ADMINISTRATIVE TIDBITS

It has been a pleasure to work with each of you during 2018, and we look forward to continuing to partner to help our Montana communities be as healthy as possible in the new year.

As listed later in this newsletter, several Diabetes Empowerment Education Program (DEEP)™ classes are already scheduled for spring. We appreciate all your dedication and hard work! You may recall we had hoped to receive news about our next Medicare contract in December, then it was delayed until after the holidays, and now we may be waiting longer due to the government shutdown. In the meantime, DEEP classes can continue, as there are still many Montanans who can benefit from these impactful classes.

Now that the holiday hustle and bustle has passed, folks may be focusing on goals such as eating healthy. Teresa Hick’s article is a must-read for making those new year’s resolutions stick! Teresa, a dietician and certified diabetes educator, shares some insight to clear up some of the misconceptions about healthy snacking. Also, please take a look at the links in the facilitator toolbox, which provide even more information about healthy eating.

Thanks again for everything you do, and everyone at Mountain-Pacific wishes you a fruitful and healthy 2019!

Stephanie Paugh

DEEP THOUGHTS

What are your favorite aspects of this class?

- The way it was taught – our instructor was great. I learned more from her than I ever learned in diabetes classes at the hospital. [The instructor] is a blessing.
- Personal sharing style – no PowerPoint or dull presentations
- Extremely friendly people with non-judgmental attitudes came. They were very positive and wanted to help.
- The interaction with others with diabetes – their questions and the answers and their experiences. I really learned a lot from class. I was frustrated before. I feel much better [and am] able to cope with the fact that I have diabetes.
FACILITATOR EDUCATION
WHAT DO WE REALLY KNOW ABOUT NUTRITION AND DIABETES?

by Teresa Hicks, RD, CDE

The new year is marked with changes, often changes that prioritize health. But understanding what percentages of nutrients should make up your meal plan is confusing.

This article breaks down the importance of understanding an individual’s nutritional needs and why meeting with a registered dietician is an important step in creating the right meal plan for each person with diabetes.

FOR YOUR TOOLBOX

Eating Healthy and Staying Active:
These one-page “10 Tips Nutrition Education Series” from the United States Department of Agriculture (USDA) provide helpful tips for eating healthy when eating out and how to include physical activity in any adult lifestyle:

• Eating foods away from home
• Be active adults
• Go to www.ChooseMyPlate.gov for more information.

Mountain-Pacific tools: Check out these great guides that can help clear up some of the confusion for people with diabetes regarding prescriptions:

• Diabetes and Medications: How medicines other than insulin work to control blood sugar levels
• Pharmacy Questions & Tips: A helpful Q&A covering commonly asked prescription questions

UPCOMING CLASSES

Here are the classes scheduled so far this quarter across Montana:

• Kalispell | Jan. 14 – Feb. 18 (Mondays)
  Buffalo Hill Terrace
  1:00 to 2:30 PM
  Facilitators: JoLynn and Jerry
  (406) 752-9612

• Circle | Feb. 4 – Mar. 11 (Mondays)
  Circle Senior Center
  6:30 to 8:30 PM
  Facilitator: Tandi
  (406) 723-0217

• Victor | Feb. 14 – Mar. 21 (Thursdays)
  Victor Senior Center
  2:00 to 3:30 PM
  Facilitator: Kayla
  (406) 363-5690

• Livingston | Mar. 13 – Apr. 17 (Fridays)
  Community Health Partners
  9:30 to 11:30 AM
  Facilitator: Chelsey, Jessica, Stefani
  (406) 222-1111

• Missoula | Apr. 4 – May 9 (Thursdays)
  Silver Crest Apt. Community
  1:30 to 3:00 PM
  Facilitator: Kellie Moore
  (406) 728-7682

• Lewistown | Mar. 3 – Apr. 17 (Wednesdays)
  Lincoln Building
  1:00 to 3:00 PM
  Facilitators: Jim Hamling, Barb Umber and Denise Seilstad
  (406) 535-3919

SHARE YOUR DEEP SUCCESSES WITH US!

Is there something positive your participants shared in class? What are your participants saying about DEEP? We would love to include your successes in this newsletter and share them with others, if appropriate. If you have a success or a quote from one of your DEEP participants, we want to hear from you! Please contact Melonie Van Dyke at mvandyke@mpghf.org or toll-free at 1-800-497-8232 ext. 5819.