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- Facilitator Education: Food journaling – you’ll be surprised what you can learn
- For Your Toolbox: Information on Medicare coverage, risks of heart disease and stroke and immunizations

ADMINISTRATIVE TIDBITS

Greetings, Wyoming DEEP facilitators!

Spring is just around the corner. We currently have several ongoing classes across the state. Thank you for all the work you do to help participants with diabetes and pre-diabetes become more knowledgeable about their condition and empowered to manage it.

If you have not yet scheduled your spring Diabetes Empowerment Education Program (DEEP)™ class, please consider scheduling one soon. We are very close to making our five-year goal of 300 Medicare beneficiaries with diabetes or pre-diabetes graduating from our DEEP classes.

Tuesday, March 26, is American Diabetes Association® Alert Day, and Mountain-Pacific Quality Health will be highlighting additional tools and information that may be useful on our social media pages. Find us on Facebook.

Once again, thank you for all your hard work. We appreciate all your efforts and support of this program. We could not make the impact we are without you!

Brandi Wahlen, Diabetes Project Manager
bwahlen@mpqhf.org

DEEP IMPACT

Here’s a peek at our success story from across Wyoming, as told by some of our current numbers (as of 2/28/19):

- **375 graduates** of the Diabetes Empowerment Education Program (DEEP)™
- **280 of those graduates are Medicare beneficiaries**, very close to our goal of 300!
- As of February 28, 2019, **19 out of 33 graduates** with pre and post A1c data had their sugar levels stay the same or go down. (These numbers only represent Medicare beneficiaries with diabetes whose doctors have reported both a pre-DEEP and post-DEEP value.)

Congratulations, and thank you!

Brandi Wahlen, Diabetes Project Manager
bwahlen@mpqhf.org

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!”

### 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.

### UPCOMING DEEP CLASSES

<table>
<thead>
<tr>
<th>Center</th>
<th>Address</th>
<th>When and Details</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Ten Sleep Senior Center</td>
<td>204 2nd Street, Ten Sleep, WY 82442</td>
<td>Classes meet on Mondays March 11, 18 &amp; 25 ♦ April 1, 8 &amp; 15 2:00 to 4:00 PM</td>
<td>(307) 366-2210</td>
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<tr>
<td>Hot Springs County Senior Citizen Center</td>
<td>206 Senior Ave, Thermopolis, WY 82443</td>
<td>Classes meet on Tuesdays March 5, 12, 19 &amp; 26 ♦ April 2 &amp; 9 1:30 to 3:30 PM</td>
<td>(307) 864-2151</td>
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<tr>
<td>Riverton Senior Center</td>
<td>303 E. Lincoln, Riverton, WY 82501</td>
<td>Classes meet on Fridays April 5, 12 &amp; 26 ♦ May 3, 10 &amp; 17 (Please note: No class April 19) 9:30 to 11:30 AM</td>
<td>(307) 856-6332</td>
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<tr>
<td>Campbell County Health &amp; Wellness</td>
<td>1901 Energy Court Suite 125, Gillette, WY 82717</td>
<td>Classes meet on Thursdays April 4, 11, 18 &amp; 25 ♦ May 2 &amp; 9 4:00 to 6:00 PM</td>
<td>(307) 688-3615</td>
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<tr>
<td>Senior Friendship Center</td>
<td>216 E. 19th Ave, Torrington, WY 82240</td>
<td>Classes meet on Fridays April 26 – May 31 12:30 to 2:30 PM</td>
<td>(307) 532-2796</td>
</tr>
<tr>
<td>Pine Bluffs Senior Citizens, Inc</td>
<td>309 Elm St, Pine Bluffs, WY 82082</td>
<td>Classes meet on Mondays June 3, 10, 17 &amp; 24 ♦ July 1 &amp; 8 12:30 to 2:30 PM</td>
<td>(307) 245-3816</td>
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### 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 Brandi Wahlen with your success at bwahlen@mpqhf.org or by calling (307) 472-0507 or 1-877-362-5880 (toll free).