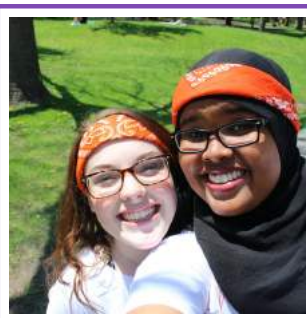




Health, Opportunity, Power & Excellence, Since 1999

Alumni Anniversary Book



We want to thank and recognize all the individuals, corporations, foundations and community groups that have generously supported Diabetes Hope Foundation over the last 25 years. We could not have done it without you!

Special thanks to Tasfia and Rav for sharing their time and creativity in the making of the Alumni Anniversary Book, and to Heather C. for her inspiration.

Celebrating 25 Years of Hope 1999 - 2023

Message from the Chair

Diabetes Hope Foundation began 25 years ago to fill gaps in services for youth who are transitioning out of the pediatric health care system as they navigate their post-secondary journeys. In response to the need in the community to provide more targeted transition and mental health services, DHF has been working with our network of alumni from across the country to develop innovative, peer-based models of care and support.



Since 1999, DHF has developed a number of programs and resources to supplement our Scholarship Program, all focused on helping transitioning youth with T1D to be informed, supported and connected. Each resource was built in collaboration with our alumni, featuring their stories, wisdom and ideas. Through volunteering their time and talents to pay it forward, they have continued to be the driving force behind our programming.

To our esteemed alumni, thank you for being inspiring role models, for sharing your experiences, and for being a source of strength and encouragement to others. Your journeys inspire hope in the hearts of those who may be facing similar challenges, and your impact on the DHF community is immeasurable. In your roles as peer mentors, panelists, experts in your fields and as our greatest spokespeople, you continue to amaze us!

For many of you, the scholarship ceremony was the first time you were with your T1D peers. From that day forward, you were forever welcomed into the DHF Community of HOPE!

To date, DHF has awarded scholarships to 900 youth living with T1D. These students demonstrate strength and resilience as they not only live with diabetes, but thrive with it. We couldn't have done it without the help of you, our alumni community. We are proud of your achievements as you embrace new challenges on the road ahead.

You, together with our donors, families and community partners, have helped DHF reach beyond our borders to support thousands of families living with diabetes. Thank you from the bottom of my heart, and wishing you all continued success!



Barbara Pasternak, M.S.M.
Founder & Chair

Message from the Program Director

I was diagnosed with T1D right around the time that Diabetes Hope Foundation was giving out their second round of scholarships in 2000. I had just finished my first year of university, and remember feeling overwhelmed and alone with all that lay ahead of me. When I learned about the programs offered by DHF 24 years later, I was in awe of all the support available to today's transitioning youth, and was excited to be able to join the team that makes it happen.



Since joining DHF in September 2022, I have been continually impressed by the dedication and passion that the alumni demonstrate in support of the foundation and each other. There is always someone willing to share their experiences in a panel discussion, take on a new mentee who needs extra support, or participate in trainings and focus groups to help strengthen and grow our current programs.

As we look ahead to the next 25 years of DHF, I am excited to continue the work of expanding access to DHF services for transitioning youth to campuses across Canada. This summer, we will be re-launching the the Alumni Advisory Committee to help guide the work that we do and to inform all future program and resource development.

This includes expanding our work with a network of campus Diabetes Clubs to collaborate on the popular *Don't Sugar Coat It* webinar series, focusing on raising awareness about life with diabetes and its impact on our mental health.

We will also continue to promote the HOPE Connects Peer Mentorship program at colleges and universities across Canada to provide mental health supports to transitioning youth, and I am excited to incorporate a new Senior Mentor position into the framework to strengthen the DHF mentor community.

With a continued commitment to paying it forward, the DHF Alumni Community is a continuous reminder of the power of hope and connection. I consider myself truly fortunate to be able to work with such an inspiring group of leaders, and look forward to all that lies ahead!



Heather Miller, MSW, RSW
Program Director

About the Alumni Anniversary Book

As we look back on the last 25 years, DHF has provided an incredible amount of emotional and social support to transitioning youth with diabetes, whether it be through walks, scholarships, mentorship, webinars or workshops. DHF has helped over 900 youth from across Canada as they transition into post-secondary life.



These 900+ individuals, or alumni as we like to call them, have gone on to do such amazing work in their respective educational journeys, careers and personal lives. During one of the alumni meetings to plan how we could celebrate this diverse community, Heather Choi made a wonderful suggestion - to create a book celebrating not only all the alumni, but a bit about each person's journey with diabetes. We took her idea and ran with it, and here we are!

It has probably been a few years since most of us have looked at a yearbook, so we decided to put our own spin on it. We reached out to scholarship winners from 1999 onward to get their stories and ask about their personal diabetes quirks because let us be perfectly honest - seeing what people are up to nowadays and learning what makes them tick is always fun!

This book was made to remind us that no matter when we were diagnosed with T1D or what technology we use, we all have our own stories to share. While some of our experiences overlap, some of us have truly wild anecdotes that we cannot help but laugh at because of all the absurdities that come with diabetes!

This book also reminds us that we are more than a diagnosis. We are dedicated volunteers, passionate advocates, compassionate mentors, and so much more.

Thank you to everyone who submitted their responses and thank you to everyone who has made DHF what it is today!

Rav

Rav, 2013 Alumni



DHF COMMUNITY OF HOPE

Meet the Alumni



AN ALUMNI OVERVIEW - ALL THE DATA!

Did you know...



With support from our scholarship program, our alumni attended 129 post-secondary institutions globally; including 10 provinces in Canada, 14 U.S. States, Australia, Bahrain, Ireland, Israel, Poland, Turkey, Sweden, Switzerland and the United Kingdom.



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.

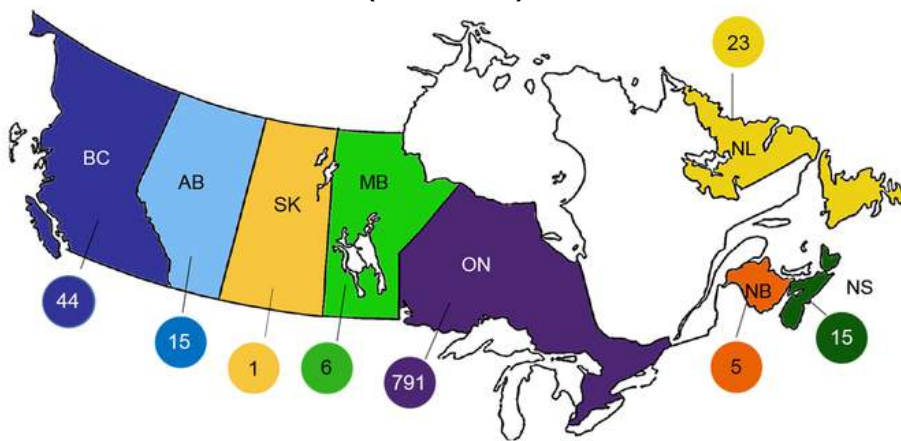


Our alumni currently live in 221 cities in 14 different countries: Australia, Bahrain, Canada, Germany, Ireland, Israel, Italy, Korea, Nepal, Poland, Sweden, Turkey, United Kingdom and the United States. Within Canada, our alumni currently live in 181 cities across the 10 provinces and the Northwest Territories.

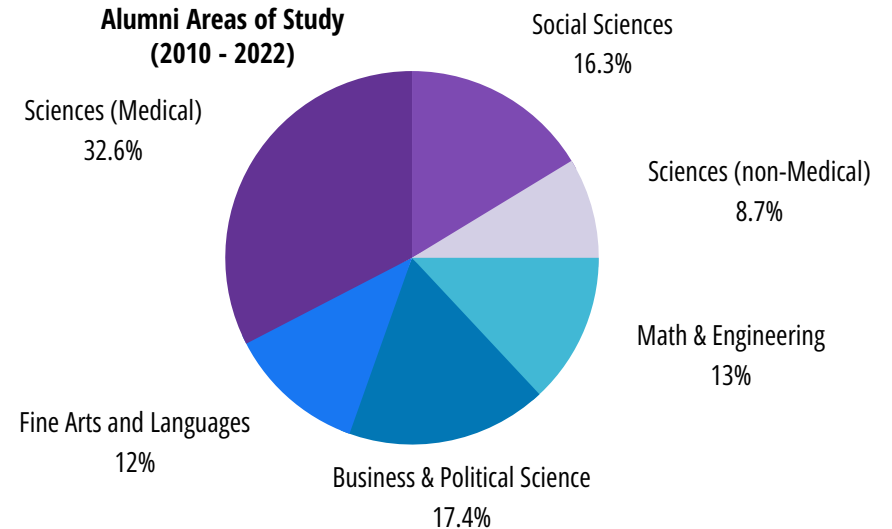


Each year, our Alumni 'Pay it Forward' by volunteering over 2,000 hours of their time to support Diabetes Hope Foundation's programs and services for children and youth with diabetes.

Distribution of Scholarships Across Canada (1999 to 2023)



Alumni Areas of Study (2010 - 2022)



Ki, 2000

University of Guelph, BAS, University of Calgary,
BSW, MSW

I am a proud Social Worker and counsellor to beautiful, diverse humans of all ages. When not busy running a large community therapy centre, I can be found running the mountain forest trails or dancing in Cumberland, BC!

Oddest thing your tech has been mistaken for?

I was literally asked by a man one day at a dance if I was a robot. The look on his face was priceless when I deadpan replied "yes, I am."



Words of Wisdom
Be out and proud about your T1D. Be radical in how well you love and care for yourself.

David, 2006

Royal Winnipeg Ballet, Classical Ballet

I am still working as a professional dancer, but I have also opened up my own massage therapy office, and spend lots of time with my wife and children.

Oddest thing your tech has been mistaken for?

Eyeglasses case.

Weirdest dia-habit?

Wondering when I am thirsty: "do I need water because of a hyper, or juice because of hypo"



Words of Wisdom
Take care of your diabetes, but don't limit yourself due to it.

Shannon, 2002

Niagara College, Educational Assistant/Special Needs Support
Brock University - French & Child and Youth Studies

I spent the first 16 years of my career working as an Educational Assistant supporting students with special needs. I have recently made a change and am now working as an Administrative Assistant.

Oddest thing your tech has been mistaken for?

A stop smoking device.

Favourite low snack?

Apple juice and granola bars



Words of Wisdom
Don't get hung up on one bad blood sugar. Deal with it as best you can and move on.

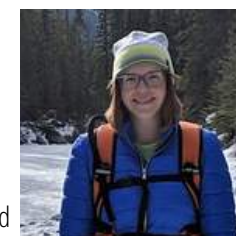
Brittany, 2008

Memorial University of Newfoundland - Bachelor of Nursing,
University of Calgary - Master of Nursing

When I am not working or clueing up my thesis, I enjoy walking the dog with my husband, playing volleyball, hanging out with family and friends, and volunteering with various organizations (like diabetes camp!).

Oddest thing your tech has been mistaken for?

A pager or MP3 player (feel like I just dated myself, haha).



Words of Wisdom
You are more than just "the kid with diabetes"; it's a part of you, but not all of who you are as a person.

Erin, 2004

OCADU, Bachelor of Fine Art; Max the Mutt College of Animation, Art & Design, Video Games and Animation

I'm a freelance children's book illustrator and storyboard artist. I also work in other roles in the animation industry. As a new avid gardener, preparing and preserving my own harvests is a new found joy. I curl and hike to stay active.

Oddest thing your tech has been mistaken for?

Street Drugs.

Weirdest place you have poked yourself?

I tried poking myself in the forearm once. Only once.



Words of Wisdom
Be patient with yourself. Living with T1D can be overwhelming - celebrate minor achievements!

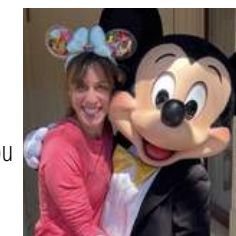
Kristin, 2009

Toronto Metropolitan University - Bachelor of Child and Youth Care

When I'm not working with students with special needs in school, you can find me engaging in all sorts of activities that are good for the mind, for the body and for the soul. My favourite thing of all is engaging in anything and everything Disney.

Oddest thing your tech has been mistaken for?

A place to keep headphones/ear buds/AirPods.



Words of Wisdom
Yes, you can. Yes, you can.

Matt, 2009

Queen's - BScH - Chemistry & Math, BEd

Outside of work I am playing with my two cats, working out, and working on a novel.

Oddest thing your tech has been mistaken for?

Someone thought my Libre was a piece of tape stuck to my arm.

Weirdest dia-habit?

Inserting pump infusion sets while lying down.



Words of Wisdom
Don't be hard on yourself!



Alex, 2012

Queen's Electrical Engineering, University of Toronto MASc
Biomedical Engineering

During the day I work as a software developer, consolidating healthcare data into intuitive dashboards for doctors. In my free time I enjoy trail running, rock climbing and playing board games!

Favourite low snack?

My classic low snack is Swedish Berries, but recently I've started using Fruit 2 Go bars. So convenient to carry and eat.



Words of Wisdom
A small amount of daily exercise makes everything diabetes easier and also go easy on yourself.

Heather, 2011

UBC Vancouver - BA

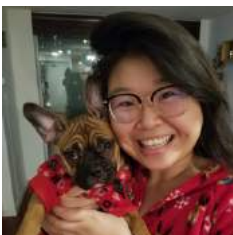
Currently, I'm trying to fill my life with experiences that bring me joy! That mostly includes travel, snacks, and happy hour! To support these passions, I'm working in HR at StatsCan. My fur baby Frenchie and partner keep my life exciting and I hope to continue to explore new things with them too!

Oddest thing your tech has been mistaken for?

A pager (in 2019).

Weirdest place you have poked yourself?

My butt...sometimes a little too low for sitting back.



Words of Wisdom
You know your body best!



When I received my scholarship I was paired with my Mentor and it was great to have someone to relate and talk to. We are friends and continue to maintain a relationship. The following year I became a Mentor and was able to pass on expertise and be there to offer my support for a new DHF scholarship recipient.

-Janet, 2011

Daniel, 2011

Toronto Metropolitan University - BSc - Computer Science

I currently work in machine learning, and love making pottery, reading science fiction, and playing music.

Weirdest place you have poked yourself?

It always feels weird to insert a pump site on the upper... "hindquarters."

Weirdest dia-habit?

Keeping juice boxes around my apartment.



Words of Wisdom
Learn about the glycemic index!



Alison, 2012

University of Guelph - BSc Biochemistry Co-op, Michener Institute/University of Toronto - BSc Medical Radiation Sciences & Advanced Diploma in Radiation Therapy

I work as a Radiation Therapist delivering treatment to cancer patients. In my free time I enjoy cycling and quilting.

Weirdest dia-habit?

Collecting old test strips and arranging them into shapes, numbers & letters before throwing them out



Words of Wisdom
Be gentle with yourself. You're a human, not a perfect pancreas.

Melody, 2012

Toronto Metropolitan University - BA Creative Industries, MA Communication and Culture

I'm back at school doing a Master's in Communication and Culture. I'm currently working on a thesis on the experience of fat cosplayers. When I'm not in school I'm probably cosplaying or watching a TV show to get new ideas!

Oddest thing your tech has been mistaken for?

I get pager fairly often and once my high school principal tried to confiscate it thinking it was a phone!



Words of Wisdom

Try not to die!



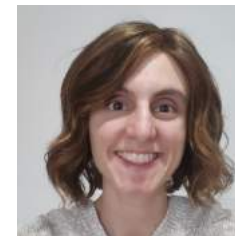
Rachel, 2014

Acadia University - BA with Honours in Politics, Carleton University - MA in Political Science, PhD in Political Science (ongoing)

I'm still in school, but I've moved on to a PhD focusing on refugee policy. Beyond my PhD, I enjoy singing in my church choir and going on outdoor adventures like hiking, canoeing, and skating.

Oddest thing your tech has been mistaken for?

A device to record conversations.



Words of Wisdom

Zoom out and see the big picture: blood sugars overall and over time matter most in the long term..

Alannah, 2013

University of Ontario Institute of Technology - BScN (Honours)

When I'm not working at the hospital, you can find me horse back riding or walking my rescue dogs!

Oddest thing your tech has been mistaken for?

A pager or an MP3 player!

Weirdest dia-habit?

I only like to do site changes at night.



Words of Wisdom

Don't let your diabetes define you.



Becky, 2014

Mount Allison University - BSc, University of New Brunswick - BEd

I am a teacher at the Elementary level, and in my spare time I coach a grade 12 girls basketball team, and play in a fun intramural league myself!

Oddest thing your tech has been mistaken for?

A Pop-Socket.

Weirdest place you have poked yourself?

In the middle of a university party.



Words of Wisdom

Diabetes will not hold you back from achieving any goal you want to achieve.

Rav, 2013

Toronto Metropolitan University - BASc Occupational Health and Safety Co-op & HR Management Certificate

When I'm not working or volunteering, I am exploring my creative side (i.e., doing embroidery kits and making miniature libraries). One thing that hasn't changed is that I love to make others laugh!

Oddest thing your tech has been mistaken for?

A calculator (I mean... they're not wrong?!) and a Kimmunicator (if you know, you know).



Words of Wisdom

Find your people - the people who will learn, celebrate your wins and have your back.

Jamie, 2015

Carleton University - BSW, Social Work

I've been working with families living with epilepsy for 5 years now. However, over the last year, I've been working on growing my at-home baking business!

Oddest thing your tech has been mistaken for?

A pager!

Weirdest place you have poked yourself?

I ripped out my pump site in Times Square, NY! Had to replace in a bathroom of a nearby building!



Words of Wisdom

You don't have to be perfect all of the time!





DHF YOUTH DAYS (2011 - 2015)



Lindsay, 2016

Brock University - BSc Medical Sciences, MAG Gerontology

Outside of my current studies, I am trying new community fitness classes like hot yoga and F45 and becoming the bookworm I always thought I'd be!

Oddest thing your tech has been mistaken for?

Smoking cessation devices.

Weirdest place you have poked yourself?

On a toe just to see if it was as accurate as a finger (inconclusive).



Words of Wisdom
Take it day by day!



Natalee, 2018

McMaster University, Honours Bachelor of Health Sciences

My time is spent tutoring math and science, directing a non-profit volunteer team, applying to graduate school, and trying new yoga classes!

Weirdest place you have poked yourself?

The dance floor of a wedding!

Weirdest dia-habit?

Cutting holes in my clothes to thread my insulin pump tubing through.



Words of Wisdom

*Give yourself grace;
perfection is truly
impossible and your best is
more than okay.*

Jordan, 2018

Nova Scotia Community College, Social Service Worker

After obtaining a Social Services diploma, I started working in residential housing for those with intellectual or physical needs as a support worker. I actively spend lots of time volunteering and am currently seeking a career in law enforcement.

Favourite low snack?

Reese Peanut Butter Cups



Words of Wisdom
Use every day as a
learning experience.



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 to help me with my transition. I wanted to give the same experience I had to another scholarship recipient.

-Karl, 2012

Emily, 2018

Durham College - Social Service Worker,
Carleton University - Psychology

When I'm not working full-time SW, I am completing assignments as I'm also in university full time! I own a small business, as well and often am volunteering! I love spending time outdoors and travelling! My friends and family are my happy place!

Weirdest place you have poked yourself?

One time, I had cut my ear and when it started bleeding I found it was the perfect time to check my sugars!



Words of Wisdom
Confide in your solid
support system
(friends/family). They're in
this with you.

Rajitha, 2019

York University, Business Economics

I enjoy spending my free time exploring Toronto, reading books and spending time with family.

Weirdest place you have poked yourself?

In transit.

Oddest thing your tech has been mistaken for?

Pager or iPod.



Words of Wisdom

Listen to your body.

Aastha, 2019

McMaster University, Bachelor of Health Sciences

When I'm not working on school or clinical research projects, I enjoy learning new songs on the piano and doing Bollywood dance fitness workouts.

Oddest thing your tech has been mistaken for?

They thought my CGM was a "COVID-19 vaccine patch"

Weirdest dia-habit?

I collect used test strips without really meaning to.



Words of Wisdom

Be kind to yourself - there are low and high blood sugars, not good and bad.

Heather, 2021

Trent University, Bachelor of Arts (Honours), majoring in Indigenous Studies in the Teacher Education Stream.

When I'm not studying or supply teaching, I love to write music and read thriller novels! I also love to drive and listen to music from Shania Twain!

Oddest thing your tech has been mistaken for?

A "robot device", but that was from a 5 year old kid at the beach!

Weirdest dia-habit?

Always having way too many granola bars in every bag just in case.



Words of Wisdom

Having a good sleep schedule and eating similar foods every morning has helped me so much!

Jordyn, 2020

Fanshawe College/Western University, Collaborative Nursing Program

I'm in 3rd year of nursing at Western University. I also work as a PSW in a small nursing home to gain experience for my future career. I also love spending time with my friends and my family, as they are my biggest supporters in everything I do.

Oddest thing your tech has been mistaken for?

A garage door opener! This one was definitely the weirdest and caught me off guard.



Words of Wisdom

Don't let the variability of your diabetes get you down, everyone has good and bad days.

Nethmi, 2021

Queen's University, Bachelor of Health Sciences, Second-Year

Apart from attending class and learning about topics I am passionate about, I adore all things music-related. I ground myself in music regardless of what each day brings, through performing, arranging, songwriting, or basking in others' music.

Oddest thing your tech has been mistaken for?

A motion sickness patch (for my Libre)

Weirdest place you have poked yourself?

Accidentally poking my palm when I initially used insulin pens!



Words of Wisdom

Giving yourself the patience you would give to another diabetic - it fosters the discovery of "self" in empathy, and in turn, cultivates strength and resilience!

Gabriela, 2020

University of Alberta, Bachelor of Science majoring in Mathematics and minoring in Linguistics

After classes, I am enjoying working in a linguistics research lab and being an assistant instructor for a kids Polish folk dance group!

Oddest thing your tech has been mistaken for?

Someone thought my CGM was a nicotine patch!

Favourite low snack?

Skittles!



Words of Wisdom

What works for some people won't necessarily work for you because everyone's diabetes is different.

Ethan, 2021

McMaster University, Health Sciences

I enjoy DJ'ing at dances, weddings, and formals, playing basketball and soccer with my two brothers, travelling, and spending time outdoors. Since being diagnosed with T1D, I have been inspired by opportunities to connect and learn from others within the diabetes community.

Favourite low snack?

Skittles.



Words of Wisdom

Don't be afraid to ask for help - having a great support network can dramatically improve your diabetes management and your overall wellbeing!



ALUMNI SYMPOSIUMS (2018 - 2019)



Tasfia, 2021

University of Toronto, Scarborough
Bachelors, Health Studies and Policy Co-op

When I'm not studying (or napping with my cats), I'm taking photos during my walks in nature! I also like reading, as well as picking up new languages, especially through media, film and (k)dramas. :)

Oddest thing your tech has been mistaken for?

A camera

Weirdest dia-habit?

Letting my used lancets pile up?



Words of Wisdom

*Try your best (with grace) for
your long-term health, not just
for the doctors appointments;
you owe it to yourself!*

Laine, 2022

University of Guelph, Bachelor of One Health Program

Outside of my academics, I enjoy pursuing sports and spending time outdoors. At university, I play on the Women's Flag Football Team and also enjoy long-distance running. I am also an executive member of the university's environmental club.

Oddest thing your tech has been mistaken for?

My OmniPod PDM has been mistaken for a Blackberry before!



Words of Wisdom

*Listen to your body and
advocate for yourself.*

Lenore, 2022

Ottawa University, Bachelor of Arts and Education

I spend a lot of time studying French literature, but I like to take breaks by walking to bookstores and perusing. I'm always "working on something", whether that be creative writing, painting, drawing, or digital art.

Weirdest dia-habit?

Collecting the clip-on pump site caps in the hopes of making a sculpture with them.

Weirdest place you have poked yourself?

Near the elbow (I don't recommend it).



Words of Wisdom

*Life is full of highs and
lows, and we can only ever
do our best to deal with
them.*

Allanna, 2022

University of Western Ontario, Brescia Campus, French for Teaching

Outside of lectures and schoolwork, I like to make jewelry and go for walks with friends and family.

Oddest thing your tech has been mistaken for?

A pager or an MP3 player!

Weirdest place you have poked yourself?

I had to go to the custodian closet in public school everyday to test my blood sugar and give insulin.



Words of Wisdom

Never give up!

Heather, 2022

Memorial University, Bachelor of Commerce.

When I am not in school I enjoy being outdoors. I am an avid hiker and explorer and I love to be outdoors.

Oddest thing your tech has been mistaken for?

One time I got asked while injecting if I was taking my penicillin.

Weirdest place you have poked yourself?

I once tested my BG through my toe.



Words of Wisdom

*Always reach out if you
need help because it really
is challenging but you are
not alone.*

Brynne, 2022

University of Guelph, Psychology CO-OP

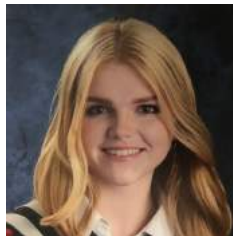
I am loving my first year at university. When I am not in class or doing assignments, I enjoy spending time with my friends and making music with them.

Oddest thing your tech has been mistaken for?

People always think whenever I have my libre in that it is a toonie on my arm!

Weirdest dia-habit?

I try to inject the insulin I prime with in cool patterns on my kit.



Words of Wisdom

Don't be too hard on yourself.



Rohan, 2022

The University of Victoria

While becoming adjusted in my first semester of University I have decided to join the varsity rowing team, training eleven days a week.

Oddest thing your tech has been mistaken for?

Calling my insulin pump a vape.

Weirdest place you have poked yourself?

On my bicycle.



Words of Wisdom

*Get outside and stay active
- it helps me have way more
control over my blood
sugars.*

Ryen, 2022

Wilfrid Laurier University, Bachelor's of Business Administration

Currently getting to try new things such as foods and activities my university and friends have introduced me to.

Weirdest dia-habit?

Holding the cap of the needles I inject with in my mouth while I take my shot.

Oddest thing your tech has been mistaken for?

My Libre for a nicotine patch.



Words of Wisdom

*Always make sure to
monitor when stress
levels get high.*

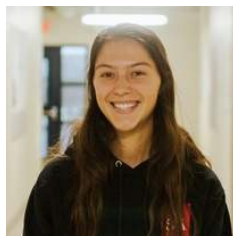
Madi, 2022

The King's University, Bachelor of Interdisciplinary Science

Other than keeping busy with schoolwork, I have been involved with many clubs at my university including the science, justice, outdoors, and swing dancing clubs! I also love to get outside when I get the chance.

Oddest thing your tech has been mistaken for?

Someone asked if my Dexcom was for smoking and I was literally not even an adult at the time!



Words of Wisdom

*Surround yourselves with
people that are there to
support you.*

Aidan, 2023

Starting Brock University in the Concurrent Education and Child and Youth Studies programs, September 2023.

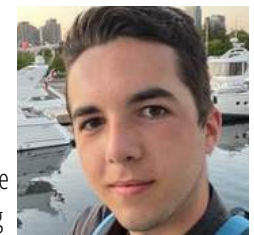
I am about to start my first year of university and was just awarded the scholarship. I enjoy movies, archery, rock climbing and snowboarding and am excited to be an elementary teacher one day in the future.

Weirdest place you have poked yourself?

My toe.

Oddest thing your tech has been mistaken for?

A bomb.



Words of Wisdom

*Don't be ashamed of your
diabetes.*



It's been a beautiful cycle watching my mentees grow and become fellow mentors, and really build a community that supports each other through all the highs and the lows - yes, pun intended! I feel like I found my people at DHF. I've learned to embrace my identity as a diabetic.

- Aastha, 2019

Vivian, 2023

Starting at University of British Columbia Vancouver for Arts in September 2023

When I'm not busy studying or working on school related projects, I'm training in Tae Kwon Do and working on improving my creative writing with the hopes of getting published.

Weirdest dia-habit?

When my pump falls off my waistband, I use the tube to swing it back into my hand like a wild west gunslinger.



Words of Wisdom

*It gets easier with time,
so just keep doing your
best.*

Ugnius, 2023

Starting at University of Northern British Columbia to study Biomedical Sciences in September 2023.

I'm focusing on finishing high school hard and strong. I'm aking sure to still have fun though! Outside of school, I like to go to the gym and hang out with friends.

Oddest thing your tech has been mistaken for?

MP3 player

Weirdest dia-habit?

Spinning my pump around with the tube.



Words of Wisdom

*Have Dex4 or candy
everywhere!*

Leah, 2023

Starting at Western University for Health Sciences in September 2023.

I am getting ready to attend Western University in London, Ontario to study Health Science. In my free time, I love to hang out with my family and friends. I'm a big Taylor Swift fan and I'm super excited to be seeing her live soon at the Eras Tour!

Favourite low snack?

Candy!!



Words of Wisdom

*Never let your diabetes stop
you from doing anything
you want to do.*

Emma, 2023

Starting at Memorial University to study Marine Biology in September 2023.

Weirdest diabetes habit?

I do lick my fingers after testing my blood sugar.

Weirdest place you have poked yourself?

Sides of my fingers. It hurts but works!

Oddest thing your tech has been mistaken for?

My teachers continue to think it's a cell phone when my alarms go off.



Words of Wisdom

*Nobody is perfect. You can
still maintain a healthy
lifestyle being diabetic.*

Grace, 2023

Starting at McMaster University for a Bachelors of Science, Kinesiology in September 2023

When not doing schoolwork I enjoy sports - both watching and playing - and spending time getting lost in other worlds through books.

Weirdest place you poke yourself?

Many of my other diabetic friends think my forearm sites are odd, though they are my favourite place for my Dexcom. I also like wearing my pump sites on my chest and that is probably considered weird.



Words of Wisdom

*Find your people and the
rest gets easier.*

Gavin, 2023

Starting at University of Victoria for Kinesiology in September 2023.

Outside of school I love spending time walking my dogs with family and friends. I am also busy teaching basketball to elementary kids and staying active all the time!

Oddest thing your tech has been mistaken for?

A radio.

Weirdest dia-habit?

Licking my finger after testing blood.



Words of Wisdom

*Don't stress the highs or
lows, just breathe and do
what is in your control.*

David, 2023

Starting at University of Guelph for Computer Science in September 2023

I'm currently making the big decision of which university to attend in the fall. In my spare time, I enjoy juggling and building video games.

Weirdest place you have poked yourself?

Near a volcano in Iceland!

Weirdest dia-habit?

Waking up seconds before a low alarm.



Words of Wisdom

Go easy on yourself!

*Nobody is perfect and
people learn from
mistakes.*



My mentor and I are able to connect a lot in many different ways. We have talked about different glucose devices, friends and family, and our hobbies. She has been helping me a lot to manage the impacts of my diabetes.

-Peer Support Program Mentee, 2023

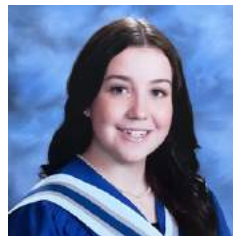
Selena, 2023

Starting at Memorial University to study nursing in September 2023.

Right now, I am busy preparing for my graduation, finishing some last pieces of school work and working part-time. I'm heading to Winnipeg in 1 week to compete with Skills Canada for Photography, I will be representing Newfoundland & Labrador.

Weirdest place you have poked yourself?

On the top of my thigh was weird at first, but after trying it out, I love it!



Words of Wisdom

Be patient with yourself



LIFE WITH DIABETES

Connected Beyond a Diagnosis



FUN DIA-HABITS - YOU DO YOU!

LICKING MY FINGER
AFTER TESTING MY
BLOOD SUGAR.

I keep a
comprehensive
chart of previous
pump and Dexcom
locations.

Trying to 'secretly' test
or pump in public...why
still try to hide it?

WAKING UP
SECONDS BEFORE A
LOW ALARM

I only like to do site
changes at night

I always like to prime
my needles in strange
directions and patterns.

Tech free showers!!

COLLECTING TEST STRIPS.

using my pump as a
nightlight

Immediately trying to
dance or pace around the
room during a high blood
sugar (when I have the
energy to do so)

Inserting pump
infusion sets while
lying down.

I keep juice boxes
around my
apartment

I hate putting
my dexcom over
my hippo tattoo
so I will move
all around it but
never on it.



Collecting old test
strips and arranging
them into shapes,
numbers & letters
before throwing
them out!

Closing my eyes while doing
injections.

I have to listen to music when
changing sites.

Cutting holes in my clothes
to thread my insulin pump
tubing through.

**WHEN MY PUMP FALLS
OFF MY WAISTBAND, I
USE THE TUBE TO SWING
IT BACK INTO MY HAND
LIKE A WILD WEST
GUNSLINGER.**

Loudly exhaling and
swearing while inserting
a new CGM.

Collecting the clip-on pump
site caps in the hopes of
making a sculpture with
them.

ASK AN ALUMNI - T1D SUPPORT TIPS

Small acts of support may feel minimal, but instead they nurture and strengthen the hearts of diabetics substantially; having an unassuming and non-judgemental perspective on my illness is one of the greatest gifts that I am given by those who support me.

- Nethmi



Prioritize active listening over problem solving or giving advice.

- Natalee



Remember to communicate and remind them that you are there for them in whatever way they need, even though you may not be able to experience life the same way.

- Tasfia



Numbers are data, not judgements.

-Heather



Understand that managing diabetes is a 24/7 job and there's never a holiday, paid or otherwise. Many of us mask it well. Support and empathize anyway.

- Ki



Don't define success by BG numbers. Your support makes a difference no matter what numbers show up on the reader!

- Becky



Trust the diabetic to their own devices.

- Matt



Have frequent open and honest conversations with the individual you are supporting to figure out how best to support them.

-Ethan



Diabetes doesn't have to be taboo but it also doesn't have to be everything - respect their boundaries!

- Aastha



Make sure you know how the person wants to be supported and what they need.

- Aidan Boylan



My advice would be to not always try to fix everything because this is not possible; instead, just being there to listen can make a huge impact.

- Madi



Be there for your loved one, but trust they can handle the day to day diabetes.

- Alex



You are amazing and we are so grateful for people like you!

-Leah.



Don't hesitate to ask for help, for advice or any questions you might have from diabetes educators and other diabetics.

- David



Understand that not every day is perfect and that's okay.

-Allanah



I promise, they didn't mean what they said, their blood sugar was just high.

- Brynne



Always keep snacks on hand!

- Dan



Never be afraid to ask questions, and know that diabetes can be unpredictable and that it is normal to expect "ups" and "downs".

- Laine



I love any excuse to eat more chocolate or drink milk with cookies as an adult!

A cold glass of milk!

INDIAN SWEETS.

Orange juice - forever and always!

Hi-Chews!

FAV LOW SNACKS

Other Candy
18.6%

Juice Box
20.9%

AIR HEADS

Gummies
11.6%

Rockets
11.6%

JELLY BEANS!

HALLOWEEN CANDY!

Welches
7%

Fuzzy Peaches!

Granola Bars
7%

Glucose Tabs
11.6%

Skittles
11.6%

Melted Freezies.

A handful of Dex tabs and a spoonful of REAL jam with almond butter on a cracker or rice cake.

Juice, followed by a snack of Ritz crackers with peanut butter or else chocolate covered almonds.

My all-time favourite low treatment are these English candies called "Jelly Babies"!

Banana chocolate chip brownies.

FREE

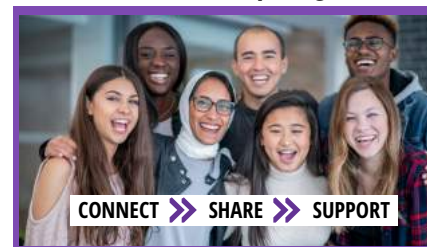
DHF Transition Resources

In response to the needs of transitioning youth, Diabetes Hope Foundation has always built its programs and resources with input from our alumni community. Drawing on their ideas, experiences and expertise, alumni involvement has been critical to the development and delivery of all our programs and resources. We are grateful for their time and talents, and look forward to continuing to work with our alumni community to support transitioning youth!

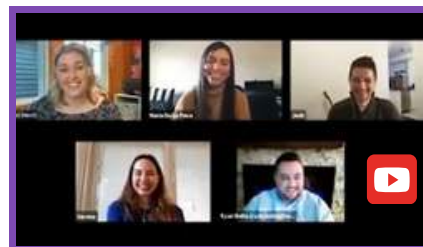
DHF Scholarship Program



Peer Mentorship Program



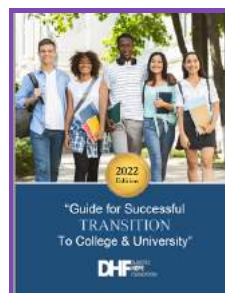
Wellness Webinars



Transition Workshops



DHF Transition Guide



Downloadable PDF



NEW Interactive Online Version

Transition in the Kitchen Recipe Guide



Visit www.diabeteshopefoundation.com to access all our transition resources!

The Diabetes Hope Foundation Scholarship and Transition programs are generously funded by:



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Canavan Family

Jeremy and Judith Freedman Family Foundation

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For news and updates, find us online:



www.diabeteshopefoundation.com