

# 20 *Celebrating* YEARS 1998-2018

Community Programs for Youth Living with Diabetes

**DHF** DIABETES  
**HOPE**  
FOUNDATION



# Welcome Message

from the Founder & Chair - Barbara Pasternak

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We all need hope.  
**Hope anchors us.**  
*Hope gives us eyes to see beyond  
today's circumstances.*



Dear Friends:

This year is a defining milestone in my history and the diabetes community- a celebration of wonderful achievements.

20 years ago, my focus was to reach out directly to our youth and their families to give them hope for a healthier tomorrow. Today our focus is the same, only stronger!

Our commitment to HOPE (Health, Opportunity, Power and Excellence) has enabled us to help over 3,500 children and youth across Canada to live beyond their diabetes through our programs in the communities .

I would like to honor all those who have made these past 20 years possible and thank them for their commitment in supporting the tremendous impact we have made in the diabetes community across Canada; our committed and generous donors; our esteemed Board of Directors, our dedicated Scholarship Committee , our Chair, Vice Chair and Alumni Committee members, all dedicated Health Care Practitioners across Canada, and our devoted volunteers who have given so much of themselves to share and facilitate our programs with our kids.

To kickoff our milestone 20th Anniversary celebrations, the DHF Alumni Committee proudly hosted our first Alumni symposium, "OUR LIVES, OUR WORLD, OUR FUTURE". This event exemplifies the DHF vision of Paying it Forward within the diabetes community featuring alumni speakers from 1999 to 2017. Our speakers included healthcare professionals, educators, artists, athletes, academics, business professionals ,and engineers who have moved forward in their careers to pay it forward in their communities to support youth with diabetes.

We are excited to be expanding our Alumni Mentorship Program and work towards an improved Peer support framework model. The new initiative will fulfill the needs for ongoing support for youth who are facing the emotional and day to day challenges of living with diabetes .

As we head into the next 20 years, this support will only grow stronger and it's all because of You!

We invite you to have a look through our 2018 report to see the impact that your support has made this year, the past 20 years and for future years to come.

A handwritten signature in black ink that reads "Barbara".

Barbara Pasternak  
Founder & Chair  
Diabetes Hope Foundation

*there is always hope*

A stylized yellow butterfly logo with four wings, positioned behind the text.

Helping Youth today ...  
To live a healthier  
tomorrow!



About us

Diabetes Hope Foundation (DHF) is a grassroots not-for-profit organization founded by its current chair, Barbara Pasternak, in 1999 after two of her sons were diagnosed with diabetes. The foundation's mission is to reward, empower and provide peer education and support for youth in transition to enable them to live successfully WITHIN and BEYOND diabetes.

Recognizing the need for supporting transitioning youth who are struggling with the financial and emotional challenges of living with a long-term chronic illness, DHF achieves its mission through the delivery of community Scholarship, Mentorship, Transition Workshop and Alumni Peer Support programs, otherwise not accessible to these youth.

Working closely with Ontario's network of pediatric diabetes healthcare centres, the goal of supporting this high needs group is to ensure that youth thrive and succeed beyond their diabetes remains strong nearly 20 years later. The foundations' programs and services are driven, developed, and funded BY the Community FOR the Community.

With a renewed groundswell of commitment to improve services in the community for at-risk and transitioning teens, the Foundation will continue to work with a cross-generation of DHF Alumni and community partners to develop innovative youth-led community initiatives that will support the unique needs of transitioning teens living with diabetes.

Support from community partners, corporate sponsors, and families are critical to the success of DHF community programs for youth with diabetes, and as we celebrate our 20th Anniversary, we will continue to build upon our legacy of providing hope and inspiration for the most hard-to-reach youth with diabetes in our community.

Your support helps the diabetes community continue to grow, thrive and succeed as the foundation responds to the ever changing needs of youth living with diabetes by providing ongoing programs and support when and where they need it most.

# Celebrating our Achievements

Since 1999 Diabetes Hope Foundation has:

Raised over \$10 million dollars to support over 3,500 children and youth living with diabetes.

Partnered with **57** pediatric diabetes healthcare programs in 7 provinces to develop community health programs and improve access to diabetes care.

Funded health benefits and diabetes supplies for over 300 families across Canada through the DHF Medical Assistance Program.

Invested over **\$2** million dollars across Canada to award **686** scholarships to young adults living with diabetes in Alberta, British Columbia, Manitoba, Ontario, New Brunswick, Nova Scotia and Newfoundland.

Created an alumni network of **355** alumni mentors and mentees across **42** post-secondary institutions in Canada.

Sponsored **166** at-risk children and youth to attend York University's Diabetes Summer Sports Camp and launched the At-Risk Youth Diabetes Retreats to support **223** teens across Ontario.

Partnered with Six Nations Health Services to develop the "*Living the Good Life*" Aboriginal Diabetes Youth Retreat Program supporting **212** at-risk First Nations teens from across South Western Ontario.

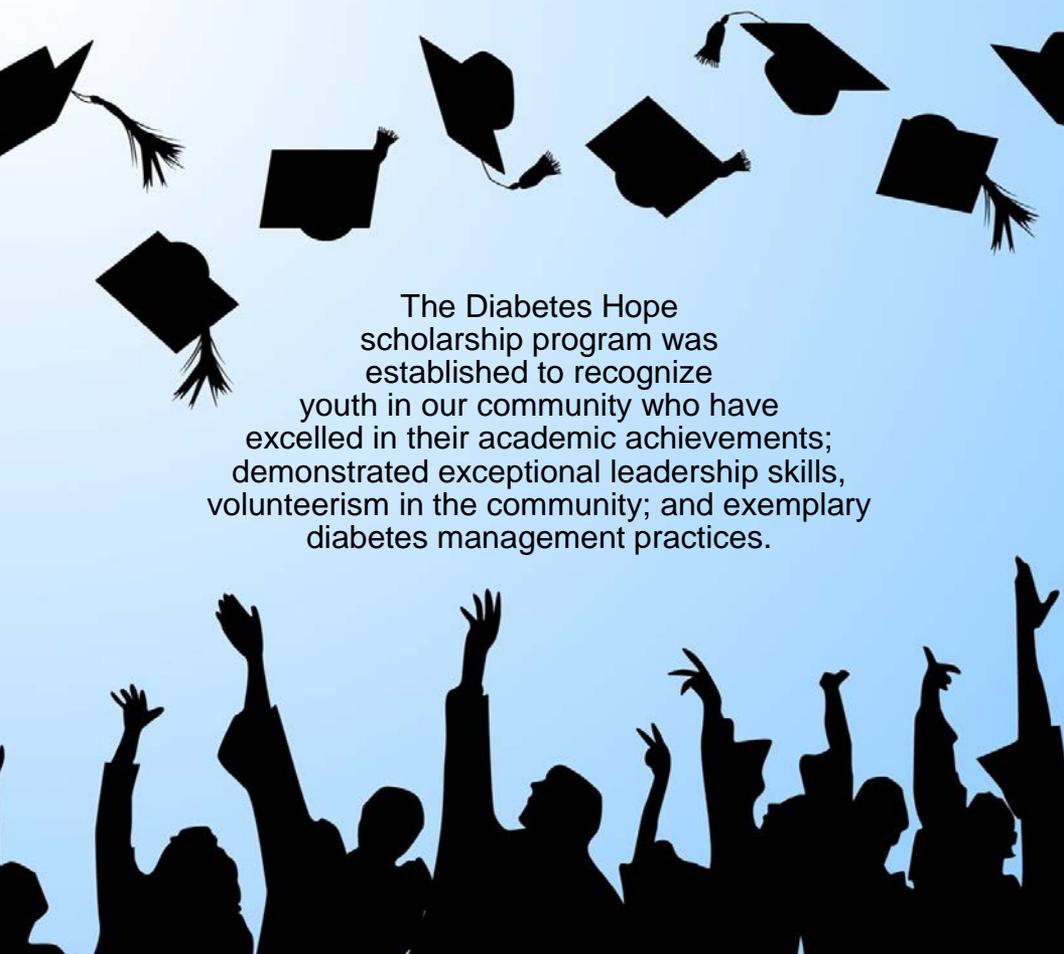
Developed a Transition Resource guide to support transitioning teens across Canada. Recommended by the Ministry of Health's Ontario Pediatric Diabetes Network, the guide provides secondary students with information about their rights/benefits as a student with diabetes.

Developed and delivered **20** Parent & Teen Pre-Transition Workshops/Webinars to support **585** transitioning teens and their families in Mississauga, Ottawa, Markham, Hamilton, London and Windsor.

**NEW Peer Support Program**  
Collaborated with 28 diabetes, mental health and Aboriginal health access centres, as well as DHF Alumni to develop a new Peer Support model to support youth living with diabetes.



**2018 Ontario Scholarship Recipients**



The Diabetes Hope scholarship program was established to recognize youth in our community who have excelled in their academic achievements; demonstrated exceptional leadership skills, volunteerism in the community; and exemplary diabetes management practices.

**Chair**  
Dr. Angelo Simone

# SCHOLARSHIP PROGRAM

## **Advisory Committee**

Jade Allen, Peter Atkins, Amanda Coschi, Sean Donnelly,  
Sharon Fraser, Karen Higginson, Alanna Landry, Cesar Leon,  
Elaine Lester, Matt Pacchione, Dr. Amish Parikh, Barbara Pasternak,  
Riona Petticrew, Ruth Pichora, Jennifer Spearen, Dr. Julio Szmulowicz

The HOPE Scholarship Program highlights the personal triumphs of young adults who face the many responsibilities associated with diabetes management significantly enriching their lives through community and extra-curricular activities and maintaining a healthy lifestyle.

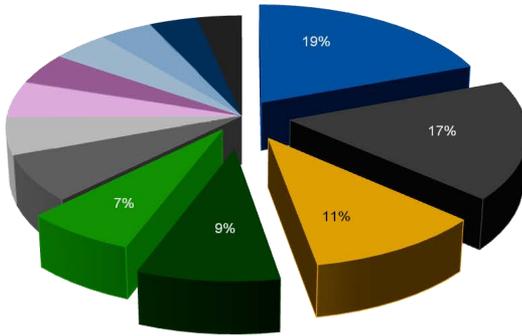
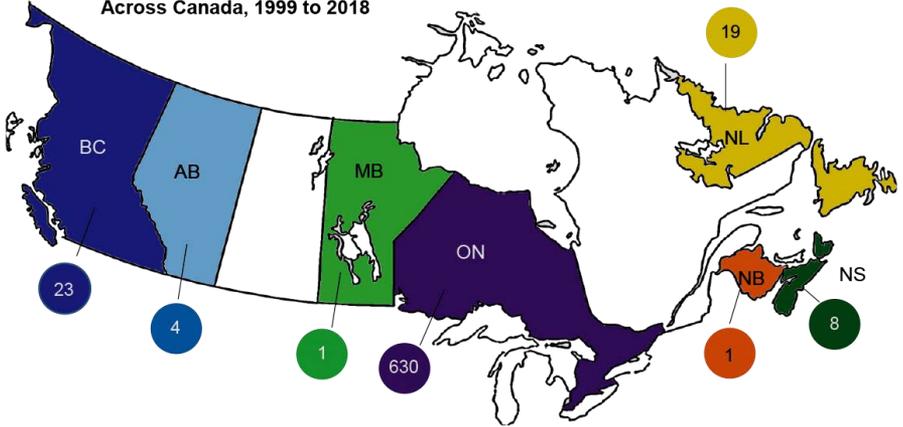
Each of these young adults has accomplished what others in their position try to do: they have allowed themselves to be people with diabetes with hopes and plans to succeed and pursue life's challenges. They are not diabetics with a disease that defines them.

Over the last 20 years, Diabetes Hope Foundation has been successful in engaging more youth from across the country through the expansion and growth of the Scholarship program across Canada.

This year, with generous support from our scholarship program sponsors, Diabetes Hope Foundation will be awarding 51 new scholarships to secondary students from British Columbia, Alberta, Nova Scotia, Ontario and Newfoundland. Each year, new scholarships are awarded to students living with diabetes to support their post-secondary education.

To date, **686 scholarships** have been awarded to support students with diabetes to attend **76 post-secondary institutions** globally; including 8 provinces in Canada, 7 U.S. States, Australia, Britain, Ireland, Israel, Poland, Turkey, Scotland, and Switzerland.

### Distribution of Scholarships Across Canada, 1999 to 2018



- Biology/Biomedical Sciences
- Medical Sciences
- Computer Science/Engineering
- Other Math/Sciences
- Business/Accounting
- Journalism/Media/Communications
- Education/Child & Youth Studies
- Other General Arts
- Social Work/International Development
- Law/Criminal Justice
- History/Geography
- Language Studies
- Art/Dance/Music

### Scholarship Applications Received and Awarded, 1999 to 2018



# FACTS ABOUT OUR ALUMNI



With support from our scholarship program, our alumni attended 106 post-secondary institutions globally; including 9 provinces in Canada, 10 U.S. States, Australia, Britain, Ireland, Israel, Poland, Turkey, Scotland, and Switzerland.



42% of our alumni have completed post-graduate degrees after they completed their undergraduate studies. Our top 10 alumni professions include: research/academia, teaching, nursing, other healthcare professionals, law, medicine, business administration, accounting and engineering.



Our alumni currently live in 14 different countries (Australia, Bahrain, Britain, Burma, Canada, China, Ireland, Italy, Korea, Malawi, Nepal, Poland, Turkey and the United States). Within Ontario, our alumni currently live in 50 cities across the province.



Each year, our Alumni 'Pay it Forward' by volunteering over 2,000 hours of their time to support Diabetes Hope Foundation's programs and services for children and youth with diabetes.

# Mentorship Program



In 2011, the Scholarship Program was expanded to include an Alumni Mentorship Program to provide new scholarship recipients with additional peer academic and social support as they transitioned to post-secondary education and adult diabetes care. Since the program was piloted, the foundation has been successful in recruiting 135 Alumni Volunteer Mentors across the country to match 140 new scholarship recipients.

The Mentorship Program acts as a safety net to support youth during their transition to fill in the gaps and missing links during their move away from home, their primary caregivers, and pediatric healthcare. Through peer role-modeling, mentoring, and peer-to-peer interactions, Mentors aim to inspire young adults with diabetes to achieve better long-term health outcomes.

Over the course of the 8-month academic year, transitioning students are paired with an Alumni Volunteer Mentor to:

- Give DHF's alumni an opportunity to 'Pay it Forward' by sharing their knowledge and experiences with at-risk and transitioning youth;
- Develop leadership skills through participation in the foundation's transition programs and annual alumni events;
- Provide a continuum of peer education and social support for first year college/university students during their transition; and Support them with resources that would help them better manage their diabetes while they are away at school.

Every Family has a Story...  
Welcome to Ours



Giving Hope Back!



# Youth In Transition Program

With the completion of the “Canadian Guide for Successful Transition to College and University,” DHF has developed a series of Parent & Teen Pre-Transition Workshops and Webinars across Southern Ontario to provide support for parents and youth who are transitioning to post-secondary education and adult diabetes care.

To date, 635 parents and transitioning teens living with diabetes have registered and participated in our transition workshops and webinars. Our goal is to bring teens, their parents, healthcare professionals, and our own DHF Alumni Volunteer Mentors together to talk about transition within a community-based setting.

Through our transition programs, DHF hopes to inspire peer-to-peer knowledge transfer among the youth; as well as provide support and help to alleviate anxieties for parents through increased networking opportunities with the adult healthcare team, other parents and the Foundation staff.



# Peer Support Program

This year, Diabetes Hope Foundation expanded our Youth in Transition programs to include one-on-one mentorship support for youth ages 14-18 with type 1 diabetes.

The goal of the program is to successfully match youth with young adults to provide support while they are transitioning between services. Our mentors have all transitioned into adult care and college/university, and want to support other youth living with diabetes that will be making their transition next year.

All of Diabetes Hope Foundation's Peer Mentors have received training in crisis support, leadership development, emotional intelligence and compassionate fatigue training.

Diabetes Hope Foundations' trained mentors will pilot the new Peer Support Program for transitioning teens living with diabetes from across Ontario who are facing barriers to help them develop strong emotional health and social skills.

# Alumni Spotlight



## Alumni Committee

### Chair

Amanda Coschi

### Vice Chair

Jade Allen

### Members

Rovina Girn  
Kristin Herriott  
Matthew Pacchione  
Izabela Smolik  
Heidi Dixon  
Luc Lanteigne



### Amanda Coschi

#### DHF Alumni Committee Chair

Since receiving her Scholarship in 2010, Amanda has completed her Bachelor of Science in Nursing, and currently works as a Registered Nurse at the Markham Stouffville Hospital in Pediatrics and the NICU. Amanda has actively paid it forward with Diabetes Hope Foundation by volunteering as a member of the Board of Directors, the Ontario Scholarship Advisory Committee and supports the foundation in developing new programs for at-risk and transitioning teens with diabetes.



### Jade Allen

#### DHF Alumni Committee Vice Chair

Jade received her Scholarship in 2005 from and has a degree in Criminology and Psychology and has a diploma in Social Services. Jade currently works as a Clinical Case Manager. Jade has had diabetes since the age of 10 and has actively assisted with many DHF programs including the diabetes youth retreats, mentorship program and transition workshops. As Vice Chair of Diabetes Hope Foundation's Alumni Committee, Jade continues to be a strong advocate for the youth it serves.



**Rovina Girn** was the recipient of a Scholarship in 2003. Since receiving her scholarship, she has completed a degree in Nursing and a Masters of Public Health. Rovina currently works as a Public Health Nurse and is responsible for leading specialized programs for public schools and the community within the Halton Region. Rovina continues to pay it forward in the diabetes community by volunteering with DHF to lead Peer Support programs, and currently sits on the DHF Alumni Committee and the Scholarship Advisory Committee.



**Kristin Herriott** received her Diabetes Hope Scholarship in 2009, and went on to complete Ryerson University's Child and Youth Care Program in 2015, and currently works for the York Region District School Board as a CYW (Child and Youth Worker). Kristin remains an active volunteer of Diabetes Hope Foundation and lead cheerleader for many of the foundation's programs and new initiatives. Kristin is a current member of the Scholarship Alumni Committee, and strives to continuously engage current and future scholarship recipients through social media.



**Matthew Pacchione** was awarded with a Diabetes Hope Scholarship in 2009, and went on to complete a degree in Math and Chemistry as well as certification in Quality Assurance Management. Since he graduated in 2013, Matthew has been working in the field of Quality Assurance of medical devices. Matthew has been a volunteer with the Foundation since he received his scholarship. Matthew currently sits on the Ontario Scholarship Advisory Committee, the Scholarship Alumni Committee, and mentors youth living with diabetes through DHF's Peer Support Program.



**Izabela Smolik** received her Diabetes Hope Scholarship in 2010, and is a current member of the Scholarship Alumni Committee and coordinates the DHF Peer Support Program for youth living with diabetes. Izabela has completed a Bachelor of Applied Science specializing in Nutrition and Food, and was most recently certified as a Diabetes Educator in 2017. She is currently employed as the Clinical Team Lead, Registered Dietitian, and Certified Diabetes Educator at West Toronto Diabetes Education Program.



**Heidi Dixon** is a Program Coordinator at the St. John's Native Friendship Centre in Newfoundland. Formerly educated in Community Recreation Leadership, Heidi plays a key role in the planning and logistics associated with all SJNFC Special Events. Heidi facilitates the organization's Aboriginal Cultural Diversity Training social enterprise. Heidi is an active member of DHF's Alumni Committee, representing the DHF National Scholarship Program in Eastern Canada and actively supports many of the foundation's new programs and initiatives for youth with diabetes.



**Luc Lanteigne** was a recipient of a Scholarship in 2014., and currently attends University where he is completing an Honors Bachelor of Science degree with a specialization in Biomedical Biology. During his studies Luc has been keen in learning new skills and techniques in the laboratory and is now conducting research on the identification of cellular mechanisms associated with chemotherapy induced RNA disruption. An active DHF Alumni Committee member, Luc strives to continue to be an inspiration to youth living with diabetes.

# Harthouse



UNIVERSITY OF  
TORONTO

June 3, 2018

Alumni Symposium "Our lives, Our World, Our Future"



Networking opportunities and transition resources for young adults and families with T1 Diabetes.

# 20th *Anniversary* Celebration

Evening of Hope Scholarship Awards



Honouring 51 new Scholarship Recipients with post secondary education bursaries.

# How it all began...

# 1997

Between 1994 and 1996, two of Barbara Pasternak's three sons were diagnosed at an early age with type 1 diabetes. With no family history of diabetes, Barbara had to make sense of what was happening, and wondered how she was going to keep her children healthy. It was then that Barbara would take the devastating news and turn it into hope.

In response to a pressing need to improve the quality of life for her children living with diabetes, Barbara knew that she had to also help other children and adolescents living with this disease.

As Barbara looks back, she proudly states, "Before I started The Diabetes Hope Foundation, I had thought we would hold an annual golf tournament and help a few students. 22 years later, having raised over \$3 million through this annual event, I am delighted that we could assist so many and provide hope to those with diabetes – but more important, I am glad we could get the message out, that despite this disease, kids can grow up with confidence, get an education and participate in life to its fullest. We still have a long way to go in terms of finding a cure, but I am so proud of the progress we have made to date and I look forward to continuing to make a real difference in the quality of life for young adults"

**This year, our annual event was held at the prestigious Lebovic Golf Club in Aurora on June 25th.**

**DHF** DIABETES  
**HOPE**  
FOUNDATION

# SWING *of* HOPE





**Jody Grundman**

2007 Scholarship Recipient

The DHF scholarship has opened so many doors for me and has been such a tremendous boost of confidence for me. Your support has been an integral part of my success to date and has helped me to lead such a full and exciting life. I cannot thank you enough for having given me this opportunity. It is something I will treasure for my lifetime. Living with diabetes is a constant challenge but has given me unique opportunities. I recognize that there are many people involved who dedicate their time and efforts to the scholarship program and the support has made a huge difference in my life and continues to do so for many other youth who live with diabetes. I will never forget DHF.



**Nikolinka Torodova**

2014 Scholarship Recipient

Thank You for your assistance - given in a time of need, and for the meaningful value this has brought to my life. The scholarship has helped to make a difference in developing my individualism as a diabetic, as I was transitioning into adulthood. Having been chosen as one of the many who have applied for the scholarship, has helped me expand my knowledge and skills in college. The first step in the career of my dreams was the most important, and it will never be forgotten. Thank you Diabetes Hope Foundation for making a significant change in my life!

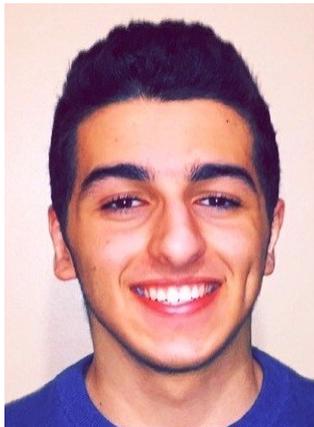


**Naomi Gofine**

2009 Scholarship Recipient

I Thank you so much for your generosity in awarding me with this scholarship. You have welcomed me into the DHF family, and have provided me with a support system for the rest of my life. You have shown me how to be a leader and I plan on giving back and contributing my time to the foundation. Most importantly, you have introduced me to many other diabetics that are sharing many of my experiences, and are part of this wonderful and supportive family.

# Donations



**Omar Kanny**

2015 Scholarship Recipient

I truly appreciate all the work you've done to make Diabetes Hope Foundation an amazing organization that supports thousands of lives, including mine. This scholarship helped me in many ways and not just financially. I feel like I became apart of this loving, caring family. I hope to help grow this organization whether it would be by volunteering or supporting future scholarship winners who are also living with the challenges of having diabetes.



**Elisa Mastroiani**

2017 Scholarship Recipient

Diabetes Hope Foundation is different from others because it gives hope for the future to embark on post secondary education with knowledge, skills, and support. I was fortunate enough to have been able to attend the DHF Youth retreat in 2013 and I can definitely say it left a mark on me. Not only did I enjoy a weekend full of fun, understanding, education, and joy, but also I was able to take that all away with me afterwards. I was fortunate enough to have met an amazing group of people, who I am still friends with today. We have built a bond like no other thanks to DHF.



**Dylan Robbescheuten**

2018 Scholarship Recipient

I cannot thank you enough for your generous donation. The time and energy that everyone at the foundation puts forth cannot be described adequately in terms of the affect it has on the recipients such as myself. It is overwhelming to think that having people say negative comments about being diabetic was now being celebrated by people who have not only overcome this diagnosis, but thrive and are setting new standards and breaking barriers. I am forever proud that I can say I belong to this elite group of people who know no limits and live each day facing obstacles, and overcoming them. With much sincerity and gratitude, thank you for all you have done and continue to do.

# What people are



Thanks to the sponsors for helping make this event possible. This is a great presentation that helps teens transition to post-secondary schools. I didn't consider any challenges that I may have to face living with diabetes and this program helped me understand what could come up and also what resources are available for me. This program has provided me with the tools to succeed in the transfer from home life to life at university/college.

- DAYMON Age 17 Transition Workshop Attendee

TRANSITION

YOUTH RETREAT

*I am truly grateful to have been included in this retreat. It has allowed me to meet so many other teens living with this condition and we were able to discuss the struggles and solutions of living with type 1 diabetes. I was able to learn so much more about myself and made friends that I hope to remain in contact with forever. Thank you for allowing me to be a part of something so amazing."*

- NICOLE Age 16 Youth Retreat Attendee

"I had a great time at tennis camp. We did a lot of fun games I had a great experience and will not forget this camp for my whole life. I have a very big thank you out to all of you that made this happen. Because of you lots of people had a great time and made new friends with other who have diabetes. Thank You."

- WALEED Age 11 Sports Camp Attendee

SPORTS CAMP

# PE Saying

## MENTORSHIP

"I became a Mentor as a way to pay forward the amazing opportunity I was provided with. Not only did I receive a scholarship, but I had an amazing Mentor in my first year of University to help me with my transition. I wanted to give the same experience I had to another scholarship recipient and help them with their transition. I look forward to continuing to mentor in the future."

- KARL Age 23 DHF Alumni Mentor

"This program does indeed inspire soaring hope in families devastated by the common fear that Type 1 Diabetes will profoundly restrict their child's potential and opportunities. When families learn of the DHF Scholarship program and how it connects recipients to a diversified professional network, they are intrigued and excited. I often introduce the Scholarship Program at diagnosis and families tell me it becomes "our ray of hope". The application process is a unifying goal for youth, parents and the clinic team. It really is a unique beacon during the challenging adolescent period." - SANDRA DEWAR, Pediatric Social Worker

## SCHOLARSHIP

## ABORIGINAL YOUTH RETREAT

"I have taken many courses which involve learning the basics of diabetes, but being present here, I have been educated more in depth about what happens when type 1, 2 and gestational diabetes can cause bad things to your body. I enjoyed the ability to stay in a nice building, eat excellent food, and got to meet new people."

- CECEILIA Age 16 Aboriginal Youth Retreat Attendee

# Memories

## Camp Huronda 2000–2008

DHF has supported many of Camp Huronda's infrastructure improvements as well as ensuring financially challenged children are able to live the Camp Huronda experience.



Camp Huronda's camps are for children living with diabetes where they can share knowledge and experiences, network and build relationships with other families going through similar challenges.

## Diabetes Sports Camp 2010–2012

In Partnership with York University in Toronto, sponsored 166 at-risk children and youth to attend Diabetes Summer Sports Camp



This camp at York U offers youth living with type 1 diabetes learning opportunities in a variety of sports. Skills are taught to participants at the beginner, intermediate and advanced levels.



# EVERY *picture* TELLS A STORY...

## At-Risk Youth Retreat 2010–2015

In partnership with Tim Horton Children's Foundation, an experiential education program for at-risk teens living with diabetes was developed for young adults aged 15–17.



The Retreat provided education and encouragement through supervised outdoor experiential education, providing youth with the skills and support to begin to take control of their diabetes.



## Aboriginal Youth Retreat 2012–2016

In partnership with Southwest Ontario Aboriginal Health Access Centre, Southern Ontario Aboriginal Diabetes Initiative, Wabano Health Centre and Six Nations – supported 267 campers to participate in this program, and indirectly supported over 490 families and friends living with diabetes.



Retreats provided an opportunity for Aboriginal Youth to come together for a 3 day program to learn about life as a diabetic and how "Living the Good LifeSTYLE" can help them to prevent or manage type 2 diabetes.

# Memories

## Mentorship Program

The Alumni Mentorship Program provides a continuum of peer support for youth with diabetes who have transitioned into their post-secondary studies.



# MENTOR



As part of the DHF Mentorship Program, 50-60 new participants including new Scholarship recipients were invited to join in on a 3 day weekend retreat to exercise their body and mind through engaging leadership development workshops and fun recreational activities.



# MEMORIES *last forever*

## Scholarship Program

Each of these young adults have accomplished what others in their position try to do: they have allowed themselves to be people with diabetes with hopes and plans to succeed in life.



# Thank You

## 2018 PARTNERS



# FAMILY of FUNDS

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Senator Norman K. Atkins Memorial Scholarship  
Armel Family Scholarship  
Berman Family Scholarship  
Jeremy & Judith Freedman Family Scholarship  
Hasson Family Scholarship  
Gerson & Hubley Family Scholarship  
Laura Eileen Higginson Memorial Scholarship  
Marlene Perkins Memorial Scholarship  
Nancy Ryce Memorial Scholarship

## CHARITABLE GIVING

The Benjamin Foundation  
Aubrey & Marla Dan Foundation  
Jeremy & Judith Freedman Family Foundation  
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United Way of Greater Toronto

*Special Thank You to all our individual donors and supporters, our Board of Directors, Scholarship Advisory Committee, Alumni Committee, all the healthcare teams and especially our volunteers for the commitment and Dedication provided to making our programs a success.  
Without you, we could not do what we do!*



**Community  
Support**

# YOU CAN MAKE A DIFFERENCE!

- Scholarship Program
- Mentorship Program
- Transition Program
- Peer Support Program



WE NEED  
YOUR HELP  
RIGHT NOW!



Safe & Secure



[www.diabeteshopefoundation.com](http://www.diabeteshopefoundation.com)

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