

2026 Summer Edition

BEST BULLETIN

VOLUNTEER NEWSLETTER

Welcome to the Summer 2026 Edition of The Best Bulletin!

Thank you to our incredible volunteers, supporters, and families for making a meaningful difference in the lives of our T1D community. We're excited to share the latest news, volunteer highlights, and community updates from The Best Centre.



CENTRE SPOTLIGHTS

HONOURING A COMMUNITY CHAMPION



Congratulations to our founder, Marlene Grass, on receiving the prestigious E.P. Taylor Windfields Farm Champion Award at the 2026 Oshawa Community Awards. This award recognizes individuals whose outstanding leadership, community service, and dedication embody the legacy of Windfields Farm while serving as ambassadors for the City of Oshawa.

Since founding The Charles H. Best Diabetes Centre in 1989, Marlene's vision and leadership have transformed diabetes care across the Greater Toronto Area. Through specialized education, compassionate care at diagnosis, home visits, and ongoing support, the Centre has helped thousands of children, youth, adults, and families living with type 1 diabetes. Her unwavering commitment has created a lasting legacy, improving lives and strengthening healthcare throughout our community.

VOLUNTEER SPOTLIGHT MEGHAN IRWIN

Diagnosed with type 1 diabetes at the age of 12, Meghan has been supported by The Best Centre from the very beginning of her journey. Inspired by the kindness and care she received, Meghan chose to give back by becoming a volunteer. Every Sunday and Wednesday, she helps to maintain the Centre's gardens by watering the flowers – creating a welcoming outdoor space for everyone who visits. Megan says that volunteering is her way of expressing gratitude to the team that has supported her throughout her T1D journey, and that she looks forward to continuing to give back to The Best Centre for years to come.



PATIENT SPOTLIGHT EVIE REID



Diagnosed with type 1 diabetes at just 3 ½ years old, Evie, now 9, has grown into a confident young girl.

Evie was diagnosed during the COVID-19 pandemic, which brought unique challenges, but The Best Centre's team was there every step of the way. Whether virtually or in person, they provided education, guidance, and encouragement to help Evie and her family adapt to life with T1D. From comprehensive training to annual education sessions for school staff, The Best Centre has remained a trusted partner throughout Evie's journey.

Looking back on those early days after diagnosis, Evie's family says that one of the greatest comforts was knowing support was always available. "From the Dietitians to the emergency pager available any time of the day or night, the support was amazing—especially at the beginning of the diagnosis when everything was so new to us."

Today, Evie continues to thrive and confidently manage life with T1D.

