ADMINISTRATIVE TIDBITS

Is it finally summer? It’s hard to say with the rainy and cool weather we’ve been having! Many of you have been wondering what will happen to the Diabetes Empowerment Education Program (DEEP)™, when our contract with the Centers for Medicare & Medicaid Services (CMS), which funds DEEP, ends this month. We’ve been so pleased to have heard from many facilitators who would like to see these classes continue! For the facilitators who are Montana State University (MSU) Extension Agents, we have been working with Brianna Routh and Michelle Grocke to make a revised diabetes education curriculum available through MSU Extension, called Living Your Best Life (with Diabetes)! Contact them at your MSU Extension Office to learn more. For other facilitators, contact Teresa Hicks at Tahicks5398@gmail.com or Marci Butcher at mbutcher@midrivers.com to learn about the new curriculum.

There’s a new online resource to locate a diabetes education and prevention programs in Montana. Go to www.montana211.org, click on the “Health/Medical” button, then “Diabetes Education.” You can also use the website to find many other resources throughout the state.

Have you seen or heard the diabetes public service announcements (PSAs) on television, radio or online? Mountain-Pacific, along with help from a grant from the Montana Geriatric Education Center, interviewed diabetes professionals about the importance of education for their patients and several people with diabetes about their experience with diabetes and education. Please view the links on the next page and share them with your contacts. We would value your feedback on the PSAs. If you haven’t already, please respond to our brief evaluation questionnaire.

Also, please read and share the information about the Taking Control of Your Diabetes (TCOYD) conference and health fair in Missoula, September 7, 2019.

Finally, Mountain-Pacific wants to thank each one of you for taking on the role of a DEEP facilitator in your community. As the testimonials on the next page prove, you have helped make living with diabetes better for many people throughout Montana.

Stephanie Paugh
Health Care Professionals:

• Dr. Brian Robinson from St. Peter’s Health Medical Group speaks about the importance of diabetes education. See video

• Sue Larson, registered dietitian and certified diabetes educator, on seeing people take control of their lives. See 30-second video

People with Diabetes:

• Jim and MaryJo Hamling discuss MaryJo’s support role in Jim’s journey with diabetes. See video

• Jim and MaryJo Hamling talk about how they work to manage Jim’s diabetes as a team. See video

• Jim Hamling on living with diabetes. See 30-second video

• Chris Van Dyke on learning he has diabetes. See 30-second video

• Cass Mitchell on getting mad about diabetes. See 30-second video

• Barb Umber on taking her life back from diabetes. See 30-second video

QUESTIONNAIRE ON PSAs

So far, we’ve heard from 28 respondents and 96.3% think the PSAs would inspire them or someone with diabetes to seek out a diabetes educator. Please respond to our brief evaluation questions and forward the link to your contacts – we would love more feedback!

THANK YOU - you made an impact!

Approximately 800 Montanans have graduated from DEEP! Here’s the latest comments on what they like about classes:

• The models (blood in bags and blood cell cushions with glucose balls) …help to explain how diabetes affects the body

• Being able to discuss things with the group, handouts were helpful.

• We can ask questions.

• Everything, you all did a great job and thank you so much for spending your time teaching the class.

• The depth of information and the ability to ask questions

Conference & Health Fair

September 7, 2019
7:30 AM – 5:00 PM
Hilton Garden Inn Missoula
Missoula, MT 59808
3720 North Reserve St.
$25/person in advance
$20 when registering two or more
$35 at the door

Visit www.tcoyd.org for more information and to register!

View a short video about this uplifting conference

TCOYD
TAKING CONTROL OF YOUR DIABETES

• Cutting edge treatments

• Expert speakers

• Interactive health fair

• Inspiring education

• Complimentary lunch

www.montana211.org
Get Connected. Get Answers.

Montana 2-1-1 connects you with the community resources, services and assistance you need. We are thankful to the United Way of Yellowstone County for working with us to make the website a comprehensive resource for information on diabetes education and prevention in Montana in time for airing our PSAs. We will continue to work with the United Way to maintain the diabetes education information on the site.

LIVING YOUR BEST LIFE (with Diabetes)!

Curriculum for peer-led diabetes education and empowerment classes includes:

• Introduction letter

• Tips on class planning/preparation

• Facilitator instructions on delivery of curriculum, adult learning theory, classroom set-up and more

• Confidentiality overview

• Explanation of how diabetes and prediabetes are diagnosed

• Pre- and post-evaluations, end of session evaluation and general evaluation for each session

• Common group education questions and answers

• Seven session lesson plans