ADMINISTRATIVE TIDBITS

We would like to introduce our newest Diabetes Empowerment Education Program (DEEP)™ facilitators: Cheryl Bjornsrud and Gloria Fubrer. Cheryl works at the Ten Sleep Senior Center, and Gloria is a member of the Mountain-Pacific Quality Health Wyoming patient and family advisory council and is based in Casper. We are very excited to add these two to our wonderful network of facilitators!

Thank you to everyone who participated in the survey we sent out a few weeks ago. We really do want this newsletter to be useful to you. In response to some of the feedback in that survey, we have included several printable handouts for you to use in class.

November is National Diabetes Month. While the holiday season may be a hard time to schedule classes, using this national observance is a great way to get people excited about taking control of their diabetes! You can also take advantage of the upcoming new year. Schedule a class and encourage folks to sign up as a new year’s resolution. Remember: When scheduling a new class, please let us know as soon as possible. We are ready, willing and able to help get the word out about your class!

Thanks for all your hard work and have a wonderful holiday season!
Brandi Wahlen

WHAT’S WHAT IN WYOMING: DEEP IMPACT AND ONGOING CLASSES

As of November 5, 2018…

• A total of 367 DEEP graduates
• Of those total graduates, 274 of them are Medicare beneficiaries

One class currently on the calendar (ongoing class):

Where: Campbell County Public Library in Gillette

Dates: October 1 – December 10 (Mondays)

Time: 5:15 to 7:15 PM
Lifestyle changes to improve health are tough—especially when it means giving up favorite foods. But people with diabetes do not have to completely abandon what they love. They just need to understand how what they love affects their health.

A great tool for better self-management skills is paired glucose testing. This article explains how using this technique shows a person with diabetes exactly how a meal or an activity impacts his or her blood sugar levels.

**Straight from Participants’ Mouths**

*What was your favorite aspect of your DEEP classes? List as few or as many as you like.*

- The way it was taught. Our instructor was great. I learned more from her and Gloria than I ever learned in diabetes classes at the hospital [unreadable]. Crystal is a blessing.
- Personal sharing style – no PowerPoint dull presentations
- Extremely friendly people with nonjudgmental attitudes came. They were very positive and wanted to help.
- The interaction with others with diabetes, their questions and the answers and the experiences. I really learned a lot from class. I was frustrated before. I feel much better able to cope with the fact that I have diabetes.
- [I] have a better understanding of diabetes. It was easy to discuss problems, etc.
- [I’m] encouraged to be more honest with self and have integrity about how well I’m really managing my DM! Handouts [are] very helpful!

**Share Your Successes**

Is there something positive you learned in class about your participants? Does one of your participants have a great story to tell? What are your participants saying about the DEEP curriculum? We would like to include successes you are seeing in your classes in this newsletter. Please share them with us!

Contact Brandi Wahlen with your success at bwahlen@mpqhf.org or by calling (307) 472-0507 or 1-877-362-5880 (toll free).