



June 2015

# The Banting Legacy

Issue #7

FIGHTING DIABETES and PRESERVING A LEGACY



## June 2015 Progress Report

### Looking ahead

**The number of children and youth contracting diabetes is escalating**

#### Regional Project

As an action arising from our 3rd Annual Banting Legacy Transition Symposium (Fall 2014), we are launching a very focused regional project to “count” the children and youth living with diabetes; assess caregiver training needs to support mental health issues arising from, or amplified by, the onset of diabetes, implement a web site to help youth in transition find primary caregivers and other resources, paint a more complete picture of the resources and processes available in support of youth; and create a Diabetes Demographic & Support Resource profile for our region. We hope to identify processes that would help quantify key trends.

We are working with pediatric diabetes education centres, several partners, volunteers and regional school boards to achieve these ends.

Project planning is well underway thanks to the many supporters on our team.

#### Inside this issue ...

Find details on our Scholarship and Post-Doctoral winners, how to acquire an engraved paver, fun uses of the site and more ...

#### Upcoming Events ..

November 9 – 14, 2015  
2<sup>nd</sup> Annual Banting Legacy Week

Check website for details, or contact  
705-435-0111  
nicole.brown88@hotmail.com

Our progress continues: two Directors added to our Board; 10 existing programs continued; 2 new programs launched; new partners added and the search for more who wish to collaborate continues; major projects completed or moved forward to key milestones; and visitors continue to find new ways to make use of the site, including retreats by business and healthcare organizations.



Diabetes Management & Education Centre with planned Phase 3 addition on the left

Our first Annual Banting Legacy Scholarship was awarded in May.

The Banting Legacy Trail has been implemented but with exercise stations and educational signage to be done; the Banting Legacy Garden enhanced with a new engraved paver patio; the video conferencing system installed and successfully tested; the architectural and engineering work for the design of our Phase 3 classroom and additional exhibit space completed (see above) and the application for the building permit submitted.

Sincere thanks to all of our donors, volunteers, partners and friends for helping us continue with our Mission.

Read on for the details. We welcome your comments and suggestions.

David Sadleir, President

sadleir@mie.utoronto.ca

#### Program & Site Access

- \* School and Group Tours: Daily by appointment
  - \* Adult Diabetes Classes: Registration required
  - \* General Public exhibits access: every Tuesday 11am – 4pm and 1<sup>st</sup> & 3<sup>rd</sup> weekends of the month, Sat 11am – 4pm, Sun 1pm – 4pm  
Stroll the grounds: Daily 7:00 am – 6:00 pm
  - \* Barrier-free access and free parking
- 705-435-0111      nicole.brown88@hotmail.com  
\* DMEC Location: 5116 Sir Frederick Banting Road, Alliston, Ontario

## Sir Frederick Banting Legacy Foundation

P.O. Box 137, Alliston, ON, Canada, L9R 1T9

www.bantinglegacy.ca

## Strengthening our leadership



Mandy Webster

Our new Board members are Mandy Webster, a producer with Rogers Cable TV, and Heidi MacKenzie, owner/operator of the Papermoon Gallery in Alliston. Both were diagnosed with Type 1 diabetes in their mid teens and have not allowed that reality to impede their personal and career progress. They are true role models for those living with diabetes. Both have been staunch supporters of our work for years.

We are very proud to have these young women on our leadership team.



Heidi MacKenzie

## First Annual Banting Legacy Scholarship

The Scholarship is offered as support for a student, living with diabetes, to advance their career aspirations through higher education.



L-R David Sadleir, Erica Geen,  
Nicole Brown

Erica Geen, a Grade 12 student at Patrick Fogarty Catholic Secondary School in Orillia, is the 2015 recipient.

Funded by SFBLF, the scholarship is among those awarded through a very successful program initiated by the Diabetes Hope Foundation (DHF) in 1999 that now has over 500 graduates.

Erica, a talented musician, is an outstanding student who has achieved excellence in her academic results, her leadership and her creative contributions to extra-curricular activities within her school, the Province and internationally.

Erica's drive for success is reflected in the management of her diabetes. Since the age of 12, she also has not let diabetes stop her from achieving her dreams. Erica will attend the University of Toronto to pursue a career in medicine.

The Directors of SFBLF are very proud to have Erica Geen as the inaugural winner of the Banting Legacy Scholarship and wish her continued outstanding success.

## 2014 Annual Banting Legacy Transition Award Winner Reports

Dr. Romy Cho completed her medical training at the University of Toronto and is currently in her 4<sup>th</sup> year of Pediatrics residency at McMaster University. She will move on to a Clinical Fellowship at the Hospital for Sick Children in 2016.

Dr. Cho was the 2014 winner of the Banting Legacy Transition Award. She used that to pursue investigation of resident education and comfort levels relating to transitional care for youth.

Her paper was presented at a Grand Rounds session at McMaster University on June 11, 2015.



L-R Bob Banting, Dr. Cho, Prof. C. Grant,  
Dr. Peter Banting at McMaster

### DID YOU KNOW?

30 minutes of exercise a day can reduce your risk of contracting Type 2 Diabetes by 40% !

## Banting Legacy Trail provides a new facility for our communities

The Banting Legacy Trail was completed to encourage members of our community and all site visitors to exercise daily. In combination with the safety walkway installed by the Town in 2014, walkers and joggers now have over 750 metres of trail to help with the objective of avoiding Type 2 diabetes. The facility also complements our School Tours and Diabetes Classes programs. Exercise stations and educational signage will be added as funds are raised.



First Legacy Trail Walkers



Thanks to the Drysdale Tree Farms team for their tireless efforts to construct this Trail in less than a week. The maple and spruce trees donated and planted by the Team last Fall along the Trail route are a welcome complement.

## Videoconferencing System Extends our Reach

The acquisition and testing of our videoconferencing system are complete. The system, based on state-of-the-art Cisco technology, was supplied by Telemerge of Markham, Ontario. This new facility supports interaction of our Diabetes Outreach team with others on the Ontario Telemedicine Network and internationally. It also complements our School Tours program and allows us to include remote guest speakers as part of the program offering. To that end, we have a new relationship with Partners in Research and they are helping us to find remote speakers. One source will be staff at the very successful McMaster Child and Youth University.

## Group Tours, School Tours and Public Access Programs expand

As 'awareness' grows, so do the many uses of our DMEC and the Banting Homestead Heritage Park site. In addition to continuation of our scheduled diabetes classes for adults and School Tours, the spectrum of creative uses for the DMEC continues to expand.



U of T Family Medicine Class  
Rural Health Day 2015

The Third Annual Rural Health Day took place on June 10 with 17 first year Family Medicine students from the University of Toronto visiting the Banting Homestead Heritage Park. The students learn about practicing medicine in a rural setting under the guidance of SMH staff and, among other events, participate in a mock emergency at the BHHP, followed by a tour of the Legacy Exhibits.

Catered management retreat in the  
historic Octagonal Drive Shed



Several representatives from Novo Nordisk visited the DMEC for a team-building day that ended with a dinner in the historic Octagonal Drive Shed catered by The Globe Restaurant.

Family picnics are popular at the site and are welcome anytime. The Alliston Lions Club generously donated a BBQ to SFBLF to be used in support of these and other events.

### DID YOU KNOW?

We can help plan an educational, catered event for a 'retreat' or other special occasion at this historic site. Please contact Nicole at 705-435-0111 for assistance.



## Banting Legacy Gardens have an exciting new dimension



Our engraved paver patio has been installed to enhance our flagpole and garden area. It offers an opportunity for individuals, families, businesses and organizations to honour a memory, mark a special occasion, and showcase a logo. In the process, show support for our programs and become part of an historic Canadian venue.



This on-going program is one way donors can help us. Engraved pavers are available in 3 sizes: 4" x 8", 8" x 8" and 12" x 12". The latter can be used to engrave a corporate or organization logo.

Order forms are available at the DMEC or on our website. A charitable tax receipt will be issued.

The new sod surrounding the paver patio was generously donated and installed by Brayford Sod. Sincere thanks.

Members of the Alliston & District Horticultural Society continue to volunteer time and material to enhance the flower gardens and we are grateful for that support.

## 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         | * Robert W. Hipwell        |
| * Roly Axelson             | * Muriel Hunt              |
| * Howard L. Banting        | * Carole Jones             |
| * Marguerite Banting       | * Mary Junor               |
| * Dr. Ron Banting          | * Andrew & Elinor Kovats   |
| * Lt.-Col. Robt G. Banting | * Eve Leon                 |
| * Doris Eleata Barnier     | * Maurice "Mac" MacKrell   |
| * Grace Bebb               | * Janet McCague            |
| * Keith Bishop             | * Dr. Audrey Manning       |
| * Fraser Carr              | * Allan Hayward Mason      |
| * Doug Curwood             | * James A. "Pete" McGarvey |
| * Shirley Elsie Dolmer     | * Geoffrey N. Milburn      |
| * Donald Doner             | * Michael Pegg             |
| * Dr. Wilson Eedy          | * Alan Richardson Rae      |
| * Thomas A. Graham         | * Charles Wall             |
| * Norma Hill               | * Gordon & Ruth Wright     |

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(1) Funded by



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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](http://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

Charitable Registration No: 80740 6145 RR0001