



## NORTHERN ILLINOIS DIABETES COALITION

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- Martin Lipsky, MD, UI College of Medicine, Ex-Officio member
- Ellen Blokus, UI College of Medicine, Newsletter Editor

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 Joella Warner at 815-395-5703

## Coming Events/Support Groups...

### Rochelle Community Hospital **Diabetes Support Group**

Tuesdays, Sept. 21, Oct. 19, and Nov. 16 at 7 pm in the Auxiliary Room, lower level  
This group discusses problems, shares solutions and encourages other with diabetes.

### SwedishAmerican Hospital **Diabetes Support Group**

Mondays, Sept. 14 and Dec. 14 from 5:30 to 6:30 pm Group discussion led by a certified diabetes educator. Camelot Tower, 1415 E. State St., Suite 700 in Rockford. To register or for more information, contact the SwedishAmerican Diabetes Self Management Center at 815-961-2498 or email [diabetescenter@swedishamerican.org](mailto:diabetescenter@swedishamerican.org).

### Rockford Memorial Hospital

**Count your Carbs:** Basic nutrition, carbohydrate counting, treatment of hypoglycemia and hyperglycemia.

Saturdays, Sept. 12 and Dec. 5 9 to 11 am and Tuesdays, Oct. 6 and Nov. 3 from 5:30 to 8 pm in Funderburg Auditorium. Call Sue at 800-646-4633 or [www.minimed.com/events](http://www.minimed.com/events) to register.

**Cover your Carbs:** Insulin users only Essential for anyone considering how to match insulin to carbohydrates eaten and lower glucose readings with correction insulin. Saturdays, Sept. 12 and Dec. 5 from 11:30 am to 2 pm; Tuesdays, Oct. 13 and Nov. 10 from 5:30 to 8 pm in Funderburg Auditorium. Call Sue at 800-646-4633 ext. 2778 or [www.minimed.com/events](http://www.minimed.com/events) to register.

### **Pre- Pump Class**

Preparation class for individuals with a new insulin pump in their possession. Mondays, Sept. 14, Oct. 5, Nov. 2, and Dec. 7 from 5 to 7 pm in Dining Rooms 4 & 5. Call Sue to register at 800-646-4633 ext. 2778 or [www.minimed.com/events](http://www.minimed.com/events) to register

### **Insulin Pump; Start-Up Class**

Training for insulin pump therapy. Must have received insulin pump, reviewed workbook CD, and completed pump school on-line. Tuesdays, Sep. 22, Oct. 27, Nov. 24, Dec. 22 at 5 pm in Dining rooms 2 & 3. Certified Insulin Pump Trainer Call to register at 800-646-4633, Ext. 2778 or [www.minimed.com/events](http://www.minimed.com/events) to register. Registration required.

### **Insulin Pump & Continuous Glucose Monitoring (CGM) Information Session**

Informational Session. Questions and Answers about insulin pumps and continuous glucose sensor monitoring.

Tuesdays Oct. 13 and Nov. 10 from 7 to 8 pm; Saturdays, Sept. 12 and Dec. 5 from 2 to 3 pm in Funderburg Auditorium. Call Sue to register at 800-646-4633, ext. 2778 or go to [www.minimed.com/events](http://www.minimed.com/events) to register.

### **Continuous Glucose Monitoring CGM System Training Beginner**

Training is to learn how to set up and get started on Real-Time CGM system.

Mondays, Sept. 21, Oct. 19, Nov. 16, and Dec 14 from 4 pm to 5 pm in Dining Rooms 2 and 3. Call Sue to register at 800-646-4633 Ext. 2778 or go to: [www.minimed.com/events](http://www.minimed.com/events) to register.

### **Follow-up Session for Continuous Glucose Monitoring CGM System Beginner**

Training will focus on changing sensor site & uploading pump and CGM to Carelink Personal. Also, includes calibrating and other issues pertaining to wearing CGM.

Thursdays, Sept. 24, Oct. 22, Nov. 19, Dec. 17 from 4 pm to 5 pm in Dining Rooms 2 & 3. Call Sue to register at 800-646-4633 Ext. 2778 or go to: [www.minimed.com/events](http://www.minimed.com/events) to register.

### **Carelink Personal Instruction Beginners**

Learn how to generate computer reports to provide insight into self-management behavior. Thursdays, Sept. 24, and Nov. 19 from 5:30 to 6:30 pm in Dining Rooms 2 and 3. Call Sue to register at 800-646-4633 Ext. 2778 or go to: [www.minimed.com/events](http://www.minimed.com/events) to register.

### **Advanced Insulin Pump-User Group**

Support for any Insulin Pump users. Thursdays, Oct. 22 and Dec. 17 from 5:30 to 7:30 pm in Dining Rooms 2 & 3. Call Sue to register at 800-646-4633 Ext. 2778 or go to: [www.minimed.com/events](http://www.minimed.com/events) to register.

### **Exercise**

Supervised use of exercise equipment. Doctor's prescription needed, and can be faxed to 815-971-9173 prior to participation. Rockford Health Physicians Building, 2300 N. Rockton Ave. Mon, Wed, Fridays 8 am to noon Thursdays 8 to 10:30 am Physical Therapy Dept on 1st floor. Call to register through Pulmonary Rehab at 815-971-5668 \$4/visit or \$35/month

## Today's Woman Health Fair slated for October 24

The upcoming "Today's Woman: Achieving a Healthy Mind, Body and Spirit" event, sponsored by The Women of St. Bridget organization will be hosting this event on Saturday, October 24, 2009 at St. Bridget Parish Center, 600 Clifford Avenue in Loves Park.

"Today's Woman: Achieving a Healthy Mind, Body and Spirit" is an opportunity for the women of the Rockford area and surrounding communities to explore local resources and gather information valuable for improving their overall physical, emotional and spiritual well being.

The day will include a series of speakers every hour starting at 9:15am and include topics such as caregiver care, nutrition and health cooking, complementary and integrative medicine and more. Also available will be blood pressure and blood sugar screening, balance training, many area vendors available to meet with you and share information, healthy snacks, wonderful door prizes and much more. Admission is free and free-will donations will be accepted to assist in the purchase of an additional AED for the parish. The Women of St. Bridget is an organization representing all of the women's ministries at St. Bridget Parish.

Organizations are encouraged to participate as an exhibitor and/or speaker at our wellness fair. There is no fee for participation, however an organizational donation of an item for to be used for a door prize during the event or a monetary donation to be used toward the purchase of an AED (automatic external defibrillator) for our parish center would be appreciated.

To reserve a spot, discuss speaker opportunities, or donate an item for the raffle, or for additional information or to volunteer at this event, please contact Patti Bishop at (815) 885-3042 or email [pmbishop1@comcast.net](mailto:pmbishop1@comcast.net). Speaker opportunities are limited and will be filled on a first come first served basis.

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## Health fair helps Red Ribbon Program celebrate anniversary

The Northern Illinois Red Ribbon Program is celebrating its 20th Anniversary this year! Quite possibly longest running drug prevention and wellness program in northwest Illinois area. This is a testimony to our successes, effectiveness, and acceptance by the community.

Our 20th Annual Drug Prevention and Wellness Fair will be held on October 17, 2009 from 11:00 am - 3:00 p.m. Boylan High School in Rockford will again host this community event. It is an opportunity to promote your services in the community while supporting our mission of helping area youth choose a healthy lifestyle.

The entire event is FREE to the public. Our mission is to create awareness and place educational material in the hands of our youth and their parents. Miss Illinois will attend this event to help us honor our area Fire Fighters who work to save lives and property.

We have learned from past events that those organizations who present a wellness message through some form of "carnival" type game (use your creativity!) and a small give-a-way experience the highest volume of visits. While helping us and the many who attend the event you will also be promoting your business or organization in a relatively inexpensive way.

There is NO COST to exhibitors! Simply email me your intent to participate with the following information prior to September 18th, include contact person, organization name, address, phone, number of tables needed and electricity needs. Visit our website, [www.rrsoni.com](http://www.rrsoni.com), for more information.



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**Northern Illinois  
Diabetes Coalition**

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

- NIDC holds fundraising raffle
- Local health fairs slated
- Support Group information

