

BEST BULLETIN

VOLUNTEER NEWSLETTER

Welcome to the September edition of The Best Bulletin 2025! Thank you for your interest and engagement with our community. We are excited to share many updates about volunteer activities and, we hope this edition inspires you. YOU make a difference with every effort, to be the change our community needs.



CENTRE SPOTLIGHTS

OUR SOCIAL WORK TEAM

The Best Centre staff know that living with and managing type 1 diabetes is about more than just the numbers. Our dedicated Registered Social Workers are always available to support patients and families. Mental health and wellness comes with emotional, social, and physical challenges beyond the clinical effects of T1D.



The team offers individual counselling and they also help plan and facilitate programs and activities that strengthen our peer connections. We know that creating opportunities for connection, learning, and encouragement is important to our patients and volunteers. Whether navigating a new diagnosis or learning how to thrive day-to-day, our social work team will meet you with compassion and care every step of the way.

VOLUNTEER NAJAELA FORDE-COOPER



Najaela Forde-Cooper, is a proud volunteer at The Best Centre. She has a special connection through her mother, Vonnette, who is the Centre’s Development Office Coordinator. Najaela is a lead volunteer of the Kids Korner

initiative; a mobile station that attends community events offering face painting, coloring, temporary tattoos, and more.

Najaela states, “I truly enjoy volunteering with the Best Centre and love putting smiles on children’s faces through my volunteer work. I also enjoy helping with events like the Walk for the Best, raking leaves during the fall season, and capturing photos at the 2024 Yard Sale. I look forward to continuing my volunteer journey alongside the Best Centre and contributing to future opportunities.”

PATIENT MADISON SNOWDEN



Madison was diagnosed with T1D in 2005 at just 12 years old. From the first day meeting the team, she has been part of the Best Centre—a place that has guided her through every stage of life and, more importantly, taught her how to truly live fully and completely.

With the Centre’s support, Madison has pursued her goals and dreams. Her life is full; traveling the world, moving across the country, and building her own real estate team here in Durham. T1D has never held her back. Rather, it has pushed her positively forward, teaching her consistency, resilience and the importance of showing up for both herself and others.

Today, Madison proudly serves as a volunteer member of Walk and Family Engagement Committees. She makes time to give back to the community that has given her so much. She believes one of the Centre’s greatest strengths is the sense of belonging it creates—the feeling of being seen, supported, and connected. This is what she brings into her volunteer work to ensure everyone feels at our beloved The Best Centre.



November is a special time as we recognize National Diabetes Awareness Month (NDAM) and World Diabetes Day (WDD) on November 14th. Throughout the month, we have opportunities for you to be involved at special events and fundraising initiatives. Keep an eye on our social media channels for updates and join us as we raise awareness in November.

EVENTS

WELLNESS YOGA NIGHTS



Join us for our next free Yoga session on September 23rd from 6:00 - 7:00PM (will cancel if raining). These sessions provide a reason and space to focus on peer connection for everyone.

Please bring a yoga mat, water, and positive energy.
RSVP: bestdiabetes@charleshbest.com

TRUNK OR TREAT



Calling all SPOOK-TACULAR volunteers to join the fun of a new event! You can help by decorating your trunk and handing out treats to our young Best Centre patients and families.

Date: Saturday , October 25, 2025
Time: 12:00PM - 3:00PM
Location: West Brooklin Parking Lot - to the West of The Best Centre
For more information or to sign up contact amy@charleshbest.com

BEST KIDS KORNER



During the Pickering 3-day Ribfest and Whitby Home Sweet Home events, we connected with over 80 children and 100 families. Thank you to our fantastic group of volunteers, in spreading awareness and raising \$370 for Best Centre programs!
Thank-you Kids Korner Volunteers!

WALK for the BEST



Our biggest community event of the year is back! Join us on **Saturday, September 13th, 2025** at Heydenshore Park, South Whitby. It's time to lace up and get ready for a day of fun, connection, and community spirit! Join us as we come together with family, friends, and neighbours to celebrate and support the T1D community.
To Register, Fundraise, WALK, please visit :
<https://www.charleshbest.com/walk-for-the-best-2025>

VOLUNTEER OPPORTUNITIES

We are looking for more helping hands! If you can spare a few hours or you want to take on a larger role, please let us know ASAP. Your time and skills can have a big impact. If you're interested in volunteering, please reach out to fundraising@charleshbest.com

- Bingo
- Walk For The Best
- Best Kids Korner
- Trunk or Treat
- Fall Clean Up
- Advocacy



REGISTER TO WIN - BETTER IMPACT VOLUNTEER HUB

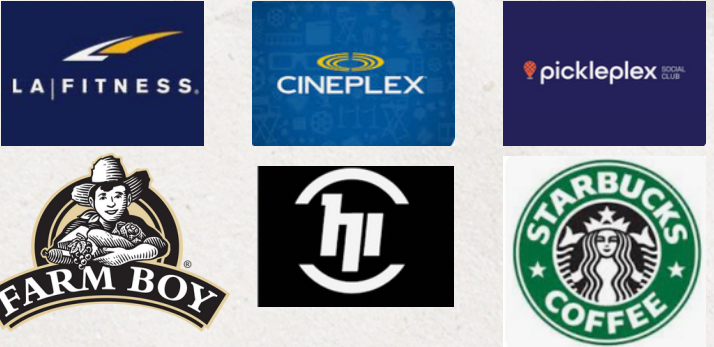
Not registered on the Better Impact portal yet? Please sign up today, allowing you to view upcoming opportunities, record your work and you will be eligible to win a prize!
<https://www.charleshbest.com/volunteer>

Past Winners:
May- **Heather Dunn** - Gardening Kit
June- **William Kelly** - Gym Kit
July- **Shana-Kay Baker** - Movie Kit

PADDLES UP FOR T1D



Total funds raised over \$4,100! The Best Centre held its inaugural Paddles Up For T1D Pickleball Tournament this past August. It was a tremendous success with 14 teams competing for the title of Paddles Up champions and supporting The Best Centre.
A big thank you to all the teams that participated and to our corporate supporters who helped make this day a success!



Tournament Winners: Lil' Dinks