

**MARK YOUR
CALENDAR!**
"Walk for the Best" 2009
will be held at
Heydenshore Kiwanis Park
in Whitby on Sunday,
September 20, 2009.

We welcome all participants to help us continue our fundraising efforts to fund our very important programs. With your help, we can meet or exceed last year's achievement of raising \$30,000.

These funds are critical to support the Centre's ongoing programming of education, management and support. This year's event will provide you and your family with fun, exercise, delicious BBQ lunch, prizes, silent auction, rock climbing wall, bouncing castles, and great entertainment for everyone young, old and in between. Please help us by spreading the word, and collect pledges from friends, relatives, neighbours, employers and teachers...**why not start today!**

ENCLOSED IS YOUR PLEDGE

Schedule of Events

10:00 am

Registration

12:00 pm

BBQ lunch

1:15 pm

Opening Ceremonies & Special Guest Presentation

1:30 pm

Christy's Warm-Up

1:45 pm

"Walk for the Best" along the scenic shores of Lake Ontario

2:30 pm

Snack & Entertainment

**FORM—TALK TO FRIENDS,
NEIGHBOURS, COLLEAGUES AND
ASK THEM TO SUPPORT YOU AS
YOU WALK FOR THE BEST!**

**RAISE TOP DOLLARS AND
WIN!**

Our Walk for the Best Incentive Program rewards those special individuals who raise money on our behalf. Each person raising funds can easily achieve one of our incentive prizes!

<u>\$\$ Raised</u>	<u>Prize</u>
\$50 – \$99.99	Walkathon T-shirt
\$100- \$199.99	Walkathon T-shirt, Best Backpack \$10 Gift Card
\$200 - \$499.66	Walkathon T-shirt, Best Backpack \$20 Gift Card
\$500 - \$749.99	Walkathon T-shirt, Best Backpack \$50 Gift Card
\$750 – 999.99	Walkathon T-shirt, Best Backpack \$75 Gift Card
\$1000	Walkathon T-shirt, Best Backpack \$100 Gift Card

Top Individual Earner 2 tickets to Gala 2010 Trophy

Top Team Prize T-shirt for each team member raising \$100

Corporate/Special Interest team Prize Team Plaque Displayed at Centre T-shirt for each team member

**CORPORATE TEAMS
WELCOME!**

We encourage all local businesses to participate in this year's Walk for the Best by sponsoring an employee team – and why not issue a challenge to other local businesses!

FAMILY TEAMS WELCOME!

Forming a family team is a fun way to participate in the "Walk for the Best", and an excellent way to increase your fundraising efforts. Consider a letter writing or email campaign to encourage family and friends to support your goals. This is a great opportunity to meet other families, have a great Sunday afternoon with family and friends, enjoy a fall day in down by the lake and help your Centre continue its programming of ongoing education, management and support to **"keep your loved one with Type 1 Diabetes healthy until a cure is found!"**

VOLUNTEER TO HELP!

Volunteers are critical to the success of the annual walk-a-thon. Opportunities are available to join the planning committee, or you can simply help out on walk day with setup, registration, games, prizes, ticket sales, balloon rides, entertainment, BBQ preparation or clean up. You'll meet new people and make new friends! For more information visit our web site at www.charleshbest.com.

To volunteer or for more information, call **Melanie MacDonald** at **905-439-9340** or email at: **walk2009@charleshbest.com**



**THIS IS A RAIN OR SHINE
EVENT!!!**



THE B.E.S.T. NEWS RELEASE

A MESSAGE FROM THE EXECUTIVE DIRECTOR...

This is a special mailing to spread the word about our 5 Km **Best Walkathon** coming this September 20th, at our new venue, **Heydenshore Kiwanis Park** in south Whitby.

We are very pleased this year to once again have a special guest and presentation at our Walkathon! **Dr. Michael Riddell** is an educator and researcher in the area of exercise with respect to Type 1 and Type 2 diabetes, and is the lead author on Children and Adolescents in the American Diabetes Association *Handbook of Exercise in Diabetes*. Dr. Riddell is also a contributing author to numerous other publications associated with exercise, athletics and diabetes. He is an avid sports enthusiast and it's wonderful that he'll be speaking just before our warm-up to the walk.

The monies raised go towards all the extras available at our Centre such as:

- Home visits especially for the newly diagnosed
- Fingerpick A1C tests (*which cost \$20.00 per test !!*)
- 24 hr availability of clinical staff on pager and now off site access

- to patient charts
- Pregnancy program
- Support groups
- Special activities for children at Christmas, Easter and Halloween
- Extended appointment time (beyond the norm) for newly diagnosed and at follow-up appointments
- Day to day management availability
- Clinics with the team including the specialist physician
- Personalized travel planning for extended trips
- Insulin pump program
- School program
- Babysitter/daycare education program

There are many other things that the Centre provides depending on the need of our families. Your support is needed in keeping these programs alive and well. The Centre's track record at keeping kids out of hospital or shortening their hospital stay is excellent in terms of the impact on the child and the family as well as saving thousands of dollars for the health care system. Our staff are second to none and are regularly attending

conferences to maintain and upgrade their knowledge to provide you with nothing but the "BEST" when it comes to education for your child and family.

Our Centre is growing rapidly and every little bit goes a long way to ensuring our full programming continues.

We continue to ask for volunteer parents to assist us with our annual Easter, Halloween and Christmas Party organization. Please contact me if you have some time to spare.

Welcome is extended to Lori Short Zamudio who has joined our Best team of Dietician educators. Lori has in depth background specific to nutritional challenges that will be a great asset to the families we serve. Our BEST welcome to Lori!

You may have noticed at your last Centre appointment that we are now charting online! Thanks to the help of TELUS and HSAGlobal we have our very own clinician portal which is keeping us incredibly organized. We are still working out a few kinks but are very pleased to take our patient care to a new level.

DID YOU KNOW...

If every patient of the Best Centre paid their annual \$25.00 membership due the centre would be the recipient of \$35,000? Yes, you read that number right! As a Registered Charity we are required to have a membership fee. This fee is decided by our families who attend our Annual General Meeting.

This fee also goes to assist in the programs I have identified above. A goal for this year is to ensure that all families

are paid up members. *Those who are unable to afford this fee each year should let us know and arrangements can be made for family sponsorship. No family will be refused care if their fee is not paid, however we must ensure that memberships are up to date. Thank you if your membership fee is already paid for this year.*

**DO YOUR PART
TO HELP RAISE \$35,000!**

I am looking forward to seeing you at our upcoming Walkathon. Best Wishes for Healthy and Happy Summer!

Marlene Grass R.N.
Executive Director and Founder

P.S. Be sure to book your school presentation early!!!!



THE B.E.S.T. NEWS RELEASE



BEST CENTRE GETS A PERMANENT HOME!

I AM THRILLED TO INFORM YOU THAT THE BEST CENTRE WILL BE MOVING LATER THIS YEAR TO A PERMANENT SITE LOCATED IN NORTH BROOKLIN.

Over the past 10 years the Centre has been able to set aside funds to be used to ensure our program is sustained and to enable us to purchase a permanent site. This site will be more central to Durham Region but also to the majority of our families who

predominantly reside in the #2 highway/Kingston Road and Taunton Road corridor. I am certain our families who come down from the north will appreciate this move.

Families residing south of 401 may access the new site from Thicksen Road north. The location is on the north east corner of Thicksen and Columbus Road.

In 2000 our current site was donated for our use rent free on a temporary basis by Saverio Montemarano, President of Melody Homes. Mr. Montemarano has supported our Centre as well with golf tournaments, and has been a long time supporter of our annual Gala. His tremendous assistance has contributed greatly to assist us in obtaining a beautiful permanent site more central to the majority of the

families that attend the Centre. Not only does this new site surpass our current needs but will allow for growth of the Centre in the future if required.

We are most excited about this tremendous opportunity to be able to provide expanded and accessible services and programs from this new location and continue the tradition of providing a comfortable and homelike setting for you, our families — regardless of your age.

We expect the move of service will be towards the end of this year and will keep you posted as appointments are scheduled. Information will also be available on our website.

2009 GALA A HUGE SUCCESS!



The Best Centre annual fundraising gala was once again held at the beautiful Trafalgar Castle School, the perfect backdrop to celebrate 20 successful years of the Centre. The event included a wonderful silent auction, several community awards, a chance to win a diamond ring and a travel voucher valued at \$6000! Jackie Hill and her décor team once again

transformed Trafalgar Castle, taking guests away to the Moulin Rouge for a night of glittering chandeliers, Can-Can dancers, and a French marketplace featuring an amazing selection of silent auction items.

The evening was hosted by our Honorary Gala Chairperson, CTV's Canada AM Co-host Beverly Thomson, with dignitaries introduced by Ken Shaw, Anchor Weekdays, CTV News Toronto.

Thanks to everyone who made this a special event: sponsors, guests and volunteers. With your help, we've again raised funds that will go to helping keep kids healthy until a cure for Type 1 diabetes is found!

Thank you to our Sponsors!



THE B.E.S.T. NEWS RELEASE

ANNUAL GENERAL MEETING

The Charles H. Best Diabetes Centre will be holding its annual AGM on September 15th at 7pm. The location will be the Oshawa Airport Golf Club at 1145 Thornton Road north, south of Taunton Road on the east side.

At that time our Executive Director provides her report as well as our Board Treasurer provides our financial report, nominations for the Board of Directors are voted on by Membership as well as the membership fee. Our guest speaker for the evening is to be confirmed.

We look forward to seeing a good turnout at this meeting in support of

your Centre from both the paediatric and adult families.

CALL FOR APPLICATIONS

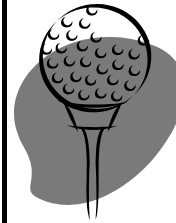
To the Board of Directors Charles H. Best Diabetes Centre

Members who have completed their term of office or are unable to continue to full length of service leave a Board vacancy to be filled. The AGM provides the opportunity to call for applications to the Board of Directors to be submitted in writing with a resume prior to this meeting.

Board Application forms to the Board are available at the Centre.

The Phil Rooney Memorial Golf Tournament
Saturday September 12, 2009

Enjoy golfing?



Then why not sign up for the Phil Rooney Memorial Golf Tournament, Saturday, September 12, 2009 at Oakridge Golf Club. It promises to be a great day of golf, lunch, dinner, live auction and prizes!

All proceeds go to The Charles H. Best Centre. For more information, visit:

http://www.crcs-contractors.com/Rooney_Tournament.html.

THE BEST CENTRE NEEDS YOUR HELP

Parents, patients and friends...the Best Centre needs your help! Many of the value-added services that you receive from the Best Centre, such as 24/7 pager access and in-home support, are funded through the fundraising efforts that the Centre – and its hardworking volunteers – put on each year. Volunteers are needed for a variety of activities including our Walkathon, Gala, clerical support, event volunteers, housekeeping & maintenance, grass cutting, and bingo.

If you appreciate these services, then please give us a hand. How? Three ways:

1. Renew your Best Centre membership.
2. Roll up your sleeves and get involved – for as little or as much time as you can give us. Please contact us today to volunteer – phone 905-666-7796 or email marlene@charleshbest.com.
3. Make a cash donation right on our web site at www.charleshbest.com; or donate prizes to our various fundraising activities – visit our web site and look at the types of prizes or donations we need for the next upcoming fundraising activity, then let us know how you can help.

We're currently working on our walkathon and will need volunteers to help us organize and prepare for the walkathon as well as help the day of the walkathon. We are looking for prizes for our silent auction table – worth approximately \$100 each, and ideally geared towards kids and adolescents. If you'd like to help out, call Melanie MacDonald at 905-439-9340, or email walk2009@charleshbest.com.

PARENTS OF TEENS PARENTING SEMINAR

Thursday October 1, 2009,
6:30-9:00 pm
Oshawa Airport Golf Course Banquet Hall, 1145 Thornton Rd. North, Oshawa (Between Taunton Road and Rossland Road)

Join us to share your teen-parenting experiences and learn more about strategies to help raise healthy, happy and intelligent teenagers / young adults. *Feel free to bring a friend who also has teenage children. Promises to be Informative and Light-hearted !

Space is Limited
RSVP to Tracy at 905-666-7796

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