ADMINISTRATIVE TIDBITS

Are you ready for spring? I hope the winter hasn’t been too hard for all of you across Montana. Spring started March 20, so hopefully some warmer weather is on the way! What is definitely on the way is American Diabetes Association Alert Day on March 26. Take a look at this newsletter’s For Your Toolbox section for resources you can share in commemoration of this annual event.

I hope you enjoy the article about food journaling. There has been a lot of discussion around recording blood sugar readings, but how can recording your food and activity help patients? This article explains.

Thanks again to those of you who have held Diabetes Empowerment Education Program (DEEP)™ classes. If you’re thinking of holding one this spring, just let us know! As a reminder, the contract that funds DEEP and the DEEP license will be expiring, so classes must end by July. We are still waiting to hear about the next contract, but we received a message saying it will be released soon.

Shortly following this newsletter, you will receive an email with a link to an online questionnaire. If you could please click on the link and respond to the seven-question questionnaire about diabetes educators, it would be very much appreciated. The answers will remain anonymous, and your feedback will be valuable to us.

All of us at Mountain-Pacific send our thanks for the work you do!

Stephanie Paugh

DEEP THOUGHTS

What are your favorite aspects of this class?

• It covers lots of areas, personal interaction, answers to questions and has pleasant presenters
• Learning how to treat diabetes—exercise, watch what you eat, eat in small portions, check labels
• Information—the speakers and the handouts are very informative
• Guest speakers, learning from games and all the people who were in class
• I thought each presentation offered insight into how the body processes food/sugar and how it affects overall health
When people with diabetes take a little time each day for a closer look at their eating and activity patterns, they learn a lot about themselves and can help their diabetes team personalize their care plan. Share this article with your class to help them understand how this simple practice can be very helpful—and “healthful!”

**UPCOMING DEEP CLASSES**

**Here are the remaining classes scheduled this spring—so far:**

- **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

- **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) at Silver Crest Apt. Community | 1:30 to 3:00 PM
  Facilitator: Kellie Moore (406) 728-7682

**STATEWIDE DIABETES EDUCATION CAMPAIGN**

In the last several weeks, we have been working to put together a diabetes education promotion campaign using stories from people with diabetes, their care partners, health care providers and diabetes educators to encourage using a diabetes educator or classes to become a self-advocate. Mountain-Pacific worked with a professional production company to create 30-second TV and radio commercials and YouTube videos. The campaign will air on radio and TV stations across Montana and online starting in April. Be on the lookout for these ads and some familiar faces, including fellow DEEP facilitators Jim Hamling and Barb Umber.

**SHARE YOUR SUCCESSES WITH US!**

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 at mvandyke@mpqhf.org or toll-free at 1-800-497-8232 ext. 5819.

**FOR YOUR TOOLBOX**

- Visit the Medicare website for information about coverage for diabetes screenings, supplies and self-management training.

- Diabetes Alert Day is March 26! You or your class participants can click here to take a one-minute test to find out risk factors and then share it with their friends and family.

- Individuals should talk with their doctor about ways to reduce their risk for heart disease and stroke. There are resources available to help continue the conversation with loved ones and doctors. You can share these with your class!

- Use this new Diabetes and Vaccines Postcard and this Immunizations and Older Adults Card to teach the importance of immunizations at all ages, especially for people with diabetes.