

Diabetes Discourse

Volume 8, Issue 1

November, 2017

Quarterly Newsletter of the Bovell Cancer Diabetes Foundation (BCDF)

This Free Newsletter is a Vital Resource for Diabetes Prevention and for anyone Living with Diabetes

Our Vision

- Enriching lives, one person at a time

Our Mission

- To enrich the lives of people living with or at risk for cancer and diabetes by providing financial resources, support, preventive and management education.

BCDF Activities Include:

- Modest grants to individuals/families affected by cancer or diabetes to enhance their quality of life
- Prevention and management education, and small-group workshops
- Advocacy and referrals to resources for individuals/families affected by cancer or diabetes
- Writing grant proposals and fundraising

BCDF relies on donations to carry out its mission. We are an incorporated, charitable Foundation in the Republic of Trinidad and Tobago. BCDF functions with volunteers only and no paid staff. To contact us with comments, questions or articles, phone 868) 667-2576 or e-mail: adelia@bovellcancerdiabetesfoundation.org; <http://www.bovellcancerdiabetesfoundation.org>

Disclaimer: This newsletter is meant to educate and inform. It is not to be used as medical advice. Please consult your doctor for medical advice.

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9th Annual Jamboree 2017 So Much Energy!



BCDF's Mascot (Tobago King of the Woods) was vigilant

When we thought last year's numbers were at its highest, this year's number was even higher, roughly 700 adults and children participated in our annual Jamboree. Again, in 2017, everything was high – numbers, booths, enthusiasm, and willingness to learn. There were so many learning exchanges, so much socialization and mixing among the attendees and Jamboree's host, so much fun when Festus, our mascot made his second appearance in the children's booth. Our new food demo booth attracted a crowd and samples were quickly consumed. Our A1c test for all attendees to capture those with diabetes who do not know it was not very well utilized. Of course, the rain did not stop the attendees or the hosts. All in all, it was another very successful event!

Jamboree 2017 Snapshots



Very Important – Volunteer Debriefing Session



Blood Pressure Testing



Hyperbaric Chamber & Diabetes



Food Demonstration - Healthy Cooking - *New activity for 2017 which was very well received by all*

Jamboree 2017 Snapshots



Jamboree 2017 Speaker - Secretary Health...



Attendees getting physical for prizes at 'Spin-To-Win'



Cholesterol Screening Booth



Our Able Volunteer Emcee 2017

Jamboree 2017 Snapshots



Foot Care Booth



Foot Care Booth



Nutrition Education & Interaction Booth



Diabetes-Related Craft Time - Children Booth

Jamboree 2017 Snapshots



Completed Craft - Children Booth



Tatit Tobago was at Jamboree 2017!



Weight Clinic



Debriefing Session

Jamboree 2017 Snapshots



Story Time - Children's Booth



Cross-section of Screening Lines



Cholesterol Screening



A NOTE OF



The Board of Directors of the Bovell Cancer Diabetes Foundation (BCDF) would like to thank the companies, organisations, schools, and individuals who supported the Jamboree whether financially, morally or in-kind. The event could not have been a success without your support!

SUPPORTERS

- | | |
|---|--|
| ✚ Lesville Guest House | ✚ Tatil Tobago |
| ✚ Moses Tent Rental | ✚ Tobago Regional Health Authority, Community Nutrition (Dietitian and Team, Nurses) |
| ✚ Andy Expert Tailoring | ✚ Tobago News |
| ✚ Tobago Eye Clinic | ✚ Newsday Tobago |
| ✚ Tobago Today News | ✚ Subway |
| ✚ The doctors | ✚ Division of Education, Innovation and Energy |
| ✚ Division of Health, Wellness and Family Development | ✚ Dr. Verleen Bobb-Lewis |
| ✚ Scarborough Medical Laboratory | |

To All Schools – All Principals

Thanks to all the school children, teachers, Principals and parents who helped to make Jamboree 2017 the success. BCDF is still waiting to **ADOPT** a healthy school! Teachers, please look out! We are evaluating the most responsive school to the Foundation's diabetes education programme; the school that is making the best use of the available resources and expertise at the Foundation; the school that is involving its Parent Teachers Group and working hard at identifying those with and at risk for diabetes; and the school that is putting healthy, sustainable systems in place to prevent diabetes and obesity! Send in your proposal to be evaluated by contacting us by phone, e-mail, Facebook or our website ...

Heartfelt THANKS TO OUR VOLUNTEERS!

Individuals

Our dedicated volunteers who come year after year: Dr. Eastlyn McKenzie, Esla Davidson, Keturah Marcelle-Fraser, Mary Boucher-Hercules, Simona Jackson, Lisa Horsford, Leah Newsam, Lois Alleyne, Merle John, Judith Trim, Brian Nurse, Marc Anthoni Bovell-Hector, Lestel & Orville Moore, Tulani Murphy, Sundiata, Catrina Hoffman, Lori Brown, Ashauntay, Joan Phillips-Pierre, Kathleen Owens, Janice Cory, Andy & Dianne Chapman, Mrs. Melville, Petronella (Ann) Allick, Asha Allick, Mrs. Pearl Caruth, Jennifer Antoine, the nurses and doctors, Lisa Horsford's sister, our Jamboree Speaker (Dr. Agatha Carrington).



Our Volunteers

Much Needed Support from Our Generous Children



Prize Giving & Machine Distribution Ceremony Gallery

BCDF held its prize giving and machine distribution ceremony on 12th December, 2017 at the Works Conference Room, Shaw Park, Tobago. The theme of the event was "*Creativity and Generosity*". Eighteen winners in the school children poster competition received their prizes while seven schools accepted challenge trophies and three received certificates.

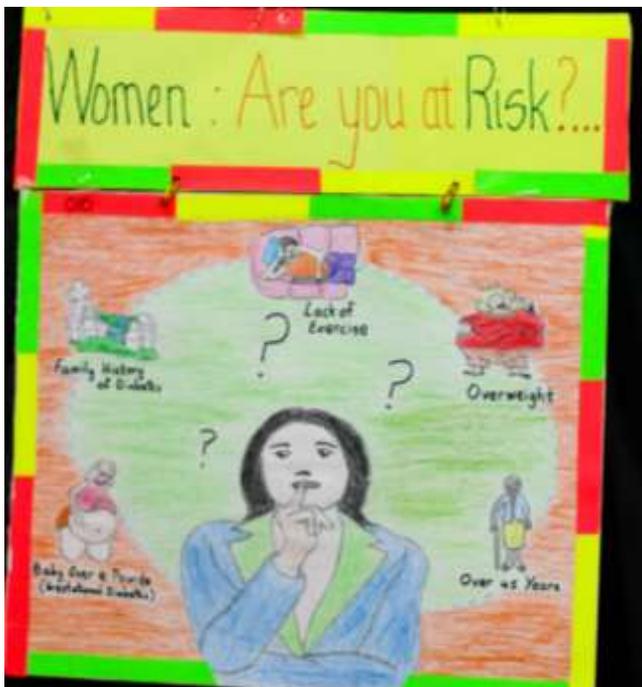


Tatil Tobago Trophy for the most innovative poster



Prize Giving & Machine Distribution Ceremony Gallery

Also, at the ceremony, roughly 25 glucose machines, more than a dozen pairs of insoles (Diasole) and two pairs of Dr. Comfort diabetes-related shoes were distributed. The machines and footwear were courtesy [Mrs. Charmaine John-Saunders](#) and [So in Love with my Health, LLC](#), respectively, both from Florida and Atlanta, United States of America.



Dr. Verleen Bobb-Lewis Challenge Trophy

BCDF is pleased to announce a new category for its 2018 school children poster competition, Dr. Verleen Bobb-Lewis Challenge Trophy. Thank you so much Dr. Bobb-Lewis!



Recipients Display the Distributed Shoes



Scarborough SDA girls gave a thrilling Performance



Roxborough A.C. gave a stunning performance at the Prize Giving & Machine Distribution Ceremony

Prize Giving & Machine Distribution Ceremony Tidbits

Message from the Chair...

Welcome to the Prize Giving and Machine Distribution Ceremony hosted by the Bovell Cancer Diabetes Foundation. This is a happy and prestigious occasion because we are celebrating the creative abilities and achievements of our young school children and generosity. Additionally, this prize-giving ceremony is particularly good at this time of year as teachers, students, parents, community members, family, friends, public servants and officials from the Tobago House of Assembly celebrate together. Today, we honour prizewinners from different age groups for accomplishments in three categories of art (drawing, colourful and other). Whether six, nine, 10 or 15 years old, all the children have achieved in the realm of creativity, and understanding of the diabetes dilemma we face in our beautiful country – for this, we congratulate them heartily. The list of prize winners may seem short, but those being honoured today are a highly select group of the many children who participated in the competition. They have been singled out as the most creative in their posters; however, the 60+ participants were all creative in their efforts and we honour them also. BCDF salutes the creativity, insight, dedication and hard work of all those children who won prizes and submitted posters. Congratulations! Likewise, we applaud the hard work of the teachers, principals, parents, family and community members who assisted the children. Today, we also celebrate generosity. The generosity is what we received from the Division of Education, Innovation & Energy, Lesville Guesthouse, Tatil Tobago, Mrs. Charmaine John-Saunders, So in Love with My Health LLC, Division of Health, Wellness & Family Development, Tobago Regional Health Authority, Andy's Expert Tailoring Inc., Dr. Verleen Bobb-Lewis, and our volunteers in terms of prizes, trophies, machines, diabetes-related footwear, financial support and time. Thanks for the very important role you play in our children's contribution to the fight against diabetes and BCDF's efforts to accomplish its mission.

Your generosity allows us to celebrate the creativity and achievements of our children. Enjoy the programme and thank you so very much for being here. Again, thank you so much!

Lema Bovell

A Snapshot of Selected Projects at BCDF

Annual Cancer Awareness & Education Workshop

<https://www.bovellcancerdiabetesfoundation.org/video/cancer-workshop>

<https://www.bovellcancerdiabetesfoundation.org/special/bcdf-jamboree-news>

Teachers Workshop

<https://bcdf-media-bucket.s3.amazonaws.com/newsletter/pdf/DD0516.pdf>

So in Love with my Feet Project

<https://www.bovellcancerdiabetesfoundation.org/news/foot-care>

Companion Workbook Set – Diabetes Workbook” “Diabetes Education and Prevention”

<https://www.bovellcancerdiabetesfoundation.org/gallery/book-launch>

Breakfast Morning and Diabetes Awareness Dialogue

<https://www.bovellcancerdiabetesfoundation.org/gallery>
<https://www.bovellcancerdiabetesfoundation.org/news/2013/>
<https://www.bovellcancerdiabetesfoundation.org/gallery/breakfast-event-14>

Information and Communication Technology to Optimise a Community Diabetes Prevention and Education in Rural Tobago

<https://www.bovellcancerdiabetesfoundation.org/news/tech-diabetes-awareness>
<https://www.bovellcancerdiabetesfoundation.org/news/2012/>

Quarterly newsletter Diabetes Discourse

<https://www.bovellcancerdiabetesfoundation.org/newsletter/>

School Children Poster Competition

<https://www.bovellcancerdiabetesfoundation.org/gallery/>

Life for a Child Project

<https://www.bovellcancerdiabetesfoundation.org/news/oliveanna-check-up>

Diabetes in the Limelight Jamboree

<https://www.bovellcancerdiabetesfoundation.org/news/2008/-2016>

Small Group Workshops

<https://www.bovellcancerdiabetesfoundation.org/news/managing-diabetes-workshop>

BCDF School Children Poster Competition Results, 2017

Category	Age Group (years)	Position	Winner	School
DRAWING	6 - 9	1 st	Rondell Daniel	Delaford A.C
		2 nd	Celina Dillon	Charlotteville Methodist
		3 rd	Keisha Bruce	Charlotteville Methodist
	10 - 15	1 st	Aliyyah Hazel	Roxborough A.C
		2 nd	Shapan Yeates	Charlotteville S.D.A
		3 rd	Arianna McMillan	Delaford A.C
COLOURFUL	6 - 9	1 st	Naledi Wilkie	Roxborough A.C
		2 nd	Kieneal Dillon	Goodwood Methodist
		3 rd	Princess Byron	Delaford A.C
	10 - 15	1 st	Summer Leigh Holder	Roxborough A.C
		2 nd	Jayden Kent	Goodwood Methodist
		3 rd	Julien Andrews	Goodwood Methodist
		Merit	Mia King	Ebenezer Methodist
OTHER	6 - 9	1 st	Shaquan Charles	Speyside A.C
		2 nd	Luca Wockl	Charlotteville S.D.A
		3 rd	Jayden Moxey	Roxborough A.C
	10 - 15	1 st	Kiarra Best	Roxborough A.C
		2 nd	Sydney McKenna	Charlotteville S.D.A
		3 rd	Kieanna George	Goodwood Methodist
<i>Certificate of Commendation</i>				
Whim A.C				
St. Andrews A.C				
Delaford R.C				
<i>Most Innovative Depiction of the 2017 World Diabetes Day Theme</i>				
<i>“Women and Diabetes”</i>				
SUMMER LEIGH HOLDER, Roxborough A.C.				

Checking Our Diabetes Awareness: Read Meagan's Experience

There Is No Easy Button

Meagan Esler

Reprinted from *DIABETES HEALTH*

February - March 2015; pp. 18. Available at: www.DiabetesHealth.com

It always surprises me how little the general population knows about diabetes. After 20 years with type 1 diabetes, it should not, but it still does. I was at a funeral the other day and one of the gentlemen there was interested in learning about diabetes. His mother had lived with diabetes, which I think prompted his curiosity. Some of his questions really surprised me. He seemed shocked that I take up to seven injections a day to survive and properly manage my diabetes. "Don't they have anything to fix that? Like a pacemaker, but for diabetes?" he asked. No, they do not. I sure wish they did. I told him about the artificial pancreas that they are working on, but for now, there are not a lot of options. I explained insulin pumps a bit. With insulin pumps, people always assume that they do all the work for you. I made sure to explain that even with a pump it would still be a lot of work to manage diabetes. "Can't you just eat a certain way, so you do not need to take shots?" he inquired. Ah, that is a good one. I get that question far more often than I would like. I explained that no, I cannot. My husband joined in the conversation and let him know that my body does not make insulin and that I always need some form of background insulin, regardless of what I eat. Giving up shots by following a special diet is not an option for me. We continued talking for a while, and he asked if my behavior changes if my blood sugars are out of whack. My hubby did not hesitate for a second. He told him how I acted sort of drunk and silly when I have low blood sugars and how it is more like a game of "Mortal Kombat" when I have high blood sugars. His explanation really made me laugh. I never looked at it as

"Mortal Kombat," as I do not really get violent when I am high, but it is true that I can be quite difficult and irritable when dealing with very high blood sugars. It is a good thing that funny man of mine really likes me! Regardless of the somber occasion, I was really glad to have someone approach me who genuinely wanted to understand diabetes. Too often people just make presumptions. Too often, they look at you like you choose to live this way. On the way home, I voiced some disappointment to my husband that people do not know much about diabetes. He agreed, but he also pointed out that he only knows so much because of having a wife with diabetes. It was true; if I did not have diabetes I probably would not have a clue about it either. It is a complicated condition. I wondered if the man at the funeral had spoken much to his mother about diabetes. Clearly he had a lot of questions and misconceptions about it. Our families should be our greatest support system. They should understand exactly what we go through. It is so important to educate people. Even if we do not think telling one person makes a difference, it truly does. 🌈

Support BCDF

Download our BCDF Android App. We have made an Android application to help you keep up to date with our activities. The app works with Android 4.0+. Check out our website

<http://www.bovellcancerdiabetesfoundation.org/> for our app, and to donate.

Help us stamp out diabetes!



BCDF named Winner of the Energy Chamber of Trinidad and Tobago NGO Award for Good Governance

FOR IMMEDIATE RELEASE

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Website:

www.bovellcancerdiabetesfoundation.org

On Tuesday 23rd January, 2018, the Energy Chamber of Trinidad and Tobago (TTEC) presented the Bovell Cancer Diabetes Foundation with the NGO Award for Good Governance during its 2018 Gala Dinner. The Gala was a part of TTEC's annual two-day Trinidad and Tobago Energy Conference and Tradeshow, which is regarded as the premier Energy Conference in the Caribbean. TTEC awarded members and non-members in the following six categories: i) Best Green House Gas Reduction Project; ii) Best Social Investment Project (Large); iii) Best Social Investment Project (SME); iv) Excellence in STOW; v) Exporter of the Year Award; and vi) NGO Award for Good Governance. The NGO award for the Good Governance application was a rigorous three-step process. First, our entry was completed and submitted via an online entry form. The online entry form elicited information such as our background, organisational structure, Board of Directors, monitoring and evaluating strategies. Subsequent to the online submission, BCDF was informed that we were shortlisted for the award. The third step required us to provide the supporting evidence to demonstrate good governance, an established record of continuity of work, and the promise of sustained activity in the future. BCDF submitted the evidence including: our bylaws, conflict of interest policy, compliance manual/policy, induction training process, code of ethics, core values, financial transparency and accountability, and our monitoring and evaluation process.

We emerged the winner! The Bovell Cancer Diabetes Foundation (BCDF) is a Tobago-based NGO. Our mission is to enrich the lives of people living with cancer and diabetes by providing financial resources, support, preventive and management education. We depend solely on volunteers, donations, fundraisers and grants to conduct our activities, which include our Diabetes in the Limelight Jamboree, School Children Poster Competition, Workshops, a Quarterly Newsletter and Foot Care Project. BCDF is managed by a 12-member Volunteer Board of Directors. BCDF values and ensures good governance because we strongly believe that it impacts on our long-term sustainability and realisation of our mission, while providing accountability and transparency for all. We are proud and extremely thankful to receive such a prestigious award from the Energy Chamber of Trinidad and Tobago; this is public acknowledgement of our operations and strength as a local NGO.



BCDF NGO Award for Good Governance



BCDF 2018 RAINBOW CALENDAR OF EVENTS

November 2017– June 2018	Complimentary Foot Care - “So in Love with my Feet” Project
November 2017 – Oct. 2018	Life for a Child Project Patterned after the International Diabetes Federation's program, this project meets the immediate needs (testing strips, assistance and support for doctors' visits, monitoring and education) of a child with diabetes.
12 th November, 2017	Cancer Education and Awareness Workshop
8 th January, 2018	Small Group Workshop – “Machine and Meds”
18 th January	Application for First Quarter Funding Deadline Our mission is enriching lives of people living with cancer and diabetes by providing financial and educational resources
February	Diabetes Discourse <ul style="list-style-type: none"> • Free Quarterly e-Newsletter of the Bovell Cancer Diabetes Foundation
March	Small Group Workshops Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education. New round of “So in Love with my Feet” Project begins
11 th April	Application for Second Quarter Funding Deadline
5 th – 6 th April 28 th April	“So in Love with my Feet” Project Breakfast and Diabetes Awareness Dialogue Morning – Market Square, Scarborough, Tobago, Donation: \$50, please support us
May	Teachers’ Workshop; Small Group Workshops Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education.
June	“So in Love with my Feet” Project Small Group Workshops Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management “So in Love with my Feet” Project
18 th July	Application for Third Quarter Funding Deadline “So in Love with my Feet” Project
August	Diabetes Discourse “So in Love with my Feet” Project
17 th October	Application for Fourth Quarter Funding Deadline
October/November	Primary School World Diabetes Day Poster Competition Poster design is an expression of creativity and technical aptitude. BCDF presents its annual primary school poster competition for the occasion of World Diabetes Day 2018.
November 9 th November	Diabetes Discourse 10th Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign emphasising diabetes education and prevention
12 th November	Cancer Education and Awareness Workshop New round of “So in Love with my Feet” Project begins
13 th November	Children & Teen Hangout