



February 2022

Editorial

It's wintertime in Quebec. For some, it is a difficult period, for others, winter sports are finally upon us!

Whether you are one or the other, take advantage of this time to enjoy doing activities with your kids. Don't forget to consider the cold and the activities that can influence their blood sugar levels. Also take the opportunity to think about yourself, remember that you are so important in the process of managing your child's diabetes. You can register your child for Camp Carowanis this summer and get some relief. Have you thought about it? Supported by the Foundation's grant, no child is turned away for financial reasons.

At Fred's, we received 195 new kids diagnosed with type 1 diabetes in 2021. As always, we will make sure to support them, listen to them, advise them, inform them, help them manage their condition and accompany them until they reach full age.

Rain or shine, **Fred** is there for them, no matter the season!

Claire Rousse

Executive Director

We present you : the Clan**Fred**!



Clan **Fred** is...

A community of T1D teens who do a variety of fun activities together, designed for them and led by young adults with type 1 diabetes. Through inspirational talks and engaging activities with other teens their age, they will be able to befriend and confide in others. Teens will also have the opportunity to discuss new topics related to diabetes and learn a lot by breaking their isolation.

How do I join Clan **Fred**?

Have your teen scan the QR code!



Baqsimi Nasal glucagon powder is now covered by the Régie de l'Assurance Maladie du Québec (RAMQ)!

"Let's face it, severe hypoglycemia is a constant concern for parents of children with diabetes. Today's announcement is an important event for people affected by diabetes in Quebec - they will now have access to an emergency medication that can save lives and protect against severe hypoglycemia, a problem that our diabetic children are exposed to on a daily basis," explains Claire Rousse, Executive Director of **Fred**, Resource Foundation for Diabetic Children.

[To read more](#)



Financial infos

Thank you for making them smile again! 😊

We're gearing up to host and subsidize youth at camp this summer, if you

want to help a youth living with T1D,
Please donate!

[Donation Form](#)

What you need to know about biosimilar insulins



Biological insulins such as Humalog (for people aged 18 and older) and NovoRapid are no longer covered by the Quebec Health Insurance Plan (RAMQ). This change was made on March 3, 2021, for Humalog, and since February 2, 2022, for NovoRapid. Biosimilar insulins are then prescribed by endocrinologists.

What are the effects of this change?

Find out what a biosimilar medication is and why your biological insulin is no longer reimbursed by the RAMQ, [Click here.](#)

To read RAMQ's coverage termination notices (In French Only):

Humalog: [Click here.](#)

NovoRapid: [Click here.](#)

Lost of control of your eating habits

The new and dynamic collaborator
of **Fred**:

[Maude Lafontaine, nutritionist](#)
specializing in type 1 diabetes

Loss of control of your eating habits

Do you feel like your diabetes is preventing you from eating the foods you like? Do you regularly feel out of control with food, especially carbohydrates?

It is very common to think that carbohydrates should be automatically eliminated when you have diabetes and I want to help you understand why this is not a realistic approach in the long term.

[To read more](#)



A recipe to make with your little sweeties!

Fred has a few ideas for snacks you can prepare for your kids!

Sweet and salty snacks!

These two little snacks are very simple to make. It's a perfect mix of sugar and salt!

Coconut cranberry energy balls and some strawberries!

This healthy snack recipe is so good, your kids will be asking for more!

[For more recipes...](#)

Sweet and Salted Snack
(Total of carbs = ~10g)
-Melon (1 cup / 150ml in dices = ~15g)
-Cottage cheese (1/2 cup / 125ml in dices = ~5g)
-Pumpkin seeds (1 c cup / 15ml = ~0g)

Salted Snack
(Total of carbs = ~17g)
-Crackers of your choice (Serving that provides ~15g)
-Tofu spread (1/4 cup = ~2g)
-Olives (5-10 pieces = ~0g)

Fred is redesigning its website!



Fred's website is getting a new look. It will be even more user-friendly with new features, colours, and information.

We can't wait to share it with you, stay tuned!

About Camp Carowanis...



The registration for the camp is now open!

2 WEEKS PROGRAM (For children between 8 and 16 years old)

Session 1: Monday, July 4th to Friday, July 15th

Session 3: Monday, August 1 to Friday, August 12

1 WEEK PROGRAM (For children ages 7-15)

Session 2A: Monday, July 18 to Saturday, July 23

Stay 2B: Sunday, July 24 to Friday, July 29

FAMILY WEEKEND (For families with a DT1 child aged 12 and under)

Friday, August 19 to Sunday, August 21

FRED TEENAGERS WEEK-END (For teens between the ages of 13 and 17)

Saturday, September 3rd to Monday, September 5th

To [register your child](#)

Do you want to know more about Camp Carowanis ?

Watch the replay of the
information session (In
french

During the information session held on February 22, the Camp Carowanis team explained what a stay at camp is like for a child with diabetes. We also answered several questions.



Listen to the replay of the ZOOM information session by clicking on the link above.

If you have any other questions, send us an [email](#).

[View a guided tour of Camp Carowanis](#)

Camp Carowanis needs you in its staff!



Want to make lifelong friends in a unique working environment? Join the Camp Carowanis team!

Apply now by clicking on the link!

At **Camp Carowanis**...

"Being a counsellor is just having a lot of fun in the tent, seeing the kids smile and have fun!"

-Scooby-Doo, Counselor at **Camp Carowanis** since 2018

[To apply](#)



Children learning at Camp!

"I learned a lot at camp because at the beginning [...] I was 8 years old and I didn't know how to do my catheters at all, [...] now I do them everywhere and it takes me like 10 seconds to do my catheters! I learned super easily, and every time [at camp] I learn new things!"

-Florence, 14 years old, type 1 diabetic.

[To see more \(French only\)](#)



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





Diabetic Children's Foundation | 6855, De l'Épée St., Suite 302, Montréal, H3N 2C7 Canada

[Se désabonner info@diabete-enfants.ca](mailto:info@diabete-enfants.ca)

[Mettre à jour mon profil](#) | [Avis de données de Constant Contact](#)

Envoyé par info@diabete-enfants.ca en collaboration avec



Try email marketing for free today!