ADMINISTRATIVE TIDBITS

Happy spring, everyone! And great job to all of you who have been holding classes. So far, we have completed 54 classes across Montana, with numerous others currently in progress!

It takes several months for a participant’s clinical data to change after the classes. We hope to have some clinical data feedback to share with you soon, so you can see the impact these classes are having on participants’ health.

Friendly reminder about class forms: It is recommended you hand out one set of stapled forms (the 1st day forms) on the first day of class. Then hand out the last-day forms on the last day of classes. Anything the participants do not feel comfortable filling out (e.g., medical release form), they can skip. The attendance sheet is also important, as participants need to complete five of the six classes to graduate (and for us to be able to count them).

As soon as your class ends, please send all your forms to me as soon as possible. If a class ends in a reporting period, but we do not have the forms, we cannot count those class participants. We can only report a class in the quarter it is completed, but need the forms to do so.

Thank you For working so hard and getting all the paperwork to us! It is very much appreciated. As always, please let us know if you have any questions.

Best,
Melonie Van Dyke, Program Staff Assistant

UPCOMING CLASSES

• Plentywood
  April 10 – May 22 (Mon.)
  1:30 – 3:00 PM
  Facilitator: Shelia Fredrich

• Ashland
  May 1 – June 5 (Mon.)
  5:00 – 6:30 PM
  Facilitator: Jennifer Anderson

• Havre
  May 9 – June 13 (Tues.)
  7:00 – 8:00 PM
  Facilitator: Katherine Shrauger

• Eureka (Lincoln County)
  May 15 – June 26 (Mon.)
  Two classes: 4:00 – 5:30 PM and 6:00 – 7:00 PM
  Facilitator: Karen Suchy

• Deer Lodge
  June 7 – July 12 (Wed.)
  10:00 AM – 12:00 PM
  Facilitator: Gail Eide
people understand this disease better and to assist them to change their lives. I, too, struggle with diabetes, and as I help others, I find I help myself as well.

Q: What are some tips you have learned while facilitating DEEP that you would share with your fellow facilitators?

A: I am very open and honest about relating to what diabetes means to me and my struggles with changing my lifestyle. I think this makes it easier for participants to connect with me. Perhaps they hear me say something they don’t want to express themselves, but then know they are not the only ones struggling. We always talk about barriers, because it is the barriers that keep us from changing, not the lack of information. Recognizing the struggle and encouraging small steps facilitate change.

Q: What do you think is the most effective method for getting people to attend DEEP classes?

A: I have found that openness to others in being vulnerable myself empowers others to participate. That plus being thankful for them, encouraging with them and having fun keeps them engaged and wanting more. After the classes are completed, they tell their friends about the class, and that is the best way to get more participants. Of course, provider referrals help a lot, also.

Q: What have you heard from your participants about the DEEP class?

A: Actual comments from participants:

- “I really like your visual aids. They are affective.”
- Thank you for doing this. It is very helpful, and I learned a lot.”
- “I’m going to tell [so-and-so] they should come. When is your next class?”
- “I don’t want the classes to stop.”

FACILITATOR SPOTLIGHT: KAREN SUCHY

Q: What is your background before becoming a DEEP™ facilitator?
A: I have been a nurse for 30 years and have also facilitated other classes such as “Powerful Tools for Caregivers” and “Alzheimer’s Dementia.” I currently work as a care coordinator at Eureka Healthcare Primary Care in Eureka, Montana.

Q: What do you like most about being a DEEP facilitator?
A: I really enjoy being able to help

FACILITATOR EDUCATION: EXERCISE PRESCRIPTION AND MAINTENANCE

by Naomi Jacobson, Exercise Physiologist

There are three main “points” in the triangle of diabetes management: diet, medication and exercise. Did you know—in addition to the usual benefits of weight, blood pressure, mood and cholesterol control—regular exercise also increases the body’s sensitivity to insulin? But staying motivated to exercise can be tough, and “prescribing” exercise can raise questions.

Learn more about exercise prescription and maintenance in this article by a fellow DEEP™ facilitator and an exercise physiologist at a fitness center.

FOR YOUR TOOLBOX

- Share these printable brochures about exercise from the American College of Sports Medicine.
- Check out these fitness recommendations from the American Diabetes Association.
- This article offers information about type 2 diabetes and exercise.
- Get some “fit facts” about wearable technology from ACE, and share this Mountain-Pacific handout about fitness and blood sugar trackers.
- Staying motivated is a tough part of activity and fitness. Motivate yourself and participants with these practical tips from Mayo Clinic.