



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**

DINING FOR DIABETES EVENT NOV. 5

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The annual Dining for Diabetes event to celebrate November as Diabetes Awareness Month, is scheduled for Nov. 5 at the Mauh-Nah-Tee-See Country Club. It will be from 6 pm until 9 pm and tickets are \$30 per person, \$10 for children under 12.

Main menu items for the buffet dinner include vegetable lasagna, baked chicken, grilled chicken breast, baked white fish and many side dishes.

Featured entertainment will include guitar music by musician Josh Hart.

Dining For Diabetes

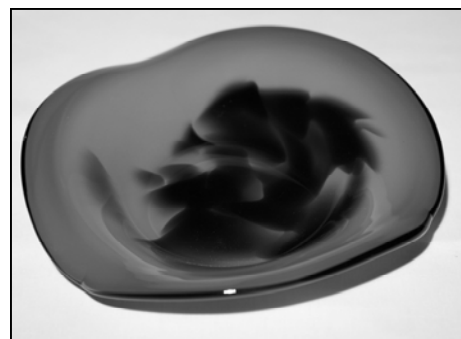
A silent auction, featuring items for everyone, youth through senior citizens and everyone in between, will also be a highlight of the evening.

A poster contest

was held at Beyer School, and during a special ceremony, the winner will be announced. The winning poster will be made into a billboard featured in Rockford throughout the month of November.

For more information on how to get tickets for the event, contact Joella Warner at 815-395-5703 or email at joellaw@uic.edu.

The silent auction will feature many items of interest, including the return of Raku Gold pots, created by local artists Shawn and Jim Barbagallo and high-fired stoneware mugs and bowls made by John Burkholder, MD of Pittsburgh PA (retired cardiovascular surgeon and brother of Dr. Paul Burkholder).



Nona and Bob Pickering, local glass artists, have contributed a unique hand-blown bowl. In addition, the array of selections for the children's silent auction table will entice both adults and the younger set.

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 Committees
 - Joe Marshall, Volunteer Committee
 - Ruth Fairchild, Community Representative
 - Rosa Benavides, ALERTA Representative
 - Martin Lipsky, MD, UI College of Medicine, Ex-Officio member
 - Ray Empereur, MPH, Executive Director, Rockford Health Council
- Ellen Blokus, UI College of Medicine, Newsletter Editor

SUPPORT GROUP CALENDAR

11/2/2006

Holiday Dining

Becky Sisler

6:30 p.m.

Valley West Community

Hospital

11 E. Pleasant Street

Sandwich, IL 60548

Conference Room B – Lower Level

For more information call

815-786-3783

11/13/2006

SPECIAL HOLIDAY EATING PROGRAM –

Sarah Todd, RD

6:30 – 8:00

The U of I Extension presents helpful hints for diabetics on making food choices for the holidays; cooking demonstrations and receipts.

Reservations required

LOCATION:

Katherine Shaw Bethea Hospital

403 E. 1st - Suite 101

Dixon, IL

Private Dining Room

For more information call the

Center for Diabetes Management

(815) 285-5973

11/21/2006

Diabetic Support Group

Kishwaukee Community Hospital

Diabetic Education Center

(adjacent to the hospital)

626 Bethany Road

DeKalb, IL 60115

FOR MORE INFORMATION, CALL:

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

12/7/2006

Topic To be Decided

6:30 pm

Valley West Community

Hospital

11 E. Pleasant Street

Sandwich, IL 60548

Conference Room B – Lower Level

FOR MORE INFORMATION, CALL:

815-786-3783

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

**CENTER
FOR** Sight
& Hearing

The Center for Sight & Hearing has exciting news for people in Rockford who are Deaf or Hard of Hearing. The Center for Sight & Hearing is now a Selection Center for ITAC, (Illinois Telecommunications Access Corporation) which offers free amplified telephones.

ITAC is a free program required and governed by Illinois law.

The requirements are simple: you must be a resident of Illinois, have working standard telephone service in your home, and certified as unable to use a standard telephone due to a hearing loss. For more information contact: The Center for Sight & Hearing, 8038 MacIntosh Lane, Rockford, IL 61107 or call 815-332-6800

**Simple
Solutions**
Assistive Technology
Demo & Sales Center

HEART ASSOCIATION UPDATES DIET, LIFESTYLE GUIDELINES

New 2006 American Heart Association diet and lifestyle recommendations focus on long-term changes in how healthy Americans age 2 and older eat and live.

New/updated guidelines

- Limit trans fat to less than 1% of daily calories.
- Limit saturated fat to less than 7% of daily calories (most Americans currently consume about 11%)
- Eat vegetables and fruits deep in color: spinach, carrots, berries, etc.
- Eat fish at least twice a week. Oily fish are best.
- Choose whole-grain, high fiber foods.
- Eat less than 2,300 mg of salt per day. Middle-aged/older adults, blacks and people with hypertension need less than 1,500 mg per day.
- Eat soy foods in place of foods high in animal fat. (Soy foods are not recommended to reduce cholesterol, triglycerides, other CVD risks.)
- Get at least 30 minutes of physical activity most days, 60 minutes per day to lose weight or sustain weight loss.
- Aim for a blood glucose level less than 100 mg/dL.

For a free brochure on the new guidelines, call 1-800-AHA-USA1 or visit americanheart.org and click on "Healthy Lifestyle."

BEYER SCHOOL SEEKS DONATIONS OF EDUCATIONAL MATERIALS

The Beyer School Health Committee is creating a wish list to provide additional education materials for the staff at Beyer Elementary School. These items will assist us in our goal of educating the students of Beyer and building a collaborative relationship with the staff.

Wish List items include:

- 1 battery operated timer
- 2 electric pencil sharpeners
- old magazines
- easy reader books for kids to take home
- healthy snack food items
- plastic book baskets

Please contact Laurinda Paschal, Project Manager at lpaschal@yahoo.com or at 815-761-4375 if you are interested in donating materials from our wish list.

ONLINE HEALTHIER LIVING WITH DIABETES STUDY

Stanford University is seeking participants interested in receiving self-management information online. "Healthier Living with Diabetes" is an online workshop and study given on the Internet. Groups of 25 with Type 2 diabetes will participate in a workshop facilitated by two trained moderators. Topics include blood glucose management, healthy eating, balancing food, exercise, medication and stress; understanding A1C; lipids; BMI; blood pressure numbers; weight control; exercise; hypoglycemia; managing sick days; working with healthcare providers; and managing emotions and relationships. Sessions will be conducted through messaging and online discussion boards. Each workshop will last for six weeks with a new lesson each week. Participants will be required to long on at their convenience 2-3 times per week for a total of 1-2 hours.

For more information about the SelfManagement @ Stanford Healthier Living with Diabetes, contact Stanford Patient Education Research Center at 1-800-366-2624, or log on to <http://diabetes.stanford.edu/hl/hlMain>.

**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.**

**Northern Illinois
Diabetes Coalition**

University of Illinois
College of Medicine at Rockford
1601 Parkview Avenue
Rockford, IL 61107

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Fax: 815-395-5908
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**ATTEND DINING FOR DIABETES NOV. 5
AT MAUH-NAH-TEE-SEE COUNTRY CLUB**

