



The last month brought a special invite for New York City, getting to meet nearly 100 people @ Mount Sinai Hospital and guest coach at Brunswick high where 40 young athletes train hard daily and only 1 testing blood and taking insulin... but not that day.



We also explored an awesome family adventure destination for the fall and enjoyed some program days like this one at Canada's Wonderland. We presented to hundreds of pharmacists with a custom ICD educational program, invested in our leadership team with a retreat and made huge strides in safety for kids in school. Catch up on more below with ICD!  
~ Chris Jarvis, founder ~ I Challenge Diabetes

**Part 2 of Maren's T1D Parent Blog**



In November 2017, we posted a story about Maren Turner - a young aspiring ballerina, and her families journey with T1D. [HERE](#) is the link to that story, and below is Part 2.

We have made our way through winter and are inching our way through spring. Our excitement and anticipation are building for Maren's summer intensive/audition at Canada's National Ballet school. The baby steps I spoke of previously are feeling more like leaps now, but leaps in the right direction and leaps that feel really good.

I have to say that I am so beyond grateful to I Challenge Diabetes and President Chris Jarvis for helping us move forward with a clear path. It seemed like a mountain to climb but Chris has been over a mountain, several times I think, so he knows how to lead the way. Chris just makes it easy and clear to communicate Maren's needs with the school, for her to go in there feeling safe and that she may be successful. We appreciate this so much.

I am also very impressed with NBS and their willingness to learn more about diabetes, emergency care, daily plans for Maren's care and a night plan to ensure her safety. Meal planning and menu updates to help with carb counting etc. Everything we could have hoped for is falling into place. They are committing to helping set Maren up so that she can focus on learning and dancing as will be the focus of everyone else there. We all know she will still have all of the planning, the counting, the bolusing, pod replacements,



adjusting for blood sugar highs and lows, but she won't be on her own with it all.

For Maren the opportunity to stay with the other dancers in residence is a dream come true. She has been in touch through mail with many of her friends from last summer's session and looking forward to reuniting with them and being a part of that special closeness they will share in their residence. "The full experience" I guess you could say.

What more could a girl ask for. Well I guess she could ask to be doing this all without the type 1 diabetes. However, I can honestly say I'm not sure she'd have even had the courage or the drive that she does today if this beast didn't rear its ugly head. This is part of who Maren is, it's part of how her spirit is growing. She is driven by her love of ballet, the hard work of each ballet class, the little details she works to improve continuously, the art of the dance.



[READ MORE](#)

# Volunteer Spotlight - Wade, Brian & Matt

If you're a parent of a child with type 1 diabetes, you're likely no stranger to jumping through hoops in trying to advocate for your child at school. We recognize that many of these hoops are caused by inconsistent school board policies, as well as a general lack of understanding and training for school staff. This month we want to highlight some individuals who have made some impressive steps in both the TDSB (Toronto Public Schools), and the TCDSB (Toronto Catholic Schools).

## **TDSB: Brian Bowman and Wade Ivan**

These two have come together to lead a delegation which includes ICD, presenting to the Health and Mental Wellbeing Committee of the TDSB. They dove head first into the policy and procedure, and pinpointed various places where these documents fall short of supporting our children and don't measure up to PPM 161. We look forward to this opportunity to demonstrate this need to school Trustees, and are forever grateful for these two gentlemen and the work they have put into this campaign!

## **TCDSB: Matt DeAbrea**

In partnership with Lisa Geelen (KIS Campaign chair), Matt has helped make incredible strides towards structure and leadership behind a diabetes policy within the TCDSB. Matt, your hard work and passion for this project has gone a long way to drive this campaign forward, and we are incredibly proud to advocate alongside volunteers like you.

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## Striving for Perfection at 40,000 feet

It's May, Spring is here and Mother Nature may finally allow you to put away that heavy parka.

Now that is something to celebrate! On that note, let's talk celebration. What does it mean? What should we celebrate? Why should we celebrate?

According to the Merriam Webster dictionary, celebration can be defined as "...mark[ing] (something, such as an anniversary) by festivities or other deviation from routine" (2017). Myself, this month I'll be celebrating 11 years as a healthy T1D as well as one year working as a flight attendant. I will be celebrating these accomplishments by taking a vacation with my oldest sister. For others, celebrations may look different, however it is highly important that we take the time to acknowledge situations in our lives that deserve a cheer.

As I mentioned, I am celebrating

one year working as a flight attendant. A flight attendant comes with responsibilities that extend far beyond pouring a Ginger Ale for a passenger on their flight from Toronto to Moncton Airport. In fact, it involves wearing many hats including a firefighter, a first responder, a waste collector, an occasional babysitter, an evacuation specialist, and in general a professional in safety procedures. Qualifications for all these titles in order to be up in the air, one must complete and pass five intense weeks of initial training with several exams. Every anniversary following, you must complete annual recertification training. This involves completing a very tedious workbook, successful completion of two exams, and a full day of safety drills.



[READ MORE](#)

## Kids in Schools Campaign Update

### **BREAKING NEWS:**

Toronto Catholic Districts School Board's first ever policy on diabetes in schools is in the works! I Challenge Diabetes has been working alongside families of the TCDSB to put the first official policies in the district. Presentations on the 17th of May will be given by Chris Jarvis, Lisa Geelen, and Matt DeAbrue during the full board meeting. This is a huge step in the community and we look forward to the next meeting.

Toronto District School Board is also on the same track, working to get new diabetes procedure into schools. The board's current procedures allow a wide range of disparity between schools and children. Wade Ivan and Brian Bowman have been working with the board to get these new policies in place. Our goal is for kids in schools to have easier access to low supplies in class, assistance testing and taking insulin at school when needed, a support person to help with supplies for field trips and other events, as well as education on glucagon.

We're so pleased to see all the progress happening with various school boards, and look forward to working with parents and volunteers further as we approach the beginning of next school year and the PPM deadline of September 1, 2018! This project, despite importance and implications on safety, remains one of the most underfunded, and we could use your support to further our mission.

Go see Lisa's Blog for more information on her long journey to get to this point: <https://www.coffeesonme.com/t1d-school-board-policy>

**DONATE**

## Help Us Help Others

We're very excited to announce that we've found a **MONTHLY MATCHING DONOR** who is keen to help our fundraising efforts. This is a great way to double your impact to our community, and help your donations go a little bit further. They are willing to give up to \$2000 per month, for the remainder of the year!

A little bit can go a long way in helping us continue to have strong impacts across the community, and this is an easy way to double that impact! \$5, \$10, \$15, with the help of a matching donation, can easily support a participant in one of our day programs, and make a BIG impact on the lives of youth with T1D.

Monthly recurring donors will be highlighted on our website and added to our **Diabuddies Club!**



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## Word on the Trail

Last month, ICD's young leaders spent a weekend in Oshawa, Ontario at Camp Samac to connect with others in the T1D community and further develop their leadership skills. Despite some nasty weather, we had a blast, learned a lot, and made a bunch of new friends along the way!

Another huge THANK YOU to Insulet Canada for your support on this event, kicking off what we are confident will be a long term partnership, serving the community together through new technological advances and education!



#### More thoughts from the Retreat...

*"...Before this event I was a little unmotivated with my diabetes, but Chris and the crew has been able to give me that motivation I need to stay on top of my diabetes. Would recommend this event to everyone with diabetes."*

*"This weekend meant reconnecting with old friends and making new ones. I had so many people remind me that I always have to do whats best for me. Everyone understood each other and I think thats really life changing."*

*"This past weekend changed my perspective regarding other quadrants and individuals. I feel I see life in a whole new way because of being surrounded by such positive people really helped me!"*

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## On The Trail Ahead

Have you heard about our Diabetes Sports Camp taking place at the world class facilities at York University? We're helping to normalize diabetes, and



showing children and families how they can plan diabetes management around sports and exercise! Our experienced leadership team, made up of mentors who live with T1D themselves, will be leading by example and building meaningful opportunities for them to grow within the community!

**Want to normalize Diabetes?**  
Our coaches are experts w/ insulin, carbs & exercise  
led by World Class Athletes / T1D Mentors  
Open to T1Ds and Friends, aged 6-15  
Leadership Development Program for ages 13-15

**I Challenge Diabetes**

**Diabetes Sports Camp!**  
To Register:  
[www.IChallengeDiabetes.org](http://www.IChallengeDiabetes.org)

**PA Days:**  
June 4th  
June 7th  
June 11th  
9:00-10:30 Child  
Observations & Financial  
Aid Available

**Summer Camp**  
July 9-13  
July 16-20  
July 23-27  
3-days, 9 am-4 pm  
in Vancouver  
(Extended hours option  
available for a fee)

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[REGISTER HERE](#)

We'll be facilitating 3, one week long camps in the month of July, including a Leadership option during the first week for the upper age group. These participants will receive a certificate and have the opportunity to participate in the following weeks in a leadership position!

**ALSO be sure to check out our Upcoming Extreme Adventures:**

British Columbia

- West Coast Trail - 75km hike through BC's wilderness
- Bowron Lakes - Paddle and Portage one of the world's top paddling locations

Alberta

- Rockwall Expedition - 55km trail hike just 2 hours outside of Calgary

Ontario

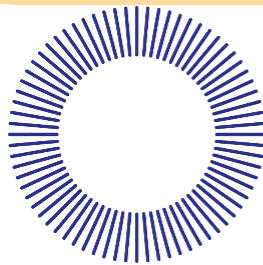
- Tobermory Adventure Camp - Hike a portion of the famous Bruce Trail



Upcoming Events

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