



Southern Michigan Diabetes Outreach Network

SODON RETURNS

August 2008

1110 Hill Street, Three Rivers MI 49093
 (269) 273-4309 • (800) 795-7800
 fax (269) 273-7059

WE ARE READY TO HELP

SODON is a clearinghouse of resources for people with diabetes, their families, and the professionals who serve them. We provide education to professionals and consumers of all ages. We collaborate with healthy community initiatives in each of the ten counties we serve to foster improved access to care, to disseminate the latest treatment recommendations and to provide prevention information. We are here to advise you and look forward to doing what we can to make a positive difference in the lives of people affected by diabetes.



Liz, Lisa and Tammy

MEET OUR NEW STAFF

Director Lisa Jardine, B.A., C.F.R.E.	Diabetes Educator Liz Berkey, R.D., C.D.E.	Administrative Assistant Tammy Britton, B.A., C.O.A.
<p>Lisa comes from a background of psychology/social work, management and educational fund-raising. She says the best part of her job is developing relationships and finding new ways to support and uplift those dealing with diabetes. She has been married to Dave for 20 years and has two beautiful daughters, Ashleigh, 18, and Kali, 16, who are growing up much too fast for her liking. She enjoys being an unofficial cheerleader at both daughters' basketball games, music, traveling with family & going to the beach. jardinel@bhsj.org</p>	<p>Liz recently moved back to Michigan after living in Madison, WI for 7 years, working as the Director of Nutrition Services and DSME Program for a rural hospital. She has been a Registered Dietitian for 8 years. She is currently working on her Masters degree in Nutrition and Dietetics through CMU. Liz is married and has a daughter Elena, who is 4 years old and was adopted from Novosibirsk, Siberia. Liz enjoys her new position with SODON and looks forward to working with and getting to know her peers in SW MI. berkeye@bhsj.org</p>	<p>Tammy arrives at SODON with a bachelors degree in business and a Spanish minor from Calvin College. She has spent the last 15 years working as a certified ophthalmic assistant. Tammy feels this job was made for her, as it combines her professional talents & having been a diabetic for 35 years herself. She has been married to Mark for 14 years and has 3 great kids- Marissa age 11, Jacob age 9 and Kyler age 5. She enjoys scrapbooking and line dancing, but her passions are adoption and family. brittont@bhsj.org</p>

Got Diabetes? Get Educated!

WHAT YOU CAN DO!!!

Let us know what you are doing! We can list your program and it's services in our on-line resource directory. We can help market your events by including them in our on-line Community Events section. We can provide educational materials for your patients and staff. We can list your support groups and DSME programs. Our best course of action in working together is to communicate with each other- so keep us posted and we'll do the same! Together, we can make a difference!



"Your Diabetes Outreach Network"

Serving Berrien, Branch, Calhoun, Cass, Hillsdale, Jackson, Lenawee, Kalamazoo, St. Joseph and Van Buren Counties

FREE CONTINUING EDUCATION CREDITS

We offer two types of education program designs to keep health care professionals up-to-date with the latest trends in diabetes detection, prevention and management.



ED1's- These are on-site 1 hour presentations. There are many topics to choose from. Go to www.diabetesinmichigan.org for a complete list of topics. These presentations are approved for nurses and dietitians for 1.0 contact hour by the MNA and CDR. Call SODON to schedule at 1-800-795-7800.

ED2's- These are on-line independent study modules. You can access them through www.diabetesinmichigan.org. These self study modules are approved for nurses and dietitians for 2.0 contact hour by the MNA and CDR.



PATH- PERSONAL ACTION TOWARD HEALTH



Could you or someone you know use some help in managing a chronic condition like diabetes, arthritis or heart disease? PATH is the program for you! It teaches self-management techniques that can be easily learned by anyone to help manage medications, fight fatigue, utilize goal setting and problem solving skills, find ways to communicate more effectively with family, friends and healthcare professionals and relaxation and stress management techniques. This program does not replace Diabetes Self-Management Education, but it is a complimentary tool proven to help those with chronic conditions feel better, be less limited by their illness and spend less time at the doctor and/or in the hospital. This Chronic Disease Self-Management Program was developed and tested by Stanford University and SODON is pleased to offer trained leaders who can facilitate this excellent program. Call us for more information or to schedule a class in your area. We look forward to working with you.

NEAT NEW DIABETES PRODUCT

As a lifelong diabetic, who wears an insulin pump, I KNOW how hard it is to carry all my supplies and be fashionable! I found this purse, bought it and LOVE it! The company was easy to work with and it came quickly! It also comes in nine colors! Happy Shopping! Tammy

<http://www.mydiabeticbag.com>



ADVISORY COUNCIL

The SODON Advisory Council brings together a diverse group of leaders and experts involved in diabetes management, detection and prevention. The members are constituents from the Southern Michigan region representing consumers, community organizations, health care agencies and professionals.

The purpose of the Council is to advise, support and guide the network on strategies for program planning, conducting activities, and evaluation. The members are advocates for the network to the community, other health agencies and providers, policy makers and government officials.

Council members enjoy a forum to discuss and respond to the burden of diabetes. They share resources for diabetes prevention, education and control as well as information regarding initiatives that significantly improve the quality and cost-effectiveness of diabetes and pre-diabetes care in our region. Council members develop positive and productive partnerships with a wider array of pertinent, interested persons, agencies and organizations. Contact us if you are interested in joining the Advisory Council.

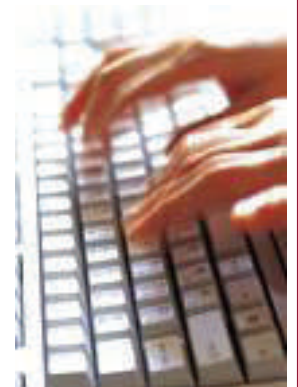
EASY FITNESS TIPS

- Park further out at the grocery store.
- Take the stairs, instead of the elevator.
- Do arm lifts, leg lunges or walk in place during commercials of your favorite television show.
- Break up that overwhelming 30 minutes a day into 2-15 minute or 3-10 minute exercise periods. It all counts and adds up!
- Set specific fitness goals- What? (take a 15 minute walk) When? (after supper) How often? (3 times a week) Share with a friend for extra accountability.
- Carry groceries inside one bag at a time.
- Put on the music and dance while doing household chores.
- Visit the zoo or a museum- great walking opportunity!
- March in place while folding clothes.
- Just play with your kids or your pet- take them to the park and join in the fun!

VISIT OUR WEBSITE!

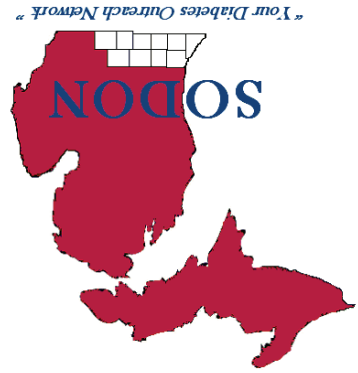
www.diabetesinmichigan.org

- Resource Directory: health, educational, support groups, senior, and medical resources. Including assistance programs, ethnic resources, medical identification products, national health organizations, pharmaceutical company contact information, specialized resources and our region's legislators.
- Continuing Education opportunities
- Community events
- Educational handouts
- Professional workshops
- Provider quick reference guide
- Statistical links
- MUCH MORE!



If you are interested in receiving a monthly diabetes e-letter full of nutrition, diabetes news and educational updates, LET US KNOW!! sodon@bhsj.org

www.diabetesinmichigan.org



Please note – NEW Contact Information

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