



2015 Community Report



Health, Opportunity, Power and Excellence

Dear Friends,

As we mark the Foundation's 18th Year, I look back at where we started and where we are today. To think that it all began with a simple golf tournament back in 1997 to raise funds to help families with children who were suffering with the day to day challenges of living with diabetes.

In 1999 the Foundation began its signature Scholarship Program, awarding 4 students with scholarships to support their transition to post-secondary education. To date we have awarded an astounding 548 scholarships and continue to serve hundreds of families living with diabetes each year through four full-time community health programs.

Diabetes Hope Foundation addresses the needs of today's youth living with diabetes by delivering these programs through a unique holistic model of care; by providing peer support, diabetes education and financial assistance to youth who are about to or are undergoing the transition into young adulthood and post-secondary education.

The Foundation specializes in delivering community health programs that reach out to the most hard-to-reach and underserved populations in Ontario – economically disadvantaged families, high risk teens, First Nations youth, youth-in-transition and new immigrant families.

With the help of our dedicated sponsors, donors, volunteers, staff and board members, we will work together in the coming year to continue to invest in programs aimed at helping children and youth with diabetes live healthier, longer and more fulfilled lives.

Our strength comes from YOU, and together we are able to inspire today's youth to dream, grow and achieve their goals in life. Many thanks to everyone for believing in what we do, and I invite you to take a few moments to see what your support has enabled us to accomplish this year.

Together we are making a difference!



Barbara Pasternak
Founder & Chair



Message

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Scholarship Alumni Committee

Chair

Matthew Dunnet, 2005

Scholarship Program

Rovina Girn, 2003

Transition Program

Ashley Bell, 2010

Events/Fundraising

Matthew Pacchione, 2009

Vice Chair

Jade Allen, 2005

Retreat Program

Patrick Levasseur, 2010

Social Media

Kristin Herriott, 2009

Events/Fundraising

Izabela Smolik, 2010

Members

The logo consists of the letters 'DHF' in a bold, sans-serif font. The 'D' and 'H' are dark blue, while the 'F' is a lighter blue. The letters are closely spaced and have a slight shadow effect.

Inspired by her two sons who were both diagnosed with insulin-dependent diabetes between 1994 and 1996, Barbara Pasternak began raising funds and advocating for the rights of children with diabetes in the late 90's.

In 1997, Barbara began by donating money to charities that support families living with diabetes. She rallied all of her family, friends, and corporate partners to hold the first Swing of Hope golf tournament. In the first year, **\$100,000** was raised to support much needed programs for children and youth with diabetes.

To date, the Foundation has raised over **\$8.5 million** to invest in communities across Canada to support 1,500+ families and youth living with diabetes (1,364 in Ontario).

Diabetes Hope Foundation is a grassroots not-for-profit organization. The foundation's mission is to reward, empower and provide peer-to-peer education and support for youth who are in transition and to enable them to live successfully **WITHIN** and **BEYOND** diabetes.

For almost two decades, Diabetes Hope Foundation has been working with leading pediatric diabetes healthcare specialists and community partners from across the country to support and address the unmet needs of youth living with diabetes through the following core community health programs:

- **Hope Scholarship Program**
- **Transition Workshop Program**
- **Mentorship Program**
- **Aboriginal Diabetes Youth Retreats**

DHF

About Us

- 1997** The first **Swing of Hope Golf** Tournament was held to raise funds for Camp Huronda.
- 1999** Diabetes Hope Foundation is incorporated as a **Registered Charity** and launched the Ontario Scholarship Program
- 2004** Supported over 200 families through the **Medical Assistance** and **Diabetes Start-Up Kit Program**.
- 2006** Sponsored 179 children to attend the **Diabetes Summer Sports Camp** in partnership with York University.
- 2010** Launched the **At-Risk** Youth Diabetes Retreat partnership with Tim Horton Children's Foundation.
- 2011** Piloted the **Alumni** Mentorship Program in 2011 to support youth-in-transition.
- 2012** Partnered with Six Nations Health Services to develop the **Aboriginal Diabetes Youth Retreat** Program.
- 2013** Developed the first draft of the **Ontario Guide for Successful Transition to College and University** in collaboration with DHF Alumni Committee.
- 2014** The guide was adapted into a series of Parent & Teen Pre-Transition Workshops and webinars delivered across Southern Ontario in partnership with diabetes pediatric clinics.
- 2015** The **Canadian Guide for Successful Transition to College & University** was completed in September and introduced at our fall parent/teen workshops.



Successes

DHF

PRE TRANSITION
At-Risk and
Transitioning
Youth

**Youth in
Transition**

**Scholarship
Program**

POST TRANSITION
Successful Transition
and Peer Leadership
Development

**Diabetes
Youth
Retreats**

**Alumni
Mentorship**







Scholarship Program

Our unique program rewards and celebrates the personal triumphs of young adults who have successfully managed their diabetes care while also having excelled at academics, sports and/or community activities.

To date, **548** scholarships have been awarded to support students with diabetes to attend post-secondary institutions globally; including across Canada, United States, Poland, Switzerland, United Kingdom and the West Indies.

- *DHF has partnered with pediatric diabetes healthcare centres across Canada to reach out to reach out to over 1000 youth across the country through the Scholarship program.*
- *The Scholarship Program was expanded beyond Ontario to support youth with diabetes in Newfoundland (2006), British Columbia (2008), and Nova Scotia (2014).*

This year in May, DHF honoured **38** extraordinary young adults with new scholarships at the Isabel Bader Theatre, University of Toronto.



BAHEN CENTRE FOR INFORMATION TECHNOLOGY



Mentorship Program

The Alumni Mentorship Program was one of the first initiatives that was developed by the DHF Alumni Committee back in 2011 to provide new scholarship recipients with additional peer-to-peer social support as they transition to post-secondary education and adult diabetes care.

Since the program was launched, Diabetes Hope Foundation has been successful in recruiting over 170 Alumni volunteer mentors across the country to match 175 new scholarship recipients.

To kick off the Alumni Mentorship Program for 2015, the annual Youth Day Event was held at the University of Toronto in May. The event provided an opportunity for new scholarship recipients to participate in a full day of leadership development to prepare them for the fall academic year.

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.

To date the Youth Day event has been successful in delivering leadership training to support over 340 scholarship alumni and recipients.





Transition Program

The transition to post-secondary education is one of the most challenging milestones in the lives of all youth living with diabetes. Through our workshops, we are creating a dialogue about transition through a discussion about post-secondary education and accessibility rights of students with diabetes.

- *The goal of our workshops is to bring teens, their parents, healthcare professionals, and our own Alumni Volunteer Mentors together to talk transition within a community based setting.*
- *The workshops also provide support to alleviate anxieties for parents through increased networking opportunities with the adult healthcare team, other parents and our staff.*

This year, with funding from our sponsors and community partners, we have completed the final edition of the ***Canadian Guide for the Successful Transition to College and University.***

A total of 192 accredited Canadian colleges and universities are reviewed and published in a single comprehensive 300 page guide which has also been translated into French and distributed through our sponsors across the country.

In April 2016 the parent/teen workshops will include Transition break-out sessions in partnership with the Canadian Diabetes Association.





Retreat Program

Developed in 2012 in partnership with Tim Horton Children's Foundation and Six Nations Health Services, the key purpose of the program is the prevention and education of type 2 diabetes for Aboriginal Youth.

Joined by a team of healthcare professional volunteers, these youth experienced 3 days and 2 nights of experiential diabetes education focused on prevention and management of type 2 diabetes. The event was followed up with a community luncheon to celebrate the youth's success in completing the 3 day program.

On September 25th 2015, a group of **over 40** Aboriginal Youth from Six Nations of the Grand River Reserve participated in the DHF 4th annual Aboriginal Diabetes Youth Retreat at Tim Horton's Onondaga Farms.

As one camper stated after the weekend ***“thank you Diabetes Hope for giving me the opportunity to go to the Tim Hortons camp and learn so much about diabetes. I know now to eat healthy to prevent diabetes”***, the educational value these retreats offer is making a difference and helping to incorporate lifestyle changes into the community.



Fundraising is an integral part of Diabetes Hope Foundation



Without these fundraising events and activities we could not provide the community programs that are vital to the health and well being of children and youth living with diabetes.

A special thank you to all of our donors and volunteers for their support and time in helping to make our events a success.

On June 18th, our 19th Annual Swing of Hope Golf Event was held at the Scarboro Golf and Country Club in Toronto. With a full roster once again, the perfect weather conditions made it a great and fun day for all. 2016 represents the 20th year that we will be holding our Swing of Hope Event. Stay tuned for special anniversary date and details.



This year DHF launched their first Virtual Walk for Hope enabling all our dedicated supporters to join in and participate no matter where they were. During the entire month of September, registrants were fundraising and participating in the 10,000 and 50,000 step challenges to win great prizes sponsored by FITBIT and walking in support of youth living with diabetes.

2016 AGM Meeting

January 20, 2016

Toronto

2016 Scholarship Application Deadline

March 7, 2016

18th Annual Scholarship Awards

May 30, 2016

Isabel Bader Theatre - Toronto

20th Anniversary

Swing of Hope Golf Event

June 2016

Scarboro Golf & Country Club - Toronto

2nd Annual Virtual Walk Challenge

Month of September 2016

Details to follow



2016

TESTIMONIALS



“ Thank you for allowing me to become a recipient of a Diabetes Hope Foundation Scholarship. DHF has shown me a whole network of wonderful people my age and others fighting the battle along with me, and I have to say I am so thankful for that. In the future I look forward to being an Alumnus with DHF, and helping out and raising money for this wonderful foundation.” - Donna Scholarship Recipient

“ I want to become a mentor this year to help provide someone else with the opportunities that I have experienced. As a way of thanking Diabetes Hope Foundation for both the scholarship and support I received, I will continue to pay it forward. The Mentorship program will let me help out a new recipient next year.” - Alyssa DHF Alumni

“ This is a great presentation that helps teens transition to post-secondary schools. I didn't consider any challenges that I may have face living with diabetes and this program helped me understand what could come up and also what resources are available for me.” - Paula Transition Workshop Attendee

“ Thank you for sending us to camp and teaching us about diabetes. This retreat was amazing for me. I had a great time and made lots of new friends. I learned so much about eating healthy and staying active to prevent diabetes and I hope to get to do this again.” - Cara Aboriginal Youth Retreat Attendee

Thank You for your Support!!

We are honoured to thank and recognize all individuals, corporations, foundations and community groups that have generously supported Diabetes Hope Foundation.

SPONSORS

ACCU-CHEK®



PARTNERS

AVH Health, Charles H. Best Diabetes Centre, BC Children's Hospital, Brant Community Healthcare, Cambridge Memorial Hospital, CHEO (Children's Hospital of Eastern Ontario), Children's Hospital London Health Sciences, Eastern Health, Headwaters Healthcare, IWK Health Centre, McMaster Children's Hospital, Markham Stouffville Hospital, North York General Hospital, Quinte Health Care, Rouge Valley Health System, Six Nations Health Services, Southern Ontario Aboriginal Diabetes Initiative, Trillium Health Partners, William Osler Health System, Windsor Regional Hospital.

FUNDS

Armel Family Fund, Senator Norman K. Atkins Memorial Fund, Belleville Cycle Fund, Davidson Family Fund, Jeremy & Judith Freedman Family Fund, Laura Eileen Higginson Memorial Fund, Marlene Perkins Memorial Fund, Nancy Ryce Memorial Fund, S.E. Tribute Fund.

Diabetes Hope Foundation regrets any errors or omissions, and extends their gratitude to all our supporters, donors, sponsors, community partners and volunteers.

**Help us to help kids today ... live a
healthier tomorrow.**

donate
today!

**Your support directly funds programs that help improve
the quality of life, independence, confidence and vitality of
youth living with diabetes.**

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