



June 2014

The Banting Legacy

Issue #5

FIGHTING DIABETES and PRESERVING A LEGACY



Program Progress Issue

Banting Legacy Transition Awards for Post-Doctoral Students

Youth with a chronic disease are required to move from the pediatric to adult healthcare system at age 18. That 'shift' can be daunting and some are 'lost in transition' and, on occasion, with dire consequences. To help raise awareness of this issue and build capacity in the system, we launched a post-doctoral award and annual lecture and research symposium in 2012 with our clinical innovation partners in the Department of Pediatrics at McMaster. Two winners have been announced; Dr. Andrea Mucci (2013) and Dr. Romy Cho (2014).

Inside this issue ...

Find details on program progress with our School Tours, Diabetes Classes, Group Tours and Public Access.

Read about our site improvements and plans for our new multi-purpose classroom, Banting Legacy trail and more

Banting Legacy Week

Monday – Saturday, Nov 10 – 15/14
Contact Nicole Brown for details and to volunteer

705-435-0111
nicole.brown88@hotmail.com

Summary Update

Our Mission is two-fold: Fight Diabetes and Preserve a Legacy. In the last issue, we emphasized our intention to increase the focus on our Fight Diabetes programs. We are advancing that objective on many fronts.



New roadside signage



Parks Canada Plaque

The first half of 2014 has been a very exciting time for us. Our resource team has been strengthened. Nicole Brown, our Programs and Facilities Coordinator, joined the team in January, two new volunteers were recruited to help with program delivery, four members were added to our Advisory Board and we added one Director. Our sincere welcome and thanks to all. We were successful in obtaining the essential Continuance Certificate from Corporations Canada required under the new Not-for-Profit Act.

Our School Tours program was announced to 5 school boards in late March, our Diabetes Classes program continued throughout the period, our Group Tours program and general public opening hours were launched. There were 1,137 site visits as a result. The inaugural winner of our Banting Legacy Transition Award for Post-Doctoral students delivered her findings at a Grand Rounds lecture at McMaster University and we announced the second year award winner at that event.

We received major support from the RBC Foundation and Honda of Canada Mfg. We continued to improve the visual appeal of the property. Read on for the details. We welcome your comments and suggestions.

David Sadleir, *President*

sadleir@mie.utoronto.ca

Site & Program Access

- * School and Group Tours: Daily by appointment
- * Adult Diabetes Classes: Registration required
- * General Public exhibits access: every Tuesday 11am – 4pm and 1st & 3rd weekends of the month, Sat 11am – 4pm, Sun 1pm – 4pm

Admission: free donations welcome
Stroll the grounds: Daily 7:00 am – 6:00 pm

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Sir Frederick Banting Legacy Foundation

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School Tours Program attracts hundreds

Using lessons learned from our pilot School Tour in December and aided by strong financial support from the RBC Foundation, we refined our agenda and launched the Program with a notice to 5 school boards in late March 2014. The speed, scale and range of the response exceeded our expectations on every level. Between April 30 and June 19, we had 727 students (with teachers and volunteer parents) scheduled with a total of 665 attending. The classes ranged from Grade 4 to 12 plus 20 first year students from U of T Faculty of Medicine, Family Medicine program as part of their Rural Health Day event. School buses appeared from north to Penetanguishene and south to Mississauga.



Temporary Classroom

Along the way, we introduced a 15 minute outdoor exercise session (in good weather) conducted by a volunteer yoga instructor to emphasize the importance of daily exercise in reducing the risk of Type 2 diabetes. Research conducted by another young volunteer led to the addition of new videos and various content adaptations for the elementary school students.



Drive Shed Class

Staff at Medtronic of Canada came to our aid for the first elementary school class and provided an age appropriate video with a cartoon character overlay to explain, "What is diabetes?". That group of 57 Grade 4, 5, 6 from Penetang included a newly diagnosed 10 year old Type 1 diabetic. His classmates wanted to understand what that meant and how they could help. His younger sister and Mom attended so they could all hear the story together. We asked every class, "How many have a diabetic family member?" The response ranged from 25% to 50%. That gave us serious pause. We are more determined than ever to try our best to help stem this tide.

Our 'temporary' classroom can seat a maximum of 30 so the historic Drive Shed was used as the gathering place for larger classes and we sent the Scavenger Hunt teams through the exhibit venue in staggered groups. It was a challenging 'first term' but a very inspirational experience. We are very grateful to the RBC Foundation for their generous financial support. The help of Medtronic and our volunteers ensured a major success. We are already receiving bookings for the Fall term.

Diabetes Classes, Group Tours and General Public openings add hundreds more



Avening Women's Institute

Our Diabetes Classes continued throughout the period, more or less weekly, with only one class cancelled due to severe weather conditions. A total of 78 registered clients attended the classes to learn about living with diabetes, healthy eating and weight control.

Our scheduled Group Tours began in early May with a total of 104 visitors from service clubs, social organizations and retirement homes.

We opened officially for the general public April 22 on a limited basis, every Tuesday and the first and third weekends of each month. Visitors through to end of June totalled 95 including 30 pre-opening, random visits. Coupled with our increasing use of the facility for planning meetings with partners and

potential partners, the total visitors to the site for the first 6 months was 1,137 with most between April - June.

DID YOU KNOW?

There have been 3 other winners of the Nobel Prize for work directly or indirectly related to insulin:
1958 Frederick Sanger (British molecular biologist); 1964 Dorothy Hodgkin (British biochemist);
1977 Rosalyn Sussman Yalow (U.S. medical physicist)

Putting a focus on 'transition'

Dr. Andrea Mucci, the inaugural winner of our Banting Legacy Transition Post-Doctoral Award, reported on her collaborative work with the OnTrac team at UBC in a Grand Rounds session in the Department of Pediatrics, McMaster University on May 8. The 2014 winner, Dr. Romy Cho, was announced as well. Dr. Cho, a 3rd year pediatric resident at McMaster, will be using her award to develop a transition curriculum for healthcare professionals.

The power of committed volunteers



Stephanie Day

Stephanie Day, a qualified yoga instructor and Alliston resident, traveled from her full-time job in Vaughan to conduct the exercise sessions for our School Tours classes; sometimes twice a day. Catherine Molnar, a young Mom and resident at Borden, undertook major research to help us find new content for the tutorials. Kianna Gnap, a recent UWO graduate and Tottenham resident, helped with 'crowd control' during the tours and is continuing on to help us staff our public opening hours. The Alliston and District Horticultural Society, coordinated by Tracy Bosley, donated and planted flowers and shrubs around the Farmhouse and made a significant start on our new main flower gardens. Tracy also organized the donation of 3 rain barrels from Honda of Canada Mfg.

Strengthening the team

Nicole Brown, Program and Facilities Coordinator, joined our team in early January. She has made a major difference in our ability to effectively operate and utilize our site, acquire and coordinate volunteers, schedule tours and events, guide visitors and deliver school tours content, organize and oversee essential site maintenance support teams and projects. Nicole is a life-long resident of Everett, the youngest member of the Alliston Lions Club and the recently appointed Chair of their Standing Committee on Banting. Welcome Nicole !



Nicole Brown

Expanding our collaboration

Thanks to the investigative work of our first post-doc winner, we are exploring potential program synergy with the UBC OnTrac team. Discussions with staff at the Provincial Council on Maternal and Child Health led us to the Diabetes Hope Foundation and we are in early discussions to investigate collaboration related to our mutual interests in helping young diabetics meet their 'transition' challenges successfully. We are also seeking a 'technology partner' to help us with our increasingly complex educational technology needs.

Increasing our educational program delivery capacity

We are using the reception area of our Heritage Exhibit building as our 'temporary' classroom, augmented when necessary with use of the historic Drive Shed. We need to construct a larger, permanent and multi-purpose teaching space with effective multi-media presentation capability. We also need more exhibit space to support our heritage history programs. To that end, Honda of Canada Mfg in Alliston have provided us with a generous gift to fund completion of detailed design and construction drawings and to support site plan drawing revisions. We have engaged an architect and the design work is in progress. We expect to have 'renderings' shortly and will use those to support the required fundraising campaign for the construction phase. Our grateful thanks to Honda who, once again, have come to our rescue with serious support just when needed.

Banting Legacy Trail

Plans are in progress to add an exercise trail around the building envelope at the site. This 500 metre trail will include exercise stations and in addition to supporting our School Tours and Diabetes Classes agenda, will add broader public appeal to the site. The trail will be connected to a safety walkway parallel to the Sir Frederick Banting Road (being installed by the Town) to link up with the existing trail system along the Boyne River.

DID YOU KNOW?

Frederick Banting served in both World Wars as a medical officer, was among the first to sign up on both occasions and won the Military Cross for bravery under fire in WWI.

Making our presence known

We have joined Sumac, a Simcoe County arts and cultural cooperative with 14 regional heritage and cultural sites. This provides us with a basis for a significant increase in 'awareness' for our site through inclusion on tourist maps, their County-wide summer 'scavenger hunt' and distribution support for our 'rack card' brochure throughout the County and beyond. This also provides us with easy access to knowledge sharing from other venues. Plans are in place to utilize the new FM radio station in Alliston. We completed a 5 minute TV interview that will be broadcast on Rogers Cable 10 TV throughout July and August promoting the site. Our new roadside signature signs are installed as is the historic site plaque provided by Parks Canada.

In Memoriam Power

In Memoriam giving celebrates the life of someone who made a special contribution to your life. We join our donors in celebrating the memory of:

- | | |
|------------------------|----------------------------|
| * Roland W. Abbott | * Norma Hill |
| * Howard Banting | * Robert W. Hipwell |
| * Dr. Ron Banting | * Eve Leon |
| * Marguerite Banting | * Janet McCague |
| * Doris Eleata Barnier | * Dr. Audrey Manning |
| * Grace Bebb | * Allan Hayward Mason |
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Please Donate Now – we need your help

We invite you to help us continue and expand our work to Fight Diabetes. Please visit our website at www.bantinglegacy.ca and use our 'Donate Now' link to send an online gift. Cheques payable to the Banting Legacy Foundation can be sent to SFBLF at PO Box 137, Alliston, ON, Canada, L9R 1T9
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