

FOR QUALITY SELECTIONS ~ VISIT US TODAY!!!

STUDIO JEWELLERS

Serving Oshawa and Clarington Since 1985
Engagement and Wedding Rings, Earrings, Pendants, Chains, Birthstones, Custom Design and much more.

Watch Batteries Installed from
\$8 +tax-Reg \$8

Chain Repairs from \$15

640 King St. East, Oshawa (Just east of Wilson Rd) **905-436-6267**

PERSONAL SERVICE ~ EXCEPTIONAL VALUE



GARY POLONSKY MAKING A DIFFERENCE IN DURHAM AGAINST DIABETES

World Diabetes Day, a day launched in 1991 in response to the rapid rise of diabetes around the world, is Saturday, November 14th, 2020. This year World Diabetes Day is focusing on the role of nurses working in the prevention and management of diabetes.

The Charles H. Best Diabetes Centre is a charitable organization with a mission to keep children, youth and adults living with type 1 diabetes healthy until a cure is found. The staff of The Best Centre, as it is affectionately referred to as, works year round to support patients and families with type 1 diabetes.

They celebrate World Diabetes Day by wearing blue to honor the universal symbol for diabetes, the Blue Circle.

There are nearly 3 million Canadians currently living with diabetes, including Canadian actress Jenna Warren, who was diagnosed with Type 1 diabetes when she was only 15 years old.

To mark Diabetes Awareness Month (November) Jenna is sharing her experience managing diabetes, with the goal of helping others living with the chronic condition.

Jenna, who is currently appearing in the Netflix series Grand Army, admits that her journey with diabetes has not been easy and she is determined not to let it hold her back. Jenna has been speaking out about how she manages her condition and the role that innovative technology, like flash glucose monitoring, has played in managing her diabetes to allow her to continue

to do what she love.

In 2020, the World Diabetes Day campaign will focus on promoting the role of nurses in the prevention and management of diabetes.

In Canada, over three hundred thousand people live with type 1 diabetes. With an estimated future demand indicating a growth of 93% over the next ten years, the Best Centre will need to double in size by 2026.

The Best Centre's mission is to keep children, youth and adults living with type 1 diabetes healthy until a cure is found. The Centre is in the early planning stages of a \$5M Building on the Best campaign to expand and renovate its facilities.

World Diabetes Day is the primary global awareness campaign focusing diabetes and is held on November 14th each year.

Serge Babin: Chair of the Board at The Charles H. Best Diabetes Centre since 2012. He decided to get involved when his son was diagnosed in 2005. Over the last 5 years, Serge built a succession plan for the centre's leadership, facilitated the creation of the 2019-2024 strategic plan. He is leading the launch of the building expansion campaign. Serge holds an MBA from the Queen's University and an Honours Degree of Applied Science and Engineering from the University of Toronto.

Dr. Chris Montgomery: Pediatrician affiliated with The Charles H. Best Diabetes Centre. Graduated from McGill University Medicine and McMaster University Pediatrics 1997. Dr. Montgomery worked

at SickKids Emergency Department before moving to Durham Region in 2000 where he runs a private practice. He is a founding member of the Pediatric Clinic at Durham Children's Aid Society.

Angie Darlison: Parent of son with type 1. Volunteer Secretary for the Building on the Best Building Campaign Task force. She is an official member of Team Juice Box Hero from Bowmanville, Ontario that is owned and operated by her 14-year-old hero (son) Adam with support from the team at The Charles H Best. Diabetes Centre.

Lorrie Hagen, RD, MHSc, CHE: Lorrie is the Executive Director of The Charles H Best. Diabetes Centre. Before joining the Best Centre, Lorrie practiced as a Clinical Dietitian at The Hospital for Sick Children Cancer Centre. She transitioned into clinical leadership with the Blood and Marrow Transplant unit and then as Senior Manager for the Organ Transplant & Medical Specialties unit. Lorrie completed her Master's in Health Administration from the University of Toronto.

About The Charles H. Best Diabetes Centre:

The Best Centre delivers one-of-a-kind patient-centred healthcare exclusive to type 1 diabetes. As Canada's only stand-alone centre and charitable organization specializing in type 1 diabetes, the staff provides timely and responsive care. The interdisciplinary clinical team includes registered nurses, dietitians and social workers

who provide frontline healthcare and education throughout our patients' lifetime.

Quick Facts

Type 1 diabetes is an incurable, complex disease. It must be managed 24-hour a day, 7 days a week, 365 days a year.

The Charles H. Best Diabetes Centre (Best Centre) sees almost 2,000 patients and conducts more than 9,200 healthcare interactions per year to support patients living with type 1 diabetes.

Type 1 diabetes is a disease in which the pancreas does not produce any insulin. Insulin is an important hormone that helps your body to control the level of glucose (sugar) in your blood.

Roughly 10 per cent of people living with diabetes have type 1, insulin-dependent diabetes. Type 1 diabetes generally develops in childhood or adolescence but can also develop in adulthood. People with type 1 need to inject insulin or use an insulin pump to ensure their bodies have the right amount of insulin.

DR. GARY POLONSKY HAS BEEN NAMED HONORARY ADVISOR FOR THE BUILDING ON THE BEST CAMPAIGN.

"Gary's inspirational leadership and familiarity with the region were essential in the development and growth of Ontario Tech University (OTU) and Durham College," said Serge Babin, Chair of the Board at the Charles H. Best Diabetes Centre. "We are fortunate to tap into Gary's experience in working with community volunteers

and business leaders to spearhead our campaign."

The Best Centre's mission is to keep children, youth and adults living with type 1 diabetes healthy until a cure is found. The centre is in the early planning stages of a \$5M Building on the Best campaign to expand and renovate its current facilities. Without the life-saving care delivered by the Best Centre, type 1 diabetes patients would unnecessarily present with health complications to overburdened health system partners in the community.

"Building on the Best Campaign will be fundamental change for the region," explained Polonsky. "As Durham Region continues to grow, the community will be well served by an expanded centre, positioned to provide timely and exceptional care. I feel extremely fortunate to be able to support their growth."

In Canada, over three hundred thousand people live with type 1 diabetes. The estimated future demand for the Best Centre indicates a growth of 93% over the next ten years; the Centre, therefore, will need to double in

size by 2026.

About Gary:

Dr. Gary Polonsky is the only Canadian to have been simultaneously President and CEO of a college and university. As the longest serving president of Durham College, he helped triple its enrolment and create a 2500-person wholly owned subsidiary (Productivity Improvement Centre).

As Founding President of OTU, seven faculties were created including 20 undergraduate programs and a world class research capacity.

Today, both institutions serve over 20,000 full-time students and thousands more part-time. Together, they contribute billions annually to the economic well-being of Durham Region and Northumberland County.

For his achievements, Gary has received numerous local, provincial and national awards. Gary Norman Polonsky (born 1942) was the president of University of Ontario Institute of Technology and Durham College. He is now President Emeritus of UOIT.



Here is how to reach us

By mail: 136 Simcoe St North, Unit 4
Oshawa, Ontario. L1G 4S7

Tel: (905) 432-2657

Administration (General Inquiries)

Tel: (905) 432-2605 Circulation

Tel: (905) 432-9987

Classified/Display Advertising

Tel: (905) 432-9989

News Tips And Information

or Fax: (905) 404-0887

Our Email Address is:

newspaper@ocentral.com

Our On line address is:

URL <http://www.ocentral.com>

We publish every Monday.

At The Oshawa Central Newspaper we understand the growing public concern for the environment. We do our part by forecasting the demand of the papers published, based on our sales performance records. By forecasting the quantities we are able to determine the amount required to publish. This way we eliminate recycling and assure that everyone that receives a copy will want one to read. Any Newspapers that are not sold are delivered throughout the City on a promotional basis. In most cases the free papers will be a day or two old. If you want Oshawa's Number One Newspaper delivered to your door on time every Monday do your part and subscribe today, like the many of your neighbors. If you like to pick up a copy. They are available in most local stores.

Oshawa's First On Line (Internet) Newspaper



MIA SANDWICHES

Tasty Italian

Chicken Cutlet

Sausage

Meatball

Pasta & Sides

Lasagna (Meat)

Rice Balls

Gree Olives

And Much

MORE!!!



STEAK \$9.99



VEAL \$9.99

MIA SANDWICHES

69 KING ST. WEST BOWMANVILLE, ON L1C 1R2

905.697.2444