



## Event Recap

# Overcoming Fears

Sarah's reflection on the  
Panorama Leadership  
Retreat

I was diagnosed with type one diabetes July 7, 2012, when I was 10. As a kid I used to be the kind of person that lived with no hesitancy, and never let anything stop me from having fun, but all of my naiveté was reason for this. After my diagnosis, a lot of that changed. I became the type of person to avoid stepping outside of my comfort zone. I now often stray away from trying new things and exploring foreign experiences due to my fears. When new opportunities present themselves to me, I'll find excuses anywhere that can help steer me away from doing new things. Ever since diagnosis it has transformed me and changed my life in so many ways.

Ironically, having diabetes has helped me leave my comfort zone and become a whole new person, as much as it has also made me hide and shelter myself more. This is one of the hardest things for me to stand in between within my life and type one diabetes. It was a hard obstacle to be in the middle when I heard about the ICD Panorama Cottage Getaway too. I remember I was sitting in my friend's kitchen ranting to her, all the excuses as to why I **shouldn't** go.

I realized these excuses and fears have stopped me from living and doing new amazing things.



This clicked for me and I decided I was going to force myself to leave my comfort zone and do it. So my mom and I paid for the trip, and it was final.

The whole week at school I was doubting the decision I had just made on a whim. I told myself impulse decisions were never my strong suit, and I was going to regret it. But once it was Saturday and I was in the car on the way, I had a feeling. Maybe anxiety or perhaps excitement, but it was a feeling I hadn't felt in a long time. This was the feeling of leaving my comfort zone.

[READ MORE](#)

## Donation Update

Did you know...

...that many companies offer charitable donations through automatic payroll deductions, and some even MATCH employee contributions. This is a great way to spread your donation out throughout the year AND increase your impact!

The United Way is an example of a major partner in the corporate giving community, and they allow individuals to select where they would like their donation to go. I Challenge Diabetes is registered with the CRA, and should be available through these portals.

If your company has an employee driven charitable donation program, please consider looking into ways you might be able to support us. It is our vision to keep having deep impacts (like the one above) on people with type 1 diabetes all across the country, but we can only do that with your help!

[Donate](#)

## On the Trail Ahead

*Check out some of our upcoming events, and click on the program name to learn more and register.*



**Want to normalize life with diabetes and have lots of fun this summer?**

**Diabetes Sports Camp!**

*I Challenge Diabetes*

**YORK LIONS**

**2018 Diabetes Sport Camp Week July  
Week 1 9-13, Week 2 16-20, Week 3 23-27(Toronto)**

This camp is a multi-sport day camp at York University that will provide diabetes support, education, mentoring and normalization, all integrated with awesome workouts, skill development and a whole lot of summer camp fun for all!



# York Sports Camp Parent Workshop

LMC

Featuring:



Have a coffee with T1D  
Kids in School Advocate

**Lisa Geelen**



Find out what motivates  
ICD Founder

**Chris Jarvis**



Discuss current research  
with Endocrinologist

**Dr. Abitbol**

## York Sports Camp Parent Workshop & Camp Day Preview (Toronto)

July 9, 2018

The first day of camp (Monday July 9th) will feature a Parent Info Session with some fantastic guest speakers!

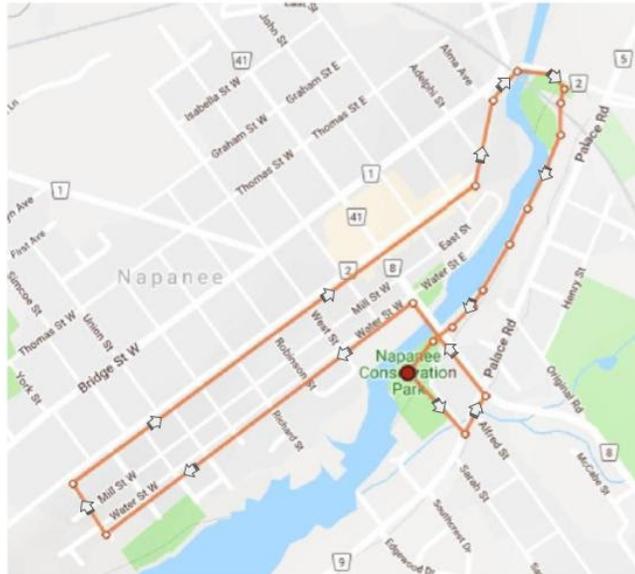
We can't let the parents have ALL the fun! While you are attending the Parent Workshop from 9-12, your child will have the chance to take part in our Diabetes Sports Camp activities.



## KFLA 2018 Walk Route 5km

**Map Route** = Rest Stop/Refreshments/BG check point

START Napanee Conservation Park  
Onto Pearl St  
Left onto County Rd #9  
Left onto Centre St  
Left onto Water St W  
Right onto Hessford St  
Right onto Dundas St/HWY#2  
Right into Springside Park, onto the Boardwalk  
FINISH Napanee Conservation Park



## I Challenge Diabetes WALK -KFLA Region 2018(Napanee) July 21, 2018

A fun, social 5km walk through beautiful downtown Napanee. We hope that not only will we be able to reach our fundraising goal, but also will bring the T1D community together with exercise, laughter, and fun!



## ICD goes back to Wonderland! (Vaughan) July 22, 2018

Join ICD as we ride the coaster of BG's and amusement park rides, for our 2nd Wonderland trip of 2018!



## Bowron Lakes Paddling Expedition

(B.C)

July 30, 2018 - August 8, 2018

An exclusive adventure for youth aged 14+ with T1D to embark on an 8 day wilderness canoe circuit in a world renowned location with internationally accomplished T1D mentors Ariel and Chris.



## Intro to Adventure – Upper Kananaskis Lake (Upper Kananaskis)

August 11, 2018 - August 12, 2018

Join us for an “Intro to Adventure” camping overnight with other families and individuals who know what it’s like if you forget a little bottle, a “pen” or have a sensor knocked off in the woods.



## The Rock Wall Expedition

(Upper Kananaskis)

August 14, 2018 - August 19, 2018

“Experience one of the best hiking trails in the Rocky mountains with high mountain pass views to share with leaders and peers living with type 1. Learn and share skills to prepare for and enjoy your most adventurous challenge in the Canadian Rockies.”



&



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[Exercise & Excellence @ York University](#)

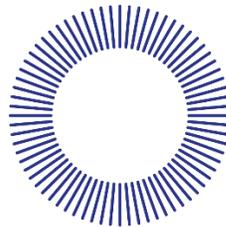
August 28, 2018

Who says kids get to have all the fun? On August 28th, I Challenge Diabetes is bringing together some of Canada's elite athletes and coaches for a fun filled evening of learning and connecting with other ADULTS living with T1D.

[Donate](#)

## Annual Program Sponsors

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## In-Kind Sponsors



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