. However, controlling your blood sugar when eating pizza can be a challenge when you are a person living with type 1 diabetes.

Fat and protein have an impact on blood sugar when eaten together.

But what causes this?

What can I do to avoid high or low blood sugar when I eat pizza?

[To read more](#)

Finances

Did you know that there are many ways to donate to **Fred**?



[Click here to give generously!](#)

Monthly donations

A monthly donation is a great way to plan a recurring donation into your budget. These donations are very much appreciated by **Fred**.

How to make a monthly donation? Fill out the [online donation form](#).

Planned Donation

Did you know that you can plan to make a gift to **Fred** in your will?

In fact, you can talk to your banking institution about making a gift to **Fred** as part of your estate.

Online Donations

Online donations are a great way to contribute to **Fred**'s cause.

It's a very simple donation to make and it can be any amount you wish, just fill out the [online donation form](#).

Register for **Fred**'s webinar!

WEBINAR

27/04/2022

For families with children who live with T1D **7 PM**



How to adapt meals and snacks for the whole family when you have a child with type 1 diabetes?
(presented in French)

With Maude Lafontaine, Nutritionist specialized in type 1 diabetes.



FONDATION
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DIABÉTIQUES

To register, **fill in the form.**

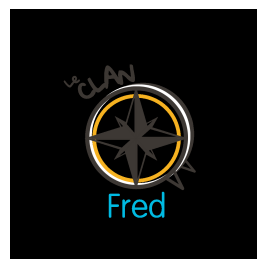
To register for the webinar

Last March 26 marked the first activity of the Clan Fred

The first Clan Fred event was a huge success!

DT1 teens from the Estrie region and beyond took on the escape game challenge! Afterwards, they ate a nice slice of pizza together.

It was a success all around: exchanges and sharing between DT1 teens who understand each other, but above all the creation of new friendships!



To not miss the next activity, go subscribe to the
[Clan FRED Instagram page](#) !

**Teenagers aged 13 to 17 with T1D, help us to
better meet your needs by completing this
survey!**

Fill out the
survey



The purpose of the form is to
understand the needs and
expectations of teens who use
Fred's services in order to provide
resources tailored to their needs
and improve the Clan **Fred**!



FRED invites you... TO THE WEEKEND OF THE CLAN FRED !





Support



Learning



A community



An unforgettable experience

The Clan FRED weekend is...

- A stay in a Camp Carowanis cabin;
- Learning activities on diabetes, nutrition, and many other topics, with experts in the subject;
- Support sessions with other T1Ds;
- Special fun activities;
- Games led by young adults with diabetes;
- Creating friendships and memories for life!




How to register? Fill out the registration form on Ultra Camp!

Where? at Camp Carowanis

When is it? From September 3 to 5, 2022

Who can register? All teenagers between the ages of 13 and 17 who have type 1 diabetes!

Hurry, places are limited!

To register for the Clan FRED weekend, [click here!](#)

Our diner meetings are finally back!

On the 23rd of March, **Fred**'s first dinner meeting took place since the beginning of the pandemic.

New friendships were made, emails were exchanged, stories were shared, and kids promised to see each other at **Camp Carowanis** this summer...



In short, everyone left with a smile on their face, new knowledge, and lots of new information about camp, diabetes and **Fred**!

Don't miss the next dinner meeting,
May 17th in Gatineau!

Camp Carowanis invites you to its spring activities!



The annual open day of Camp Carowanis



Is this your child's first time at camp?
Come visit the spectacular site of Camp Carowanis with a member of our team!

It will be our pleasure to give you a guided tour of the site, to answer all your questions and to ease your concerns about your first stay at camp.

When will it be? June 11, 2022
Where? At Camp Carowanis!



To register, fill in the form !



Cleaning day at camp !



Let's get the Camp Carowanis site ready for the summer!

Manual work, physical work and cleaning are on the schedule for this day.

We offer the lunch to our volunteers!

When is the event? May 28, 2022
Where? At Camp Carowanis!



To register, fill in the form !

Registration form for the open
day

Registration form for the cleaning
day

Camp Carowanis is recruiting its medical team!



Great community of **Fred** and **Carowanis**, we need your help!

We still need to fill several positions on our **medical team** for this summer.

Please help us by:

- 1) Sharing the job openings
- 2) Talking to others
- 3) Know people who are studying nursing?
Tell them about Carowanis and how working at the camp is a rewarding and formative experience!
- 4) Cegep nursing teachers, tell your students about it
- 5) Medical, paramedic and other related students, this is the job for you!

[For the job descriptions and to apply](#)



[Click here to register your child for Camp Carowanis](#)



Do you have questions about type 1 diabetes? Would you like to know more about certain topics? Is there a topic that is important to you and you would like to see it addressed? Write to us at info@diabete-enfants.ca



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