Diabetes Support Groups

Diabetes support groups provide individuals with an opportunity to share information, offer support, and gain insight in dealing with the challenges of living with diabetes. These support groups offer:

UNDERSTANDING: You learn that you are not alone. A diagnosis of diabetes often brings feelings of fear, anger and being overwhelmed. Support group members understand what you are going through because they have “been there”. Expressing how you feel and what you are struggling with can be easier in a support group than with family and friends.

IDEAS ON MAKING LIFESTYLE CHANGES: Controlling diabetes involves changing behaviors such as diet, exercise, testing blood sugars, and taking medications properly.

Support groups help you learn how to take little steps to make these changes. Ideas are shared on how to solve some of the problem areas.

MOTIVATION: Unless there is a strong desire for something, it won’t work. Support groups can help you discover what motivates you to change and how to strengthen that motivation.

THE CHANCE TO GIVE AND RECEIVE: Besides “getting something” from a support group, you can also “give something” to the group. By sharing your own experiences, you can help others learn what might work for them.

Please watch for our next newsletter as we will be announcing new diabetes support groups that are starting at several Marshfield Clinic locations.

Mark your calendar

Call the sponsoring center (phone numbers on reverse side) for program details and registration.

Diabetes Support Groups
Eau Claire Center, Eau Claire
Marshfield Center, Marshfield (Peds)
Merrill Center, Merrill

Diabetes Self-management Education Programs
Chippewa Center, Chippewa Falls
Eau Claire Center, Eau Claire
Ladysmith Center, Ladysmith
Lakeland Center, Minocqua
Marshfield Center, Marshfield (Peds)
Merrill Center, Merrill
Oakwood Center, Eau Claire
Riverview Center, Eau Claire
Wausau Center, Wausau

Diabetes Class
Starting Point – The Basics of Diabetes, Lakeland Center: a 2-hour class covering the basics of diabetes and pre-diabetes. For dates offered and to register, call 715-358-1000.

Events
All About You – Wellness From Your Head To Your Toes, a women’s health fair, November 18, 8:00 AM – 1:00 PM Rhinelander Holiday Inn
“Foot” For Thought Educational Health Fair, Good Samaritan Health Center, Merrill; November 2, featuring Dr. Kerry Dernback and Jeff Wehrs, begins at 7:00 PM with a repeat at 8:00 PM. Questions, call 715-539-0192.

Heart Healthy Solutions Program
Wausau Center, Wausau

HMR Weight Loss, Healthy Solutions
Lakeland Center, Minocqua
Marshfield Center, Marshfield
Merrill Center, Merrill
Running out of time in the kitchen?

Are you occasionally too busy to make a full course meal? Many people would agree and probably would say more than “just occasionally”. Here are some ideas for easy, healthy meals/snacks:

Grab a bag of combination frozen vegetables and:
- Add to pasta during the last 3 minutes of cooking time. Drain. Toss with reduced fat salad dressing and cooked chicken for an easy salad.
- Stir fry with cooked chicken or seafood. Add in small amount of lite soy sauce. Serve over brown rice or noodles.

Open some flour tortillas and:
- Cut into wedges and spray generously with nonstick cooking spray. Bake at 400 degrees until crisp. Sprinkle with dry herbs before baking if desired.
- Spread reduced fat cream cheese onto tortillas. Top with thinly sliced meat or vegetables. Roll up, wrap in plastic wrap and chill. Stick toothpicks into roll 1 inch apart. Cut between toothpicks for an easy snack or appetizer.

Open a can of tomatoes and:
- Drain and toss with hot pasta, herbs and a dash of parmesan cheese.
- Add one 14 1⁄2 oz undrained diced tomatoes in place of 1⁄2 cup water when preparing instant rice. Optional: add some frozen vegetables and heat together.

Use these ideas as starting points for creating your own family favorite quick meals. Remember that the key to quick, healthy, painless meals/appetizers is planning and availability. Many of the items mentioned above can be kept in the freezer or your pantry and used as needed. Enjoy!

Recipe Corner

A Cabbage Patch Casserole

1/2 lb. lean ground pork
1/4 cup onions (chopped or pearl)
1 cup cooked rice
2 cups coleslaw (ready to use)
1 Tbsp. cider vinegar
8 oz. tomato sauce (no added salt)
1/4 tsp. black pepper
1/4 tsp. caraway seeds (optional)

Amount per serving: 289 calories (from fat 40); 65 mg cholesterol; 92 mg sodium; 2 grams dietary fiber; 4 grams total fat; 2 grams saturated fat; 33 total carbohydrate; 27 grams protein. Exchanges: 2 starch and 2 very lean meat.

Heat oven to 350 degrees. Spoon meat into a small nonstick casserole dish, top with onions, then rice, and then cabbage.

In a small cup, combine vinegar, tomato sauce and pepper. Pour liquid over the ingredients in the casserole dish. Sprinkle with caraway seeds. Cover and bake 30 – 45 minutes or until cabbage is tender.

Number of servings: 2
Serving size: 1/2 recipe

Q: My last lab test showed my A1C is 7.1%. I know it’s supposed to be below 7.0% but how does that match with the blood glucose numbers I get on my meter?

The A1C tells us the average blood glucose over the previous three months. It takes the lower glucose before meals and the higher glucose right after a meal and averages them all together.

Q: I recently started on insulin for my Type 2 diabetes and I don’t know what to do with my used needles.

Used syringes and lancets are considered “sharps”, medical waste and should not be thrown into your garbage. Dispose of them in either a “sharps” or “red” container from your pharmacy or a thick plastic or glass container with a tight screw on cover. If you use a container from home, label it as having SHARPS or USED SYRINGES. Then take the tightly covered container to a community waste collection site, your local pharmacy or hospital. Ask them ahead of time as not all hospitals or pharmacies accept sharps.

Quick Tip

When traveling, always carry your diabetes medications and supplies in your carry-on luggage. Avoid exposing medications or supplies to extremes in heat or cold, whether in a car, train or plane. For an update on air travel restrictions for carry-on luggage, check www.firstgov.gov/Citizen/Topics/Travel/Air.