



## 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, Sage Technologies, 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
- Herbert Jackson, DPM, Volunteer Committee
- Joe Marshall, Volunteer Committee
- Ruth Fairchild, Community Representative
- Barbara Carstens, Community Representative
- Rick Engen, RPh, Development Committee
- Len Hamachek, Development Committee
- Gina Sciame, Development Committee
- Barbara Carstens, Development Committee
- Martin Lipsky, MD, UI College of Medicine, Ex-Officio member
- Ellen Blokus, UI College of Medicine,

For comments, suggestions, or more information about NIDC, contact Paul Burkholder at 395-5727 or email [pburkhol@uic.edu](mailto:pburkhol@uic.edu)

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

## SUPPORT GROUP/EVENT CALENDAR

March 26, 2008 5:30-7:30 p.m.

### **Whiteside County Community Health Clinic**

March Diabetes Awareness Day  
Speaker Teresa Smith, RD, MS, CDE will present seminar "Physical Activity & Nutrition" This will include a light supper break, awareness booths and will conclude with table talk support group. Preregister by March 19.  
CGH Medical Center  
100 E. LeFevre Road, Sterling, IL  
Call 815-626-2230

April 14, 2008 6:30 p.m.

### **Valley West Community Hospital**

How do you Keep Active?  
Conference room of the Medical Office Building.  
1310 N. Main Street, Suite 207  
Sandwich, IL  
For more information on diabetes 815-748-8378

April 23, 2008 5:30-7:30 p.m.

### **Whiteside County Community Health Clinic**

April Diabetes Awareness Day  
Speaker Pat Albert, LCSW, Whiteside community Health Clinic, will present seminar "Stress Management". This will include a light supper break, awareness booths and will conclude with table talk support group. Preregister by April 16.  
CGH Medical Center  
100 E. LeFevre Road, Sterling, IL  
Call 815-626-2230

May 1, 2008 8 a.m.-12:30 p.m.

May 2, 2008 8 a.m.-12:30 p.m.

May 3, 2008 8 a.m.-Noon

### **Colonial Village: Heartland Community Church**

Community Screening  
Lipid Panel (\$15) 10-hour fast required; Comprehensive Metabolic Panel (\$15) 10-hour fast required; Hepatic Function Panel (\$15); Complete Blood County (\$20); Thyroid Screening (\$25); T4 (\$25); T3 (\$25); Hemoglobin A1C (\$30); C-reactive Protein (\$30); Total Iron (\$5); GGT (\$5); Blood type with RH factor (\$20); PSA—Free for men 45 and older (one free PSA test per grant year, July 2007-July 2008—Normally a \$30 fee) You may call for an appointment for these dates or to schedule a more convenient date. Call 815-720-4276 or 815-720-4274.

May 15, 2008 5:30-7:30 p.m.

### **Whiteside County Community Health Clinic**

May Diabetes Awareness Day  
Speaker Bill Yemm, DDS, Whiteside County Community Health Clinic will present seminar "Oral Health". This will include a light supper break, awareness booths and will conclude with table talk support group. Preregister by May 7.  
CGH Medical Center  
100 E. LeFevre Road, Sterling, IL

Call 815-626-2230

August 14, 2008 8 a.m.-12:30 p.m.

August 15, 2008 8 a.m.-12:30 p.m.

August 16, 2008 8 a.m.-Noon

### **Colonial Village: Heartland Community Church**

Community Screening  
Lipid Panel (\$15) 10-hour fast required; Comprehensive Metabolic Panel (\$15) 10-hour fast required; Hepatic Function Panel (\$15); Complete Blood County (\$20); Thyroid Screening (\$25); T4 (\$25); T3 (\$25); Hemoglobin A1C (\$30); C-reactive Protein (\$30); Total Iron (\$5); GGT (\$5); Blood type with RH factor (\$20); PSA (\$30) You may call for an appointment for these dates or to schedule a more convenient date. Call 815-720-4276 or 815-720-4274.

September 8, 2008 6:30 p.m.

### **Valley West Community Hospital**

What are you doing to reduce your risks for complications?  
Conference room of the Medical Office Building.  
1310 N. Main Street, Suite 207, Sandwich, IL  
For more information on diabetes 815-748-8378

November 6, 2008 8 a.m.-12:30 p.m.

November 7, 2008 8 a.m.-12:30 p.m.

November 8, 2008 8 a.m.-Noon

### **Colonial Village: Heartland Community Church**

Community Screening  
Lipid Panel (\$15) 10-hour fast required; Comprehensive Metabolic Panel (\$15) 10-hour fast required; Hepatic Function Panel (\$15); Complete Blood County (\$20); Thyroid Screening (\$25); T4 (\$25); T3 (\$25); Hemoglobin A1C (\$30); C-reactive Protein (\$30); Total Iron (\$5); GGT (\$5); Blood type with RH factor (\$20); PSA (\$30) You may call for an appointment for these dates or to schedule a more convenient date. Call 815-720-4276 or 815-720-4274.

### **Chronic Disease Self Management Program:**

#### **Sick and tired of being sick and tired?**

Do you have arthritis, diabetes, heart disease, fibromyalgia or other chronic health problems? Learn how to be a self-manager. These highly interactive classes, developed at Stanford University, will give you skills and confidence to problem solve, set goals, manage symptoms and improve communications with your family and health care providers. A relaxation CD is included with the class. A new class will begin in June!

Call Joella Warner at 815-395-5703 for information.

## Preventing and Control of Diabetes and Complications

The Northern Illinois Diabetes Coalition was asked by the Rock Valley College Center for Learning in Retirement to design and present a course for individuals with diabetes that would provide comprehensive understanding about diabetes to help them effectively self-manage their diabetes. The six-week long course was initially presented to 14 participants in September, 2006 and it was repeated during September-October, 2007 to 17 participants. The faculty of five diabetes professionals presented the following topics: "What is Diabetes Mellitus?", "Diabetes Risk Factors", "Diabetes Self-Management", "Medical Nutrition Therapy", "Physical Activity and Diabetes", and "Diabetes Medications". The individual 2 hour-long sessions were designed to start with the presentation by the faculty member and followed by open discussion of questions from the attendees. The following letter was sent to NIDC from one of the participants in the 2007 course.

"Dear Dr. Burkholder,

A note of appreciation for the Diabetes Seminar in October of 2007. The content and presentation were excellent and gave me an enhanced understanding of the complex nature and dangers of my disease which inspired a life-style program for controlling my diabetes. The results are promising and I am grateful for the inspiration the Seminar gave me.

Sincerely,  
Bert E. Johnson"

### LIFE WITH HEARING LOSS, TODAY & TOMORROW

Discover new technologies for hearing loss and why hearing aids aren't always enough?

Date: May 21<sup>st</sup>, 2008

Time: 9:00-12:00 PM

Where: Center for Sight and Hearing  
8038 MacIntosh Lane  
Rockford, IL 61107

### LOW VISION SUPPORT GROUP

This group provides persons dealing with their own vision impairment, or the vision impairment of a loved one, the opportunity to meet and talk with others experiencing the same problems. Sometimes the best answers come from those who have experienced the same thing. Meet with others and hear from experts on how to not only cope, but thrive, despite vision impairments. This group is facilitated by a staff member from the Center for Sight and Hearing, and held at the Keen Age Center in Belvidere. The support group meets the first Tuesday of each month 10:00-11:00am. The Keen Age Center is located at 2141 Henry Luckow Lane in Belvidere.

### Now it's time to get into the Youth Zone!

Inside you'll find all kinds of great stuff to help you manage your diabetes. You'll also find fun games, tips, and links.

#### What is Diabetes?

Learn about type 1 and type 2 diabetes.

#### Diabetes Care

This section will give you information about how to care for your diabetes.

#### Living with Diabetes

Find out how you can deal with the challenges of every day life.

#### How has Diabetes Inspired You?

Inspired by Diabetes is a global campaign asking people with diabetes, as well as their family, friends and health-care professionals, to express how diabetes has impacted their lives — and share those stories with others around the world.

#### Exercise

Find out why exercise is important for people with diabetes.

#### Diabetes & the Law

This section tells you about your rights and what you can do to protect them.

#### Fun & Games

**NEW!** Five fun new games have been added to our existing gallery of games. Check them out!

#### Healthy Eating

Learn how to eat healthy without giving up your favorite foods.

Learn more about ADA's Youth Zone by visiting

<http://www.diabetes.org/youthzone/youth-zone.jsp>

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**Northern Illinois  
Diabetes Coalition**

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## **In this issue...**

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