



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**

Mission to Healthy Living with Diabetes

The mission of Northern Illinois Diabetes Coalition (NIDC) is to:

- Raise awareness of patients, health care professionals and the public that diabetes is a serious disease and ensure appropriate diagnosis and management of diabetes by health care professionals.
- Encourage diabetes patients, regardless of income, color, gender, creed, language or any disability, to enter into continuing care by facilitating access to care.
- Encourage a partnership among patients and healthcare providers through modern treatment and education programs, and
- Encourage community partnership and collaboration among educational institutions, employers, providers, and payers and other interested parties to support diabetes research and training of health care professionals.

The Centers for Disease Control and Prevention estimate that 25% of adults who live in the US have pre-diabetes, but only 4% know it.

To meet the challenge of pre-diabetes and to fulfill our mission statement above, NIDC has implemented a Healthy Living with Diabetes Public Community Education Program. We invite healthcare professions to educate the public about diabetes with topics ranging from diabetes management to healthy eating. This public community education series is a monthly program and free for everyone who attends.

Another program in the pipeline is a community leadership train-the-trainer (T3) program. This program will train community leaders who have interest in healthy eating and living and want to increase wellness in their community. We plan to launch this program in Fall of 2010. Our organization is quite unique in that we are not only providing education to the general public but also to healthcare professions to fulfill continuing education requirements.

Everyone who serves as NIDC Executive Committee members and the Chairs and Co-chairs of various committees are volunteers with no compensation. Donations we receive enable us to give full benefits back to our communities.

We are looking forward to implementing our mission by providing information (education), inspiring people to take action for their health by increasing wellness, and staying in touch with communities to share information about the progress of the project.

If you would like to find out more about our program, please visit NIDC's web site, <http://northernidc.org> and you can find our public community education seminars at <http://northernidc.org/calendar.htm>

If you know someone who is interested in our community leadership program, please contact me directly via e-mail willow.junya@northernidc.org or call 815-395-5727.

Best regards,
Willow Junya
Chair man

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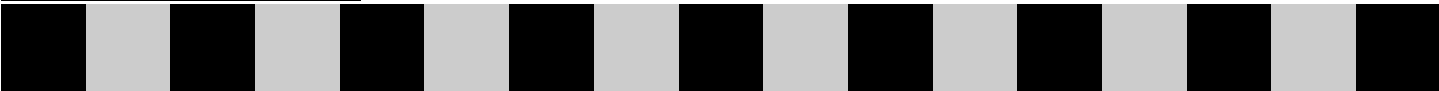
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Mary Lou Castro is NIDC Hispanic Committee Chair. She is actively working with Hispanic community about diabetes awareness and education. If you are interested to help with this program, please contact Mary Lou Castro at 815-965-9539.



Executive Committee

- Willow Junya, PMP, MBA, Chair
- Paul Burkholder, MD, Past Co-Chair
- Joella Warner, RN, MAT, CDE, Past Co-chair and Outreach Committee Chair
- Bob Redel, Treasurer
- Bessie Alberty, Secretary
- Gene Boyd, MD, ECDH, Data Committee Chair
- Karen Gugliuzza, RN, Data Committee Co-Chair
- Herbert Jackson, DPM, Volunteer Committee Co-Chair
- Joe Marshall, Volunteer Committee Co-Chair
- Rick Engen, RPh, Development Committee Chair
- Greg Gargani, Outreach Committee Chair
- Mary Lou Castro, Hispanic Committee Chair
- Martin Lipsky, MD, UI College of Medicine, Ex-Officio member
- Tiffany Fuller, Newsletter Editor

Coming Events/Support Groups...

March 16, 2010, 6:00 PM - Medicare Alphabet Soup - Presenter, **Bob Cleveland**, Director of Services, NIAAAA. event Location: U of I, College of Medicine - Rockford, Room S232. To register please contact **Willow Junya** , waynuj@yahoo.com, 815.262.4877

April 27, 2010, 6:00 PM - Preventive Health Care - Presenter, **Martin Lipski, MD**, Dean, University of Illinois College of Medicine Rockford. Event location: U of I, College of Medicine - Rockford, Room S232. To register please contact **Willow Junya** , waynuj@yahoo.com, 815.262.4877

May 12, 2010, 6:00 PM - What is Beyond the Finger Stick?- Presenter, **Nancy Todora, RN, CDE**. Event location: U of I, College of Medicine - Rockford, Room S232. To register please contact **Willow Junya** , waynuj@yahoo.com, 815.262.4877

DIABETES SERVICES OF ROCKFORD HEALTH PHYSICIANS-A Dedicated Resource for Prevention and Management of Chronic Disease, in Partnership with Primary Medical Care Nutrition and Health Educators are available for comprehensive education for individuals with diabetes or pre-diabetes. The location of the central education will be at the Main Rockton Avenue Campus starting by April 1, 2010. Call for further information: 815- 971-2557, Nancy Todora, RN, CDE, Coordinator of Diabetes Services.

NIDC VOLUNTEER COMMITTEE

The volunteer committee is made up of individuals with various backgrounds including Medical personnel, Business and Professionals, Educators, Retirees, and others. Additional volunteers are always needed and welcome. Each volunteer will receive training at the University of Illinois Medical School to provide them with consistent information for use when working at health fairs and other events. The volunteers will be given orientation on the community survey for NIDC, and be updated about Metabolic Syndrome/ Diabetes. Volunteers are advocates for the NIDC whose mission is to improve the quality of care provided to persons with Diabetes and to ensure that all diabetes patients regardless of income, color, gender, creed, language or disability have access to continuing care for diabetes. The ultimate goal is to improve the health of people with diabetes who live in the 15 county regions of Northern Illinois. Volunteers are needed to work at events where NIDC sets up a booth with diabetes information, pamphlets, magazines, and other items designed to raise awareness of diabetes and encourage testing and treatment. Fairs are conducted at different venues such as area businesses, county fairs, community centers and churches. Volunteers select the events and determine the amount of time they wish to volunteer. If you are interested in becoming a volunteer or if you want additional information please contact one of the following.

Dr. Herbert Jackson
Telephone: 815-398-0233

Mr. Joe Marshall
Telephone: 815-972-6902



For comments, suggestions, or more information about NIDC, contact

**Willow Junya
815-395-5727**

willow.junya@northernidc.org

Contributions to NIDC Notes are welcome. Send e-mail to editor@northernidc.org

Outreach Committee is looking for volunteers to help with new and exciting programs. Contact **Greg Gargani
815-985-8754**

Self Management Matters

By Joella Warner, RN, CDE

For people with diabetes, there are management goals that will make one healthier. These goals include things that are done daily, every three months and yearly.

Daily Management Goals

- Eat healthy meals at the same time each day. Each meal should contain the same amount of carbohydrates so your blood sugar is consistent across the day. Remember to eat foods from all food groups. Follow your food plan if you have one. Drink eight glasses of liquid each day; water is the best for us.
- Check your blood sugar as directed by your diabetes care team. If you are checking after a meal, be sure the check is done two-hours after the last bite you eat. Record your results so that you and your diabetes care team can review them.
- Take your medicine at about the same time each day. If you are taking insulin or another injected medicine, remember to rotate the injection sites.

Physical activity is important to keep us limber, strong and fit. Thirty-sixty minutes of activity is recommended. Activity helps to lower blood sugars, too. Activity can be spread out over the day.

Three Month Management Goals

See your physician at regular times. It could be every three months or every six months depending on your control.

- Get a hemoglobin A1C test to see how your blood sugar has been over the last three months.
- The normal A1C result is between 4 and 6 %.
- Get your blood pressure measured. Normal blood pressure is 120/80.
- Take your shoes and socks off to have you feet examined.
- Discuss your self-monitoring records.

Discuss the medicines you are taking.

Yearly Management Goals

- Have a dilated eye exam
- Have a dental exam.
- Get your flu shot.
- Have a lipid level blood test done to measure cholesterol.

Have your urine checked for protein.



Herbed White Bean Soup

Ingredients

- Cannellini (15oz) 2cans
- Rinsed and drained
- Low sodium chicken broth(15oz) 1can
- Or vegetable broth
- Chopped parsley 1/4 cup
- Finely chopped rosemary 3/4 tsp
- Ground black pepper 1/4 tsp
- Salt 1/4 tsp
- Water 1/3 cup
- Lemon juice 1 TBS
- Extra virgin olive oil 4 TBS

In blender, combine 1 can of the beans, the broth, parsley, rosemary pepper, salt. Puree until smooth. Transfer to a small saucepan add the second can of beans and the water. Bring to boil. Remove from the heat, stir in lemon juice, and spoon into 4 bowls. Drizzle each bowl with 1/4 tsp of olive oil.

Per Serving – 4 servings

Calories	171	Saturated fat	22g
Protein	7g	Cholesterol	2g
Carbohydrates	22g	Dietary fiber	6g
Total fat	6g	Sodium	516 mg



Reference: prevention, fiber up slim down cookbook, 2008



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Diabetes Coalition**

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