



Notes



**N o r t h e r n I l l i n o i s
D i a b e t e s C o a l i t i o n**

Beyer School Project makes strides in the classroom

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It has been a pleasure to work with the faculty and staff at Charles Beyer Elementary School (CBES) this year. NIDC has made changes throughout the project year. Some of these changes include: providing wish list opportunities to the teachers to enable them to teach nutrition and health-based education; provide new headphones for the computer lab; offer tutoring to all grades; and assist in physical education classes through the after-school program. Great strides have been made with efforts to interact with the teachers, since it has been a challenge in the past to access classrooms. This school year, however, CBES faculty have provided us with many opportunities to educate their classes.

CBES teachers have been gracious enough to allow NIDC and our Rockford College students into their classrooms numerous times. Rockford College Nursing students entered the second grade class and taught hand-washing techniques for several weeks. They also taught the 3rd and 4th graders diabetes education and the importance of Go, Slow, and Whoa Foods. The students in the 3rd and 4th grade classes then participated in the Dining for Diabetes Poster Board Contest, the winner was selected and her poster was put on a billboard on Riverside Boulevard. in Rockford. Laurinda Paschal, Project Director, spent several weeks going to each class and educating the students on the importance of oral health. The Winnebago County Health Department provided toothbrushes for each child and all educational materials including exciting cartoons that illustrated the importance of oral hygiene.

NIDC has just completed Body Mass Index (BMI) testing for all of CBES students. BMI is a number calculated from a child's weight and height, and is a reliable indicator of body fatness for most children and teens. We have found from last year's results that 39.8% of CBES student body is at-risk for overweight or is overweight. Children and teens who are overweight may begin to experience health consequences during their youth as well as put themselves at risk for weight-related health problems later in life. The goal is to decrease this number by providing nutrition and physical education activities to the staff and students. This goal has been met by providing physical education classes to the students that participate in the after-school program. The Project Director, along with Rockford College Physical Education students, provide vigorous exercise through play, and teach about the benefits of exercise and good nutrition every Monday and Tuesday at Beyer. The after-school program has provided a needed outlet for the students (and parents)!

These are just a few of the programs that NIDC has provided for the CBES faculty and students throughout this memorable year, and developing relationships with the faculty and students at CBES is very rewarding. NIDC is a constant presence at Beyer and hopes to continue the project for many years to come.

Be a Volunteer for NIDC!

NIDC is looking for a few good men, women and children to volunteer in many areas of the organization!

Anyone interested can contact Dr. Herbert Jackson or Joe Marshall. Call 815-395-5727 to get contact information!



NORTHERN ILLINOIS DIABETES COALITION

Executive Committee

- Paul Burkholder, MD, UI College of Medicine, NIDC Co-Chair
- Joella Warner, RN, MAT, CDE, UI College of Medicine, NIDC Co-Chair
- Jim Pieschel, AMCORE Bank, M.A., Treasurer
- Gene Boyd, MD, ECDH, Chair, Data Committee
- Mary Panther, RN, Midland Management, LLC, Chair, Community Care
- Laurinda Paschal, MPH, NIDC Beyer Project Coordinator
- Julie DeRoush, RD, LD, CDE, OSF St. Anthony & UI College of Medicine, Chair, Education Committee
- Karen Gugliuzza, RN, Vice Chair, Data Committee
- Tammy Hautamaki, Chair, PR and Marketing
- Gloria Dillard, Rockford Health Council
- Herbert Jackson, DPM, Volunteer Committee
- Joe Marshall, Volunteer Committee
- Ruth Fairchild, Community Representative
- Barbara Carstens, Community Representative
- Martin Lipsky, MD, UI College of Medicine, Ex-Officio member
- Johanna Lund, MPH, Interim Executive Director, Rockford Health Council
- Ellen Blokus, UI College of Medicine, Newsletter Editor

SUPPORT GROUP/EVENT CALENDAR

May 14, 2007 7 p.m.

What Bugs You Most?

Led by a Certified Diabetes Educator
SwedishAmerican Health System Conference Center

May 14, 2007 6-8 pm.

Get Fit With Diabetes

This session will focus on motivation with practical ways to make exercise fun and a rewarding part of your daily healthy lifestyle. Wear your walking shoes!

May 23, 2007 7 p.m.

June 27, 2007 7 p.m.

September 26, 2007 7 p.m.

(no meetings July and August)

Brooke Road Diabetes Support Group

Serving those who have type 1, type 2, family history, diabetes during pregnancy, a family member with diabetes, or anyone with an interest in diabetes.

Brooke Road United Methodist Church
1404 Brooke Road
Rockford, IL 61109
815-398-8914

February, April, September and November
Saturday and Tuesday Meetings

Diabetic Support Group

Kishwaukee Community Hospital
Diabetic Education Center
626 Bethany Road
DeKalb, IL 60115

Call 815-748-8378 or visit their website at
www.kishhospital.org

August 9, 2007 8 a.m.-12:30 p.m.

August 10, 2007 8 a.m.-12:30 p.m.

August 11, 2007 8 a.m.-noon

Cholesterol Screenings

Colonial Village: Heartland Community Church
1280 S Alpine Road
Rockford, IL 61108
Call 815-720-4276

September 6, 2007 (may be rescheduled due to the Sandwich Fair)

There are no meetings during the summer months

Diabetes Support Group

Contact Steve Wolf at 815-786-3783
Valley West Community Hospital
11 E Pleasant Avenue
Sandwich, IL 60548

September 14, 2007 8:30 a.m.-12:30 p.m.

September 15, 2007 8:30 a.m.-noon p.m.

Cholesterol Screenings

Machesney Park Mall near JC Penney entrance
8702 N 2nd Street
Machesney Park, IL 61115

November 1, 2007 8 a.m.-12:30 p.m.

November 2, 2007 8 a.m.-12:30 p.m.

November 3, 2007 8 a.m.-noon

Cholesterol Screenings

Colonial Village: Heartland Community Church
1280 S Alpine Road
Rockford, IL 61108
Call 815-720-4276

Northern Illinois Diabetes Coalition

is seeking volunteers!

If you would like to help with any of the many facets of NIDC,
please let us know!

Contact Joella Warner

815-395-5703

For more information

Training is available!

For comments, suggestions, or more information about NIDC, contact Paul Burkholder at 395-5727 or email pburkhol@uic.edu

Contributions to NIDC Notes are welcome. Contact Ellen Blokus at 815-395-5902

CAMP MEETING SCHEDULED

Several months ago when we had our first camp meeting we had nearly 20 people there who were excited about getting a camp put in place for children dealing with the management of their diabetes. I was very surprised at the initial response, and hoped that our steering committee would grow as we all went out and started discussing the idea of the camp. Since then we have held several more meetings but the attendance levels have really been disappointing. We definitely understand that people have other family, work, and personal commitments that need to be taken care of on a daily basis. With that said, there have been a lot of late nights and hard work that have gone into the camp up to this point, and now we really need your support and ideas to get the content/educational material set up for July 21st. A lot of you are working hand in hand with these patients each and every day and we need your expertise in designing the content so Camp Endeavor can become a camp that children will want to come to each and every year.

We have already started distributing the camp flyers and marketing materials with a deadline of May 19th to get these in place. I am also happy to announce that we had our first camper registered within 24 hours of the website going live (www.campendeavorrockford.com)! The response in the community has been outstanding!

We have set the date for our next meeting to be held on Monday, June 4th. The meeting will be held at the UIC College of Medicine and will begin promptly at 6p.m (specific room will be announced later). This meeting is critical to the success of Camp Endeavor as we will be discussing the content and assigning groups of people to help develop age appropriate activities for the event. Please let me know one way or another if you will plan to attend so I can order an appropriate amount of food. If you have colleagues who would be interested in getting involved, please bring them along. If you need further information, contact Joella Warner at 815-395-5703.

Hope to see you there!

Tax-deductible and memorial contributions may be made to:

**Northern Illinois
Diabetes Coalition
1601 Parkview Avenue
Rockford, IL 61107**

**Call 815-395-5703 for
more information.**

New Event Coming to the Area

Reserve Saturday, July 21, 2007 for Camp for children with diabetes. The Day Camp Endeavor will be held at the Rock Valley College Gymnasium. The time will be from 8 A.M until approximately 5 P.M.

Check with your provider/diabetes educator or call NIDC for details.

Thank You

NIDC would like to thank everyone who responded to the newsletter and provided items from Beyer's Wish List. Your support is greatly appreciated.

NIDC would also like to thank M3APS, a Not-for-Profit organization. Their mission is to meet the basic needs of children in Pre-K3 through grade 12 so that they may successfully focus on their education. The name M3APS honors three individuals who worked to improve the lives of children; Mary Christine Adams, Mark Paulsen and Michael Seibel. The three Ms represent their first names. The A, P, S are the first letter of each persons last name. M3APS has collaborated with NIDC to provide socks and undergarments for Beyer children. Thank you for your continued support of NIDC. If you would like further information or to donate to the M3APS organization please go to their website

<http://mapsofillinois.org/Index.htm>.

**Do you have
Osteoarthritis of the knee or hip
and are between 40 and 75 years of age?**



Are you interested in participating in a clinical trial on the effect of Tahitian Noni Juice on Osteoarthritis symptoms?

If you answered yes to the above questions you may be eligible to participate in a study conducted by the University of Illinois College of Medicine at Rockford examining the effects of Tahitian Noni Juice on the symptoms and quality of life of patients with osteoarthritis of the hip or knee. Tahitian Noni Juice is an ancient fruit drink believed to have healing properties, which is now being tested for many health conditions. If you are interested in finding out more, talk with your doctor or call (815) 395-5854.

**Northern Illinois
Diabetes Coalition**

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Rockford, IL 61107

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Fax: 815-395-5908
E-mail: ellens@uic.edu

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