



January 2016

The Banting Legacy

Issue #8

FIGHTING DIABETES and PRESERVING A LEGACY



2015 in Review

Our Mission: Fight Diabetes and Preserve a Legacy

We continued to increase the focus on our Fight Diabetes programs; free scheduled School Tours and Group Tours, weekly Diabetes Classes and scheduled hours for general public access. Participation in these Programs since the respective launches in 2014 now exceeds 3,600.

In May, we awarded our first annual Legacy Scholarship to assist a youth living with diabetes to pursue higher education. The Banting Legacy exercise trail was installed as was our memorial paver patio. Designs for new exterior exhibits along the Trail were completed in December.



Flagraising, Banting Week, Nov 9/15

Our second annual Banting Legacy week of events was another great success. Jim Wilson, MPP, Simcoe Grey and Rick Milne, Mayor, Town of New Tecumseth, joined in to show their support for our "Go Blue for Breakfast" event. Our 50+ Years on Insulin Award was presented to Audra Noble of Markham.

The 4th Annual Banting Legacy Transition Lecture and Symposium continued the focus on transition challenges for youth living with diabetes and added consideration of the related mental health issues that can arise with the onset of diabetes. Architectural and engineering work for our Phase 3 technology-enabled classroom and more exhibit space was completed and the Building Permit secured. We are now seeking capital support for construction.

Our grateful thanks to all the donors, volunteers, supporters and our trades team who, together, made it possible for us to continue our advance.

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

David Sadleir, President

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2016 at a Glance

Improving surveillance and support for youth in transition

With the help of 2 major school boards, our Count the Children (living with diabetes) project is in progress and results will be reported in 2016.

Regional caregivers are helping us to identify learning objectives for an online course we are developing to assist them in enhancing their ability to identify and assess the mental health issues arising, or amplified, in youth as a result of diabetes.

All youth with diabetes must transition to the adult healthcare system, usually at age 18. Many get 'lost in transition' with potentially serious health effects. We intend to develop an interactive website and database to attempt to help youth to be aware of their personal responsibility to 'get ready' for transition and to help them and their parents find essential support resources.

2016 is the 125th anniversary of Sir Frederick Banting's birth. These projects and others planned will combine to create a fitting tribute.

Inside this issue ...

Find details on Banting Legacy Week, Transition Lecture & Symposium, new exhibits, site progress, and more.

Upcoming Events ..

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

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
Stroll the grounds: Daily 7:00 am – 6:00 pm
- * Barrier-free access and free parking

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New Sources join others for funding support

SFBLF hosted a special 'Meet & Greet' event at the DMEC in September to raise awareness of what we do and what we plan to accomplish. Over 100 guests attended. Many guests provided gifts in support of our programs. Special thanks to The Globe Restaurant team for an outstanding catering job. The Rosemont General Store held an evening dinner fundraiser to support our project to acquire exercise equipment for the Legacy Trail. Boston Pizza, Alliston donated the proceeds from 3 days of pre-opening practice lunches in support of our programs. Owners of both organizations added 'matching' gifts to the donations resulting from participants. TD Canada Trust, through their Alliston branch, provided their 5th major gift. We are very grateful for this strong community support.



TD Canada Trust, Alliston
5th Major Gift

2015 Banting Legacy Week a success!

A big THANK YOU to everyone who made the Second Annual Banting Legacy Week a success!

Flag Raising Ceremony at the site was supported by members from Essa, Innisfil and New Tecumseth Councils plus Rory MacKinnon's Bagpipe expertise and members of the community.



The Banting Legacy Student Art Contest with a required theme of Banting, Diabetes and the Discovery of Insulin, Canada's Gift to the World, attracted 40 submissions. Thanks to Heidi MacKenzie of the Papermoon Gallery and local artist, Jill Sadleir, for helping us select the winners. Prizes were presented to the winners at our Go Blue for Breakfast event.

The "Breakfast" event in support of the International Diabetes Federation worldwide campaign. 'Healthy Eating', held at The Gibson Centre, and catered by The Globe Restaurant, was another 'sold out' success with over

125 attendees. Our 50+ Years on Insulin Award was presented to Audra Noble for her courage as a user of insulin for over fifty years.

Hart Holmstrom, retired SFBLF Founding Director, presented us with an original oil painting of the Alliston home in which Sir Fred's mother was born. The painting was a gift to SFBLF from Gail Storey in memory of her husband, Art. The painting now hangs in the historic Farmhouse as part of the family history exhibit.

Birthday celebration for Sir Frederick Banting (marking the 124th anniversary) at our Diabetes Management and Education Centre, the 6th year at the site, included the 'Big Blue' glucose test for diabetes administered by our Outreach team member, Pam Barber; diabetes medic alert dogs and their handlers from the Sweet Charity Foundation; and supporting exhibits in the historic Drive Shed.



4th Annual Banting Legacy Transition Lecture and Symposium

This program, along with our Grad/Post-Doctoral Banting Legacy Transition Award is focused on the often daunting challenge faced by youth living with diabetes as they move from the pediatric to adult healthcare system. The objective is to raise awareness and to help build capacity in the system to mitigate the problem. In previous years, we explored the state of the art in Canada (Year 1), in the USA (Year 2) and our region (Year 3). This year we continued our focus on Simcoe County and adjacent areas. These events were also part of Banting Legacy Week.

DID YOU KNOW?

Worldwide, there are now 415 million adults estimated to have diabetes and another 318 million with impaired glucose tolerance putting them at risk of developing the disease. 8.9% (3.34 million) of Canadian adults are living with diabetes leading to \$3 billion in direct healthcare costs. Both prevalence and cost in Canada are projected to grow over 40% in the next 10 years.

Dr. Margaret Hahn, MD, PhD, FRCPC, Assistant Professor, Dept of Psychiatry, U of T and co-lead of the Mental Health and Metabolic Clinic at CAMH, delivered the public guest lecture on “Youth, Mental Health & Diabetes”. The keynote speaker for the subsequent Symposium was Dr. Khush Amaria, PhD, C. Psych, Team Lead for the Good 2 Go Transition Program at the Hospital for Sick Children. Lynne Dodd, RN, CDE reported the results of our 2015 survey of regional healthcare providers regarding mental health support training needs.



Dr. Margaret Hahn, MD

Barbara Pasternak, Founder and Chair of the Diabetes Hope Foundation, described their Transition Guide for youth entering institutes of higher education. Lori Johnson, Founder and CEO of the Sweet Charity Foundation, described their work in training and placing diabetes medic alert dogs with children. Shared experiences, valuable new connections, and discussion of key issues in the region reinforced the reality of long-standing process challenges. We are grateful to all the participants for their thoughtful and candid deliberations.

Our School and Group Tours presentation content continues to grow



We were fortunate to secure the collaboration of iconic Canadian astronaut, Chris Hadfield, who produced a special video to reinforce, for youth, the importance of personal responsibility in reducing the risk of contracting Type 2 diabetes. In addition, our Board member, Mandy Webster, with the help of many participants, produced a special video involving individuals living with diabetes and describing their life experience as a result. Both of these videos will be incorporated in our School Tours and Group Tours agenda.

New exhibits are under development for display in the historic Drive Shed. Using window frames rescued from the Farmhouse restoration in 2012, the exhibits illustrate the demolition, restoration and end uses for the historic Octagonal Drive Shed. The frames were restored by Board member, Heidi MacKenzie and her husband, Scott.

New Exterior Exhibits are on the way

Designs and renderings were completed for new exterior exhibits to be placed along the Banting Legacy Trail. Production of the special mounts is in progress and installation will occur as soon as weather permits. The designs, done in collaboration with Snack Is (Toronto), have been rendered to compliment the interior exhibit designs they did for us in late 2014. The new exhibits reinforce the diabetes risk reduction message, the importance of exercise and describe the evolution of the DMEC buildings that are all visible from the Trail.

Site Infrastructure continues to evolve



The 500 metre Banting Legacy Trail was installed in May followed closely by our new Memorial Paver Patio. The number of walkers, joggers and families of all ages now using the Banting Legacy Trail is growing daily. Sales of engraved pavers have progressed rapidly and we are very pleased with the outcome of these projects. An engraved paver is a great way for individuals, families and organizations to be ‘part of



history’ while supporting our programs. Both projects were completed by teams from Drysdale’s Tree Farm.

The planning and design work, as well as supplier selection, was completed for the installation of two exercise areas along the Trail; one for youth and one for adults. Both will be installed in 2016 as funds are raised.

Architectural and engineering work for our planned Phase 3, technology-enabled classroom and additional exhibit space is completed and the Building Permit has been secured. We are now seeking the capital to undertake construction. We hope to begin construction before the 125th birthday of Banting on November 14, 2016.

Sincere thanks to all involved in helping us continue our quest to ensure a memorable experience for visitors.

DID YOU KNOW?

The International Diabetes Federation estimates (November 2015) there are more than half a million children worldwide living with Type 1 diabetes.



Strengthening support for youth living with diabetes

After over a year of exploring with major government and other organizations, internationally, nationally and provincially, our conclusion, unfortunately, is that no one can identify systematically or completely, the number of youth living with Type 2 diabetes. The International Diabetes Federation provided the following response to our most recent query: "You are correct that more research is needed in the epidemiology of type 2 diabetes in children and young adults. For the 2015 IDF Diabetes Atlas, we were not able to find sufficient data on type 2 diabetes in people under the age of 20." Nov 19/15.

We see an interaction among the growing number of Type 2 youth, the mental health considerations and the ever-present 'transition' challenge. To help with finding approaches to mitigate these issues, we are undertaking three initiatives in 2016:

Count the Children: Working with local school boards, we are attempting to 'count the children' in their system living with diabetes. We are collecting age, gender, grade, diabetes type, date of diagnosis and answers to a very few related 'lifestyle' questions. It is estimated that 8.9% of Canadian adults are now living with diabetes. We hope to discover that statistic does not apply to the youth in our target population of over 77,000 students.

Mental Health Training Course: Regional healthcare providers who attended our Symposia are helping us to identify learning objectives and course modules to support development of an online training course for those supporting youth living with diabetes. An experienced online course delivery group is helping to develop the program.

Transition Support: All youth with diabetes must transition to the adult healthcare system, usually at age 18. Many get 'lost in transition' with potentially serious health effects. We intend to develop an interactive web site and database, to help youth to be aware of their personal responsibility to 'get ready' for transition and to help them and their parents find essential support resources. We are in early stage discussions with community college senior staff to establish a student team to develop this project

Honouring & Remembering

'In Memory of' and 'In Honour of' giving celebrate someone who has made a special contribution to your life. We join our donors in recognizing the following 2015 additions to our plaque:

In Memory:

- * Roly Axelson
- * Audrey Curtis
- * Carole M. Jones
- * Mary Junor
- * Maurice "Mac" MacKrell
- * Robert W. Martin
- * Art Storey

In Honour:

- * Peter & Wendy Banting
- * Chantelle Bramley
- * Geri McKeown
- * Zoe Neal

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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 SFBFLF at PO Box 137, Alliston, ON, Canada, L9R 1T9

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