



**THE CHARLES H. BEST
DIABETES CENTRE**
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SERVING DURHAM REGION
AND THE SURROUNDING AREA
FOR 20 YEARS
EST. 1989

A REGISTERED CHARITY
#13362-3295-RR0001

GALA 2010

This year's Gala is being held on March 20, 2010 at the Trafalgar Castle School in Whitby. Each year, our Gala helps raise funds for important programs that help support the Centre's ongoing programming of education, management and support.

**We're looking for Silent
auction items...
can you help?**

Donations would be gratefully accepted for items for our Silent Auction table, which is a major fundraiser at this event. We're looking for items including fine jewellery, art, furniture,

electronics, holiday & entertainment packages, sporting goods, sports memorabilia, spa gift baskets etc. Why not see whether your company can make a contribution – if not with product, then how about a cash donation?

Silent Auction donations will be gratefully accepted at the Centre—for more information, call Melanie MacDonald at 905-666-7796.

Every bit helps and is appreciated!

EMERGENCY PAGER GUIDELINES

We've created a new set of guidelines that will help you understand how and when to use our Emergency Pager service. You'll find our brochure enclosed with this newsletter—please keep it and refer to it so you can prevent or handle an emergency situation more effectively.

If you didn't receive your copy, please visit our web site where you can download a copy.

HAVE YOU RENEWED YOUR MEMBERSHIP?

We'd like to thank everyone who renewed their memberships in fall 2009—your membership funds are very important to helping us provide our programs.

If you haven't yet had a chance to renew your membership, use the "Clip & Mail" form on the reverse side of this newsletter to send in your membership today! Your membership is good for one (or two) years from the date that we receive your payment, and we'll send you a quick reminder when your renewal is coming up.

If every patient of the Best Centre

paid their annual \$25.00 membership due the centre would be the recipient of \$35,000! As a Registered Charity we are required to have a membership fee., which is decided by our families who attend our Annual General Meeting.

This fee also goes to assist in the many programs we provide to our patients through the year. 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.

Use the "Clip & Mail" form on the reverse side to send in your Membership today! And remember, donations are also gratefully accepted!

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

Cancelled and Missed Appointments

We understand that there are times when you can't get make your appointment, but please give us at least 24 hour's notice if you need to cancel or postpone.

Each missed appointment — especially if you don't let us know — means that we have a staff member who could be seeing someone else. But with missed appointments or late cancellations, we don't have the opportunity to book someone else into your spot.

This will help us ensure we can make the best use of our time and funding in providing services to all our patients.

Walkathon 2009

Our Walkathon 2009 was another great success: the weather cooperated perfectly, and our many family and friends came out in support of the Centre, helping us raise funds to continue to provide diabetes care and education in Durham Region. Congratulations to our top fundraisers:

First Place: Trista Bruce - \$3,616.12. Trista wins 2 tickets to the 2010 Gala, her name on our top fundraisers plaque, plus her own first place plaque! Congratulations Trista!

Second Place: Mike Borg & Gayle Derby— \$2,116 each!

Third Place: Tyler Scott—\$1,994.35

Top Corporate Team: The Cleats
Honourable Mentions: Ryan Halliday, Shannon Lapish, Madison Snowden, Jacob Walker

Thank you to all the individuals and teams who gathered pledges and participated in the walkathon, and to the people who pledged our walkers. Your contribution is very important to us and we appreciate it very much!

Special thanks to the many volunteers who helped make this event happen – we couldn't do it without you!

Our sincere thanks to our guest speaker Michael Riddell, Ph.D. of York University, School of Kinesiology and Health Science, Faculty of Health. Thanks also to Lori Irvine for a spirited warmup, Carmine Cupelli of Remax First Realty Ltd. for assistance in getting the Remax Balloon, Farleyco Marketing and AMG Medical for the goodies in our backpacks, and Wendy Hasenhindl for some great painted faces!

Best Centre Move Update

We're still on Victoria Street and will be here until about May 2010—we will be sure to let everyone know once we have a firm date for our move. For now, continue to visit the Best Centre at 900 Victoria Street, Whitby.

The Charles H. Best Diabetes Centre Annual Membership

YES! I want to do my part to help raise \$35,000 for the Best Centre by paying my annual Membership! Enclosed is my cheque, made out to **Charles H. Best Diabetes Centre**, for:

- 1 year \$25.00 2 years \$50.00

Patient Name:	
Address:	
City:	
Postal Code:	
Telephone:	
Email:	

Please include this form with your cheque, and mail or drop off to:
Charles H. Best Diabetes Centre, 900 Victoria Street West, Whitby, ON L1N 9Z5

OR

You can pay online by visiting www.charleshbest.com