ADMINISTRATIVE TIDBITS

I hope everyone has been enjoying the summer! You have all been very busy the last couple of months, as we have had many classes running throughout the state.

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 can 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.

Finally, I am excited to share more than 300 participants have graduated from DEEP so far! I would like to extend a huge congratulations to you for facilitating these classes and helping people in your community. Keep it up!

Thanks for all you do,

Brandi Wahlen
Diabetes Project Manager
These numbers are as of July 23, 2018. Some classes are wrapping up and not included in these numbers, as we are still awaiting final paperwork.

- Total graduates: **344**
- Medicare DEEP participants with diabetes/pre-diabetes: **254**
- Number of classes held to date: **62**
- Number of communities where classes were held: **24**

**FOR YOUR TOOLBOX**

**How to Pick the Right Shoe:** Encourage your DEEP participants to use [this handout](#) when shopping for shoes, so they can carefully select a shoe that protects their feet and offers support.

**Caring for Your Feet:** [This handout](#) explains how folks can protect their feet, keep them healthy and prevent open sores and wounds.

**Manage Your Diabetes:** Your DEEP participants can use [this document](#) to help manage their diabetes and understand what to do when blood sugar levels are too high or low.

**UPCOMING CLASSES IN WYOMING**

- Carbon County Senior Center, Rawlins
  July 16 – August 27 (Mondays) | 9:00 to 11:00 AM
- Hot Springs County Senior Center, Thermopolis
  August 21 – September 25 (Tuesdays) | 1:30 to 3:30 PM
- Golden Hour Senior Center, Green River
  September 4 – 20 (Tuesdays & Thursdays) | 9:30 to 11:30 AM

**YOUR DEEP IMPACT**

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**SHARE YOUR DEEP SUCCESS WITH US!**

Is there something positive you learned in class about your participants? Is one participant gaining understanding or showing improvement? What are your participants saying about the DEEP curriculum?

We would like to include successes you are seeing in your classes in this newsletter and with colleagues and the Centers for the Medicare & Medicaid Services (CMS), the federal agency that funds this program. Please share your success stories! Contact Genee Miller at [gmill@mpqhfl.org](mailto:gmill@mpqhfl.org) or by calling (307) 472-0507 ext. 1 or 1-877-362-5880 (toll free).