ADMINISTRATIVE TIDBITS
I hope everyone has been enjoying the summer!

As more people may be tempted to pull out their sandals and flip flops, this is a good time to provide some refreshers on proper foot care. Mountain-Pacific’s Glen Revere, MS, RDN, CDE, has provided an article and some links in this edition of the toolbox to reemphasize the components of foot care for folks with diabetes.

Also included in your toolbox is a handout for your Diabetes Empowerment Education Program (DEEP)™ participants to use to find their individual goals. Remember: Not everyone has the same goal, and the ranges given in the blue Basics book is a general guide. Each person should find his or her own, specific goal, working with a health care professional.

This newsletter also includes another informative article from Teresa Hicks, RD, CDE, in which she answers some of the mysteries of triglycerides. And we are featuring Kim Lloyd, an outstanding DEEP facilitator from Helena who shares here experiences from her classes.

Finally, I am excited to share more than 500 participants have graduated from DEEP so far! I would like to extend a hugeCongratulations to you for facilitating these classes and helping people in your community. Keep it up!

Thanks for all you do!
Stephanie Paugh, PharmD, BCGP

TRIGLYCERIDES AND WHY WE SHOULD CARE
A person with diabetes will probably get his or her bloodstream’s triglyceride level checked at least once a year. Why? Read and share this article by Mountain-Pacific’s Teresa Hicks to better understand

- where triglycerides come from;
- how they are are tested;
- how to lower triglyceride levels.

FOR YOUR TOOLBOX
How to Pick the Right Shoe:
Encourage your DEEP participants to use this handout when shoe shopping.

Caring for Your Feet: This handout explains how to protect feet, keep them healthy and prevent open sores/wounds.

Manage Your Diabetes: Your DEEP participants can use this document to help manage their diabetes.
GOT A MINUTE TO PAY ATTENTION TO YOUR FOOT HEALTH?

by Glen Revere, MS, RDN, CDE

People with diabetes are far more likely to have a foot or leg amputated than other people. The reason? Many people with diabetes have poor blood flow to their feet.

The good news is most amputations are preventable.

This article offers information and tips to help assure people with diabetes do not have serious complications down the road.

FACILITATOR SPOTLIGHT: KIM LLOYD

Q: What is your background before becoming a DEEP facilitator?
A: I’ve been working with MSU Extension Lewis & Clark County as a nutrition educator in the Supplemental Nutrition Assistance Program Education (SNAP-Ed) program since August 2014. DEEP was a good addition to my programming once I started taking on responsibilities as a family and consumer sciences extension agent. I have a Master’s degree in environmental studies from the University of Montana.

Q: What do you like most about becoming a DEEP facilitator?
A: DEEP has been a useful addition to my toolbox as an extension agent. I came into this role with little knowledge or experience of living with and managing diabetes, but I’d met many people living with diabetes through my other health-related programming. I’ve learned so much from participants, the trainings from Mountain-Pacific and the service providers who visit our class.

Q: What tips have you discovered about teaching DEEP that you would like to share?
A: I think class participation is essential to a successful class, and I really try to encourage anyone who feels comfortable to share his or her experiences or heard information. Since I don’t have personal experience, class participants are really the experts on the subject, and I’m there to help facilitate the discussion and provide resources. Also… humor!

Q: How would you describe the most effective method to advertise your DEEP classes?
A: The radio ads and posters Mountain-Pacific produces are well done and a key to success. I like to work directly with agencies that will help recruit. Participants are then familiar and comfortable with the location. If the class is open to the public, I aim to tell as many service providers, organizations and agencies that I can about the classes.

Q: What have you heard from participants about the DEEP class?
A: I think the Basics book and the blood bags are the top two takeaways from each class. The book is a resource they can continue to use and go back to, and no one ever forgets the blood bags.

UPCOMING CLASSES IN MONTANA

- Billings | July 31 – Sept. 4 (Tues.) 1:30 to 3:30 PM Facilitator: Jackie Rumph
- Great Falls | Aug. 29 – Oct. 3 (Wed.) 3:00 to 4:30 PM Facilitator: Katrin Finch
- Great Falls | Aug. 29 – Oct. 3 (Wed.) 6:00 to 7:30 PM Facilitator: Katrin Finch
- Great Falls | Sept. 4 – Oct. 9 (Tues.) 2:00 to 3:30 PM Facilitator: Katrin Finch
- Sidney | Sept. 11 – Oct. 16 (Tues.) 12:05 to 1:35 PM Facilitator: Carrie Krug
- Bozeman | Sept. 20 – Oct. 25 (Thu.) Evening classes Facilitator: Julie Belschwender