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- **Administrative Tidbits:** Paperwork tips and requests
- **Facilitator Education:** Better understand—and help participants better understand—sugar substitutes
- **For Your Toolbox:** Add these resources to your facilitator toolkit
- **Upcoming Classes/Events:** What is happening across the state?
- **Success Stories:** We want to share your participants’ successes!

CLASS QUOTES

*What was your favorite aspects of your DEEP classes?*

- The interaction of activities and discussion
- The best class was the one with the doctor, nutritionist and pharmacist. I also found out about a local doctor who I subsequently went to see.
- Background info at beginning of class regarding how diabetes affects the whole body
- Hearing experiences of others living with diabetes
- The session with the doctor and the pharmacist
- Info, practical stuff, life experiences
- I got to see how some of the foods/snacks I thought were good are too high in sugar, fat, salt.

ADMINISTRATIVE TIDBITS

As I go through all the paperwork I receive from completed Diabetes Empowerment Education Program (DEEP)™ classes, I wonder why so few participants complete the medical release form. To alleviate concerns and get better responses, please remind participants we request this information to show DEEP can make a difference in diabetes self-management. Also remind them this is not a lifetime release. When Mountain-Pacific’s contract with the Centers for Medicare & Medicaid Services (CMS) ends in June 2019, we will destroy all releases on file. If participants are not comfortable completing the form during the first class, try getting them to fill it out in the third or fourth class. By then, they may have a better understanding of the class and be less apprehensive.

We understand all the paperwork can be overwhelming in the beginning. Feel free to have participants just fill out the registration form, demographic form and the pre-test during the first class. As classes move along, participants can complete the rest. Do what you think works best as you get to know your class.

Finally, faxing or scanning a copy of the attendance tracking form once a week is sufficient. This allows us to keep up on what is going on with your class. When you finish the series, please send all paperwork to our office. Be sure to follow the instructions in the Forms & Handouts book you received at your training. Please send everything within one week of your final class.

If I can help you spread the word about your upcoming classes, let me know. I would be happy to help. I look forward to working with you for another year!

Thanks for all you do!

Genee Miller, Program Assistant
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.

**FOR YOUR TOOLBOX**

**Diabetes Tip Sheets:** The AADE offers tip sheets that cover anything from anger/stress issues to insulin injections to remembering to take your medications to aging. These colorful, one- or two-page handouts are great resources. Check them out and maybe share them with your classes.

**Understanding the New Nutrition Facts Label:** Another update to the nutrition facts label will roll out in about a year. Watch this brief video, which could be used to spark class discussion about the value of reading food labels.

**DEEP Enrollment Form – Title III Funding for Senior Centers:** The Wyoming Department of Health has updated the form (attached to this newsletter) for senior centers eligible for DEEP reimbursement. If interested, return the completed form to Betty Sones, Program Manager, Wyoming Dept. of Health, Aging Division, 6101 Yellowstone Rd., Suite 186A, Cheyenne, WY 82002 or to betty.sones@wyo.gov.

**UPCOMING DEEP CLASSES IN WYOMING**

- **Senior Center of Jackson Hole**  
  Jan. 3 – 19 (Tues. & Thurs.)  
  Facilitators: Eliska & Connie  
  Phone: (307) 733-7300

- **Douglas Senior Citizens Center**  
  Jan. 19 – Feb. 23 (Thurs.)  
  Facilitators: Bernie & Pat  
  Phone: (307) 436-9442

- **Golden Hour Senior Center – Green River**  
  Jan. 30 – Feb. 15 (Mon. & Wed.)  
  Facilitator: Sheela  
  Phone: (307) 872-3223

- **Casper Senior Center**  
  Feb. 2 – Mar. 9 (Thurs.)  
  Facilitators: Rachel & Caysie  
  Phone: (307) 265-4678

**SHARE YOUR SUCCESSES**

Is there something positive you or your participants learned in class? Is one participant already gaining understanding or showing some 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. Will you please share them with us? If you have a success, contact Genee Miller at gmiller@mpqhf.org or call (307) 472-0507 ext. 1 or call toll free at 1-877-362-5880.

**DEEP IMPACT**

173 DEEP graduates in Wyoming  
25 classes held since March 2015  
13 communities have held DEEP classes  
45 DEEP facilitators trained  
6 of 10 DEEP graduates with pre- and post-clinical data have kept their A1c levels the same or have lowered them

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by Glen Revere, MS, RDN, CDE
TITLE III-D DISEASE PREVENTION AND HEALTH PROMOTION
DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)
ENROLLMENT FORM

The Wyoming Department of Health, (WDH) Aging Division (AD), Community Living Section (CLS), in meeting
the Administration on Aging (AoA), CFDA# 93.043, Title III-D Disease Prevention and Health Promotion,
Evidence-Based Program requirements, collaborates with Mountain Pacific Quality Health Foundation (MPQHF) to
offer subsidies for Senior Center(s) to participate in the Diabetes Empowerment Education Program (DEEP), an
evidence-based, diabetes self-management education program for reducing disparities in diabetes care among adults
aged 60 and older. Subsidies are available for up to $800.00 for instructor’s training and expenses (up to 2
instructors per center) and $800.00 for each 6-8 week class offered (require minimum of 2 classes, and maximum of
4 classes per year).

Research has shown that this program is an effective intervention for empowering persons with diabetes to take an
active role in controlling their disease. When working with licensed peer instructors to acquire the knowledge and
skills necessary to improve the quality of their life; participants may prevent/lessen the severity of complications
resulting from diabetes.

The Diabetes Empowerment Education Program (DEEP) involves training of senior center staff and/or volunteers to
become class instructors to provide peer training classes in their communities. Peer training assists in educating older
Wyoming residents about the importance and overall health impact of diabetes self-management. The 6-8 week class
is offered for two to two and half hours (2-2½ hrs) per week and is led by a trained DEEP instructor.

Participating sites shall be required to sign the agreement and the required documents with MPQHF:

- Complete and sign consent form,
- Provide a certified facilitator/staff,
- Host the required two 6-8 weeks DEEP classes within six months of receiving facilitator’s training,
- Recruit participants (advocate that each class graduates at least 5 participants), and
- Provide meeting space for classes (for 6-8 consecutive weeks).

For reimbursement for the DEEP Program, Senior Centers shall complete the following:

1. DEEP Program Enrollment Form,
2. Travel expenses and receipts/invoices upon completion of Facilitator Training class with MPQHF.
3. Client participation information must be entered into SAMS by the eighth (8) working day for
   services/classes provided in the prior month.
4. DEEP Invoice and attendance schedules for Facilitator’s training and DEEP Class (es) must be received by
   CLS by the tenth (10) business day of completion of training/class, following service provision.

Project duration: starting October 1, 2016 through September 30, 2017, based on funding availability.

The above terms are accepted by:

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