

# 2011

## Diabetes Education Updates

The goals are to offer information, resources, and support to people with Diabetes and the public.

### ● **FREE Community Resource** ●

- **Second Tuesday each month**
- **7:00pm-8:00pm at NCMC**
- **No need to register**

- January 11**  
Room: Auditorium  
Topic: **Basic Survival Skills**  
Speaker: *Erin Schinzel, RN, CDE*
- February 8**  
Room: Auditorium  
Topic: **Understanding Lab Tests Related to Diabetes**  
Speaker: *Dr. Kumar, MD and Wendy Harrison RN – NCMC Endocrinology Clinic*
- March 8**  
\*Room: Cardiac Kitchen  
Topic: **“Cooking on a Budget”**  
Speaker: *Joanne Randolph, RD*  
(Cardiac Rehab Kitchen located at NCMC)
- April 12**  
Room: Auditorium  
Topic: **Pharmacy Updates and Prescription Assistance**  
Speaker: *Ron Baars & Will Goode*
- May 10**  
Room: Auditorium  
Topic: **Exercising with Diabetes**  
Speaker: *Craig Dekraai, M.S. – NCMC Cardiac Rehabilitation*
- June 14**  
\*Room: Cardiac Kitchen  
Topic: **“It’s Time For An Oil Change”**  
Speaker: *Mary Branom, RD – NCMC Cardiac Rehabilitation Dietitian*  
(Cardiac Rehab Kitchen located at NCMC)
- July 12**  
Room: Auditorium  
Topic: **Research Night/Panel of Patients**  
Speaker: *Stacy Luppens, RN, BSN, CDE*
- August 9**  
Room: Auditorium  
Topic: **Basic Survival Skills**  
Speaker: *Teri Sieg, RD, CDE*
- September 13**  
Room: Auditorium  
Topic: **“Goal setting for success”**  
Speaker: *Jennifer Kerr, MA, RD, CDE*
- October 11**  
Room: Auditorium  
Topic: **Infection Control/Flu shot clinic**  
Speaker: *Dr. Breen*  
Outpatient Flu Clinic will be here
- November 8**  
Room: Auditorium  
Topic: **Diabetes and Eye Health**  
Speaker: *Dr. Rochelle Brotsky, MD*
- \*December 13**  
**No group this month. Merry Christmas and Happy New Year.**

-Contact NCMC Care Coordination (970) 392-2344 with questions  
**Topics subject to change without notice**

*\*Note Room change and/or change to schedule*