Summer has officially come and gone, and we hope you’ve all had a great start to the fall. Mountain-Pacific wants to give a big congratulations and thank you for all the work you have done so far in helping with diabetes in Montana.

Since it is fall, it’s time for your class participants to think about preparing for the influenza (flu) season. This newsletter includes reminders about the flu and pneumonia and has other resources about immunizations. September is also National Cholesterol Health Education Month, and September 29 is World Heart Day. Please check out the links in the toolbox for some handouts that you might like to share with your DEEP class or might just enjoy reading.

Please also read about Barb Umber from Lewistown in our Facilitator Spotlight. She and the other Lewistown facilitators are gearing up for their eighth class!

If you have held a class lately, you may have noticed the new Basics book edition and that it doesn’t correlate with the lesson guides like the old edition did. Please take a few minutes to familiarize yourself with the new page numbers for the lab values and other references. We hope the new edition doesn’t cause too much confusion, as the Basics book was not intended to be a class textbook. Rather, it was added so facilitators did not have to copy so many handouts and to serve as a home reference when class ends. Let us know if you have any questions.

One last thing: We’d like to give notice that our current Medicare contract, which funds DEEP, comes to an end next summer. If you’d like to host a class in your community, please start thinking about when you’d like to do this. Information about our next contract has not been released, so we don’t know what will happen with DEEP. We’ll let you know more as soon as we can.

Keep up the good work, everyone! – Stephanie Paugh
**IMPORTANCE OF IMMUNIZATIONS**

Influenza (flu) and pneumonia can be very costly. Hospital stays, respiratory therapy, missed work and family time all incur heavy financial and emotional costs. Additionally, 40,000 people die from the flu in the U.S. every year.

Flu and pneumonia immunizations are especially important for people with diabetes. Please try to address this fact at some point in your classes. In addition to what is in Module 6 of the DEEP curriculum, there are resources available to help you talk about immunizations.

People with diabetes are at higher risk for flu complications, much more so than those without diabetes. However, vaccines can protect people from getting sick—and these vaccines are paid for by Medicare.

People with diabetes should get a flu shot every year before the start of the flu season. While people can get the flu year-round in the United States, flu viruses are most common in the fall and winter. The exact timing of the “flu season” can vary, but cases generally start to go up in October.

Learn more about the flu and people with diabetes by going to the Centers for Disease Control and Prevention (CDC)’s website.

Encourage your DEEP class participants to talk with their doctor about when to get a pneumococcal vaccine to help prevent or ease cases of pneumonia. Usually, the vaccine is only needed once or twice in a person’s lifetime, but this can depend on a person’s age and health condition. Check out this great immunization visual the CDC developed, which shows all recommended adult immunizations and when to get them. Recommendations for people with diabetes are on page 2.

**FOR YOUR TOOLBOX**

**Cholesterol and Heart Health Handouts:** These national publications provide key information about heart-related conditions:

- National Cholesterol Education Program’s [High Blood Cholesterol: What You Need to Know](#) (6 pages)
- National Center for Chronic Disease Prevention and Health Promotion’s [Know the Facts about Heart Disease](#) (2 pages) and [Know the Facts about High Blood Pressure](#) (2 pages)

**Immunization Tools and Resources:** Resources are available on the Mountain-Pacific website for you to print and use in your DEEP classes at [www.mpqhf.org/QIO](http://www.mpqhf.org/QIO).  
1. Click on “Quality Improvement Tools & Resources” in the yellow navigation bar.  
2. Click on the “Adult Immunizations and FluFIT” box.

These handouts, graphs and posters address such topics as where and why to get vaccinations and debunking safety myths about vaccinations.

**FACILITATOR EDUCATION**

**THREE FACTS ABOUT CHOLESTEROL EVERYONE SHOULD KNOW**

by foodandhealth.com

September is National Cholesterol Health Education Month. Even though the month is almost over, our DEEP classes offer a perfect opportunity to raise awareness about cholesterol.

From lifestyle risk factors associated with cholesterol to ways to reduce “bad” cholesterol numbers, this short article hits three important facts to help people improve their cholesterol and choose better health—even by making small improvements.
Q: What is your background before becoming a Diabetes Empowerment Education Program (DEEP)™ facilitator?

A: I was married for 51 and a half years. I have three grown children. I am a retired licensed practical nurse (LPN). In 2007, my husband had pancreatic cancer. He survived. In the later years, his health started to fail. I helped him to be independent until the last year and a half. I became a diabetic in 2008 and worked hard to keep my A1c and weight down. I went to a support group in Lewistown, and from that, I was asked to do DEEP. I am glad I did.

Q: What do you like most about becoming a DEEP facilitator?

A: What I like about being a DEEP facilitator is that I learn something new every time. I am happy when a member of the class comes up and says, “Thank you!”

Q: What tips have you discovered about teaching DEEP that you would like to share with other facilitators?

A: Besides using the information we have, listen to the class members to learn about what they go through.

Q: How would you describe the most effective method to advertise your DEEP classes?

A: There are three:
1. On the radio
2. In the newspaper
3. Word of mouth

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

A: They all like it. They say they have learned a lot. Sometimes when they see me or I see them around town after the class has ended, I often hear how they are doing with their diet or what their A1c is or what their blood sugar is. They are always happy and smiling. A daughter of a class member told me she is really watching her diet.

Pictured below: DEEP class held in Lewistown in March of 2016