

June 2022

Editorial

Summer is finally upon us!

It means a change in routine with school ending, vacations starting, and the nice weather coming.

With all these beautiful changes, it is normal to have to make some adjustments to our child's diabetes to keep up with the different rhythm that the nice weather brings. Swimming, heat, sports activities, it may affect the control of their diabetes. Sometimes it is possible to miss a few details that will affect blood sugar control. It is important to be easy on themselves when adjusting to the new routine. After all, we are all human! Don't forget that Fred is here to support you with his many resources and tools on the new website.

Camp Carowanis will soon be opening its doors for the summer 2022 adventure. Soon, approximately 300 campers will be welcomed and will be journeying towards the autonomy of their own diabetes, while having a lot of fun on the shores of Didi Lake!

Fred is also launching his 1 Type of Generosity campaign. This is the perfect opportunity to give back to Carowanis, to help ensure its continuity over time for all young T1Ds. Finally, a huge thank you to our volunteers who helped set up the camp site, and a huge thank you to all of our donors, because you make it possible for Fred to continue to send our DT1 kids to Carowanis!

Fred's entire team joins me in wishing you a wonderful summer season, filled with great weather and fun!

Claire Rousse

Executive Director

The increase in type 1 diabetes diagnoses since the beginning of the pandemic

Since 2020, type 1 diabetes diagnoses have been on the rise, according to several different studies. The coronavirus could indeed have had an impact on this increase in diagnoses.

Does COVID-19 cause type 1 diabetes?



[To read more](#)

Here is how your donations to FRED allow us to support families with a T1D child...



Good quality of life with diabetes also requires many resources - social, psychological, medical, human and financial. Unfortunately, many children are not fortunate enough to have the support they need to keep their diabetes under control, due to the lack of some of these resources. It is for these reasons that Fred supports them from the time of their diagnosis until they reach the age of majority. Your donations are essential to support them.

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[To read more](#)

BBQ season and diabetes !

Summer is synonymous with BBQ and for some, food choices change with the season. Pasta and rice recipes are sometimes replaced by grilled meats, salads and seasonal vegetables!

This change in eating habits comes with the need to adjust insulin doses at meals. For example, it is normal

Maude Lafontaine, Nutritionnist

Nutritionist specialized in type 1 diabetes

for your body to need a lower insulin dose for a grilled meal such as grilled shrimp and asparagus compared to a pasta meal.

[To read more](#)



With the annual opening of Camp Carowanis just days away, Fred launches his campaign:

1 TYPE OF GENEROSITY

Camp Carowanis, supported by Fred, is making a difference in the lives of children with diabetes every year. Camp is an opportunity for them to grow up in a world where their diabetes is no longer a restriction or a

difference, **a place where everyone can find their balance and their place** often the moment when these young people find their full confidence.



The camp continues its mission after almost 65 years of existence and Fred wants to continue to offer youth the opportunity to attend.

Fred already pays half of the actual cost of the camp for ALL Quebec T1D youth who wish to attend, and offers partial or full funding to those who do not have the financial capacity.

Fortunately, you too can help *give to the next one* or make it possible for young people to stay at Carowanis!

[Click here to contribute!](#)

Fred is looking for volunteers!



Fred is looking for generous volunteers for the 19th annual Golf-Cycling Classic event to be held on August 22, 2022 at the Richelieu Valley Golf Club, which allows the Foundation to maintain its year-round services to children, teens, and their families.

We need volunteers to accomplish the following missions during the day:

- Welcoming cyclists and bikes (welcome table, attendance, etc.)
- Provide refreshments and snacks on various golf holes for participants
- Selling tickets for the draw
- Hosting the various contests on the golf holes
- Foundation and Camp Carowanis representants (children and adults)
- Other

If you would like to support Fred by volunteering, click on the link below.

[To volunteer at the Classic Golf - Cycling](#)

Professional's Symposium in pediatric diabetology



The 10th edition of the Pediatric Diabetes Professional Symposium will be held on November 24-25, 2022. Bringing together close to 150 people from the health care community, this symposium is one of the few that provides training on type 1 diabetes and the only one to provide this training in French. The symposium will address various aspects of childhood diabetes, provide updates on new



approaches and allow participants to learn about the latest advances in care, monitoring and treatment.

To find more

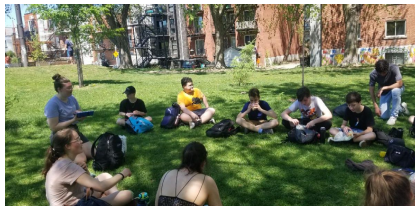
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On May 14th, the Clan Fred activity took place in Montreal!



On May 14, thirteen teenagers with type 1 diabetes had the chance to compete in a friendly archery competition. They were accompanied by two type 1 diabetic animators.



The sports activity was a lot of fun! The teens were able to bond with each other and break the isolation. They discussed diabetes issues, and some even made new diabetic friends! The archers' battle ended with a nice picnic in the beautiful weather. In short, this activity was a great success for Clan Fred!



Don't miss the next Clan Fred event!

[To follow the Clan Fred](#)

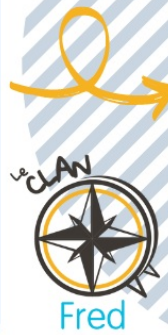


FRED invites you... TO THE WEEKEND OF THE CLAN FRED !



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 week-end, click here
!

Fred's dinner meeting in Gatineau

Our dinner meeting in the city of Gatineau in collaboration with the Clinique le copain was a great success!



Several families from the region of Outaouais who have had a child living with type 1 diabetes were able to gather around a delicious supper.

Great discussions, a supportive atmosphere, new knowledge about diabetes, and many smiles were the result of this beautiful evening. The families were offered a free meal for one adult and one child in the family, courtesy of the Buddy Clinic.



In short, it was a very interesting event for our Outaouais families!

See you at the next one?

On Camp Carowanis side...

Make your reservation at Camping Carowanis!



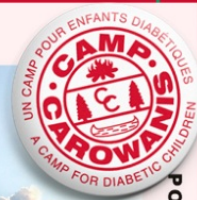
Take a vacation, here's what's included:

- A prospector tent that can accommodate up to 6 beds;
- Three delicious meals a day;
- Activities and sports equipment;
- Access to the majestic Didi Lake, its beach, and its boats;
- A sanitary block accessible at all times;
- Typical Carowanis activities led by our enthusiastic animators;
- And even more!

You can book the dates that suit you in these two stays:

Stay 1
From Saturday
July 23 PM
to Sunday July 31
AM

Stay 2
From Friday,
August 12 PM
to Friday, August
19 AM



To register to camping
Carowanis

Thank you for coming to help prepare the camp site!

On May 28th, the famous cleaning day was held to prepare the wonderful camp site for the arrival of our campers. **FRED** and **Camp Carowanis** would like to thank all our generous volunteers who came to help. Thanks to you, campers will be able to enjoy a clean and well-maintained site!



To volunteer, click here !

On June 11th, Carowanis opened its doors!



Camp Carowanis opened its doors on June 11 to allow families to visit the majestic property.

Missed the open doors? Don't worry! Click on the link below to view our virtual tour.

View our virtual visit

Thank you to our generous donors



Thanks to the support of Tremblant CT merchant-owner, Mr. Michel Deslauriers, the Canadian Tire Jumpstart Foundation of Quebec has made a donation of \$13,800 to Fred!

This donation will allow Camp Carowanis to purchase various equipment needed for its operations and to diversify the activities of the youth.

**THANK YOU FBDdQ
THANK YOU Mr. Deslauriers,
CT Tremblant**



The Telus Foundation has generously donated \$15,000 to support Fred and the camp in adapting its facilities to make technology more accessible on site and provide a unique experience for campers.

We are very grateful to Telus for their contribution to building strong and healthy communities.

**THANK YOU Telus
Foundation**



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? Contact us at info@diabete-enfants.ca



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