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ADMINISTRATIVE TIDBITS

Thank you for handing out all the forms to class participants and mailing the completed forms back to us. We hope to make this process easier for you by printing and stapling the forms together to create sets you can distribute at the beginning and the end of your class series.

When a class is scheduled, we will send supplies for 10 class participants. Please let us know if you need more or less. The items included as class materials may change, depending on grant funding.

Thanks for all you do!
Melonie Van Dyke, Project Assistant

UPCOMING DEEP CLASSES IN MONTANA

- Ronan: Jan. 4 – Feb. 8
  Lake County Extension Office
- Eureka: Jan. 9 – Feb. 13
  North County Medical Clinic
  Two classes meeting AM and PM
- Helena: Jan. 10 – Feb. 14
  PureView Health Center
- Fort Benton: Jan. 19 – Feb. 23
  Sunrise Bluffs
- Miles City: Jan. 18 – Feb. 22
  Miles City Public Library
- Thompson Falls: Jan. 23 – Feb. 27
  State Office Building
- Glasgow: Feb. 6 – Mar. 13
  Valley County Courthouse
- Circle: Feb. 8 – Mar. 22
  Senior Citizens Center

SHARE YOUR DEEP SUCCESSES

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

We would love to include your class successes in this newsletter and share them with others, if appropriate.

If you have a success, a story or a quote from one of your DEEP participants, contact Melonie Van Dyke with Mountain-Pacific Quality Health by email at mvandyke@mpqhf.org or call her at (406) 457-5819 or toll free at 1-800-497-8232 ext.5819. We want to hear from you!
Q: What is your background before becoming a DEEP™ facilitator?
A: I was a math teacher in Montana for 38 years. I spent time in Moore, Shelby and Lewistown. My teaching experience was in both junior high and high school. For the last 20 years of teaching, I was a presenter at the state math conference.

I was always very active, sometimes running over 1,000 miles a year. I started mowing lawns 15 years ago with my son. At our peak, we had over 40 lawns. I was diagnosed with diabetes nine years ago. The reason for my diabetes: my dad also had diabetes. I have learned to control my diabetes with the help of support groups, literature and diabetic counselors.

Q: What do you like most about becoming a DEEP facilitator?
A: When my dad had diabetes in the late 1980s, unfortunately, neither he nor I knew anything about the disease or his wellbeing. In retrospect, I wish I had known what to do to help him and make his life better. Now, as a DEEP facilitator, I am able to help people who have diabetes and also their family members and friends who are in direct contact with them.

Q: What tips have you discovered about teaching DEEP that you would like to share with other facilitators?
A: A couple of suggestions come to mind. First, be confident. Know your material ahead of time so you don’t just read from our binders. Make eye contact, be honest and deliver your message from the heart.

Second, read new (and not so new) literature about diabetes. Anything extra you gain and pass on to the participants is valuable. One of my favorites is the periodical Diabetes Forecast. I like to show the participants articles that I think will be of interest to them. I own a copy of Diabetes For Dummies.

Third, if someone asks a question that you don’t know how to answer, tell them that. Again, be honest. Let the professionals answer the technical ones.

Finally, don’t try to generalize all diabetics. The old phrase, “If you have seen one case of diabetes, then you have seen one case of diabetes,” is true. We are all different, and we don’t all have the same, exact solutions to our disease. I am exceedingly fortunate to present with two other amazing ladies, Barb Umber and Denise Seilstad.

Q: How would you describe the most effective method to advertise DEEP classes in Lewistown?
A: We have several different methods to advertise our classes. Posters are circulated in the hospital, doctor offices, fitness centers and senior center (here and in surrounding towns). The certified diabetes educator is very helpful. We also advertise in the local paper plus, Marci Butcher, head of the DEEP here in Lewistown, goes on the radio to promote. I believe that “word of mouth” is especially effective, particularly in a small community like Lewistown.

Q: What have you heard from your participants about the DEEP class?
A: The people who I run into in Lewistown always tell me how much they learned. One lady told me she had attended another class (year-long with multiple meetings) and they focused more on diet and exercise. She was very eager to learn more about diabetes. We all know exercise, diet and medications can control diabetes, but we need to know how everything fits together.

CLASS QUOTES

• “Everything I wondered about was answered. I learned so much.”
• “My favorite part of the class was [the instructor] explaining through all the lessons.”
• “They listen to me, explain things clearly. I learned way more than I thought I would.”
 através do número crescente de facilitadores treinados em Programas de Empoderamento e Educação em Diabetes (DEEP)TM e dos programas de educação em diabetes existentes - programas reconhecidos pela American Diabetes Association (ADA) e pela American Association of Diabetes Educators (AADE) - os montaneses com diabetes têm acesso a uma variedade de opções para obter informações sobre diabetes e seu impacto na sua saúde. O escritório da ADA em Montana e o Network de AADE Montana são recursos disponíveis para apoiar você e os seus participantes do DEEP. Parceira com os educadores em diabetes profissionais locais, sempre que possível. Faça com que um educador em diabetes local fale em sua classe - mesmo que seja através de WebEx ou Skype - ou incentive os seus participantes a entrar em contato com um educador em diabetes local para educação e apoio em diabetes. A mapa abaixo mostra o local dos programas de educação em diabetes profissionais. Haverá um programa perto de você?

Diabetes Tip Sheets: O American Association of Diabetes Educators (AADE) oferece todas as espécies de tip sheets que cobrem qualquer assunto, desde questões de angústia até injeções de insulina, para lembrar de assumir os medicamentos ao envelhecer com diabetes. São de uma ou duas páginas coloridas e têm muitos recursos. É hora de investigar e poderá ser de uso em suas classes. Consulte aqui.

Understanding the New Nutrition Facts Label: Outra atualização em relação à etiqueta de informações nutricionais será feita em cerca de um ano. Assistir a este vídeo, que poderia ser usado para provocar alguma conversa na sua classe sobre o valor de ler as etiquetas de alimentos.

There is a lot of debate out there about the pros and cons of artificial sweeteners or other sugar substitutes.

Are your DEEP class participants asking you questions about whether they should be using or avoiding sugar substitutes?

If so, you can share this handout, which provides some basic information about sugar substitutes and what dietary officials and agencies have to say about them.

FACILITATOR EDUCATION: SOME BASIC INFORMATION ABOUT SUGAR SUBSTITUTES

by Glen Revere, MS, RDN, CDE

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FOR YOUR TOOLBOX

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