

# YOUR FALL 2023 NEWSLETTER

## Editorial

Dear **FRED** Members,

As we bid farewell to summer, I am honored to step into the role of Interim Executive Director and share some thoughts with you.

I am Annie-Kim Décary, and I am thrilled to become a part of the FRED family. With a career marked by extensive team management and a deep commitment to individuals with disabilities, my professional journey has been greatly influenced by my years in France. Today, I am filled with gratitude as I return to my native province of Quebec.



As we usher in this new season, I can sense FRED's unwavering dedication to young people living with type 1 diabetes and their families. Our commitment remains steadfast, and we are more determined than ever to enhance our programs to better serve your needs.

Summer has left us with cherished memories, and now it's time to embrace the fall season, along with the continued support and programs offered by the Foundation to guide you through the upcoming school year.

I eagerly anticipate meeting you at our forthcoming events.

Warm regards,

**Annie-Kim Décary**  
Interim Executive Director

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# Back to School and T1D

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## WE ARE HERE FOR YOU!

Back-to-school is an exciting time for children and their families, but it can also be a time of particular concern. That's why we're here to support you. Our website is full of valuable resources on managing diabetes at school. Let us be your trusted resource this back-to-school season.

[Visit our resources for back to school and T1D](#)

## Family Support

### GUIDE TO DIABETES AT SCHOOL

- Good to know about diabetes at school
- Student rights
- Roles and responsibilities
- New school year
- Training of designated personnel
- Discomfort and symptoms
- Emergency Preparedness
- Changing schools because of diabetes
- Measures planned by the Ministry of Education
- Parent-School communication tools
- Diabetes videos at school

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## Lately at FRED's...

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### End of Summer 2023 at Camp Carowanis

This season at **Camp Carowanis** has been, once again, an extraordinary adventure that will remain in our hearts and minds! We're delighted to close this summer season on a high note, with moments of joy, learning, and independence that have marked every moment.

Once again, Camp Carowanis shined brightly, welcoming numerous campers, all unique and wonderful, ready to live unforgettable experiences surrounded by other young people living with type 1 diabetes. We're proud to see that many of the children have taken giant steps towards independence, managing their diabetes with confidence and self-assurance!





This season was also marked by moments of pure joy, notably the surprise visit of **Glucoman**, **FRED**'s mascot. Glucoman's presence added a dose of magic and smiles to the sunny days.

What's more, thanks to the generous support of the **Lions Club**, our camp was enriched with a brand-new Gator, a four-wheeled all-terrain vehicle that added a touch of adventure to our outdoor activities.

As summer draws to a close, we'd like to express our gratitude to everyone who made this exceptional season possible: campers, families, counselors, and everyone who makes up the Carowanis family. Together, we created magical memories and formed lasting bonds.

**We're already looking forward to new adventures at Camp Carowanis next summer!**





## Testimonial from a parent at the family weekend

*"There are trials in life, but in every trial, there are hidden gems. This family weekend at Camp Carowanis is one of them. Thank you to the extraordinary team and the families present. It did me and my 7-year-old son, Gaspard, a world of good. I will cherish this wonderful family moment in my heart."*

- Domitille Dervaux

## 20th Edition of our Classic Golf-Biking Event



The 20th edition of **FRED's** Golf-Cycling Classic took place on August 21. The enthusiastic participation of **139 golfers and 32 cyclists** created a memorable sporting day. Thanks to everyone's incredible generosity, we raised a remarkable **\$230,775**, which will enable the Foundation to continue to meet the needs of families of T1D children, as well as offer programs and events that break isolation and promote learning.

**HONORABLE MENTION:**

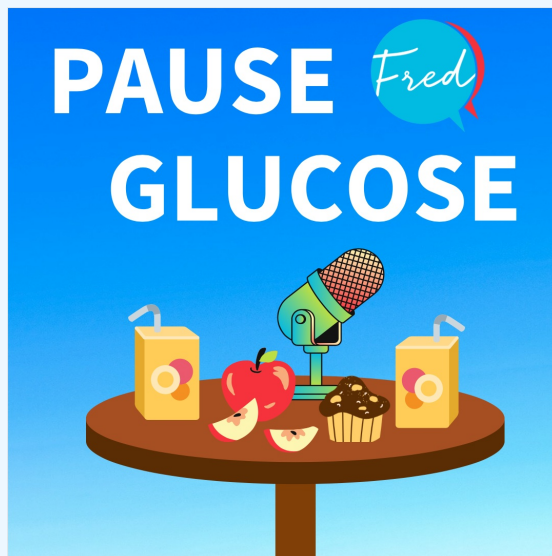
## 19 YEARS OF VOLUNTEER WORK

We would like to acknowledge the incredible support of Ms. Gougeon, who has been volunteering with the Foundation and our Golf-Cycling events for 19 years now. We are always touched when we witness the generosity of kind-hearted people like Ginette. It's important for us to recognize her enduring work with the Foundation and to thank her for her ongoing support. The work of our volunteers is precious to us, and we are infinitely grateful.



"If everyone volunteered at least a few times in their lives, the World would be in a much better place."  
- Ginette Gougeon

## Something New for our Podcast !



[Listen to the latest episode of Pause Glucose HERE](#)

[Watch the YouTube version of Pause Glucose HERE](#)

### NEW EPISODE

#### T1D in conversation: Debunking myths and prejudices

\* Please note that this Podcast is in French

In this special episode of Pause Glucose (*Glucose Break*), the roles are reversed and your host Sylvia finds herself in the guest chair!

In the form of a conversation between a person living with diabetes, and a non-diabetic person, the aim of this special episode is to open up discussion and break down the myths and stigmas surrounding diabetes, talk about the everyday challenges that can arise in the lives of people with T1D, and the different ways we can all contribute to creating an inclusive and supportive environment.

A special episode not to be missed!



PAUSE GLUCOSE 

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**Coming Soon at FRED's...**

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**Coffee-Meeting - Heading to: Trois-Rivières!**



# Brunch-Meeting

an exclusive, **not-to-be-missed** event for  
families of T1D children

Come and meet other families in the same situation as you!  
Register now, places are limited!

**October 1st, 2023 at 11:00 A.M.**

Le Brunch Restaurant  
220 des, Rue des Forges, Trois-Rivières, QC, G9A 2G8

**FRED**, in collaboration with **Diabète Mauricie**,  
invites you \*

\* Thanks to Diabète Mauricie, brunch is free for one child and one adult.



**Registration**

## Our Halloween Campaign

**FRED** is delighted to announce the return of our Halloween campaign:

**Small money boxes with big ambitions!**

Schools, parents, and children are invited to join in this initiative. It's the perfect opportunity to teach the little ones about generosity, solidarity, and empathy while enjoying Halloween treats.

Each participant will receive his or her own money box. As kids go door-to-door collecting treats, they'll also have the opportunity to raise funds for a great



cause: supporting children living with type 1 diabetes.

Together, let's make this Halloween a time of giving and hope.

[Click here to find out how you can take part in this campaign](#)

## World Diabetes Day with FRED



[Register](#)

Registration opens on October 1st!

We are pleased to invite you to a special event at the Montreal Ferris Wheel to **celebrate World Diabetes Day** and bring families together.

The event will take place on **November 12th at Montreal's Ferris Wheel from 10 a.m. to 3 p.m.**, a landmark in our beautiful city. We encourage all participants to wear blue, the color associated with diabetes, to mark this special occasion.

We're counting on your presence at the cost of **\$10 per adult and \$5 per child** to make this event a memorable one.

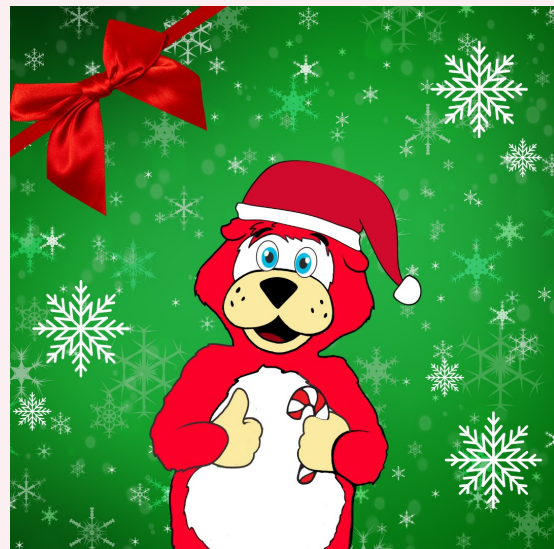
Together, we can make a difference!

## Save the date - Holidays with FRED!

**December 3, 2023**  
**10 am to 1 pm**  
*Location to be confirmed.*

Once again this year, **FRED** invites you to its end-of-year party. Children and their families are invited to come together for the holidays.

It's a great way to mark the end of the year by having fun and sharing experiences, tips, and good times. It's also an opportunity to reconnect with friends from Camp Carowanis, in a festive and inviting environment.



[Read more](#)



\* Lunch will be available, but not included.

Registration opens on October 15th.

Stay tuned for more details!



Suggestion box



Do you have questions about type 1 diabetes? Would you like to know more about certain topics? Is there a topic that's close to your heart and you'd like to see it addressed? Write to us at [info@diabete-enfants.ca](mailto:info@diabete-enfants.ca)



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