

2021

SURVIVING ANOTHER YEAR OF COVID

“Coming out stronger together”



DHF DIABETES
HOPE
FOUNDATION

**Programs & Resources for today's
Transitioning Youth living with diabetes.**

Health, Opportunity, Power & Excellence Since 1999



Message from the Chair

Barbara Pasternak

Founder & Chair



Dear Family and Friends,

As we approach the end of one of the most difficult and challenging years of our lives, I reflect on what has transpired at DHF and am truly grateful for the support we have received throughout the diabetes community and the HOPE that we have been able to continue to **provide for today's transitioning youth, their families and their diabetes healthcare professionals.**

Beyond what anyone could have anticipated, 2020/2021 demanded innovation and change from all of us. Covid-19 hit fast and hard, and we at DHF responded by quickly and effectively transitioning to the realities of our new digital world. I am so proud of our team's **rapid** transformation to a completely virtual platform where all of our events - from Wellness Wednesday Webinars, to Mentorship Networking, Transition 101 Workshops and the annual Scholarship Awards with Meet & Greet ceremonies - were presented digitally and have drawn record audiences throughout the year.

This transition to virtual programs allowed us to expand our reach and bring simultaneous participation from individuals across Canada, thereby furthering our mission to foster dialogue on how to support diabetics who are navigating the physical and mental challenges of transitioning while living with a demanding illness.

Along with the collaboration of our alumni, we successfully completed the data research and collection required to update the 6th Edition of our **"Guide for Successful Transition to College and University"**. Further, we developed **"TRANSITION IN THE KITCHEN"**, a recipe guide to provide youth in transition with easy to prepare, healthy recipes and tips for managing their diabetes while living away from home and on campus.

In celebration of Diabetes Month and the 100th Anniversary of the Discovery of Insulin, our alumni will be participating in a social event for Diabetes Clubs across Ontario Universities to connect and share club missions, experiences, achievements and support networks. The **"DON'T SUGAR COAT IT"** virtual event will be held on World Diabetes Day on November 14, 2021.

While we were forced to cancel our annual Swing of Hope Golf Tournament in 2020, we were able to hold the event this past June - under a different and restricted mandate - but we were overwhelmed by the support and participation by all who attended. Looking forward to planning our 25th Anniversary Swing of Hope in June of 2022!

I am particularly proud of the work we've done and the milestones we have reached to date at DHF. As we look forward to 2022, we will be celebrating the 24th year of our Scholarship/Mentorship Program, which to date has awarded 813 scholarships to students across Canada and has matched over 550 mentor/mentee pairs. We look forward to building on this legacy of support in the year ahead.

As the year draws to a close, we look ahead with optimism and resolve. The challenges facing youth living with diabetes are numerous and profound. DHF is committed to doing our part in facilitating collaboration and dialogue to help youth connect, support and communicate. None of this would be possible without the support of our valuable donors, our Board of Directors, our Scholarship Advisory Committee, and most of all our wonderful alumni, who continually pay it forward for those who follow in their footsteps.

Our kids are our future and your help is needed now more than ever. I humbly ask you to please consider showing your support to further the work that we do. **TOGETHER WE ARE STRONGER AND BETTER!**

Wishing you all health and happiness in the coming year.

Barbara Pasternak



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It was 100 years ago, in the summer of 1921, when Canadian surgeon Dr. Frederick Banting, and his assistant Charles Best, unlocked the mystery of diabetes and made one of the most important medical discoveries of the 20th century.

Today, I gratefully celebrate and honour Frederick Banting, Charles Best, James J.R. Macleod, and J.B. Collip for their amazing efforts culminating in the discovery of insulin, the most celebrated Canadian medical discovery of the 20th century, winning a Nobel Prize in 1923, and stimulating further medical research in Canada.

Diabetes in its severe form used to be a death sentence as patients either starved from the prescribed low-calorie glucose-free diet, or died of the disease's complications. Before insulin, children with juvenile diabetes (now called Type 1) lived only 1.4 years on average after diagnosis. Adults fared only slightly better: One in five lived 10 years after diagnosis, but with severe complications such as blindness, kidney failure, stroke, heart attack and the necessity to amputate limbs. Today, thanks to insulin, people with Type 1 diabetes have an almost normal life expectancy.

Life for those living with diabetes all changed, when a Canadian team of researchers discovered a treatment. In 1921-22, at the University of Toronto, Banting and Best were able to make a pancreatic extract that had the ability to lower abnormally high blood sugars. This extract, also known as insulin, would change the lives of people with diabetes forever.

It is one of the great medical discoveries of all times, a Canadian innovation that has saved millions of lives. The work was supported by Dr. John Macleod, a diabetes researcher at the University of Toronto, while Dr. Bertram Collip, a biochemist, also played a key role, helping the team extract and purify insulin. (They quickly moved from dogs to pigs and cows, whose organs were easier to obtain in large quantities.)

They successfully tested their extract on diabetic patients at Toronto General Hospital, named it insulin, and presided over its development in treating innumerable patients, saving lives around the world and revolutionizing the treatment for the once fatal disease of diabetes. Today, thanks to Insulin, people with Type 1 diabetes have an almost normal life expectancy. The patent was sold for only \$1. Dr. Banting said "*Insulin does not belong to me. It belongs to the world.*" Nowadays, many folks with diabetes (even in Canada) have to ration insulin due to severe price gouging.

Between 1994 and 1996, two of my three sons were diagnosed as adolescents with Type 1 diabetes. The news was devastating especially since there was no family history and no knowledge of this illness. At the time I had no idea that young children could develop Type 1 diabetes. I quickly learned about Dr. Banting and his team and their life-saving discovery.

Being the parent of newly diagnosed children with diabetes can be all encompassing. Once you acquire diabetes, you have no option but to live with it, manage it and control it - 24 hours a day, 365 days a year - for the rest of your life. The quality of your life and your health is directly related to how well you manage the disease. For parents, this means constant checking in and monitoring of your kids and visits to diabetes clinics 4 to 5 times a year. All these necessary disciplines would not be necessary without the life- saving discovery of insulin.

Today...my sons are both fine successful men in their mid-thirties, thriving as husbands, fathers and sons who have both brought, love and happiness into so many lives.

Our family we will forever be grateful for the discovery of insulin. - The Pasternak Family



In 2021, **44** new scholarships were awarded to students to support excellence in post-secondary education and provide transition support.

Scholarship/Mentorship



Since 1999, 813 scholarships have been awarded across Canada 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). **44 new recipients** were welcomed to the DHF Alumni family in 2021 and awarded scholarships for their post-secondary education.

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 500 alumni mentors and mentees across 48 post-secondary institutions in Canada.

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.

Each year, scholarship recipients are matched with a DHF Alumni Mentor with like interests. The Mentorship Programs 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.

Recognizing that so many youth outside of the DHF Alumni network could benefit from our Mentorship program, we have rebranded the program as [HOPE CONNECTS](#) to include all post-secondary students living with type 1 or 2 diabetes as they embark on their post-secondary journeys and transition to adult diabetes care. HOPE Connects matches first year post-secondary students with a mentor from Diabetes Hope Foundation's alumni database of over 800 young adults living with diabetes across Canada. Through our program, any first year type 1 and type 2 students can participate before, during or after their transition.

TESTIMONIALS

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.**

This year, with the amalgamation of our Scholarship and Mentorship programs, we are pleased to announce that for the first time in the history of the Foundation, we have successfully matched **100% of all 2021 Scholarship recipients with a mentor as they embark on their post-secondary journey.**



The DHF mentorship program has given me the opportunity to gain invaluable experiences and become a part of a lifelong community, to say the least. When I first met my mentor, fellow mentees, and other DHF mentors at the virtual meet and greet, I was taken aback by the sheer sense of family I felt during the Zoom call. Being able to connect with other type 1s and resonate so profoundly with terms like “insulin-to-carb ratios,” “stress highs and lows,” and “extended boluses” has been such a comforting experience - one that I would not trade for anything. In that way, the mentor-mentee relationships within are extraordinary. The guidance, friendship, and sense of belonging and warmth are what foster such a strong, unconventional bond between type 1 mentors and mentees. Words truly cannot begin to describe how grateful I am to be part of such a unique community of such wonderful people! Thank you DHF.



My experience with the mentorship program so far has been lovely. I think just having someone I can go to for guidance and support that can provide that with all the 'extras' T1D has, gives me a lot of relief. It's also an amazing feeling hearing people use words like 'basal' and 'highs and lows' and 'site changes'. My community has expanded to include so many more people that are so diverse and have this one commonality with me, and for that, I feel like I've hit the jackpot :) It has so far been such pleasure, much thanks to DHF.



So far, the Diabetes Hope Foundation mentorship program has been spectacular. They have helped connect me with others who have made this same difficult transition and are able to provide priceless advice. The move to post-secondary has been made a lot easier thanks to my mentor. They have given me tips about diabetes management, answered all my questions about school, and have been a great friend. I would highly recommend this program to everyone.



The DHF mentorship program has been an incredible experience for me so far. Through this program I have met many people and made friends who I have more in common with than just our shared illness. Having attended the Virtual Meet and Greet back in July, I met people from across Canada who had diverse professional and educational backgrounds as well as different experiences with diabetes. It was inspiring to meet peers who are at the same stage of life as me, as well as mentors who I see as role models. My mentor has been an influential figure for me, even for the short time I have known them. They have helped me to navigate through my first year of university, and to help me deal with personal and diabetic challenges I face. The interpersonal aspects of the mentorship program, alongside the concrete resources the Foundation has provided me with, have helped me to grow and feel more confident not only as a diabetic, but as a young adult as well.

WELLNESS WEDNESDAY WEBINARS

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.

Through our Wellness Wednesday Webinars, we have discovered how resilient our community has been throughout the Covid pandemic.

Our webinars are free and can be viewed on our YouTube page or on our website at www.diabeteshopefoundation.com.

Check out our latest webinar topics:

Transition 101 – Mastering Life Beyond High School

Transition 101 – Alumni Insights

Transition 101 – Clinicians & Parents

Covid and the Classroom: Transitioning during a Pandemic





Since the beginning of April 2020, Diabetes Hope Foundation has been successful in hosting 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 our senior alumni and DHF wanted to continue a dialogue with the diabetes community.

We are very proud to announce that after hosting 24 webinars, we managed to reach over 40,000 people with a 62% turnover rate for viewership, which is 26,000 people.

DHF continued delivering support to the diabetes community through our webinar series throughout 2021 focusing on providing a continuum of support and informative sessions that included featured guest speakers and wide range of new and returning, topics focusing on mental health and staying grounded during transition through the pandemic.

To all our sponsors, guest speakers and audiences for your support and for sharing your experiences and expertise throughout our 2020/2021 Wellness Wednesday Webinars. We will be back in 2022 with new and exciting topics and hope to have you join us!



Transition Resources

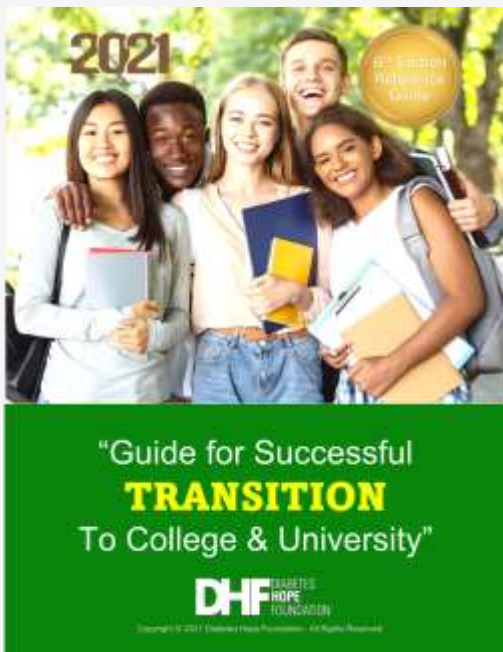
Recommended by the Ministry of Health's Ontario Pediatric Diabetes Network, our "Guide for the Successful Transition to College & University" provides secondary students with information about their rights/benefits as well as accessibility options as a student with diabetes.

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 190+ accredited Canadian colleges and universities were reviewed and published in one single comprehensive 300 page guide.

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 190+ Canadian colleges and universities;
- List of 101 adult diabetes healthcare centres across 10 provinces; and
- Over 360+ tips for transition to college and university

The guide is available for free download on our website at:
<https://diabeteshopefoundation.com/transition/>





Eating Well, Staying Healthy

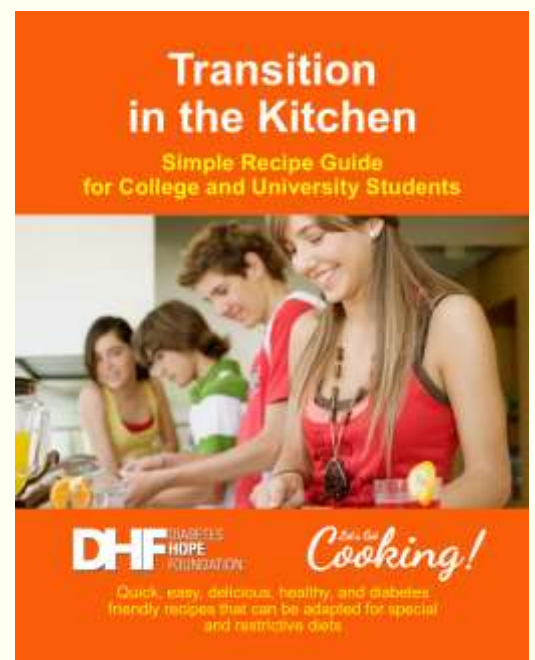
Through our Wellness Wednesday Webinars we discovered how resilient our community has been throughout this pandemic by adapting various activities and discovering new hobbies. Many of today's youth have taken up cooking as a new hobby, making it the #1 activity during Covid.

Recognizing the need for providing a tool for students to take charge of their nutritional needs and requirements, Diabetes Hope Foundation, along with their alumni spearheaded a supplementary guide to accompany our "Guide for Successful Transition to College and Universities" to provide youth in transition with easy, healthy recipes and tips for managing their diet and diabetes while living away from home and on campus. All recipes in the guide have been tested and approved by a registered dietitian, and a fellow Type 1 DHF Alumni living with diabetes and celiac disease.

What's Inside the Guide?

- Quick, easy, healthy and delicious diabetes friendly recipes;
- Recipe options for breakfast; light lunches; soups, sides and salads; fuel up favourites; and mains;
- Recipe adaptations and variations for special and restrictive diets including gluten free, low carb, high proteing and plant based;
- Nutritional values for each recipe;
- Tips and resources.

The guide is available for free download on our website at:
<https://diabeteshopefoundation.com/transition/>





PEER SUPPORT

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 helps 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 [Peer Support program](#) matches 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 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 experience working with youth populations and 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).



UPCOMING EVENTS



ONLINE APPLICATIONS OPEN OCTOBER 15, 2021

www.dhfscholarship.com

Selection and Winners Announced April 30, 2022

Awards Ceremony/ Meet & Greet (Virtual) in May 2022



Social event for Diabetes Clubs in Ontario Universities to connect and share club missions, experiences, achievements and support networks.

Join us on World Diabetes Day

November 14, 2021



Interactive and instructional holiday cooking WEBINAR designed to help today's transitioning youth living with diabetes as well as those that prepare their meals for them.

December 2021

(date to be announced)



**25th Anniversary "Swing of Hope" Golf Event
In support of DHF community programs for today's
transitioning youth living with diabetes.**

June 20, 2022

Lebovic Golf Club - Aurora, Ontario

THANK YOU

for your continued support...

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, Sigulim Family

“25 years ago, I wrote a book for a school project about being diagnosed with Type 1 diabetes. My mom Barbara Pasternak (Founder & Chair of DHF) found the original book I created back in grade school. She decided to have it professionally illustrated and published to help raise funds for the Foundation and inspire and give hope to other youth living with diabetes”.



Bobby Pasternak - Author



Someone I
Love HAS
TYPE ONE
DIABETES

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www.nothingcanstopme.ca

6-year old Landyn just completed reading "Nothing Can Stop Me". Although he does not have diabetes, his good friend does. His mommy is a DHF volunteer and gave him a copy of the book to help him understand what diabetes is and to show him how he can support and encourage his friend.

This story showcases many emotions that young children go through when they are diagnosed with diabetes so young. 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. By sharing this wonderful story with youth living with diabetes and future generations, we hope to inspire and help them be the best they can be.

“For nothing can stop them from achieving their dreams!”





They Need Your Support



Now More Than Ever!



Help Give Hope

www.diabeteshopefoundation.com



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