

DC ROAR | DIABETES CANADA: ONTARIO NEWSLETTER

Fall Edition



100 Year Celebration to End Diabetes

November 14, 2021

Join us live from **Banting House National Historic Site of Canada** and the birthplace of insulin on **World Diabetes Day** for an evening of entertainment, storytelling, unveiling of new commemorative bricks and more! Or host your bubble for the live stream event from the comfort of your own home. Take part in the **silent auction**, buy **50/50 tickets**, purchase a **cause box** and enjoy a local meal together.



Follow us on Facebook and
Instagram for more information
@diabetescanaca



Pave The Way

You can help build upon the revolutionary work of Banting, Best, Collip, and Macleod, the co-discoverers of insulin, by purchasing an exclusive personalized commemorative brick, which will be laid in the Banting House Global Garden. By purchasing a limited-edition brick, you are supporting the ongoing efforts to advance diabetes research, treatment, and innovation.



With your brick purchase you will be invited to an exclusive brick unveiling on November 14th, World Diabetes Day. If you cannot attend the unveiling in person, you can join us on Facebook Live to mark this historical moment together. Purchase your brick now as there are only 100 available!

Purchase Brick

Special thanks to Lions Club of Vanastra and District for purchasing a brick!



50/50

JACKPOT

in support of

**DIABETES
CANADA**

Diabetes Canada is excited to announce our online 50/50 fundraiser in support of Ontarians living with diabetes.

Together, we will raise funds to connect children living with type 1 diabetes through Dose of D-Camps; inspire healthcare professionals and people living with diabetes through expert information that improves care and self-management; and assist researchers working on leading-edge treatments, including a cure.

**Current pot is
over \$8,000**

Purchase 50/50



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Abrams & Kihm, 2015

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SOUND ADVICE YOU CAN TRUST

Upcoming Education Programs

Know No Limits with Type 1 Diabetes Conference

Live October 2, 2021 11 a.m. to 7 p.m. EDT
On demand until November 3, 2021

Diabetes Canada encourages those affected by type 1 diabetes to join the virtual Know No Limits with Type 1 Diabetes Conference this fall. This event offers expert speakers from across the country, live Q&A sessions, as well as an interactive tradeshow with representatives to answer all your diabetes device questions. The event will also be available on demand until November 3, 2021.

Enter complimentary code **COMP2021 for a complimentary ticket**

For more information or to register

CLICK HERE

Family Connect

Diabetes Canada and A Dose of D-Camps invite Ontario families affected by type 1 diabetes to a day full of learning, sharing and fun at Family Connect! This virtual event includes fun and interactive games for the whole family, a nutrition presentation, cooking demo, inspirational and educational presentations on a variety of topics! You will also have a chance to win some great prizes!

For more information or to register

CLICK HERE

Ontario Peer Connect and Tech Night

Affected by type 1 or type 2 diabetes? Register for our October and November Peer Connect Sessions on diabetes and mental health and diabetes technology. This FREE virtual program, similar to a traditional support group, educates and connects Ontarians affected by diabetes. Each support group session offers breakout rooms, health-care professionals speaking on hot topics, and an expert panel to answer your burning questions.

Offered are two separate group sessions: one for those living with type 1 and another for those with type 2 diabetes.

For more information or to register

CLICK HERE

Cream of Cauliflower Soup



Ingredients

2 cups cauliflower florets
½ cup chopped celery
1½ cups reduced-sodium chicken broth
1 cup evaporated 2% milk
Pinch of freshly ground white pepper
1 green onion, thinly sliced

Instructions

1. In a saucepan, combine cauliflower, celery and broth. Bring to a boil over high heat. Reduce heat and simmer for 10 minutes or until vegetables are tender.
2. Working in batches, transfer soup to blender (or use immersion blender in saucepan) and puree until smooth. Return soup to saucepan (if necessary) and stir in milk and white pepper. Heat over medium heat, stirring occasionally, until hot (do not let boil).
3. Ladle into warmed bowls and garnish with green onion.

Mark Your Calendars

October 2 - **Know No Limits Conference**

October 27 & 28 - **Peer Connect**

November 2 - **Frontline Connect**

November 14 - **World Diabetes Day**

November 21 - **Family Connect**

November 24 & 25 - **Tech Night**

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