

Diabetes Education at MNAW & CAIR

Diabetes Education is offered via individual appointments or group workshops. The information covered is the same, but the time frame differs. Topics include:

- What Is Diabetes
- Healthy Habits
- Complications
- Medication
- Monitoring
- Sick Days
- Meal Planning
- Stress & Coping
- Being Active

Incentives will now be given for completing our program either way—multiple (4-6) individual appointments **OR** an all-day group workshop.

Individual Appointments—We offer diabetes education appointments with Certified Diabetes Educators. To schedule please call
(218) 879-1227 (MNAW) or
(218) 726-1370 (CAIR)

and request a diabetes education appointment with:
♦ Mary Jo Koszarek, Adult Nurse Practitioner (MNAW)
♦ Lynne Kosmach, Family Nurse Practitioner (MNAW & CAIR)
♦ Jennifer Hall, Registered Dietitian (MNAW & CAIR).

Workshops—All day diabetes education workshops are held at both locations twice a year. Watch for the next all day workshop in the Spring.

We have also started offering advanced diabetes workshops. See below for information on a half day workshop focusing on diabetes and heart disease.

Diabetes and Heart Disease Workshop

Featuring Guest Speaker: Dr. Tekler, Cardiologist

Tuesday, March 16th
8:30 am—12:00 pm

Space is limited to 40 people—HURRY

To Register Call Amanda at 878-3765 OR Jenn at 878-2146

Limited transportation available from CAIR

Breakfast & Incentives* included

**Incentives will not be given unless
whole workshop is completed;
Must have a diagnosis of diabetes.**



Test yourself for symptoms of Depression

When you think of depression, you may think of “feeling blue” or “being down in the dumps”. These feelings certainly are a part of depression for most people. But for others, depression may be hidden beneath other symptoms that seem to have nothing to do with the “blues”. There is no reason to feel embarrassed or ashamed and there are many treatment options available. Of course, only your doctor can diagnosis depression.

The following questionnaire, know as “The Wakefield Questionnaire”, contains groups of statements. Carefully read each group then circle the number in front of the statement that best describes how you are feeling now, not how you were feeling or how you hope to feel in the future.

- | | | |
|--|---|--|
| A I feel miserable and sad.
(0) No, not at all
(1) No, not much
(2) Yes, sometimes
(3) Yes, definitely | E I still enjoy the things I used to.
(0) Yes, definitely
(1) Yes, sometimes
(2) No, not much
(3) No, not at all | I. I have lost interest in things.
(0) No, not at all
(1) No, not much
(2) Yes, sometimes
(3) Yes, definitely |
| B I find it easy to do things I used to do.
(0) Yes, definitely
(1) Yes, sometimes
(2) No, not much
(3) No, not at all | F I am restless and can't keep still.
(0) No, not at all
(1) No, not much
(2) Yes, sometimes
(3) Yes, definitely | J. I get tired for no reason.
(0) No, not at all
(1) No, not much
(2) Yes, sometimes
(3) Yes, definitely |
| C I get very frightened or panicky feeling for apparently no reason at all.
(0) No, not at all
(1) No, not much
(2) Yes, sometimes
(3) Yes, definitely | G I get off to sleep easily without sleeping tablets.
(0) Yes, definitely
(1) Yes, sometimes
(2) No, not much
(3) No, not at all | K I am more irritable than usual.
(0) No, not at all
(1) No, not much
(2) Yes, sometimes
(3) Yes, definitely |
| D I have weeping spells, or feel like it.
(0) No, not at all
(1) No, not much
(2) Yes, sometimes
(3) Yes, definitely | H I feel anxious when I go out of the house on my own.
(0) No, not at all
(1) No, not much
(2) Yes, sometimes
(3) Yes, definitely | L I wake up early and then sleep badly for the rest of the night.
(0) No, not at all
(1) No, not much
(2) Yes, sometimes
(3) Yes, definitely |

Scoring the test. Add up the circled numbers for all twelve questions. If your score is 15 or higher, it is recommended that you show the test to your doctor and ask him or her to evaluate you for depression.

Even if you did not score that highly on the test and still suspect you are depressed, tell your doctor. Some people with normal scores on depression questionnaires are actually severely depressed and benefit dramatically from a treatment program. And please – if you develop thoughts of harming yourself or others – tell your doctor right away.



On The Move!

Fond du Lac Human Services Division -
Public Health Nursing Department



For more information call 878-3794

Get Fit:

- Tuesdays 12:00 pm -12:30 pm (open) Tribal Center Gym

Yoga Class:

- Fridays from 12:00 pm -1:00 pm
- McKnight Room at the FDL Human Services Division (Min No Aya Win)
Use door 5 to enter the building

Water Aerobics:

- Mondays and Wednesdays from 8:00 am-9:00 am (elders) Tribal Center Pool

Tai Chi:

- Mondays from 9:15 am-9:45 am (elders) Tribal Center

Cooking Class:

- Fond du Lac Tribal Center ENP (Community Center Side) - watch for flyers
- Any questions—call 878-3709

Smoking Cessation:

- Call 878-3707 to schedule an appointment for MNAW and CAIR.

Walking or working out at the tribal community centers for at least 20 minutes counts too!

Diabetes Support Group St. Luke's Hospital—Duluth

4th Thursday of each month
3:00 pm
2nd floor St. Luke's Clinic Building
Call 249-5231 to register



FDL Weight Watchers *to CHANGE*

Your Weigh Program Kickoff

CAIR—Community Room
Monday, March 8, 12:00 or 4:30

Tribal Center—Library (Back Room)
Thursday, March 11, 12:00 or 4:30





Jennifer Hall—Medical
927 Trettel Lane
Cloquet, MN 55720

Living In Balance Newsletter
Fond du Lac Human Services

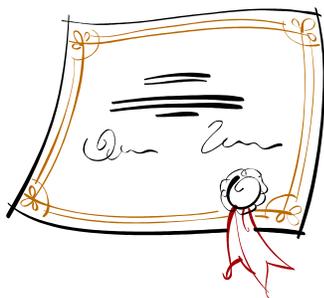


FDL Diabetes Education Program receives prestigious award from ADA

In December, the American Diabetes Association Education Recognition Certificate for a quality diabetes self-management education program was awarded to the Min No Aya Win Clinic and the Center for American Indian Resources.

Programs that reach this level of excellence include a staff of knowledgeable health professionals who provide participants with crucial information about diabetes management. The ADA regards education as an essential component of diabetes treatment, and created standards for the self-management education programs. “The process gives professionals a national standard by which to measure the quality of services they provide,” said Mary Jo Koszarek, an adult nurse practitioner and certified diabetes educa-

tor at the Min No Aya Win Clinic.



The certification is four years in duration; after that time, the FDL diabetes program staff will need to reapply for the recognition status.

According to clinic records, the Min No Aya Win and CAIR clinics treat 770 patients for diabetes. The ADA reports 20.8 million people (or seven percent of the U.S. population) have diabetes. While an estimated 14.6 million people have been diagnosed, 6.2 million are not aware that they have the disease. Many will first learn that they have this disease when they are treated for complications such as heart disease, stroke, kidney disease, blindness, nerve disease and amputation. The good news – diabetes complications can be prevented with good blood sugar control.