



BEST BULLETIN

VOLUNTEER NEWSLETTER

Welcome to the 6th edition of The Best Bulletin! We're back with another jam-packed issue celebrating the energy, heart, and incredible impact of our amazing volunteers. In this winter edition, we're warming things up with inspiring stories, fresh opportunities, and fun ways to stay connected with our community.



CENTRE SPOTLIGHTS

PATIENT SYDNEY LITTLE



Sydney has been a patient of The Best Centre since being diagnosed with T1D in 2011 at the age of three. From the very beginning, The Best Centre was there to support Sydney and her parents through checking blood sugar and giving insulin for the first time, and helping her teachers, coaches, and family members understand what living with type 1 diabetes involves.

Over the years, Sydney has benefited from The Best Centre's ongoing care, including 24-hour pager support when she is sick, insulin pump training, and closely monitored medical care. This support has helped her play high-level soccer and volleyball, succeed in school, and prepare to attend university this fall.

VOLUNTEER ZION THOMPSON



Zion was diagnosed with type 1 diabetes just a year ago, and the support she received from the staff at The Best Diabetes has meant a great deal to her throughout this journey. Volunteering has become her way of giving back to a community that supported her during such an important time in her life.

She has volunteered at multiple events and initiatives, and each experience has allowed her to connect with others and contribute to a cause that is now deeply personal. Being part of The Best Centre community has helped Zion feel empowered and supported, and she looks forward to continuing to volunteer and make a positive impact.

FRONT OFFICE ADMINISTRATION TEAM



Left To Right: Lorna, Shannon, and Gauri

Whether greeting families at the front desk or assisting over the phone, they bring patience, compassion, and reassurance to every interaction — always with a smile that helps put patients and families at ease. Working both at the front lines and behind the scenes, they play a vital role in creating a positive, efficient, and compassionate care experience.

At The Best Diabetes Centre, exceptional care begins long before a patient enters an exam room. Our administrative staff are the welcoming first point of contact, helping families navigate appointments, referrals, and daily logistics with organization, clarity, and kindness. They understand the complexities of living with T1D and are always ready to help.

VOLUNTEER ANNIVERSARIES



Thank you for reaching this important milestone with us. As we recognize the volunteers who have celebrated their first anniversary in Better Impact from 2025 through today, we want to express our heartfelt appreciation. Your time, care, and dedication truly make a difference, and we are deeply grateful for the meaningful role you play in The Best Centre community.

Joseph Adetuyi
Jacob Adetuyi
Katherine Bull
Graydon Bylow
George Chira
Tracey Cooke
Lucas Cromwell
Najaela Forde-Cooper
Lucas Forde
Stacey Harrison
Olivia Hepburn
Christa Hruska
Katie Infurnari

Amarri Johnson
Asma Zia Kashif
Sydney Little
Sara Lugsdin
Christine MacKinlay
Libera Maloney
Wendy McBain
Mary Radway
Nevaeh Samuels
Neriah Samuels
Donna Snowden
Madison Snowden

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THE COMMUNITY IMPACT TEAM



The Best Centre is seeking volunteers interested in joining the Community Impact Team. This group of volunteers helps support The Best Centre's outreach and engagement across the community.

Community Impact Team members represent the Best Centre at community events and outreach

opportunities, helping create welcoming experiences for children, families, and community partners. Volunteers may assist with activities such as community festivals, speaking engagements, volunteer recruitment events, and fundraising or internal events. Training and guidance are provided, and volunteers can choose opportunities that match their interests and availability.

If you are interested in learning more about this volunteer opportunity, please contact fundraising@charleshbest.com

FOUNDER'S DAY CELEBRATION

To celebrate Founder's Day on April 22, The Charles H. Best Diabetes Centre is creating a special tribute video to honour our founder, Marlene Grass. We invite volunteers, patients, families, and supporters to submit a short video message sharing what the Best Centre means to them.



If you would like to participate, please send a 10–15 second video by April 3rd to amy@charleshbest.com or 416-837-3117

ROOTED IN CARE, GROWING TOGETHER

National Volunteer Week 2026 runs April 19–25, and The Best Centre is proud to celebrate the incredible impact our volunteers make. This year's theme, "Rooted in Care, Growing Together," reflects how your compassion and dedication help strengthen The Best Centre and supports our T1D community.



Throughout the week, we'll be sharing our appreciation on social media, highlighting the amazing contributions our volunteers make and celebrating the many ways you make a difference.

Stay tuned — we can't wait to celebrate you.

LET'S PLAY PICKLEBALL



Theresa Robertson, Sandra Makris, Team The Scooby-Doos

Join us on **Saturday, May 30th at 8am** for The Best Centre's annual pickleball tournament - Paddles Up for T1D. This is a fun and engaging fundraiser supporting diabetes care, education, and research. Whether you're a seasoned player or new to the game, you'll enjoy a morning of friendly competition, community connection, and meaningful impact.

Register:

<http://weblink.donorperfect.com/PaddlesUpforT1D2026>

UPCOMING VOLUNTEER OPPORTUNITIES

Looking for ways to get involved? Below are some upcoming volunteer opportunities to watch for as you support The Best Centre and connect with our community.

Spring Clean Up

April 18

Pickleball Tournament

May 30th

Best Kids Korner

Summer event dates TBD

Walk For The Best

September 12th

ONGOING BINGO VOLUNTEERS NEEDED



We're looking for more helping hands! Whether you can spare just a few hours each month or are eager to get more involved, your time and talents can make a meaningful difference. If you're interested in volunteering or would like to learn more about this opportunity, please contact us at fundraising@charleshbest.com.

BETTER IMPACT

If you have not yet registered on the Better Impact webpage, please take a moment to do so. Better Impact serves as the online hub for The Best Centre and our volunteers, to communicate, share opportunities, and track progress. Register today!



SCAN TO REGISTER

YOUR FEEDBACK MATTERS

We want to hear from YOU! Please share your thoughts about your volunteer experience by emailing us at fundraising@charleshbest.com.

