

...we could know our toddler won't have a dangerous low?

...I could say I used to have type 1 diabetes?

What if...?

...we could delay the progression of T1D?

...I could produce my own insulin again?

...we actually found a cure?

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

2018 ANNUAL IMPACT REPORT
FOR CANADA'S TYPE 1 DIABETES COMMUNITY

What if? we could have a world without type 1 diabetes (T1D)?

And the freedom to live life without this disease?

What if? all of us affected by T1D could live without worry?

What if? no one ever felt 'different' because of T1D again?

What if?

We are a community.

And the spirit of *What if?* drives us.

What if? together we defeated T1D for good?

We can't stop – won't stop – until we get there.

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Lorne Shiff



Dave Prowten

“What if we could finally see an end to the terrible impact T1D has on countless Canadian children, adults, and families?”

With all of us pulling together, it’s going to happen.”

Leadership Message

JDRF Board Chair Lorne Shiff and President and CEO Dave Prowten discuss JDRF’s activities and achievements during 2018, a pivotal year, and how we intend to harness our shared momentum into 2019 and beyond.

Q. What does “What if?” mean to you?

Research can often feel like a distant, intangible thing for people. Scientists may work away quietly in a lab or clinic for years, and they are often doing important work that will have a massive impact – perhaps even sooner than we think – but people aren’t always able to connect it back to their own lives and experience.

So when we conceived of **What if?** it was about getting people to think about the connection between their lives and the research that’s going on *right now*, and what it means to them. With **What if?** we’re inviting people to get a bit aspirational and hopeful. As in, “What if we could finally see an end to the terrible impact T1D has on countless Canadian children, adults, and families?” With all of us pulling together, it’s going to happen.

Q. Is What If? just about research?

It’s not. For example, in this report, we have a **What if?** story around continuous glucose monitors, asking, “What if everyone in Canada with T1D had equal access to this technology through our health care system?” We also have a powerful mentorship **What if?** story – just another example of the many JDRF programs offering critical support where it’s needed most, while at the same time bringing our T1D community even closer together.

Q. What was 2018 like for JDRF? And what’s next?

It was a special year. We now have three studies running through our landmark **Partnership to Defeat Diabetes** with the Canadian Institutes of Health Research, and there are more to come. More than a thousand Canadians with T1D had their Disability Tax Credit restored again, after a successful advocacy campaign undertaken with the underlying support of JDRF the year before. And with help from incredible supporters and partners, JDRF has grown revenue for the past two years while keeping expenses flat. This past year was a banner year for JDRF, and we’re incredibly proud of – and humbled by – all that was accomplished by JDRF ambassadors, volunteers, community organizers, fundraisers, and donors. We’re very excited to shine a spotlight on many of them in this report.

As for what’s next, one thing we can say for sure is that we plan to get a lot *louder*. We know how you value opportunities to get involved and to demand meaningful results through our advocacy initiatives...so stay tuned for more!

Finally and crucially, T1D research is on a measurably positive trajectory that is set to continue in the years to come. For example, Canadians now have access to a revolutionary hybrid closed-loop artificial pancreas system, thanks largely to JDRF-funded research. What’s next looks very exciting!

Accelerating Research

JDRF is leading the international research effort to end type 1 diabetes. Here's how we moved the needle forward in 2018, accelerating efforts toward the day when *What If?* becomes 'We did it!'

\$108
million

amount JDRF donors
invested in T1D research
worldwide

20
countries

scope of JDRF's 2018
international research
portfolio

75

clinical trials funded
in Canada and around
the world to bring new
treatments to market faster

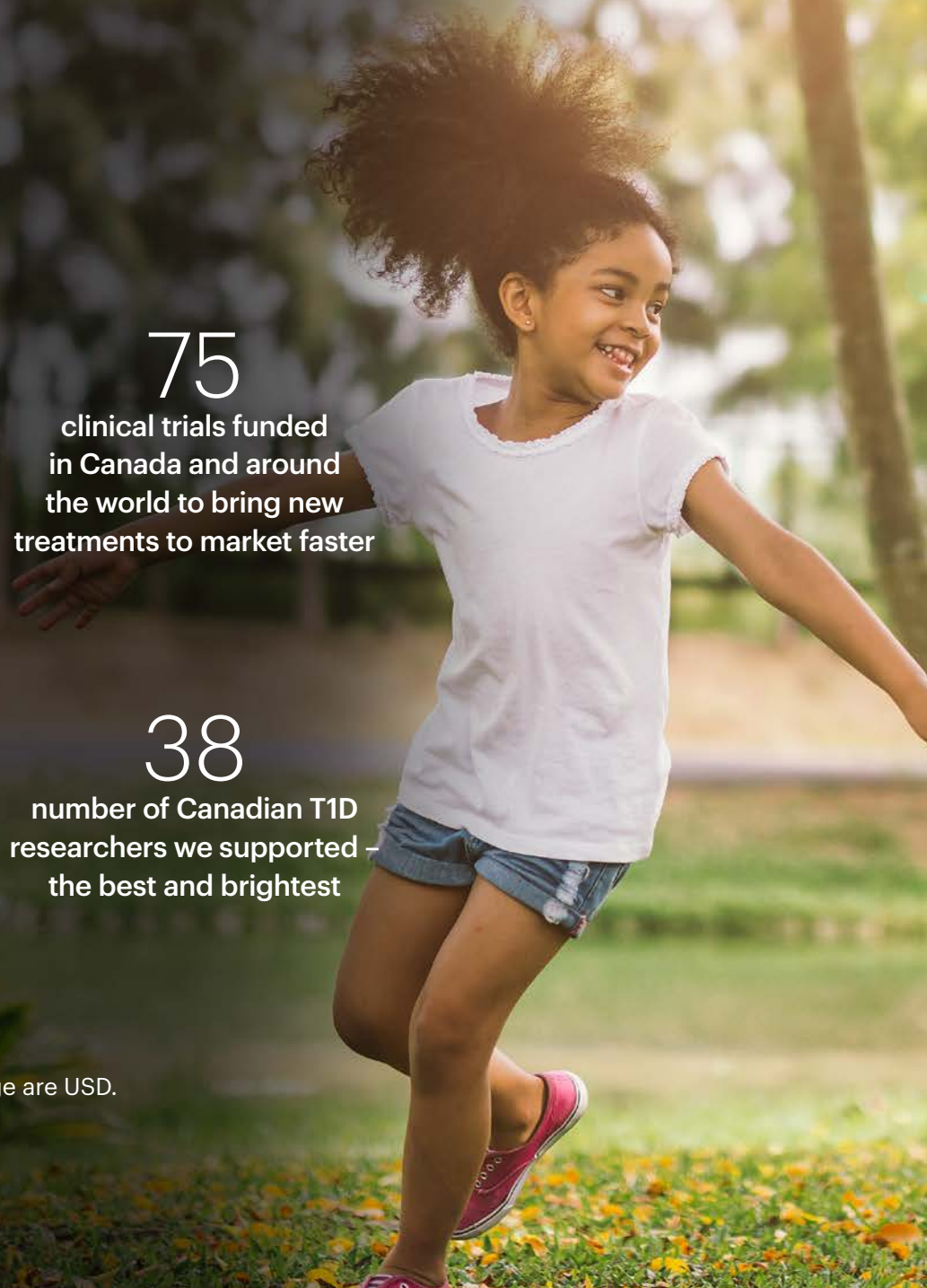
150+


new research grants for
the world's most promising
studies

38

number of Canadian T1D
researchers we supported –
the best and brightest

* Note: All dollar figures on this page are USD.





"The early support I received from JDRF was essential to my career. Today my research is using stem cell technology to increase the likelihood of finding a possible cure for type 1 through transplantation."

— Dr. Maria Cristina Nostro,
McEwen Stem Cell Institute,
University Health Network

**Research Highlight:
Closed-loop system approved**

In 2018, Health Canada approved the country's first hybrid closed-loop system (a self-adjusting insulin pump that replicates some of the functions of the pancreas) to help Canadians with T1D to live easier, longer, and healthier lives. The system was a direct outcome of JDRF's Artificial Pancreas Research Program, which was launched in 2006. A major step forward, thanks to JDRF donors and our research!



What if I could say

I used to have type 1 diabetes

?

Photo: Jessica Tanti

Jessica's Story

Jessica Tanti has lived with T1D for more than 12 years. She's an 'old hand' at managing the disease, and she feels pretty grounded about it. "It's hard to even imagine what life would be like without it anymore ... what it would be like to have that freedom back," she says.

Two years ago, Jessica and her husband Nicholas decided to start a family. It took a year to get a green light from her doctor so they could try getting pregnant. Being pregnant and having T1D carries some risks for an expectant mother and her child, so women with T1D are commonly asked to get their blood sugar levels even lower than typically recommended for type 1 diabetes, *before* they get pregnant. Now seven months into her pregnancy (at time of writing), Jessica is doing well with managing her blood sugar levels. Because of her T1D, her pregnancy is considered high risk, so she receives frequent ultrasounds to monitor how her baby is growing. She enjoys seeing her son (she knows she's having a boy) onscreen so often. "It's kind of a perk of being pregnant with T1D," she jokes.

"The ultimate goal would be for me to live a healthier and longer life as a mother."

— Jessica Tanti

There is a slightly elevated risk that Jessica's son could develop type 1 diabetes one day, since it can run in families. She also knows she will face challenges as a mom with T1D. But what if, one day, Jessica could say she *used to* have T1D? And what if she could know there was a cure, in case her son ever develops it? That's exactly what transplant surgeon Dr. James Shapiro at the University of Alberta is working on. Dr. Shapiro led the pioneering *Edmonton Protocol* in the late 90s – the first optimized transplant procedure for T1D that allows many patients undergoing the procedure to live free of insulin therapy. He, along with many other JDRF-funded researchers, has since been working on transplantation to find better ways to ensure success, while offering the procedure to many more people.

JDRF is funding several early-phase clinical trials led by Dr. Shapiro's team. Some of these aim to optimize the procedure for transplanting stem cell-derived insulin-producing cells, while others are designed to develop better strategies to increase the survival and function of the cells once transplanted, including through the use of encapsulation pouches.

Jessica saw an encapsulation pouch for herself a few years ago by way of JDRF President and CEO Dave Prowten at a JDRF event. "It was so exciting to see," she says. "I know it's going to take some time before this will be widely available, but I'd definitely be down for this. The ultimate goal would be for me to live a healthier and longer life as a mother. And if I could know there'd be a cure for my kids if they ever get T1D, that would be amazing!"

Nisha's Story

For young Canadians and their families who have to live with T1D, it's not just the immediate burden of the disease they have to think of...there's also the increased risk of serious future complications, like vision loss, kidney damage, and heart disease. The more high blood sugar episodes experienced by someone with T1D over the course of their lifetime, the higher the risk of these later-life complications. Often the teen years are a critical time when such complications begin and progress due to a combination of physical (growth and puberty), social, and developmental changes.

"Future complications for Rohan are a major, major concern for me... [This treatment] would bring us peace of mind."

— Nisha Sikri

But what if teens with T1D had access to medication to protect them against this? For Nisha Sikri, mother of 11-year-old Rohan, that thought is very comforting. "That would be a blessing. It's scary to think about, but definitely future complications for Rohan are a major, major concern for me."

Fortunately, such a medication *is* being studied right now thanks to a clinical trial co-funded by JDRF and CIHR through the *Partnership to Defeat Diabetes*. The trial is the work of Dr. Farid Mahmud at The Hospital for Sick Children, who, along with his team, is testing whether a medication shown to have significant health benefits for people with type 2 diabetes can be used to improve glucose control and decrease the risk of future heart and kidney disease for teens living with T1D.

At age four, Rohan was diagnosed with type 1 diabetes by his father, Rajneesh, a family physician. Since then Rohan's life continues to be positively impacted by research, as the treatments and technologies he uses to manage his diabetes continue to improve dramatically. Now Rohan and his parents have reason to feel hopeful. "Today is better than yesterday, and tomorrow will be better than today," Nisha says with confidence.

Rohan has big plans for the future: he wants to be a pro cricket player or an environmental scientist. "That's interesting," he reflects when told about Dr. Mahmud's study. "It's a good feeling thinking about it, because you'd know it would be easier to handle diabetes when you grow older, and you are not worrying about your health."

His mom agrees. "That would bring us peace of mind."

Photo: Nisha and Rohan Sikri



What if my child didn't

have to worry about kidney and

heart disease down the road

?



What if *we could breathe a*
little easier, knowing our toddler
won't have a dangerous low **?**

Photo: Matt and Janine Van Der Horden,
with their son Joshua

Janine and Matt's Story

"We lived a very carefree life before, and thought we had a lot to handle just with the challenges of parenting two young children," remembers Janine Van Der Horden. That was before Janine and her husband Matt learned their youngest son Joshua had type 1 diabetes, just before his third birthday. "In an instant everything changed, and life became...much more complicated. Immediately, you're mourning the loss of this kind of carefree life for your child. It was a lot of sadness, and a huge change," she says.

Six months later, Matt describes every day as "a kind of science experiment" to see how Joshua reacts to things. He and Janine are constantly watching to see how Joshua's blood sugars fluctuate. There are a lot of variables and things are rarely predictable.

"I can't imagine going to sleep at night and not having to worry. That would be great."

— Janine Van Der Horden

Every day they give Joshua multiple insulin injections and test his blood 8 to 10 times. Janine regularly wakes up at 2 or 3 a.m. every day to check on Joshua. The fear that most parents have when a very young child has T1D is the possibility of their child going into a low that could lead to a coma. And that's a particular worry when a child is already sleeping. So far Joshua seems to be doing well, and they've been able to catch his lows right away. "We've been really lucky he hasn't yet had a dangerous low, but it's also scary because we don't know when it's going to happen. It's always looming," Janine says.

But what if the Van Der Hordens could know for *certain* Joshua would never have a dangerous low? Thanks to JDRF-funded research being done by Dr. Xiao Yu (Shirley) Wu at the University of Toronto, a solution could be on the horizon.

Dr. Wu is developing a painless, glucose-responsive microneedle patch for T1D, to be used during sleep, exercise, or full-attention tasks like driving. The patch senses when blood glucose levels are falling and automatically releases glucagon to prevent a dangerous low – perfect for parents of young toddlers.

"It's very intriguing," says Matt about Dr. Wu's work. Janine concurs: "I can't imagine never having to think about a dangerous low or going to sleep at night and *not* having to worry. That would be great."

Sharing Our Stories

Every day, youth and adults in the T1D community find empowerment by sharing their stories through JDRF programs and initiatives. By relating their personal experiences with T1D, they educate and inspire others to ask...*What If?*

*"I feel really strong.
Like I'm accomplishing
something. I'm going to keep
going until we find a cure!"*

— Ashlynn O'Hara, age 10,
JDRF ambassador and fundraiser

300

JDRF youth ambassadors in 2018 who made thank-you calls, spoke at fundraising events, and made community and media appearances to share their T1D stories

National Diabetes Awareness Month (NDAM) impact, November 2018:

2,242,000

Canadians who saw our myth-busting ads in transit shelters and on large-format digital billboards

2,500,000

reach of our #T1DLooksLikeMe and #NDAM 2018 hashtags globally

40,000+

Canadians reached from JDRF's Facebook Live event featuring Lisa Geelen, Dr. Michael Riddell, and Dr. Joseph Cafazzo, and our popular myth-busting video blog by NDAM youth ambassador Zoeie Major

\$100,000

raised by JDRF supporters during NDAM for T1D research



(left to right) Dave Prowten, JDRF Canada; 2018 Boston Pizza Youth Ambassador of the Year Award winners Noah Silvaggio and Sophia Ladha; Jeff Dick, Boston Pizza franchisee; Peter Blackwell, Boston Pizza International.



What if I could produce

my own insulin again?

And what if I could help

make that possible for others

?

Max's Story

When Max Domi was diagnosed with T1D at age 12, he was in shock. The son of former NHL player Tie Domi had dreams of making the major leagues himself one day. "My first question after my diagnosis was, 'Can I still play hockey?' I was scared it might be off the table for me."

Fortunately he was sitting in front of a doctor who knew just what to say. "He laughed and said, 'Do you know who Bobby Clarke is?'" Max didn't, so his doctor told him about Clarke, a legendary NHL player from the 70s and 80s who also lived with T1D. Clarke had been diagnosed at the same age as Max. Max and his doctor were chatting about all of the amazing things people with T1D have accomplished, and it proved a turning point. Max thought, *I'm not going to let this stop me one bit.*

"JDRF's mission is so important to me. I want to do whatever I can to make life better for Canadians with this disease."

— Max Domi

That's not to say everything is easy for the now 24-year-old NHL player and proud JDRF Canada national spokesperson. Today Max uses an insulin pen and tests his blood 10 to 15 times a day. During games, he tests every 10 minutes. His trainers have had to adapt the aggressive regimes they use to ensure he never hits a dangerous low. They consider type 1 diabetes a great learning lesson.

But what if, one day, people with T1D could produce their own insulin again, thereby 'turning off' T1D for good? That's the idea behind research currently being conducted by Dr. Cristina Nostro, a scientist at the McEwen Stem Cell Institute at the University Health Network in Toronto, ON. Dr. Nostro and her team are using stem cells to derive insulin-producing beta cells, with the long-term goal of developing a procedure to transplant those cells into patients. It would mean a cure, allowing Max and others with T1D to say goodbye to pumps, insulin injections, and the many other challenges of T1D.

"With research developments like this, I'm incredibly hopeful for the future," Max says. "That's why JDRF's mission to advance T1D research is so important to me. I want to do whatever I can to make life better for Canadians with this disease."

JDRF Youth Share their Stories

What do JDRF youth ambassadors have in common? Resilience, bravery, and commitment in working together to turn type one into type *none*. Meet three JDRF youth who regularly share their stories – and their talents – to benefit others on their T1D journeys.

Resilience

Within two months of her 2018 T1D diagnosis, 10-year-old West Vancouver, BC, resident and competitive dancer **Grace Bull** had become a top-ten fundraiser in her local *Sun Life Walk to Cure Diabetes for JDRF*. By October she was boarding a plane to Ottawa with her dad as a delegate for JDRF's *Kids for a Cure Lobby Day*. Each delegate brought a scrapbook to share with the politicians present. After meeting her a while later, Prime Minister Justin Trudeau signed hers, "Thank you, Grace, for sharing your strength and leadership with us all." Grace and her family were also instrumental in helping raise funds for the highly successful 2018 JDRF Rockin for Research gala in Vancouver. "JDRF is such a soft place to land after a T1D diagnosis," says Grace's mother, JoAnne Strongman.

"Grace's work with JDRF has really helped her have a sense of control over T1D, and to feel connected to research for a cure."

Commitment

Diagnosed at age four on World Diabetes Day, **Anwar Boutahar**, now 13, is a veteran JDRF youth ambassador and fundraiser. The Toronto, ON, athlete is a committed team player whether he's advocating as a Kids for a Cure Lobby Day delegate (2014 and 2018) or fundraising for T1D research. He's also made several television appearances during National Diabetes Awareness Month, including in November 2018 when he took viewer questions on a kids' TVO television show, sharing that diabetes "doesn't stop me from doing anything I love."

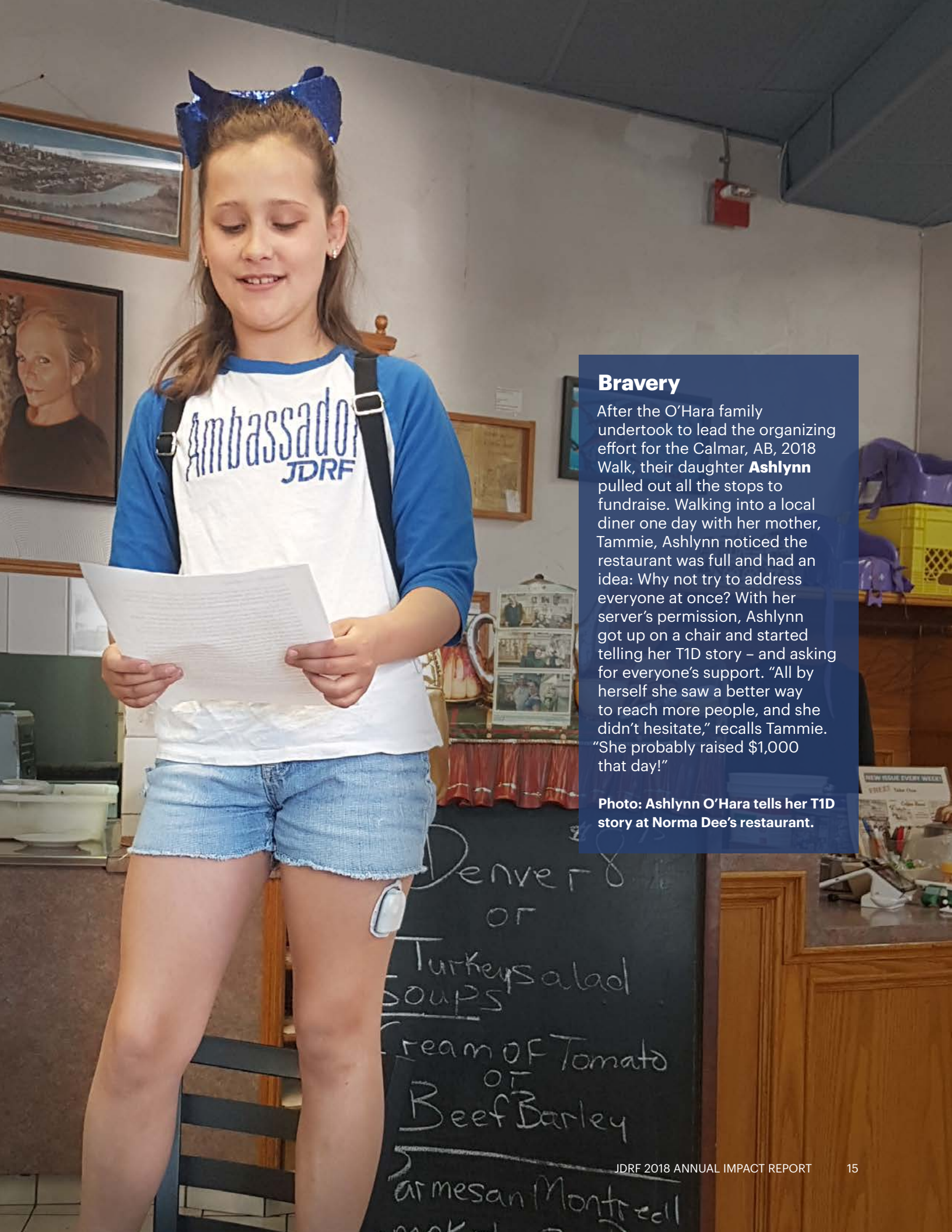


Grace Bull with Prime Minister Justin Trudeau.



NDP Leader Jagmeet Singh listens to Anwar Boutahar at Kids for a Cure Lobby Day 2018.





Bravery

After the O'Hara family undertook to lead the organizing effort for the Calmar, AB, 2018 Walk, their daughter **Ashlynn** pulled out all the stops to fundraise. Walking into a local diner one day with her mother, Tammie, Ashlynn noticed the restaurant was full and had an idea: Why not try to address everyone at once? With her server's permission, Ashlynn got up on a chair and started telling her T1D story – and asking for everyone's support. "All by herself she saw a better way to reach more people, and she didn't hesitate," recalls Tammie. "She probably raised \$1,000 that day!"

Photo: Ashlynn O'Hara tells her T1D story at Norma Dee's restaurant.

Supporting Each Other

JDRF helps Canadians with T1D to connect with each other, building a community of support across the country. In 2018, through initiatives such as adult support groups, the *Talk T1D Peer to Peer* program, and events and volunteering opportunities, T1D families, adults, and children found their community and learned they are not alone.

7,500

JDRF volunteers in 2018
from coast to coast to coast

\$3.4^M

raised in the
JDRF Revolution Ride
to Defeat Diabetes, by

11,500

riders across Canada

1,000

newly diagnosed Canadians who received
a *JDRF Bag of Hope* through a diabetes
education centre. Each kit contains T1D
information, resources, and
Rufus, the Bear with Diabetes™,
for those under 12

\$4.9^M

raised in the
*Sun Life Walk to
Cure Diabetes for JDRF*, by

35,000

walkers

\$3.7^M

raised for T1D research
at 11 JDRF Gala events
across Canada

"We were able to lean on each other and support the broader community through our activities. We came out of 2018 more resilient and motivated than ever."

— Maria Strasser, Co-Chair,
Humboldt & Area Team T1D



Fourteen-year-old entrepreneur Kate Beaulieu from Stittsville, ON, founded the Sugardrop brand and accompanying clothing label, Sugardrop Sweetwear, to raise awareness about T1D and the importance of early testing. In 2018 she donated 10% of Sugardrop's net web-sale profits to JDRF and raised \$6700 for the Sun Life Walk to Cure Diabetes for JDRF – within three months of her own diagnosis!





What if everyone could

have the support, after a T1D

diagnosis, from someone who's

been there ... the way I did

?

Kristina's Story

It was 2014, and Kristina Zietsma's three-and-a-half year old son Jacob had just been diagnosed with T1D. Kristina and her husband James were in hospital, overwhelmed by all the information coming at them, and shattered by the responsibility that had just been placed on their shoulders to manage Jacob's illness and keep their young son alive. A persistent thought kept coming into Kristina's mind: *I need people. I need people who have been through this. To tell me it's going to be okay.*

For the first two months Kristina didn't sleep much. She struggled with the diagnosis and felt anxious about Jacob's future. She had never met someone with T1D before, and until then, she knew little about it. Jacob had a few "crazy scary" lows, and it threw her. She was getting up every few hours through the night, doing fingerpick tests to check that his blood sugar was okay – she just needed to know. "It became debilitating," she remembers. "I just couldn't function in my day to day."

"When Claudette told me it was going to get better and that I could do this, I believed her, because she'd been living it."

— Kristina Zietsma

But she'd heard of JDRF, "an organization that supported people with T1D," and reached out. She was told about JDRF's T1D Talk Peer to Peer mentorship program, which connects individuals and families with others who've dealt with T1D before for support. "They put us in touch with Claudette, who was a gift," says Kristina. Claudette had a son, Camryn, who was Jacob's age, and who had been diagnosed two years earlier. Kristina and Claudette spoke several times a week, by phone, text, and later in person. Claudette was always there to listen and to help her work through rough moments – even the ones that came late at night.

"When Claudette told me it was going to get better and that I could do this, I believed her, because she'd been living it," says Kristina. "She validated all of the feelings I'd been going through. She showed me what I was going through wouldn't be forever. And I started getting my life back again."

Five years later, Kristina and Claudette are close friends, and both have mentored a number of others – in fact, they've started an online community for 100+ T1D moms who live in their area. "It chokes me up thinking about how much everyone supports each other," says Kristina. "My wish is for a world where everyone dealing with T1D feels supported and connected, and nobody feels alone."

Building a Supportive Community

Humboldt, United

By now it's a well-known story: In April 2018, the Humboldt Broncos hockey team was travelling on a rural highway in northeastern Saskatchewan. A transport truck hit the team's bus. Sixteen were killed and another 13 injured, most of them teenage players. The accident struck a chord internationally, and #HumboldtStrong became a global rallying cry.

A few months before, 20-year-old Broncos player **Kaleb Dahgren**, who has lived with T1D since age four, joined JDRF's **Humboldt & Area Team T1D** to offer his support to the 2018 **Sun Life Walk to Cure Diabetes for JDRF**. It was not his first time supporting others with type 1 diabetes. Co-chaired by **Cailin Hergott** and **Maria Strasser** (both moms of children with T1D, and Cailin herself has T1D), Humboldt and Area's Team T1D was thrilled to have Kaleb on board. Plans were already underway for their 14th annual Walk, which had been scheduled for June, and would include Kaleb as their adult ambassador.

But now, everything had changed. The Humboldt community was in mourning. Kaleb himself had been injured. Cailin, Maria, and the rest of the Walk committee were worried for him, and for a hockey team and a town that had lost so much. Given the community was already involved in raising funds for victims' families and survivors, their team considered cancelling the Walk, now just three months away.

A few days later, four core Humboldt & Area Team T1D members – Maria, Cailin, Joel Taphorn, and Shawna Doepker – travelled to Saskatoon, where Kaleb was recovering in hospital. There they met with JDRF President and CEO Dave Prowten, who brought reassurances that JDRF would support them 100% in whatever direction they decided to take with the Walk that year. Then Dave, Cailin, and Joel went in to see Kaleb to offer support on behalf of the group.

"It was such a relief to see him okay, despite his injuries," remembers Cailin. She told Kaleb their Team T1D was considering taking a year off from the Walk in Humboldt. "Why would you do that?" he asked, to which he added: "I don't know what stage health-wise I'll be in, but I'll be at the Walk." Kaleb felt the town would embrace every

opportunity it had to come together as a community in the months ahead, and that included supporting Humboldt's T1D families.

They decided to move forward, focusing on community support rather than fundraising. The Walk would be, above all else, about bringing people together. With that decision made, "we spent a month grieving with the rest of Humboldt and adjusting to the new normal," says Cailin. Then, two weeks before the scheduled Walk, the

Saskatchewan Roughriders announced a Broncos community support rally in Humboldt, at the same day and time as the Walk.

Fortunately, JDRF staff in Regina were able to reach the Roughriders. "And the Roughriders were amazing," recalls Cailin. "When they reached me they asked, 'What do you need? What can we do? And how can we make this work?'"

In the end, the two events were brought together. The Walk time and route were adjusted so the event could end at Glenn Hall Park, in time for the Roughriders' rally. Excitement was high when the walkers arrived, led by Kaleb who had kept his promise to be there. "Seeing Kaleb there with his family, alongside others in the community with T1D, and how positive, resilient and focused everyone was on supporting our mission for a cure felt really



Cailin Hergott (left) and Maria Strasser, with their JDRF 2018 Community Volunteer of the Year awards, which they won for their efforts leading Humboldt & Area Team T1D.



Kaleb Dalgren (left) and Duke Brochu (right), event ambassadors, cut the ribbon to kick off the 2018 Walk in Humboldt, SK.

good, and was further proof for us that we were doing exactly what we should be,” says Maria.

“That event was such a big deal for the community,” says Cailin. “The fact that everyone came together like that was heartwarming. And to our surprise we had more people turn out for the Walk than ever before. It was a healing day.”

Humboldt & Area Team T1D

The T1D community in Humboldt, SK (a town of 5,000 located an hour east of Saskatoon) and nearby communities such as Watson, Muenster, Annaheim, Englefeld, and Wadena, is a powerful force for T1D awareness and support, and a model for other JDRF chapters across Canada. Founded more than 15 years ago to organize the JDRF Walk in Humboldt, the committee changed its name to “Humboldt & Area Team T1D” recently when members decided to broaden the group’s mandate.

This was 2017, just after the youngest of Cailin Hergott’s four daughters, identical twins Taryn and Jordyn, had been diagnosed with T1D at age two (Cailin herself has T1D, so she jokes that she and her daughters are a type 1 diabetes “triple threat”). “We were all sitting around chatting after one of our Walk meetings and said, ‘Why aren’t we doing more of this? Why are we planning the Walk and then disappearing from each other’s lives?’ Sometimes we would meet people in town who were dealing with a diagnosis, and ask ‘How do we not know who you are?’” It turned out that everyone in the group was craving more support and more time to connect with other T1D families. “So we decided to

just go for it!” says Maria Strasser, Humboldt & Area Team T1D co-chair (along with Cailin).

A lot has happened since, with 2018 becoming a banner year under the team’s new mandate. Members organized social lunches and family days so community members with T1D could have more opportunities to meet. Team members visited schools to do presentations to raise awareness about T1D and show teachers how to better support students and families affected by it.

Team members also significantly expanded their fundraising efforts for JDRF in 2018, coming up with a number of new, creative initiatives. One family started an annual golf tournament, while another held a skate-a-thon. Yet another conducted a hockey draft. And then there was the “Bad Moms Night Out” idea, which proved outrageously popular – and a huge success! Together the Team hosted five “Bad Moms” events, renting out a local theatre and holding movie nights to remember, drawing a full house each time. In total, Humboldt & Area Team T1D members raised \$41,800 for T1D research in 2018 – incredible.

“One of our main goals was to support each other and grow stronger together as a community of type 1 families,” says Cailin today. “Not only did we exceed our fundraising goals, but we also were able to lean on each other and support the broader community through our activities,” says Maria, adding, “We came out of 2018 more resilient and motivated than ever to advocate and spread awareness for those living with T1D.”

Extraordinary Event Volunteers

What a year! In 2018, JDRF fundraising volunteers brought unparalleled passion to our events and surpassed many milestones.

Jill McAninch-King

This past November, extraordinary event volunteer Jill McAninch-King helped launch Ottawa's inaugural JDRF Gala, the DIA-BEAT-IT Soirée, serving as the soiree's co-honoree alongside her brother Brad McAninch. Jill also delivered the event's Fund-a-Cure speech, speaking about her personal experience being a mother of four with two sons diagnosed with T1D as young children. Thanks to Jill and Brad's efforts, along with the entire gala team, the event raised \$75,000 – far surpassing its \$10,000 goal.

Brad McAninch and
Jill McAninch-King.

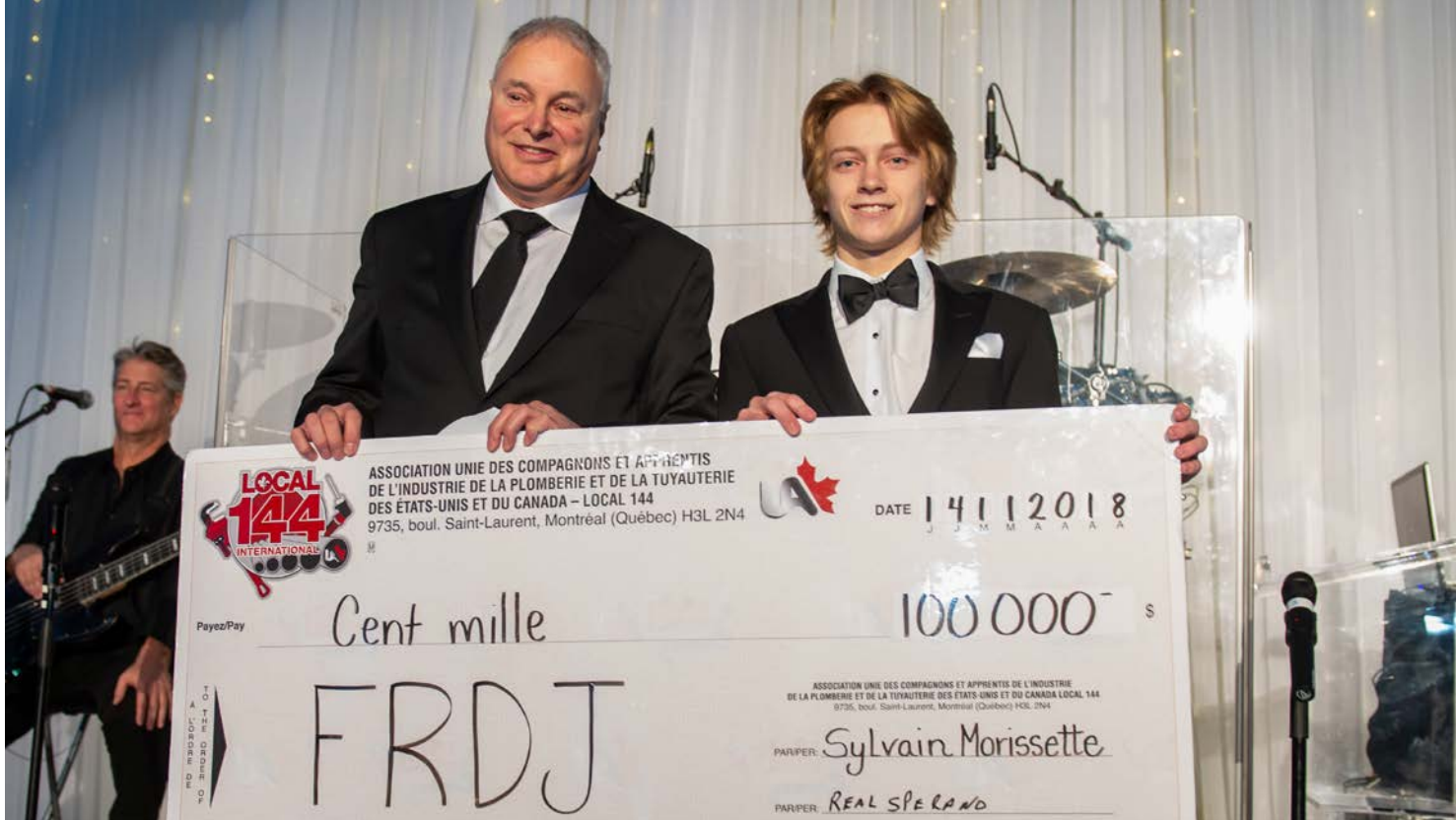


2018 Toronto Real Estate Ride

Off to the races! In the spirit of friendly competition and team building, more than 500 riders from the commercial real estate industry in Toronto took to their bikes at Yonge-Dundas Square as part of the JDRF Toronto Real Estate Ride presented by CT REIT. More than 100 teams and 28 companies came together, raising \$245,000.

Below: Inside the bike pit at the Toronto Real Estate Ride.





Local 144 Unites for JDRF

In 2018, Local 144, a Montreal chapter of the United Association of Plumbers, Pipe Fitters, Welders and Service Techs, chose JDRF as its charity of choice in support of employee Daniel Coursol and his 17-year-old son, Julien, who lives with T1D. Union members went full force with their own fundraising events throughout the year and raised an incredible \$100,000 for type 1 diabetes research.

Réal Spérano, president, UA Local 144 (left) and Julien Coursol present a cheque at the JDRF Montreal DIA-BEAT-IT Gala.

Louis-Philippe Thibodeau



Hearing a young JDRF ambassador speak about the struggles of living with T1D at a JDRF Ride event ten years ago was all the motivation Louis-Philippe Thibodeau needed to get involved. Ever since then, the Caisse de dépôt et placement du Québec has served as a strong and committed voice on the JDRF Montreal Ride committee. This past year he became a committee co-chair, helping lead an unprecedented year for the event, which surpassed its objective by a whopping \$40,000!

Louis-Philippe Thibodeau (left) with JDRF National Spokesperson Max Domi.

Mobilizing for Change

What if it was possible to create positive change for Canadians with T1D? Time and time again, JDRF donors and advocates prove that it is. Whether through lobbying work or philanthropy, the T1D community, mobilizing together with JDRF, is a powerful force for change.

Wow! A truly banner year for JDRF Kids for a Cure Lobby Day:

28

youth ambassadors shared their stories with

100+

Canadian parliamentarians, including
88 MPs,
12 senators,
10 cabinet ministers,
2 opposition leaders (NDP and GPC),
1 Prime Minister and House and Senate Speakers at 90 meetings

From these interactions, many leaders committed to sending letters to the Minister of Finance in support of increased funding for T1D research, and 24 new members joined the All-Party Juvenile Diabetes Caucus, bringing the committee's total to

76

"JDRF is growing, my parents thought. Why don't we grow it here in Canada, too?"

— Lorne Shiff, JDRF Board Chair, whose parents Helaine and Allan Shiff founded JDRF Canada in 1974



Tilly Coco Stimpson, in her Kids for a Cure Lobby Day video, which resulted in an amazing 33,000 online views!





1,326

number of adults with T1D who had their access to the Disability Tax Credit restored in 2018, following successful advocacy efforts by JDRF Canada, Diabetes Canada, and the T1D community to have a previous interpretation decision reversed

Up to
\$15,000

average annual out-of-pocket costs spent by a Canadian to manage their T1D

JDRF continues to advocate for much-needed financial relief for Canadians with type 1 diabetes, through policies and programs supporting access to the life-sustaining therapies they require



What if every

Canadian with type 1 could

have access to a CGM

?

Anne and Cathy's Story

It was May 2018, and Anne Pettigrew, then 13, was in her room. Her parents, Cathy and Dan, were at work, each on opposite ends of the city. Her older siblings weren't at home either, and Anne found herself home alone with her nine-year-old brother Christopher. A year earlier, Anne had been given a Continuous Glucose Monitor (CGM) to help manage her T1D, a wearable device with a sensor that gave her and her parents real-time readings about her blood glucose levels. Even more critically, Anne's CGM also revealed the direction her glucose levels were trending – a huge advance over other kinds of testing.

"Literally, it saved her... Anne is going to live a longer and healthier life because of her CGM, for sure."

— Cathy Pettigrew

On *this* particular day, however, Anne's CGM would prove invaluable. As she sat in her room an alert came up on her cell phone – her CGM was telling her she was low, and that her glucose levels were dropping quickly. Across town, her parents got the same alert on their phones, and called to check in. Anne took two glucose tablets. Five minutes later, she got another alert, and took two more. Everyone was concerned, but at the same time hopeful the tide had turned.

Another five minutes later – a third alert. If the trend kept up, Cathy knew her daughter was running the risk of falling into a coma. By now, Anne was crumpled up on her bed and feeling disoriented. "It was kind of a blur," Anne remembers. "I wasn't all there."

Trying to stay calm, Cathy got Anne to take four more tablets, and coached young Christopher to prepare a glucagon injection, a last-resort measure to be taken if Anne lost consciousness. They were on the verge of calling 9-1-1 when the next reading came in. Anne was finally stabilizing. She was going to be okay.

Without the CGM providing such frequent and detailed information, there could have been a very different outcome. "Literally, it saved her," Cathy says, gratefully.

The Pettigrews had to make major financial sacrifices to get Anne her CGM, but know they are fortunate because many Canadians simply aren't in a position to afford a CGM of their own. In Canada, except for the Yukon Territory, there is no public reimbursement for the device, while other countries, including the US, UK, and Australia, have begun to offer public reimbursement. But what if each Canadian with T1D *could* have access to a CGM?"

"Everyone with type 1 should have access," says Cathy. "It is the ethical thing to do. And it completely makes sense in terms of the health costs that are saved when people can do a better job managing their T1D. Anne is going to live a longer and healthier life because of her CGM, for sure."

Spotlight: JDRF Canada Founding Family, the Shiffs

A Legacy of Leadership, for 40+ Years

In the early 70s, after their son Lorne was diagnosed with T1D, Allan and Helaine Shiff began thinking about how they could contribute to finding a cure. They quickly discovered that the only major organization funding T1D research was JDRF, which operated in the United States. After making some inquiries, they met another couple, the Garfinkles, who had started a Montreal JDRF chapter, and this inspired the Shiffs to become founding members of a chapter in Toronto. By 1974, Allan and Helaine, alongside the Garfinkle family, founded JDRF Canada (today one of six JDRF international affiliates) and the newly formed Canadian arm of JDRF started growing – out of their basement.

“The first big events were Rolls Royce raffles, and we had tickets scattered in our basement,” recalls Lorne, who now, more than 40 years later, serves as JDRF’s board chair. “I also remember as a child that there were meetings where our dining room table acted as the board room.”

By the 80s, JDRF was starting to mature, with new chapters sprouting up across the country, and the launch of some of the organization’s signature fundraising events – like the Walk and Ride programs – that still exist today.

“My parents were very driven in terms of the cause,” says Lorne, who has been volunteering in many different capacities for JDRF for more than 30 years. “And they were insightful in navigating the research world. They knew that borders weren’t important. And that’s still true at JDRF today – we fund the best research, no matter where it’s happening.”

As T1D trailblazers, the Shiffs helped propel research forward, leading to some of the most important T1D advances to date. In Canada, their influence helped to establish some of the best and brightest researchers in the field.

Today, the Shiffs are still deeply committed to supporting T1D research. In November 2018, they announced an extraordinary \$1 million gift in support of the JDRF-CIHR Partnership to Defeat Diabetes – JDRF’s first collaborative research program with the federal government. With an understanding that collaboration is the key to bringing us closer together as a community, they are inviting 10 families/companies to join the Shiff Family Leadership Challenge by making a gift of \$100,000 or more to JDRF, thereby doubling the impact. Ultimately, this represents an entirely new approach to partnership for JDRF in Canada.

Sadly, Helaine Shiff passed away in April 2019, a profound loss to the T1D community. However, the Shiff family legacy continues with Allan, Lorne – and Lorne’s now adult children, Talia, Ben, and Rachel, all JDRF volunteers – continuing the family’s decades-long commitment to supporting others living with T1D.

For more information about the Shiff Family Challenge or other opportunities for leadership giving, please contact Susan DeLisle, Vice President, Philanthropy and Corporate Partnerships, at 1-877-287-3533 ext. 2324 or sdelisle@jdrf.ca.



(left to right) Allan, Helaine, and Lorne Shiff.

The Gift of a Lifetime

Remembering Jonathan Reardon

When Gay and Christopher Reardon's 35-year-old son, Jonathan, died from ketoacidosis – a complication of uncontrolled, undiagnosed diabetes – the family was shocked to learn he even had the disease. Their granddaughter, Mallory, had been diagnosed with T1D seven years before at the age of 11, but none of them knew T1D could affect adults too.

“Although my husband and I were aware of the symptoms of T1D given Mallory’s diagnosis, the tragedy is that we were not aware T1D could strike at any age,” Gay relates. This motivated Gay to get involved to assist other families living with T1D. After her son’s death she contacted her local JDRF office and made plans to leave a gift to the organization in her will. Now a strong advocate for T1D awareness, and fully devoted to the cause, Gay hopes others will follow her lead. “Get involved and lend your support. I want a cure, and I know together we can get closer to one because I can still hear Jonathan saying, ‘It’s all good, Mom!’”

By including JDRF in their estate plans, the Reardon family joined JDRF’s **Canadian BETA Society**,

which honours donors who have chosen to leave a planned gift to JDRF. BETA society members advance T1D research by helping JDRF to plan for the future and invest more into potential lifesaving treatments and therapies. By participating in the JDRF Global Legacy Challenge, Canadians have the unprecedented opportunity to fund the most promising research worldwide by including JDRF in their estate plans. For every Canadian who join the program by December 31, 2019, one of JDRF’s generous international sponsors will honor the commitment with a further \$1,000 contribution.

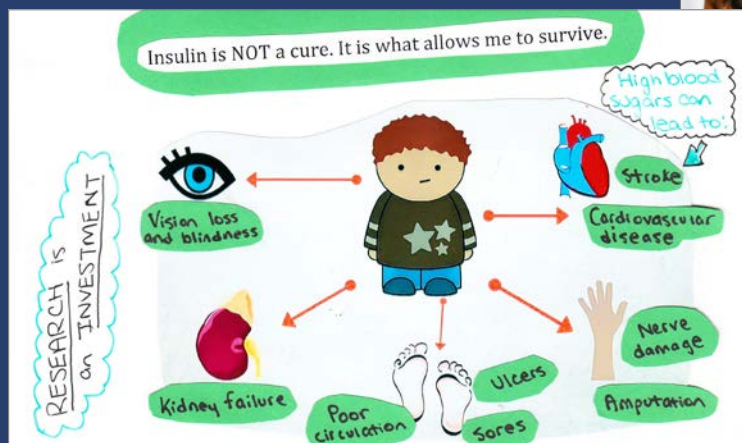


Jonathan Reardon

For more information, please contact Caroline Lewis, National Manager of Planned Giving, at 1-877-287-3533 ext. 2044 or clewis@jdrf.ca

Advocating for a Cure

Each year, Kids for a Cure Lobby Day brings youth delegates with T1D and their families from across Canada to Parliament Hill in Ottawa, where they meet with government officials to share their T1D stories and advocate for research funding and T1D-supportive policy making. In 2018, our young delegates made and shared scrapbooks about their T1D journeys with parliamentarians. Here’s an example from 13-year-old Aaliyah from Beaver Bank, NS.



National Partnerships

JDRF Canada sincerely thanks our corporate partners, whose leadership embodies the visionary spirit of *What If?* every day.

Thanks to the awareness you raise in communities across Canada, your financial support, and the generous volunteer commitment from your teams, your contributions have a direct, positive impact on the 300,000 Canadians living with T1D and their families by advancing research leading to new treatments and a cure.

Featured Partners

Since 2001, **Boston Pizza Foundation Future Prospects** has invested more than \$2.9 million in JDRF while supporting the development of the first self-adjusting insulin pump. The partnership has also helped JDRF expand its **Youth Ambassador Program**. The foundation's recent gift of \$200,000 will fund 20 awards of \$5,000 each to help students with T1D cover tuition costs, while The Boston Pizza Future Prospects T1D Research Fellowship (\$100K) will give a young researcher the opportunity to explore the next generation of technology for better T1D management.

For more than 15 years, **Medtronic** – a company committed to transforming diabetes care to change the way people manage their disease – has been a valued JDRF partner. Last year, Medtronic provided leadership support for JDRF's **Kids for a Cure Lobby Day**, various advocacy efforts, and numerous community initiatives. In 2018, Medtronic was also welcomed as a national sponsor for the **Sun Life Walk to Cure Diabetes for JDRF**, building on its many years of support for JDRF's signature event.

Eli Lilly Canada (Lilly Canada) was established in 1938, the result of research collaboration with scientists at the University of Toronto that eventually produced the world's first mass produced insulin for public use. A long-standing partner of JDRF, Lilly Canada offers assistance for young researchers to further establish themselves as future leaders in the T1D field via a joint fellowship program. Lilly Canada's support extends to the T1D community through the **Bag of Hope program**, **T1D Insider**, and the **Sun Life Ride to Defeat Diabetes for JDRF**.

Since 2003, **Sun Life's** partnership with JDRF has evolved from event participation and local sponsorship into title sponsorship of our Walk and Ride, which helps raise critical funds for type 1 diabetes research. Their support focuses on raising funds and awareness for prevention, care, and research initiatives for both type 1 and type 2 diabetes. Working with JDRF helps Sun Life deliver on its purpose of helping its clients, employees, and the community to achieve a lifetime of financial security and live healthier lives.



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What if...?

*...my child didn't
have to worry about
future complications?*

*...every Canadian
with T1D could have
access to a CGM?*

*...everyone could
have the support
of a mentor?*

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