

# MONTANA DEEP™ FACILITATOR BULLETIN



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## ADMINISTRATIVE TIDBITS

Thanks to all of you who held classes or have classes scheduled during the first half of 2018—this year is flying by!

Some of you may remember from the Diabetes Empowerment Education Program (DEEP)<sup>™</sup> facilitator training that facilitator certificates expire after three years. To renew them (which Mountain-Pacific Quality Health will do for you), you need to hold five classes during those three years. We understand that many facilitators are in locations where it is difficult to hold more than one or two classes, and at no fault of those facilitators, their certificate may not be renewed. **However, if the minimum number of classes has been held, Melonie will contact you** to see whether you would like to keep participating in DEEP. If you have questions about this, please contact Melonie at [mvandyke@mpqhf.org](mailto:mvandyke@mpqhf.org).

In this newsletter, Kenneth K. Morse, an optometrist in Wyoming, has written an informative article for you about complications diabetes can cause with eye health. Due to popular demand, we are going to feature more articles about nutrition in our newsletters. So in this edition, Teresa Hicks, RD, CDE, offers some helpful tidbits about alcohol and diabetes. Also included in this edition is our regular feature Facilitator Spotlight. Meet Julie Riley from Broadus, who is learning about the big impacts she is making in a small community of less than 500 residents.

I hope you have a safe and enjoyable spring! Happy reading!  
Stephanie

## HEARD FROM DEEP PARTICIPANTS

- *“I got to see how some of the foods and snacks I thought were good are too high in sugar, fat and salt.”*
- *“I have had diabetes for five years and other complications, and understanding what medications affect my other health problems has helped me to ask my doctor specific questions.”*
- *“This is one of the best classes I have ever taken, and that should mean a lot, because I am a nurse.”*
- *“Overcoming the barriers is so hard, but I think I have some tools to help me now.”*
- *“The kidney function has never been explained that way. It makes so much more sense now.”*

# FACILITATOR EDUCATION

## THE EFFECT OF DIABETES ON EYE HEALTH



by Kenneth K. Morse, OD

Diabetes has the potential to impact many of the body's organ systems. Among them is complications with the ocular system, or eye disorders, which can lead to blindness.

[This article, written and submitted by a Wyoming optometrist,](#) discusses the most troubling ocular conditions and diseases, treatment and new technology for retinal exams and how to prevent these complications before damage causes poor eyesight or even blindness.

### FOR YOUR TOOLBOX

#### Eye Complications from Diabetes:

[This page on the American Diabetes Association \(ADA\) website](#) provides information about

how the eye works and eye disorders related to diabetes.

You can also visit the [ADA's webpage about eye care](#) and what steps people can take to avoid eye complications from diabetes.

**Diabetic Retinopathy:** The Mayo Clinic provides [a full overview](#)—including symptoms, causes, diagnosis and treatment—of diabetic retinopathy, the most common eye disease among adults and a leading cause of blindness among people who have diabetes.

**Diabetic Eye Disease:** The National Eye Institute provides [facts and news about diabetic eye diseases](#), including [this short, one-minute video](#) about diabetic retinopathy.

### CURRENT AND UPCOMING DEEP CLASSES ACROSS MONTANA

- Eagles Manor (Helena)  
April 9 – May 21 (Mondays)  
Facilitator: Kim Degner
- Bozeman Senior Center  
April 16 – May 21 (Mondays)  
Facilitator: Julie Belschwender
- Lincoln Building (Lewistown)  
April 25 – May 30 (Wednesdays)  
Facilitators: Jim, Barb & Denise
- Daniels County Senior Center in Scobey | May 1 – June 5 (Tues)  
Facilitators: Bobbi, Teresa & Lois
- Livingston HealthCare  
May 11 – June 15 (Fridays)  
Facilitators: Chelsey, Jessica & Stefani
- Sage Towers in Billings  
May 16 – June 20 (Wednesdays)  
Facilitator: Jackie Rumph
- Richland County Health Dept in Sidney | May 17 – June 21 (Thurs)  
Facilitator: Carrie Krug
- River Ridge Apts (Missoula)  
June 21 – July 26 (Thursdays)  
Facilitator: Kelly Moore

### ALCOHOL AND DIABETES: DO THEY MIX?

by Teresa Hicks, RD, CDE

When a person has diabetes, providers often talk about nutrition and diet, but what about having a glass of wine with dinner or the occasional beer with friends? What does a person with diabetes need to know about alcohol? [Read this article](#) to get some important information and tips.

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# FACILITATOR SPOTLIGHT: JULIE RILEY

## Q: What is your background before becoming a Diabetes Empowerment Education Program (DEEP)<sup>TM</sup> facilitator?

A: I have been a half-time Montana State University extension agent in Powder River County for 25 years, job sharing my position with extension agent Mary Rumph. Health, nutrition and physical activity education classes are areas I teach, including Strong Hearts, Healthy Communities and the Montana Arthritis Exercise program.

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

A: The participants make the class fun, interesting and educational. We got to know each other better and learned more about diabetes.

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

A: I like creating activities where participants engage and discuss the topics with each other. They talk about their concerns and what they've learned from managing the disease. We also brought in area diabetes educators from Miles City and a local pharmacist, who were great resources.

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

A: Many people and agencies promoted the class, including Kerry Gardner from the Powder River County Health Clinic; Darlynn Williams, the Powder River County



**JULIE RILEY**  
**BROADUS**

public health nurse and Ann Haley, DEEP educator from the Ashland Community Health Clinic. Extension Service promoted the DEEP class at the Montana Arthritis Exercise classes, in the local newspaper and on social media. Diabetes education is an important health topic for so many people in this area.

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

A: Participants have reported:

- *"I plan to watch carbohydrates more."*
- *"I have a better understanding of fiber."*
- *"I learned how exercise benefits the use of insulin."*
- *"I learned that plates should be nine inches in diameter."*
- *"I should eat less sugars and more vegetables."*
- *"I should exercise more."*
- *"I learned the importance of strength training, walking and checking my blood sugar levels."*
- *"I learned that I need to see an eye doctor once a year and the importance of taking diabetes medication."*

**Two people are now tracking their daily intake of calories, fats and carbohydrates, and at least one person scheduled an appointment with her health care provider to discuss diabetes medication.**

