

# MONTANA DEEP™ FACILITATOR BULLETIN



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## ADMINISTRATIVE TIDBITS

November is American Diabetes Month and also the start of what some may call “holiday eating season.” We have several tools for you to share with participants, though. Our own Teresa Hicks, dietician and certified diabetes educator, also wrote an informative article on meals and testing blood sugars.

January and February are a great time to take advantage of people setting new year’s resolutions by holding a Diabetes Empowerment Education Program (DEEP)<sup>™</sup> class to help them improve their health. Besides, the contract that funds DEEP ends July 2019, so time may be running out! We will know more about what’s going to happen with DEEP in December (we hope). We will pass along any news when we can.

Please let your participants know about the Medicare Open Enrollment period. [Missoula Aging Services is holding an enrollment workshop](#) in Missoula. [You can also share this website](#) for more information about open enrollment, or encourage participants to check out [Mountain-Pacific’s Healthy Living for Life episode about open enrollment](#).

You all do a wonderful job with the Diabetes Empowerment Education Program (DEEP)<sup>™</sup>! Thanks for all your hard work, and all of us here at Mountain-Pacific hope you have a wonderful holiday season!  
Stephanie Paugh, PharmD

## DEEP CLASSES IN MONTANA

We only have one class on the calendar:

**Where:** Silver Crest Apartment Community in Missoula

**Dates:** April 4 – May 9 (Thursdays)

**Time:** 1:30 to 3:00 PM

Now is the time to start planning for spring classes! We know it can be tough to hold classes over the holidays. So take a look at your 2019 calendar and find a spot for DEEP after the holidays.

We are here to help you promote your classes. Submit [a class notification](#), and we can start putting materials together for you.

# FACILITATOR EDUCATION

## SWEET AND SOUR PORK AND YOUR BLOOD SUGAR

by Teresa Hicks, RD, CDE

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.



### FOR YOUR TOOLBOX

**Overcoming Roadblocks to Healthy Eating:** [This article from the National Institute on Aging](#) lists common problems that make it tough to follow through with better eating and some problem-solving suggestions.

**MyPlate Holiday Makeover:** Print and share [this handout from choosemyplate.gov](#) for healthier options during the holiday season.

**10 Tips: Make Celebrations Fun, Healthy and Active:** [This handout](#) offers tips for healthy eating and physical activities for gatherings.

**10 Tips: Smart Shopping for Veggies and Fruits:** It is possible to fit fresh produce into any budget. [This handout](#) offers nutritious choices that are easy on the wallet.

**10 Tips: Build a Healthy Meal:** [These printable tips](#) help healthy eaters get all the food groups into their daily diet.

### MEDICARE OPEN ENROLLMENT

Greetings from Missoula Aging Services (MAS)! We still have plenty of room available in the [Medicare Open Enrollment Workshop](#) at the James E. Todd Building on the University of Montana campus in Missoula.

#### Event description:

*If you currently have Medicare Part D drug coverage or a Medicare Advantage plan, you should consider shopping every year to ensure you are getting the best possible coverage, price and customer service. Even if you are happy with your current plan, you should check for changes in the coming year. The only time many Medicare beneficiaries can change plans is the Open Enrollment period between October 15 and December 7. The Medicare Open Enrollment Workshop provides a hands-on, two-hour learning opportunity to compare insurance plans and enroll in one for 2019.*

People interested in the December workshop can [register here](#) or can call MAS at (406) 728-7682. No-cost and reduced-cost tickets are available.

Thank you for helping us get the word out!  
Alicia Crandall, BA, Education Coordinator, MAS

### SHARE YOUR DEEP SUCCESSSES

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 Melonie Van Dyke with your success at [mvandyke@mpqhf.org](mailto:mvandyke@mpqhf.org) or by calling (406) 443-4020 or 1-800-497-8232 (toll free).

**MAS**  
MISSOULA  
aging  
SERVICES

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

A: Jerry was a high school teacher and a type 2 diabetes for 30 years. Insulin became part of his treatment seven years ago. JoLynn was a home economics graduate, enjoying the study of foods and nutrition. Her father was a type 2 diabetic. Both are retired teachers.

We have conducted six DEEP classes together, with each of us covering different topics.

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

A: [We like] working together. Individually, we are able to cover the topics that we are most familiar with. We also emphasize that having another person with whom to walk this journey in a supportive way makes the care plan easier to implement. We enjoy hearing from the participants and how they are learning to deal with their journey.

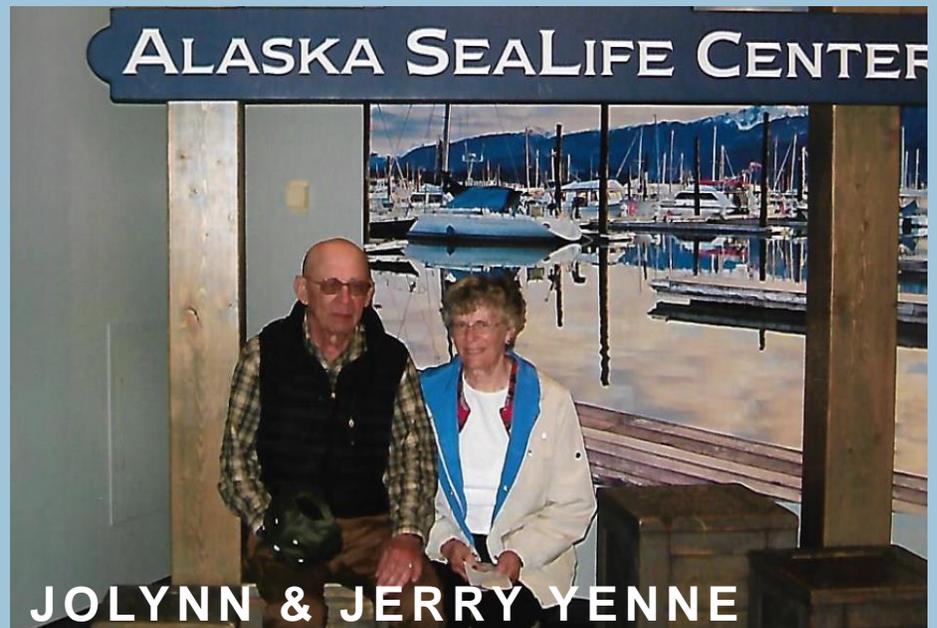
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*The sharing inspires others. Changes are possible.*

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

A: We were very fortunate to have excellent professional diabetes educators come to our class when we covered medications. The speakers were informative. The participants in our small class environment were comfortable sharing and asking



**JOLYNN & JERRY YENNE**  
**FLATHEAD COUNTY AREA**  
**(BIGFORK, LAKESIDE, KALISPELL)**

questions. The two of us have also maintained the following attitude: “There is more life after being diagnosed. The diabetic lifestyle is the best for everyone.”

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

A: Our recruitment was through our local senior citizen newsletter, flyers, personal contact and the press release information provided by the DEEP [support staff from Mountain-Pacific].

The early afternoon classes seemed to work the best. We did not have anyone falling asleep! One class was in the evening this fall. It did get dark for their drive home before it was over.

Our best attendance was a class we held in an assisted living facility. Seven of the ten lived in the facility,

and the other three came from the public.

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

A: Occasionally we are able to chat with former participants. We see some weekly at church.

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*It is always heartwarming when the conversation leads to some successes.*

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There are always some participants who want to understand what they could do to control their diabetes and are willing to make some changes. I know it takes time to internalize and create new habits.

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*When they put their health first, things will fall into place.*

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