



SURVIVING COVID-19

Community Report - 2019/2020



Health, Opportunity, Power & Excellence
Since 1999



22

Years of

giving hope

Dear Friends:

Thank you to our Board of Directors, Scholarship Advisory Board, alumni volunteers, dedicated donors, and our patrons who continue to support and enable DHF programs to flourish across Canada.

Our connections with each other and our diabetes community are more important than ever. All around us people are coming together at a distance to support one another in any and every way possible.

Since these uncharted times remain shocking and difficult to plan, our DHF Team discovered through our virtual platforms that many of our youth were having a very difficult time navigating their anxieties and fears. We wanted to be able to continue to help more youth living with diabetes by giving support to the community by having our alumni speak and share their lived and professional experience with the community.

Despite social distancing and funding challenges, DHF has been here throughout to continue to provide today's transitioning youth and families with the tools and support when and where they need it most.

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 and Peer Support Programs, otherwise not available or accessible to these youth.

As Diabetes Hope Foundation holds a very unique position within the diabetes community, we have adopted virtual platforms of all our programs to be able to continue to help support more people during these trying times.

Through our Wellness Wednesday Webinars, and collaborative webinars in partnership with Diabetes University clubs, JDRF and Diabetes Canada as well as our virtual Scholarship Celebration, DHF continues to provide the support needed for transitioning youth to successfully embark on their next journey in life.

Although the future remains unclear, DHF will be here every step of the way to ensure that it remains bright for our kids and **your ongoing support is needed now more than ever** to help the diabetes community continue to grow, thrive and succeed.

Stay safe and keep well everyone and remember that we are here for you!



Barbara Pasternak
Founder & Chair



Celebrating SUCCESS

- Supported over **4,500** families of children and youth living with diabetes.
- Awarded **769** scholarships to young adults living with diabetes in Alberta, British Columbia, Manitoba, Ontario, New Brunswick, Nova Scotia and Newfoundland.
- Partnered with **over 70** pediatric diabetes healthcare centres in **7** provinces to develop community health programs and improve access to diabetes care.
- Created an alumni network of **443** mentor and mentees across **42** post-secondary institutions in Canada.
- Funded health benefits and supplies for over **300** families across Canada through the Medical Assistance Program (MAP).
- Sponsored **166** at-risk children and youth living with diabetes to attend Summer Sports Camps at York University, **233** teens to attend At-Risk Youth Retreats, and **212** at-risk First Nations teens to attend the "Living the Good Life" Aboriginal Youth Retreats.
- 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. The newly released **5th Edition** features information for **192** post-secondary institutions across Canada.
- 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.
- 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.
- Successfully delivered **15 Wellness Wednesday Webinars** in 2020 aimed at providing support to the T1D community during the COVID pandemic.

Program Update: Responding to COVID-19



WELLNESS WEDNESDAY WEBINARS



Nearly everyone is feeling the effects of COVID-19, but some more than others, especially the most vulnerable, are struggling due to lost access to critical services and programs as a result of health safety concerns and social distancing. DHF programs are vital to the well being of many, as today's youth are struggling with the emotional, mental health and transitional needs during this pandemic.

Throughout this crisis, **we are still here** and DHF continues to provide today's transitioning Youth living with diabetes with the support otherwise not accessible to them.

The recent need for the cancellation of our program events, workshops and symposiums, has not stopped us from maintaining our sustainability in the community.

In order to meet the increased demand for our programs, we have had to make substantial changes to how we deliver our programs. Through a series of virtual program webinars, we are able to ensure that these vulnerable youth have the tools and support they need to navigate through this pandemic and stay grounded as they deal with transition adult diabetes care and prepare for their future post-secondary education journeys.

To replace the valuable resources and support that our events and workshops offer to many, Diabetes Hope Foundation hosted a series of **'Wednesday Wellness Webinars'** aimed at providing support to the T1D community during the COVID pandemic.

Our guest speakers were DHF Alumni and past scholarship recipients. The purpose of the webinars was to discuss varied topics from nutrition and travel to transition during COVID. Our audiences were able to hear the opinions and advise from special guest speakers and our senior alumni wanting to continue a dialogue with the diabetes community.

We are very proud to announce that since April of this year, we have hosted 15 webinars, and managed to reach over 33,000 people with a 62% turnover rate for viewership, which is 22,000 people.

Wellness WEDNESDAYS

FREE! Weekly Webinars

TRANSITION DURING COVID-19

4 PART SERIES
Starting May 27th, 2020
7:00 PM Eastern Time

- Part 1: May 27, 2020
"Future Careers As We Transition - High School and Beyond"
- Part 2: June 3, 2020
"Transition to Post-Secondary - The New Reality"
- Part 3: June 10, 2020
"Navigating Support Through Transition - Clinician Style"
- Part 4: June 17, 2020
"Families Supporting Transitioning T1D Youth"

DHF DIABETES HOPE FOUNDATION

Wellness Wednesday Webinars
Meet our Health & Fitness Speakers

- Anastasia Pimenova
Pharmacy Resident at Sanofi Aventis
- Emily Maw
Registered Kinesiologist
- Labeeb Talkuder
Medical Biochemist

"LET'S TALK MANAGEMENT"
August 19th - 7pm EST
with **Dr. Michael Vallis**
Registered Health Psychologist
Health Change Consultant
Associate Professor in Family Medicine

"GET YOUR HEALTH ON"
August 26th - 2pm EST
with **Harley Pasternak**
Celebrity Fitness Trainer
New York Times Best-Selling Author
Co-star of "Revenge Body"

www.diabeteshopefoundation.com



WE ARE HERE TO SUPPORT YOU

DHF DIABETES HOPE FOUNDATION

Wellness WEDNESDAYS

7-8pm EST.

Weekly Webinars ARE BACK!!!

Nov. 18	Nov. 25	Dec. 2	Dec. 9	Dec. 16

www.diabeteshopefoundation.com [Click here to register now](#)

Scholarship / Mentorship Program

Providing Hope, Inspiration, Guidance, and Mentoring



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

In 2020, **42** new scholarships were awarded to students to support excellence in post-secondary education and provide transition support. With the support of our donors and community partners, the DHF scholarship program has expanded to award scholarships to students from 7 provinces across Canada - Ontario (1999), Newfoundland (2006), British Columbia (2008), Nova Scotia (2014), Alberta (2016), New Brunswick (2016) and Manitoba (2019).

To date the foundation and it's partners have awarded an astounding 769 scholarships to provide financial support to deserving young students as they embark on their post-secondary journey.

In 2011, the DHF Scholarship Program was expanded to include an Alumni Mentorship Program to provide new scholarship recipients with additional peer academic and social support as they begin to transition to post-secondary education and adult diabetes care. The program created an alumni network of **355 alumni mentors** and mentees across 48 post-secondary institutions in Canada.

The Mentorship Program acts as a safety net to support youth during their transition 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.

For many years the Mentorship Program has been a separately funded initiative. Recognizing the crucial need for all Scholarship recipients to continue to benefit from the ongoing support of our Mentorship Program, we have blended the two programs into one.

By providing hope, inspiration, guidance, and mentoring to help students navigate successfully through their new post-secondary journey, they can focus on their academic success, personal growth, and gain support otherwise not available to them during their transition to adult diabetes care.



HOPE Connects on Campus

Post-Secondary Support



Having a mentor is a great way to become connected to other young adults living with diabetes.

Students can focus on academic success, personal growth and gain support during their transition to post-secondary education and adult diabetes care.

HOPE Connects offers first and second year students the opportunity:

- To be matched with a knowledgeable upper-year mentor from DHF's alumni's network of 727 type 1 youths living across Canada.
- To receive academic and peer social support from their knowledgeable mentor.
- To register and be matched with a mentor before, during or after their transition to college/university and adult diabetes care.

Students will be paired with other students who are in a similar academic programs and/or living in their area to match them with the skills needed to help during their transition period.

The objective of the **HOPE Connects on Campus Program** is to provide post-secondary students with transition resources, accessibility information, mentorship, and social support to navigate through the early months of transition while attending college/ university.

Diabetes Hope Foundation plans to partner with On-Campus Diabetes Clubs to bring more awareness and education to their members and students about diabetes and the accessibility services available to them as students with diabetes.

Time at college/university can be a difficult time, and Diabetes Hope Foundation created the HOPE Connects on Campus program to help ease the transition and relieve the stress of managing diabetes alone. The mentors will provide general campus orientation support, will take part in virtual learning webinars and liaise with disability/ accessibility services and campus health centers to provide comprehensive diabetes transition support.

Learning Webinars are hosted in partnership with the diabetes clubs at various campus locations and members and speakers host the sessions addressing different interests, topics of discussion and resources available to them.



Transition Resources

Transition Guide and Workshops

With the creation of the ***“Canadian Guide for Successful Transition to College and University,”*** Diabetes Hope Foundation has continued to develop innovative supports for youth living with diabetes and their families. Our Parent & Teen Pre-Transition Workshops and Webinars across Southern Ontario provide support for parents and youth who are transitioning to post-secondary education and adult diabetes care.

Objectives of Parent & Teen Pre-Transition Webinars are to help students identify the schools with the best healthcare programs and insurance coverage for students with diabetes as they become more aware of their rights as a person with insulin dependent diabetes. To date, over 650 parents and transitioning teens living with diabetes have registered and participated in our transition workshops and webinars.

Recommended by the Ministry of Health’s Ontario Pediatric Diabetes Network, the Guide for the Successful Transition to College & University provides secondary students with information about their rights/benefits as well as accessibility options as a student with diabetes.

The guide assists students in finding the closest diabetes and accessibility programs; and includes tips/insights from the foundation’s own alumni to assist them in their transition to post-secondary education and adult diabetes care. A total of 192 accredited Canadian colleges and universities were reviewed and published in one single comprehensive 300 page guide. The guide is available for free download on our website.

Through our transition programs, DHF hopes to inspire peer-to-peer knowledge transfer among the youth to help alleviate anxieties and facilitate networking opportunities with families, adult healthcare teams, and the Foundation staff.



What’s Inside the Guide?

- Portrait of diabetes support and accessibility programs available on college/university campuses across Canada;
- Review of government legislation protecting the rights and benefits of students with diabetes across Canada (10 provinces);
- Summary of the responses from the online questionnaire developed and sent out to over 300 alumni to document our own alumni’s transition experience;
- Individual fact sheets for over 192 Canadian colleges and universities;
- List of 101 adult diabetes healthcare centres across 10 provinces; and
- Over 360+ tips for transition to college and university

2020

Guide for Successful
Transition to
College & University

5th Edition
Reference Guide

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DHF DIABETES
HOPE
FOUNDATION

Peer Support

T1D Buddy Program

Diabetes Hope Foundation's online Peer Support T1D program provides social and emotional support for type 1 teens ages 14-18 years of age. Our T1D buddies have all transitioned into adult care and college/university, and want to support younger teens as they prepare to make their transition.

In 2016, DHF developed a new Peer Mental Healthcare Model for youth living with diabetes and mental health challenges. Through this project, DHF completed a scan of existing mental health services and resources for children and youth in Ontario; identified gaps in mental healthcare and barriers to access; and developed youth-led solutions to support youth living with concurrent chronic illnesses in the province.

This initiative will be helping children and youth who are facing barriers develop strong emotional and social skills through the Quality of Life indicators by improving the mental health outcomes.

The goal of the program is to match teens who have diabetes, ages 13 to 18, with a mentor to provide them with social and emotional support while they are transitioning or waiting to access diabetes and other pediatric healthcare services.

Through the FREE program from the support of our community partners and sponsors, youth will receive virtual peer support through our team of volunteer type 1 mentors.

Our mentors are DHF Alumni or Type 1 Adults, ages 21-35 who have completed police reference checks for working with youth populations.

They have also complete 12 hours of Mental Health First Aid Training and certified by Canadian Mental Health Commission and have received two full days of additional training of Compassionate Fatigue Training, Emotional Intelligence Training and Leadership Training.

These mentors are committed to sharing their personal and lived experiences to offer peer support for youth with diabetes who need social and emotional support during periods of transition and stress.

Youth complete an online application the Program Coordinator makes a virtual introduction between the mentor and mentee and from there, the mentor facilitates communication through email eventually meeting virtually via Zoom (a free program to download).

Registrants can go online at www.diabeteshopefoundation.com

Kristin H.
Location: Vancouver/Cumberland, BC
Areas of Study: Social Work, Counselling, Biology, International Development
Years Living with Diabetes: 28 years
Hobbies/Interests: Big Mountain hiking, yoga, arts & culture

Lindsay N.

DHF DIABETES HOPE FOUNDATION **2020**
MEET THE *Mentors*

Peer Support Program
TD BUDDIES

In Appreciation

Testimonials from our Kids



Almost every scholarship recipient has come back to thank us for changing their lives as they continued their education and transition as healthier adults.

Many **PAY-IT-FORWARD** by giving back by volunteering, by mentoring and by being active members of our Scholarship and Alumni Committees.

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. Your 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.

- Jody 2007 Scholarship Recipient

I became a mentor this year to help provide someone else with the same opportunities and experiences that I have been given. So, 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 2012 Scholarship Recipient

Through the DHF Scholarship and Mentorship programs I've had many great and life changing experiences with DHF. I've had a great experience with my mentor and I would like for new DHF scholarship recipients to have similar experiences to mine. Having the support of someone who understands what my challenges are have made the difference in my transition to University. Thank you for all you do!

- Mitchell 2013 Scholarship Recipient

It is overwhelming knowing that diabetics are being acknowledged and celebrated as they 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 gratitude, I thank DHF for you for all you have done and continue to do.

- Dylan 2018 Scholarship Recipient

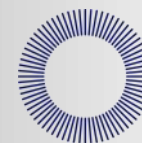
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Special Thanks

To all our Partners , Donors and Dedicated Members

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

**Many thanks to everyone for believing in what we do;
together we are making a difference!**



FAMILY of FUNDS

Scholarships

**Norman K. Atkins Memorial, Canavan Family, Gerson & Hubley Family, Hasson Family,
Laura Eileen Higginson Memorial, Marlene Perkins Memorial**

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Jessica Southall-Millward, Jen Spearen,
Mikhail Stepanov, Mark Yacoub, Amy Zhou

Looking Ahead

Upcoming Events



2021 Scholarship Applications

Online Application Open November 1, 2020

Application Deadline March 9, 2021

Winners announced April 2021

Wellness Wednesday Webinars

Commencing November 18, 2020

Virtual Zoom Series

23rd Annual Scholarship Awards

May 30, 2021

Tentatively reserved

Victoria College - Toronto, Ontario

Swing of Hope Golf Tournament

June 21, 2021

Tentatively reserved - Lebovic Golf Club

Aurora, Ontario

Webinar Series Topics

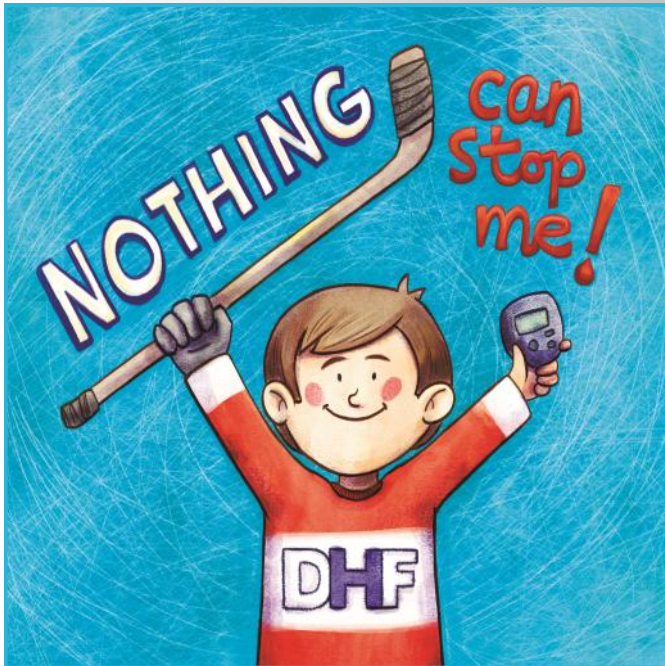
- ▶ DHF Alumni - Frontline Workers
(November 18, 2020)
- ▶ Staying Healthy & Active during COVID-19
(November 25, 2020)
- ▶ Diabetes Management and Mental Health
(December 2, 2020)
- ▶ Winter Travel Inspiration
(December 9, 2020)
- ▶ Age of Virtual Care
(December 16, 2020)



*Stay
tuned*

Inspiration

“Nothing Can Stop Me”



“ 25 years ago, I wrote a book for a school project about being diagnosed with Type 1 diabetes. My mom found the book and decided to have it professionally illustrated and published to help raise funds for the Foundation and inspire and give hope to other youth ”

Bobby Pasternak
Author



In 1999 after two of Barbara Pasternak’s three sons were diagnosed with type 1 diabetes, her youngest son Bobby was asked to complete a school project which happened to be a creative writing story. This story showcases many emotions that young children go through when they are diagnosed with diabetes so young.

Having recently found the original copy in the bottom drawer in her office, Barbara has kept this project close to her heart for over 20 years, often looking back at and admiring how this young elite hockey player just diagnosed with type 1 diabetes had to learn how to manage his diabetes while excelling at a very physically demanding sport.

Professionally illustrated & published by two DHF alumni, this book has been written to help children understand how diabetes education and dedication to managing the disease can help youth achieve their dreams. This personal account of Matt Scott’s journey is proof to boys and girls everywhere that diabetes does not have to stop you from following your dreams.

In 2019, with the support of **Lilly Canada**, our book was distributed within hospitals and clinics across the country to share this wonderful story with youth living with diabetes in the hopes to inspire them to be the best they can be.

We hope that our story inspires future generations of youth living with diabetes - **“For nothing can stop them from achieving their dreams!”**.

ORDER ONLINE AT:



www.nothingcanstopme.ca

\$19⁹⁹
& free shipping.



They Need Your Support



Now More Than Ever!

Vulnerable populations, especially today's youth living with the day to day challenges of managing a chronic disease are now at risk of being left behind in education, economic opportunities and their health and wellbeing as a result of the impacts of social distancing due to the COVID-19 crisis.

During this crucial stage of their life development, keeping them safe and providing them with a continuum of support to stay grounded is vital. We need you to help us sustain our much needed community programs otherwise not accessible or available to them.



Help Give Hope

www.diabeteshopefoundation.com

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