

# Diabetes Co-Morbidity Initiative Newsletter

Vol. 1 No. 1

## September Marks Start of DCI!

On your mark, get set, train!

That was the call in June, 2008 as training for grant participants in the Diabetes Co-Morbidity Initiative (DCI) took place in ICL's Stepping Stone Residence. Supervisors, administrative staff, case managers and direct line workers from several NYC behavioral health agencies (FEGS, Services for the Underserved, The Bridge, Ryan Center, Comunilife and Jewish Board for Family and Children Services) as well as ICL worked on clinical skills as well as familiarizing themselves with the DCI workbook.

Highlights of the training included a review of the Diabetes crisis for people with mental health is-

suues, the Diabetes Self-Management (DSM) workbook, tracking information as well as motivational interviewing, stages of change and group facilitation skills.

Practicing motivational engagement and interviewing was a helpful part of the DCI training. Exercises in MI was a reminder that keeping the engagement client centered and sensitive to consumer's readiness required continuous practice and awareness. Participants feedback was that this part of the training, led by ICL's Matt Wofsy, was an interesting as well as enjoyable segment.

The week of September 15 starts the implementa-

tion of diabetes groups as well as the use of the workbook. Many programs held "kick off" activities prior to the start up week to introduce the idea of diabetes care with their consumers. Some of the "kick off" activities included creating diabetes information centers as well as presentations serving healthy foods.

Monthly Supervision Calls for DCI are the first Monday of each month from 12:00–1:00pm. Please join this call at 888-330-9939, access code 586407.



**Have something to share with Newsletter?**

- **Consumer Success Stories**
- **PCP/Provider Info**
- **Diabetes related activities at your site?**

**Contact [rsultana-cordero@iclinc.net](mailto:rsultana-cordero@iclinc.net)**

## Free Diabetes Eye Exams

The Kress Vision program of New York Downtown Hospital will be offering free diabetes eye exams for consumers diagnosed with pre-diabetes and Type II diabetes. The event will be at Stepping Stones, 50 Nevins Street,

Brooklyn on November 10, 2008 from 9:30-4:00pm. Program case managers will be receiving flyers as well as sign up sheets by e-mail for this important event.

Besides a diagnosis of diabetes, consumers' last

eye exam should be over one year and not currently receiving eye care to take advantage of this exam. This eye exams may be an important step towards healthy life style choices and self-managing diabetes.

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## Portion Sizes and Healthy Eating

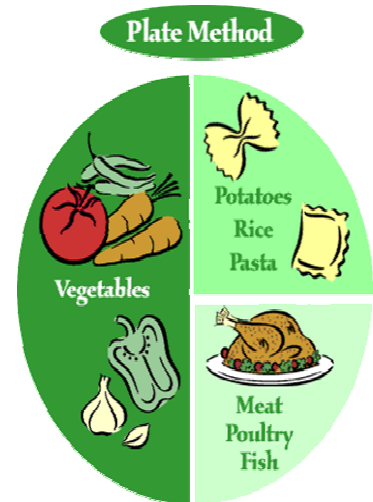
It's surprising to learn that a healthy diet is not so much about what you are eating but how much! "Do you want to super-size your order?" is a question asked by many fast food establishments that can create large and unhealthy sized portions of fast food and sugared beverages that are not healthy. At your next visit to your favorite fast food place, instead of "supersizing" your meal, you may want to try the smaller sized portions of some of your favorite foods and beverages. This allows you to enjoy some of your favorite fast food items while limiting calories and fat.

Ruth Chiles, a Registered Dietician at ICL contributed some clear and easy

illustrations in the DSM Workbook to help consumers identify and recognize healthy food and beverage portions.

At your next meal, you may want to try experimenting with dividing your plate so that a healthy size portion of fruits, vegetables, protein and starches are there. Making your plate "colorful" by adding different type of vegetables, fruits and grains is also another way to experiment with healthy foods.

Limiting portion size may help to enjoy favorite foods and still make a healthy life choice.



## Tips for Tracking the A1c Level

Tracking A1c levels is a helpful tool to use in self-managing diabetes. Working with community providers and PCP's may require a variety of techniques in obtaining this information. Here are some different ways that you may want to try:

- Directly request this level on medical consults
- Use the DCI Clinic Letter and the Diabetes Info Card

**All A1c levels should be sent to:**

**[jguererro@iclinc.net](mailto:jguererro@iclinc.net)**

- Collaborate with consumer's PCP and medical treatment team
- Obtaining the A1c level can be

used as an action step

- Shared consumer success stories can motivate and encourage others to get their level
- Start a registry of "diabetes friendly" PCP's in the community

Has your agency discovered another successful technique? Share your experiences with us through the DCI newsletter!



## Call for DCI Consumer Success Stories!

Do you have a consumer diabetes success story? If you do, we want to hear it! Programs who have piloted the Diabetes Workbook have informally shared stories of consumers who initially did not see the benefit of self-managing their diabetes to later becoming DCI poster stars!

Consumer success stories can be submitted to the Diabetes Newsletter with the consumer's name, program and a

brief narrative explaining the consumer's experience and what they now do to make diabetes self-management a part of their daily life routine. Narratives and release forms from the consumer allowing use of their story should be submitted to [rsultanacordero@iclinc.net](mailto:rsultanacordero@iclinc.net) for inclusion in the next DCI newsletter as well as possible future ICL publications.



## NEWSLETTER RECIPE—Sweet Potato Ginger Cake

### Sweet Potato-Ginger Cake

No. of Servings: 18

#### Ingredients:

spice cake mix (18 1/4 oz)	1 box
Water	1 1/3 cup
Mashed Sweet Potatoes (See Note)	1 cup
Canola Oil	2 Tlsp
Egg Whites (or Egg Substitute)	6 large eggs 3/4 cup
Fresh Grated Ginger	1 Tblsp.
Whipped Topping	8 ounces

(Fat Free, Thawed)

#### Directions:

Heat oven to 350 degrees. Spray pan (9x13 inches) with nonstick cooking spray. Set aside. Combine all ingredients except whipped topping in a large bowl. Mix according to package directions. Pour into prepared pan. Bake 32-34 minutes or until toothpick inserted into center comes out clean. Cool on wire rack. Frost with whipped topping. To store, cover with plastic wrap and refrigerate.

Note: 1 can (15 ounces) sweet potatoes in syrup, drained and mashed, equals about 1 cup.

#### Nutrition Info:

Calories 174; (21% calories from fat)

Total Fat 4g; Saturated Fat 1g

Protein: 2g; Cholesterol 0mg;

Carbohydrate 31g

Dietary Fiber <1g; Sodium 217 mg

From November/December 2007 "Diabetic Cooking". If you enjoyed this recipe you may also want to check out the "Recipe of the Day" section at the American Diabetes Association website ([www.diabetes.org](http://www.diabetes.org)) for more healthy recipe suggestions.

ENJOY!

## Talking with a Health Team about Diabetes



Creating a supportive health team that integrates all your consumer's needs is a big job. Sharing diabetes related information with all providers can help in the self-management of diabetes. Some agencies have started this process by using the Clinic Letter and Diabetes Info Card with consumers to present to the Primary Care Physician (PCP). This can start an awareness that may continue into future treatment of diabetes.

*" the psychiatrist should also know about your consumer's diagnosis and any medical and/or diabetes related medication . . . . "*

Another part of integrating services is alerting the consumer's psychiatrist. The more the health team knows, the

better able they can coordinate care and medications. Foot and eye care specialists are also a part of this very important health team as well as any other support system or service such as vocational counselors, job coaches, teachers and ICM workers.

The article below shares some suggested questions that can be used at the next PCP visit. Practicing these questions may be useful for consumers in making visits and coordinating care.

## Suggested Questions for Primary Care Visits

Below are some sample suggested questions that your consumer may want to practice before the next PCP visit. Practicing these questions may help to remember concerns and make the visit less stressful. Writing questions down and taking them along on the visit is another good technique you may want to try.

• What is my A1c level ?

- How can I improve my food choices and physical activity?
- Am I taking my medications correctly?
- When do I need to check my blood glucose level?
- How do my feet look?
- How frequently will I see you for check ups and when is my next

appointment?

- May I write down my health information and appointments on my Diabetes Info Card?
- Who is the best person to call if I have a question?
- What should I do if I get sick? What should my Sick Day Plan be?

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**Web Links:**  
**American Diabetes Association**  
[www.diabetes.org](http://www.diabetes.org)

**Joslin Diabetes Center**  
[www.joslin.org](http://www.joslin.org)

**NYC Dept. of Health**  
[www.nyc.gov](http://www.nyc.gov)



## *Our Mission:*

*The Diabetes Co-Morbidity Initiative (DCI) helps people with mental illness and diabetes to manage their symptoms and treatment so that they can live healthy lives.*

## MARK YOUR CALENDARS!

To start, don't forget to mark your calendars for the DCI Supervision phone calls. They are the first Monday of each month from 12:00—1:00pm.

Also, did you know that November is American Diabetes Month and that November 14 is World Diabetes Day?

Visit the American Diabetes Association website for an American Diabetes Month eMedia Kit. The eMedia Kit includes flyer, posters as well as scheduled community activities. The eMedia Kit is also available in Spanish.

**October 3**—Data Collection due! After entering information form DCI Skill Scale, Admin form and Info Card, excel spread sheets should be e-mailed to [jguerrero@iclinc.net](mailto:jguerrero@iclinc.net).

**November 10**—The Kress Vision Program of New York Downtown Hospital will be offering free Diabetes Eye Exams for consumers diagnosed with pre-diabetes and Type II diabetes. This event will be at Stepping Stones, 50 Nevins Street, Brooklyn on November 10 from 9:30-4:00pm. Please refer to cover story on page 1 for details as well as upcoming e-mail announcement.

Have Cable TV? You may want to catch the Lifetime cable TV program "Living With Diabetes" on Sundays at 9:00am. Co-sponsors of the show are Novo Nordisk Pharmaceutical in Princeton, New Jersey and Kellogg's. Show offers information as well as personal stories of people living with and self-managing their diabetes.

