



April 2023

## Editorial

It's spring!

The Fred Foundation is gearing up to enhance all of its programs to provide even more support to young people living with type 1 diabetes and their families.

Since our last newsletter, we have received over 50 new members at Fred. That's a lot of little 4 years old Justin, 7 years old Emilie, and older ones like 16 years old Steven, who have joined our great community. This fact gives us even more energy and will to pursue our mission and to adjust to their needs. Thus, I am announcing the arrival of **Gabrielle Kemp**, nurse, who joins the great team in place to support our families.



I am also preparing my succession when I leave with emotion at the beginning of June after 4 years of preparing and deploying new programs and events for our youth.

We need all of you to ensure the sustainability of the Foundation and Camp Carowanis. Please join us by giving generously or by participating in our various fundraising events.

Good continuity!

**Claire Rousse**  
Directrice générale

## A very special happy hour



On Wednesday, March 29, 2023, **Fred's** Board of Directors and the permanent team held a happy hour.

This evening was a winning recipe for strengthening the bonds and group dynamics within our company. It was also an opportunity to celebrate our past accomplishments, inspire each other and plan our future with confidence.

We are proud to have a great group of people who are strongly committed to ensuring the sustainability of our cherished mission.

At **Fred's**, we believe that it is our determination and team spirit that allows us to achieve extraordinary things.

## Managing diabetes during exam periods

During exam time, students with diabetes are faced with having to manage their blood sugar. For some people with diabetes, timing of exams can have an impact on their blood sugar levels.

There are several factors that influence blood sugar levels during times of stress.

**How should my child manage his or her diabetes during the highly stressful exam period?**



[Read more...](#)

# Nutrition: The arrival of summer and T1D

Summer is just around the corner and with the start of the new season comes new activities, new routines, and new challenges with diabetes! The heat and all the summer activities can cause your blood sugar to go up and down.

## Why is it hard to keep blood sugar stable in the summer?

Whether at day camp, summer camp, or simply because of the good weather and school vacations, your child will spend a lot more time outdoors being much more active than usual. Physical activity (outdoor sports or games) and increased active transportation (walking, biking) increase your child's energy expenditure and therefore increase glucose expenditure, which can lead to hypoglycemia.

[more...](#)



[Read the rest of the article](#)



## Recently at Fred's...

### Discover our new Podcast !

Introducing Pause Glucose, Fred's new podcast for people living with T1D, their parents, and anyone who would like to learn more about the disease.

Featuring T1D guests who have accomplished extraordinary things, the goal is to inspire and educate listeners. Each new episode brings incredible stories of how T1D can be overcome with the right preparation, the right mental attitude, and listening to

# PAUSE *Fred* GLUCOSE



yourself.

\* This Podcast is in French

[Click here to listen to the first episode: T1D completes a marathon](#)

In this first episode, Guillaume, a marathon runner with T1D, talks about running, walking trips, managing blood sugar levels during sports, and more. Listen to the episode to find out how nothing is impossible!

### Stay tuned for future episodes

- T1D goes scuba diving
- T1D talks about tattoos, piercings, and healing

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## A new addition to the Fred Clan !

Sarah-Maude, 16 y/o



Christopher, 17 y/o



Caleah, 16 y/o



Alexia, 17 y/o



Lili-Rose, 17 y/o



Florence, 16 y/o

Introducing the new **Fred Clan's Committee**, a group of motivated and energetic teens who are committed to making a difference in T1D.

In addition to being an integral part of Fred's Clan, helping to create a sense of belonging among T1D teens, these 6 teens are already planning their **first project** as an official committee: **A vox pop to test the general public's knowledge of type 1 diabetes.**

**The goal?** To break the taboos and raise awareness about T1D!

**The young people who make up the Fred Clan's Committee show us that youth are still committed and enthusiastic about making a difference!**

[Join the Fred Clan](#)

## The Fred Squad continues to grow!

Already **6 families** matched with trained Fred Squad members!

Continuing with the goal of providing support to both parents of T1D children and youth, Fred Squad now has over **15 knowledgeable babysitters in various regions**. Our youth are Red Cross certified and have specialized training in type 1 diabetes management.

To continue to expand the regions as well as the babysitting opportunities, Fred is offering a second session of **specialized T1D training on April 29th** for youth who are 11 years old and already have their Red Cross Babysitter certification.

Register my child for the T1D training

*\* virtual training session done in French*



Apply to be paired with a Fred Squad babysitter

## T1D Discovery District



On February 18 and 19, 2023, several families gathered at the Cosmodome to participate in **Fred's new annual event, the T1D Discovery District**.

These families visited the different neighborhoods designed especially for them.

They attended various conferences to improve their daily lives and network with other families of children living with T1D.

During this event, each person was able to benefit from:

- **Research results on the latest technologies in pediatric diabetes**, presented by Dr. Rabasa-Lhoret.
- **Guides for a healthy and simplified diet** and snacks provided for children by Maxi Laval Saint-Martin.
- **Conferences on important**



**topics** such as mental health, travel, sports, the reality of teenagers, diabetes at school, and the job market.

- Technological companies such as **Dexcom** which, in addition to being the sponsor of the event, was on hand with **their representatives to explain their technologies to parents.**
- A great evening thanks to **Novo Nordisk** who allowed us to have an acrobat, a magician, an interactive wall **Digi-Sports 2.0**, as well as **Sound Off** to dance and move to the rhythm of our choice.



## 100% of the participants left with new useful tools!

Do you feel that you leave equipped with diabetes-related tools following the T1D Discovery District Weekend?



*\* statistics taken from the post-event survey*

**Revisit the 2023 edition on video, right here:**



## Montreal's 21K Run

For another year in a row, **Fred** participated in **Montreal's 21K Challenge**, a race that has the power to transform lives.

This year, to raise funds for Montreal's 21K, Fred set up a campaign to raise awareness for T1D. Together we raised **\$19,698** at this year's event! With this amount, we can make a significant difference and continue to provide support to families of T1D children.





Didn't get a chance to donate? It's not too late!

We have reached 98% of our goal for this fundraiser.  
Help us get the missing 2%!

## Coffee Meetups

### Brunch Meeting in Joliette

On April 2nd, **several families** gathered at the Centre-Ville restaurant in Joliette to meet and exchange with other families of T1D children who are living a similar situation to theirs.

Together, they were able to share a good meal, courtesy of **Diabétiques de Lanaudière**.



## The Next Coffee Meetup: Dinner Formula

Families of **Gatineau** and **surrounding areas**, read carefully!

On **May 11, 2023**, at the **Ottavio** restaurant (Gatineau), the next exclusive meeting not to be missed for families of DT1 children will be held. Come and talk to other families in the same situation as you.

**Fred**, in collaboration with **la clinique le copain de Gatineau**, invites you!

Register for the next coffee  
meetup

## Testimony from a

## Coffee-Meetup

"I wanted to say a huge thank you to FRED for the event. Nathan was so happy to be able to spend a few hours in a world where his reality is normalcy... And as a parent, it was really touching to see that!

Camp Carowanis is a wonderful and essential experience for children with diabetes. I know this as a former camper, but I also see it now as a mom. Its existence has a significant and so positive impact on the lives of children with diabetes and their families.

But then there's the rest of the year, and events like last week's brunch not only provide more opportunities for kids with diabetes to get back to their normal selves but also to connect with the friends they made at camp and discover new ones they hadn't had a chance to meet.

It is also a wonderful opportunity for the families to meet and exchange.  
Thank you so much, we can't wait for the next event!"

Amélie Laroche, mother of Nathan, 11 years old, T1D



## Coming up at Fred's...

Covering 255 kilometers in 40 hours... never before seen!

The Challenge from Mount-Laurier to Mount-Royal

Éric & Jean-Sébastien



**Two T1D heroes that nothing can stop, not even diabetes.**

Éric & Jean-Sébastien are embarking on a **255-kilometre journey** with a noble goal in mind: **to show young diabetics that limits are meant to be exceeded.**

They will take up this challenge relentlessly for **40 hours**, from Mount-Laurier to the

summit of Mount-Royal, from May 19 to 21, 2023.

This physical and mental feat is a real achievement, but also an inspiring message that transcends the boundaries of the disease.

**This sporting challenge, which pushes the limits of human endurance, is a symbol of the hope and determination that every young diabetic can adopt.**



The map of their journey  
Come and cheer them on!

**When:** May 19-20-21, 2023

**Starting point:** Mount-Laurier (trail of the Petit Train du Nord, Mount-Laurier height)

**Course:** The race will take place on the Petit-train du Nord to Blainville and will continue by road to the Mount Royal Terrace

**Finish line:** Mount Royal Terrace, Montreal

**Support our T1D heroes**

## Fred's Classic Golf-Cycling



**FOR THE BENEFIT OF  
T1D YOUTH**

**August 21<sup>st</sup>, 2023**  
**RICHELIEU VALLEY GOLF CLUB**  
100 DU GOLF road, SAINTE-JULIE, QC J3E 1Y1

**Fred** invites the business community, entrepreneurs, and industries to participate in the 20th edition of Fred's Golf-Cycling Classic.

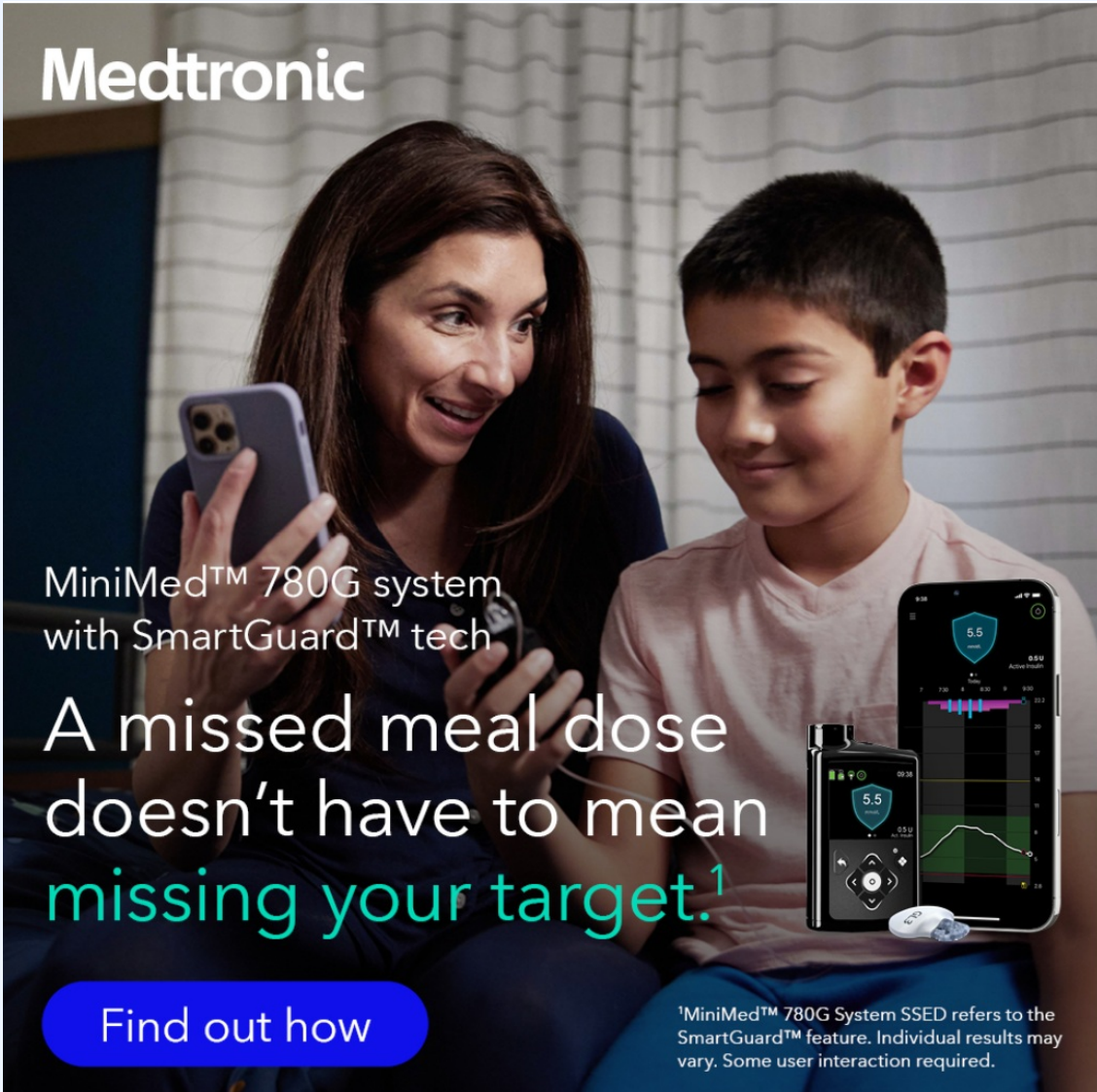
**This 20th annual tournament is certainly a unique networking opportunity, but more importantly, it is a major fundraiser with a common goal: the well-being of children and adolescents with type 1 diabetes.**

This tournament plays an essential role in financing the various support programs for families that **Fred** sets up. These funds make it possible for all diabetic children to attend Camp Carowanis, a specialized camp that aims to help young people gain autonomy and break their isolation.

Registration for Golf-Cycling

Be a volunteer

## The new Medtronic system : Minimed 780 !



Medtronic

MiniMed™ 780G system with SmartGuard™ tech

A missed meal dose doesn't have to mean missing your target.<sup>1</sup>

Find out how

<sup>1</sup>MiniMed™ 780G System SSED refers to the SmartGuard™ feature. Individual results may vary. Some user interaction required.

Technology that enables more freedom, less worry

*“When you have a child with type 1, as a parent, you’re constantly worried”* It’s statement that echoes a fear shared by many families. Allison’s father Tom knows it all too well.

“With my parents worrying less about my numbers, the MiniMed 780G system gives me more freedom to do what I want to do,” says 14-year-old Allison, who started using the MiniMed 780G -system as part of a clinical trial.

[To read more...](#)

## Fred Clan's next activity



On **May 6, 2023**, Fred Clan teens will gather at LGE Ste-Catherine for a game of **Laser Tag**, followed by an ice cream outing to welcome the arrival of summer!

In addition, to encourage youth to come out of isolation, they can take a friend to this activity. The more the merrier!

### **Fred Clan is...**

A community of teenagers with type 1 diabetes who get together through activities designed especially for them and led by young adults also living with type 1 diabetes.

[Register](#)

**Register your child at  
Camp Carowanis now!**



## Register my child for camp

In addition to the usual stays, Camp Carowanis has added **new stay options**, such as the Family Stay, a 4-day experience that allows families with T1D children aged 12 and under to discover all the wonders that are found at Carowanis.

\*\*\* NEW \*\*\*  
**Family stay (4 days)**



**Family week**

Tuesday, July 25th to Friday, July 28th

[Consult the different stays for summer 2023](#)

## Want to know more about Carowanis?

Watch the recorded information session.

Participate in the open house

We present the camp, the programs and

On Saturday, June 10, 2023, come to

answer parents' questions.

Watch the video below for more information about Camp Carowanis.

\* This information session was done in French



Watch the video

visit Camp Carowanis before your child's stay! A member of our team will be happy to give you a guided tour of the site, answer any questions you may have, and ease any concerns you may have about your first stay at camp.



Registration form

## Spring cleaning day at Carowanis!

**Come and lend a hand to get Camp Carowanis ready to welcome its campers!**

We are hosting a spring cleaning day and need your help with manual, physical, and household chores. In exchange, we will provide lunch!





Volunteer

THANK YOU TO OUR GENEROUS DONORS!

**dexcom**



**Abbott**

*Lilly*



Suggestion box



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



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