

## Special points of interest:

- Coordinator's Progress Report
- Durham Diabetes Day 2009 wraps up
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- Community Care Durham
- Reality Bites
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- Heart and Stroke Foundation
- DEC news
- Support Groups
- CDA—Anne
- Smoking—Stephanie
- VON SMART program
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***If you have any questions or would like to include any information within this communication please let us know.***

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## COORDINATOR'S PROGRESS REPORT

Welcome to 2010!! I hope that everyone had a restful and happy holiday season and is returning to work with renewed energy for what promises to be a year of exciting initiatives!

As we head into the final quarter of this fiscal year, the DRDN and its partner programs continue to work towards accomplishing the goals outlined in this year's workplan. We have already accomplished a great deal through the first three quarters of the year and everyone involved should be tremendously proud of their efforts! This final phase of the 2009/10 financial year also means that we are about to embark on planning for the next year. I look forward to meeting with our partner sites in February to discuss and create the DRDN's goals for 2010/11.

One of our key activities during the final months of 2009 was our continued involvement in the CELHIN Diabetes Resource Guide. This booklet proved so popular that the CELHIN funded printing and distribution of a second edition. The DRDN is pleased to have assisted in facilitating the publication of an additional 17,500 copies of the Resource Guide to assist members of our community. Once again, we would like to thank Novo Nordisk and Pfizer for their continued support of this important project!

The recent announcement of service expansion in diabetes by the Ministry of Health and Long Term Care included additional resources for Durham Region. The DRDN is pleased to have been selected to receive an additional diabetes education team for our area, along with additional money for administrative support and operating costs. Our new team will be mobile and community based and will work with the other expansion teams provided to West Hill and Ross Memorial Hospital to begin creating a collaborative outreach program across the CELHIN.

The Ministry's recent announcement also included comments related to future plans for regional systems in diabetes care. At this point, details related to this initiative are limited, but we will certainly keep you updated as information becomes available.

It is clear that there are changes ahead for all diabetes programs and I encourage you all to embrace opportunities that arise to work together in order to help create the best possible services to meet the needs of our clients!

*Keri Semenko*



## DURHAM DIABETES DAY— HERE’S TO A SUCCESSFUL FIRST YEAR

The Durham Region Diabetes Network was proud to host the community’s first Durham Diabetes Day on Saturday, November 7<sup>th</sup>, 2009 at Cullen Central Park in Whitby. The event was a great success with over 250 attendees enjoying a wonderful day full of motivation, education and awareness. Highlights included an inspiring address from Sebastian Sasseville, the first Canadian with diabetes to reach the summit of Mount Everest; informative workshops on topics of interest to people with diabetes; exhibitors showcasing products and information associated with diabetes; and interactive sessions such as ‘Ask the Pharmacist’ and ‘Ask the Dietitian’. Admission was free and complimentary healthy snacks and refreshments were provided.

The doors opened at 9am for those who were waiting in the entrance. Our volunteers greeted them and provided them with a registration kit full of diabetes material and product samples. Attendees were free to wander the exhibitor marketplace to gather information from booth spokespersons. The marketplace incorporated booths and information stations from 21 different businesses and organizations whose main focus is diabetes: everything from healthy eating and nutrition information, to pharmaceutical representatives, to local companies and associations.

Throughout the day, our attendees, staff, volunteers and exhibitors were treated to complimentary healthy refreshments and snacks. Attendees were also eligible for door prizes, give-aways and other free gifts from several of the representative companies.

The ‘Ask A Pharmacist’ and ‘Ask A Dietitian’ sessions were very popular segments of the event. Visitors were able to sit down and have a one-on-one session with a registered dietitian or pharmacist to discuss their nutrition and/or diabetes medication concerns. As well, attendees could have their cholesterol checked by a volunteer registered nurse and receive information regarding their cholesterol readings for free!



*Our Student Volunteers*



*Ask a Dietitian session*

A special thank you to those who volunteered their time to assist us including: Dolly Vecchiarelli, Mohammed Younis, Murad Younis, Bin Chin, Rachel McCormick and Debbie Fredericks.

Throughout the day, small, intimate workshops were held focusing on key subject areas of interest such as medications, nutrition and insurance. Each workshop was approximately an hour in length including a question and answer period. The workshops were well attended and received,

with the nutrition based seminar being the most popular! We thank all of our workshop speakers, professionals in their respective fields, for volunteering their time to assist us with this portion of the event.



The main section of the day long event featured an inspiring and motivating keynote address from Sebastien Sasseville. Diagnosed in 2002 with Type 1 diabetes, he is one of only three people in the world with the chronic illness to have climbed Mount Everest, the world's highest peak. In the spirit of sharing his dream, he has also led groups of teens to the top of Mount Kilimanjaro and to the Mount Everest Base Camp. At only 29 years old, Sebastien is a powerful and charismatic speaker and already a media favourite. He resides in Montreal, has a degree in Public Relations, is fluently bilingual and is currently training for the 2009 Iron Man Marathon.

Sebastien presented 'Celebrating the Obstacle', a motivating and inspiring presentation about overcoming difficulties in your life and creating positive experiences from them. Approximately 75 attendees enjoyed Sebastien's personal and humorous hour long talk, with a 20 minute question and answer period. Sebastien was a delight to listen to and a pleasure to work with.



*Exhibit Marketplace*

**Stay Tuned...** planning is already underway for Diabetes Day 2010. We are looking forward to an even bigger and more successful event next year.

## CE LHIN UPDATE

### ***Integrated Health Service Plan 2010-2013***

Like all of the province's 14 LHINs, the Central East LHIN has developed the IHSP to guide the activities and accountabilities of local health service providers as described in the Local Health System Integration Act, 2006. Specifically, it provides an overview of the current health care system, identifies areas for focused improvement and sets standards for achievement. All of this is done to advance the Central East LHIN vision of "Engaged Communities. Healthy Communities."

It is clearly understood that the general public and other stakeholders want to better understand what value the Central East LHIN and the mandate of integration bring to the health care system, and what the LHIN aims to achieve "by when" and "by how much." The single most important change in this IHSP is the identification of two system-level strategic aims for the Central East LHIN that are in keeping with provincial and local priorities:

- ◆ Save 1,000,000 Hours of Time Patients Spend in Central East LHIN Emergency Departments by 2013. - [click on image](#)
- ◆ Reduce the Impact of Vascular Disease in the Central East LHIN by 10% by 2013. - [click on image](#)

Providing greater detail about these two aims and how they will be achieved is the major purpose of this IHSP. For more information please visit: [Integrated Health Service Plan 2010 - 2013](#) - a web-enabled document with links to important resources and supporting documents and [Central East LHIN Environmental Scan](#) - November 2009.

### ***Hold the Date - 2010 Symposium***

Please mark your calendars for the May 2010 Symposium! Next year's event will be held on Wednesday, May 5, 2010 at the Ajax Convention Centre. This one day event will include key note speakers, break out sessions on IHSP Strategic Aims, displays and much more. Watch for ongoing updates and an opportunity to register as we get closer to the date. For more information visit: [http://www.centraleastlin.on.ca/Page.aspx?id=12982&ekmensele=e2f22c9a\\_72\\_242\\_btnlink](http://www.centraleastlin.on.ca/Page.aspx?id=12982&ekmensele=e2f22c9a_72_242_btnlink)

## **MAJORITY OF CANADIANS LIVING WITH DIABETES DO NOT RECEIVE ALL RECOMMENDED CLINICAL TESTS**

A new study released by the Canadian Institute for Health Information (CIHI) looked at the extent to which Canadians age 18 and older living with diabetes received four specific tests. Although many Canadians receive individual tests, such as blood glucose (HbA1c) tests, urine protein tests and dilated eye exams, and are having their feet checked for sores or irritations, the results found that fewer than one-third (32%) reported receiving all four of these clinically recommended tests from their health providers.

To see the analysis in brief visit [http://secure.cihi.ca/cihiweb/products/Diabetes\\_care\\_gaps\\_disparities\\_aib\\_e.pdf](http://secure.cihi.ca/cihiweb/products/Diabetes_care_gaps_disparities_aib_e.pdf)

## INTERNATIONAL DIABETES FEDERATION INFORMATION

### ***Global Guidelines on Pregnancy and Diabetes***

Pregnancy is associated with changes in insulin sensitivity which may lead to changes in plasma glucose levels. For women with known diabetes or for women who develop diabetes during the pregnancy, these changes can put outcomes at risk. This guideline deals with the means of identifying women for whom such problems are new, as well as women already known to have diabetes, to achieve the desired outcome of a healthy mother and baby.

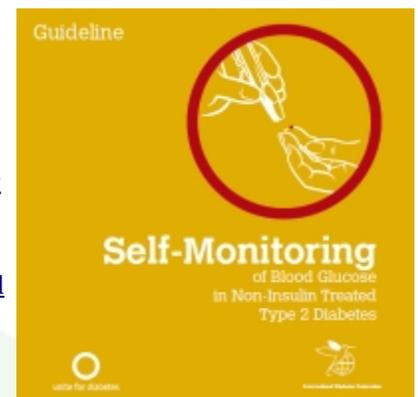
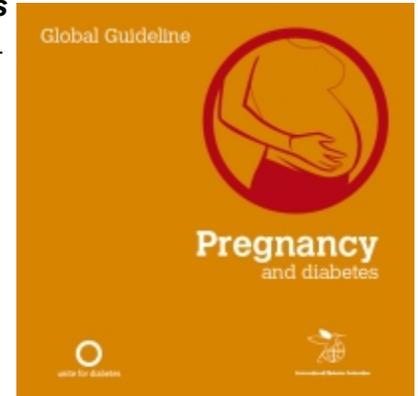
Within the 2005 IDF Global Guideline for Type 2 Diabetes there was a section on pregnancy, but this did not address type 1 diabetes and did not consider the wider issues surrounding gestational diabetes mellitus (GDM). The current guideline includes these additional topics, and attempts to present some of the evidence related to areas of controversy.

[Download the Global Guideline on pregnancy and diabetes](#) (pdf, 810KB)

### ***IDF Guideline on self-monitoring of blood glucose in non-insulin treated type 2 diabetes***

In October 2008, the International Diabetes Federation Clinical Guidelines Task Force, in conjunction with the self-monitoring of blood glucose (SMBG) International Working Group, convened a workshop in Amsterdam to address the issue of SMBG utilization in people with type 2 diabetes (T2M) that is not treated with insulin. Workshop participants included clinical investigators actively engaged in SMBG research and research translation activities. The IDF Guideline on Self-monitoring of Blood Glucose in Non-Insulin Treated Type 2 Diabetes presents a summary of the findings and recommendations of the workshop, related to the use of the SMBG in non-insulin treated people with T2M.

[Download the IDF Guideline on Self-monitoring of Blood Glucose in Non-Insulin Treated Type 2 Diabetes](#) (pdf, 810KB)





## COMMUNITY CARE DURHAM BRINGS A SMILE TO THOSE IN NEED

Community Care Durham has been serving the Durham Region for over 30 years. Beginning in 1977, this registered charitable organization provides Home Support, Respite and COPE Mental Health services to more than 6,000 clients and their caregivers who have needs related to aging, physical health and/or mental health. In the past few years, Community Care Durham has expanded its care to include new Programs like HAL (Home At Last) and the Specialized Geriatric Support Program.

Our mission at Community Care Durham is to help people live at home with a network of support in caring communities. Service offices are located in and serve the communities of Ajax-Pickering, Brock, Clarington, Oshawa, Scugog, Uxbridge and Whitby. The Adult Day Programs are located in Pickering, Newcastle and Uxbridge. The Community Care Durham staff and volunteers are dedicated in providing a wide range of services to enable clients to maintain their independence, well being and quality of life. These services are administered free of charge or for a minimal fee.

Under the Home Support Program, Community Care Durham offers an array of services including Meals on Wheels, Transportation for medical appointments, and shopping. With Home Help and Home Maintenance, brokered helpers assist with light housekeeping and yard work. There are many other Home Support services including Luncheon Out, Friendly Visiting, Telephone Reassurance and Foot Care Clinics.

The Respite Program (caregiver relief) includes In-Home Respite and the Adult Day Programs. For In-Home Respite, trained Personal Support Workers maintain a safe environment; provide personal care, assistance with daily activities, social interaction, meal preparation and much more. The Adult Day Program acts as a home away from home for the clients and provides a safe and comfortable environment for them to enjoy a variety of social and recreational activities. The COPE Mental Health Program offers support to clients in three areas - Individual Support, Group Support and Specialized Geriatric Support. With Individual Support, trained volunteers are matched with clients to work together to achieve the client's identified goals. In Group Support, trained staff and volunteers work as a team to provide support and coping skills as well as educational, social and recreational groups. The Specialized Geriatric Support Program provides outreach and supportive services for older adults living in the community with needs related to mental health. The newest addition to our list of support services is the Home At Last program (HAL). This program is a community based service which assists clients in settling into their homes safely and comfortably after a stay in the hospital. This is a free service offered throughout Durham Region and is provided by qualified Personal Support Workers.

At Community Care Durham, our volunteers are the heart and soul of the organization. Our ability to deliver many of the services we offer depends on the time and dedication provided by the volunteers. Volunteers help in so many ways. Whether it's delivering Meals on Wheels, driving a client to a doctor's appointment or shoveling the driveway at a client's home, they are truly **Everyday Heroes**. Community Care Durham is always looking for more volunteers to lend a hand. Why not become an Everyday Hero yourself?? Whether it's a few hours a week or a few hours a month, your contribution will make a big difference in someone's life. Community Care Durham volunteers are compassionate and caring individuals who enjoy sharing their time with others. To learn more about the support services offered at Community Care Durham or to join our special team of volunteers, please visit our website at [www.communitycaredurham.on.ca](http://www.communitycaredurham.on.ca) or call your local Community Care Durham office.

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## NEW WEBSITE TO HELP WITH MEAL PLANNING

Want a dietitian in your home to help plan your meals? If this is your wish, then it has just come true! Check out <http://mymealplan.ca>. This on-line resource has been developed by dietitians and certified diabetes educators and they take care of all your meal planning needs!

[www.mymealplan.ca](http://www.mymealplan.ca) is a one-of-a-kind website because their meal plans meet all the nutrient recommendations that your doctor and dietitian ask you to follow. Here's their breakdown:

- ◆ Calorie controlled (small, medium, and large meal plans)
- ◆ Carbohydrate controlled
- ◆ Provides 14 g fibre/1000 calories/day
- ◆ Less than 2300 mg of sodium/day
- ◆ Less than 300 mg of cholesterol/day
- ◆ Less than 30% total fat/day
- ◆ Less than 7% of saturated fat/day

Members of mymealplan.ca receive weekly meal plans that include 3 meals and 3 snacks per day along with the recipes and grocery lists. The meal plans are posted every Friday so you can print the recipes and grocery lists and do your shopping on the weekend.

In addition to the meal plans, you also have access to:

- ◆ Information Handouts
- ◆ Diabetes and Nutrition Tips
- ◆ Links to Nutrition and Health Related Sites
- ◆ Free Newsletter
- ◆ Recipe Database
- ◆ Personal Tracking Systems
- ◆ Online Support
- ◆ Ask An Expert
- ◆ Discussion Boards

So what are you waiting for? Check out this wonderful resource and get the help you need to get on the right track for healthy eating. This resource will save you time, money and endless trips to the grocery store. Whether you have diabetes, high cholesterol, high blood pressure, need to lose weight or just want to provide healthy meals for your family, these meal plans are for you!



Central East Self-Management Training Program

## NEW “LIVING A HEALTHY LIFE” SELF-MANAGEMENT WORKSHOPS

The Central East Self-Management Program introduced the “Living a Healthy Life with Diabetes” program in June 2009. The “Living a Healthy Life with Diabetes” workshop is a **FREE** six-session workshop for adults of all ages with type 2 diabetes. It teaches the skills needed for day-to-day management of diabetes and related symptoms, so individuals can better “Live a Healthy Life” with diabetes and other chronic health conditions. See the Workshop Schedule below.

Inform your friends, family members or clients about the “Living a Healthy Life with Diabetes” workshops (or the more general “Living a Healthy Life with Chronic Conditions” workshops) – they can register at [www.healthylifeworkshop.ca](http://www.healthylifeworkshop.ca) or toll free at 1 866 971 5545. You can also add your name to an “interest list” - new workshops are being added weekly.

### Implementing the **Diabetes** Self-Management Program – **Lessons Learned**

- ◆ There is great interest in the community for the Diabetes version of the Stanford Self-Management workshop. Training groups and workshops filled up quickly.
- ◆ Nine workshops held in 2009 served 139 participants – an average of over 15 participants per workshop. One workshop was aimed for Tamil participants, and another was conducted in Cantonese.
- ◆ Forty-five volunteers & health service providers were trained as facilitators, from across the Central East LHIN region.
- ◆ The Diabetes program is needed. Workshop leaders have reported a wide range of knowledge and experience in managing diabetes, among participants. Many people need self-management tools to integrate the information from Diabetes Education classes into their lives.

### **Note to Health Service Providers**

You can develop your own skills for supporting self-management through an online toolkit, with training modules. Visit [www.selfmanagementtoolkit.ca](http://www.selfmanagementtoolkit.ca) to learn more.

*Margery Konan, LHIN Priority Project Manager  
Self-Management Training for Consumers and Caregivers  
Central East Community Care Access Centre—Scarborough Branch  
Email: [Margery.Konan@ce.ccac-ont.ca](mailto:Margery.Konan@ce.ccac-ont.ca)*



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Central East Self-Management Training Program

## NEW “LIVING A HEALTHY LIFE” SELF-MANAGEMENT WORKSHOPS

2010 Workshop Schedule Six sessions, once a week, 2½ hours each session		
Oshawa Senior Citizens Centre Legends Branch OSHAWA <b>*Diabetes Workshop</b>	Tuesdays Jan 12 - Feb 16 9:00 a.m. – 11:30 a.m.	Kersti Pascoe @ 905 576 6712 x 3640
Oshawa Senior Citizens Centre Northview Branch OSHAWA	Thursdays Jan 14 – Feb 18 9:00 a.m. – 11:30 a.m.	Kersti Pascoe @ 905 576 6712 x 3640
Victoria Retirement Living COBOURG <b>*Diabetes Workshop</b>	Wednesdays Jan 13 – Feb 16 Last Session on a Tuesday 9:30 a.m. – 12:00 p.m.	Lauren Cooper Living a Healthy Life Program 1 877 691 0090
Port Hope Community Health Centre PORT HOPE	Tuesdays Jan 12 – Feb 16 9:30 a.m. – 12:00 noon	Living a Healthy Life Program 1 866 971 5545
Carefirst Seniors & Community Services Association SCARBOROUGH <b>*Chronic Pain Workshop</b>	Saturdays Jan 9 – Feb 13 10:00 a.m. – 12:30 p.m.	Shirley Ong @ Carefirst 416 502 2323 x 6248  (Cantonese Speaking Group)
St. Paul's L'Amoreaux Centre SCARBOROUGH <b>*Diabetes Workshop</b>	Wednesdays Jan 20 – Feb 24 1:00 p.m. – 3:30 p.m.	St. Paul's L'Amoreaux Centre 416 493 3333 x 227
2660 Eglinton Avenue East SCARBOROUGH <b>*Diabetes Workshop</b>	Fridays Jan 22 – Feb 26 9:30 a.m. – 12:00 p.m.	Living a Healthy Life Program 1 866 971 5545



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## HEART AND STROKE FOUNDATION REPORT

### Announcing Updates to the Blood Pressure Action Plan

Introducing the new, user-friendly design of My Heart&Stroke Blood Pressure Action Plan™!

The purpose of this tool is to support users who want to self-manage their high blood pressure or hypertension. Check out our new site visit <http://www.heartandstroke.ca/bplogin>

We hope you'll love the new look and quick links we've added to help you get the most out of every visit.

As soon as you log in, the "quick reference" home page makes it fast and easy to access the tool's helpful resources so you can:

- ◆ Track your blood pressure
- ◆ Set medication refill reminders
- ◆ Organize upcoming healthcare appointments
- ◆ Access the health information library
- ◆ Set and achieve your blood pressure goals
- ◆ Write in your personal journal

And much more!

If you have any questions about the tool please contact Lisa DiDomizio, Associate Manager Health Information [ldidomizio@hsf.on.ca](mailto:ldidomizio@hsf.on.ca)



### GET INVOLVED TODAY IN SPARKING CHANGE.

Go to [heartandstroke.ca/spark](http://heartandstroke.ca/spark) and help us identify and put into action the recommendations you think are the most viable and achievable in your community today.

Tell us your three priority choices for change:

1. Provide a healthy food subsidy to low income families.
2. Have subsidized healthy food products (e.g. good food box) available for purchase in your community.
3. Expand food preparation and nutrition education courses in school, after-school and community programming.
4. Provide a core set of free publicly funded recreational programs or services for children and youth.
5. Expand active transportation networks that are safe, secure and walkable such as bike lanes, sidewalks, green spaces, mixed land use and proper lighting.
6. Establish infrastructure funding for sport, parks and recreational facilities.

THE TIME TO ACT IS NOW. GET INVOLVED TODAY.



<p><b>SPARK CHAMPIONS:</b></p>	<p><b>SPARK SUPPORTING PARTNERS:</b></p> <ul style="list-style-type: none"> <li>• Active Healthy Kids Canada</li> <li>• Association of Local Public Health Agencies</li> <li>• Arthritis Society of Canada</li> <li>• Boys and Girls Clubs of Ontario</li> <li>• Back Health Alliance</li> <li>• Breakfast for Learning</li> <li>• Canadian Diabetes Association</li> <li>• Champlain Cardiovascular Disease Prevention Network</li> </ul>	<ul style="list-style-type: none"> <li>• Centre for Obesity Research and Education</li> <li>• Detriplex of Canada</li> <li>• Health Horizons</li> <li>• Ontario College of Family Physicians</li> <li>• Ontario Lung Association</li> <li>• Ontario Physical and Health Education Association</li> <li>• Ontario Professional Planners Institute</li> <li>• Ontario Public Health Association</li> <li>• Ontario Stroke Network</li> </ul>	<ul style="list-style-type: none"> <li>• Parks and Recreation Ontario</li> <li>• Perinatal ACTION</li> <li>• People for Education</li> <li>• Share the Road</li> <li>• Sunbelt Ontario – the Alliance for Healthy Food and Learning</li> <li>• Today's Parent</li> <li>• Waterfront Registration Trust</li> <li>• YMCA</li> </ul>	
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## NEWS FROM DIABETES EDUCATION CENTRES



### **Oshawa Community Health Centre**

1. We encourage all DEC's to promote **Support Groups**. The Oshawa group meets on the first Tuesday evening of each month at the "Upstairs" at Loblaw's, Gibb Street from 7-9pm. This is great for those living in the Oshawa area. Family members welcome as well.

#### *Oshawa Diabetes Support Group Events Calendar 2010*

January 5	Healthy Fats - Brenda Hartman, Registered Dietitian
February 2	Shelley Portelance – Navigating the Health Care System (Home Instead)
March 2	Dr. David MacAskill – Stress
April 6	TBA
May 4	Cooking with Whole Grains - Brenda Hartman, Registered Dietitian
June 1	Summer Send Off - TBA

There are no meetings held over the summer and stay tuned for our fall line up.

2. **Self Management program, "Living Well With Diabetes"** will be held at the Legend's Centre, 1661 Harmony Road N. starting on January 12/2010 from 0900 – 1130 and runs each Tuesday morning for 6 weeks up to February 16. . Registration is done by calling Kersti at The Self Management Program office, 905 576-6712 ext 4630. Clients with Diabetes and their caregivers are welcome and encouraged to attend.
3. **"How to Bounce Back When Life Doesn't Go Your Way – A Resiliency Workshop"** is being held on January 21/2010 at the OCHC for clients with diabetes. The Diabetes Education team is linking with the Social Work team for this presentation. This session is open to anyone with diabetes in Durham Region.

### **Brock Community Health Centre**

We are please to announce that we have planned our cardiac blitz day for February 16 2010 from 9:00am to 2:30pm. We will be holding this event at the Independent grocery store in Beaverton. Included in the day, we will be doing a shopping tour in the morning followed by a cooking demonstration (heart healthy recipes) which the participants will eat after it is prepared! We are looking into getting a professional chef to help with the food preparation. After lunch we will be hosting a discussion by a pharmacists on cardiac medications, followed by an educational session on blood pressure monitoring and cholesterol. We are planning to do some interactive exercise sessions throughout the day. For additional information please contact us at 705-432-2446.



## DRDN SUPPORT GROUPS

### ***Durham West Support Group – Speaker overview for 2010***

Location: Pickering Town Library

Last Wednesday of the Month from 7pm to 9pm

January 27 <sup>th</sup>	Brenda Hartman	Healthy Fats
February 24 <sup>th</sup>	Andrew Springer	Chiropodist- Foot care and Diabetes
March 31 <sup>st</sup>	Trish Campbell	Optometrist-Eye care
April 28 <sup>th</sup>	Dolly Vecchiarelli	Pharmacist- diabetes and medications
May 26 <sup>th</sup>	TBD	Physical activity
June 30 <sup>th</sup>	Brenda Hartman	Cooking with Whole Grains/Potluck

### ***Clarington Support Group - Speaker overview for 2010***

Location: Bowmanville High School

Third Wednesday of the Month from 7pm to 9pm

January 20 <sup>th</sup>	Angela Erhardt	Diabetes and Dental Care
February 17 <sup>th</sup>	Jo-Ann Morin	Stress
No meeting		
April 21	Dolly Vecchiarelli	Diabetes medications
May 19 <sup>th</sup>		Physical activity? Tai Chi or Salsa
June 23 <sup>rd</sup>	Brenda Hartman	Cooking with whole grains/ potluck

If you would like to promote the availability of these support groups to your clients, flyers are available through the DRDN office. Contact Giselle at 905-623-3331 ext. 1596 or via email at [gsicchia@lakeridgehealth.on.ca](mailto:gsicchia@lakeridgehealth.on.ca)



## GEAR UP TO QUIT! THAT'S THE MESSAGE FOR SMOKERS THIS NEW YEAR!

Helping a client quit smoking is the single, most powerful preventive intervention in clinical practice.

This is especially true for clients with diabetes since smoking exacerbates the harmful effects of diabetes by worsening complications such as heart disease, stroke, and neuropathy and potentially increases insulin resistance. In fact, some research suggests that smoking may be an independent risk factor for type 2 diabetes. Healthcare professionals specialized in the care of diabetic patients are in a unique position to offer behavioral counseling and to coordinate access to smoking cessation aides to help their clients quit smoking.

The following are strategies that are recommended by Durham Region Health Department, to help healthcare professionals support their clients in quitting smoking:

1. Learn more about Nicotine addiction.
  - ◆ The Health Department provides workshops for healthcare professionals, call 1-800-841-2729 for more information.
2. Integrate a best practice approach to smoking cessation to your daily practice such as the guideline outlined by the Registered Nurses Association of Ontario.
  - ◆ Diabetes nurse educators in California increased the number of patients receiving smoking cessation follow-up by 36% using a similar approach
  - ◆ All they did was **Ask, Advise, Assist and Arrange**...and so can you!
  - ◆ Simply **ask** each patient: "Do you smoke or use tobacco?"
  - ◆ **Advise** them to make quitting a priority: "As your healthcare provider, the most important advice I can give you is to stop smoking. Have you thought about quitting?"
  - ◆ **Assist and Arrange** by referring them to Smokers' Helpline or Durham Region Health Department for additional support
  - ◆ Your agency may even wish to consider the Smokers' Helpline Fax Referral Program! Trained quit specialists will initiate and maintain contact with your clients as needed while they are trying to quit smoking! It is a fast and easy way to ensure that your clients receive the support they need, even when you are not available. This service also offers support via an online blog and text messaging, which makes it very accessible and appealing to many! Call 1-877-513-5333.
3. Suggest that patients attend a quit smoking group to increase their success of quitting smoking
  - ◆ Durham Region Health Department provides a one-hour "Quitting Smoking? What to Expect" session, scheduled on site for small groups, at your convenience. Call 1-800-841-2729 for more information.
4. Encourage patients to take part in community initiatives to help them stay motivated to be smoke-free

National Non-Smoking Week is January 17-23<sup>rd</sup>. This year's theme: Quitting is Contagious, pass it on! Visit [www.durham.ca/tobacco](http://www.durham.ca/tobacco) for more ideas and information.

Now is a great time to talk to your clients about quitting smoking! The 2010 Driven to Quit Challenge is here! Participants who quit smoking for the month of March are eligible to win incredible prizes, like a hybrid vehicle! Check out [www.driventoquit.ca](http://www.driventoquit.ca) for more information.



## UPDATE

### **2010 Healthy Living Calendars Now Available**

The Canadian Diabetes Association's 2010 Healthy Living Calendar is filled with recipes, tips and tools to help people make healthy lifestyle choices. Produced in partnership with CanolaInfo.org and supported by the Saskatchewan and Alberta Pulse Growers, the calendar is free of charge and available to consumers and diabetes educators while quantities last. Diabetes educators can order the calendars in packages of 25 through our online order desk (<https://orders.diabetes.ca/cda/>) or by calling our contact centre at 1-800-BANTING. Electronic copies of the calendar are also available for download at [www.diabetes.ca/calendar](http://www.diabetes.ca/calendar).

### **2009 Annual Report Now Available**

The Association's 2009 Annual Report: On the Road to Reversing the Impact of Diabetes is now available at <http://www.diabetes.ca/about-us/who/annual-reports/>.

We believe our new mission, to lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure, charts an ambitious course for the future. In the report, you will also find information on how we are delivering our mission by:

- ◆ Providing people with diabetes and healthcare professionals with education and services;
- ◆ Advocating on behalf of people with diabetes;
- ◆ Supporting research;
- ◆ Translating research into practical applications.

### **An Economic Tsunami: The Cost of Diabetes in Canada**

Diabetes is not only a personal crisis for the people living with the disease, it is also a tremendous financial burden for the Canadian healthcare system and society as a whole. To help fully understand the current and future economic burden of diabetes in Canada, the Canadian Diabetes Association, with the support of Novo Nordisk Canada Inc., has published *An Economic Tsunami: The Cost of Diabetes in Canada*.

This report introduces an important new tool in the fight against diabetes in Canada – the Canadian Diabetes Cost Model – and has been developed to achieve the following objectives:

- ◆ To estimate the cost of diabetes in Canada, including direct and indirect costs;
- ◆ To create a forecasting model to project future costs associated with diabetes;
- ◆ To examine the potential of policy interventions to offset the economic burden of diabetes on Canadians.

The Model is the first to use Canadian data to determine the economic impact of diabetes on Canadian society, both now and in the future. You can download the report at <http://www.diabetes.ca/economicreport/>.

On behalf of the Canadian Diabetes Association, I thank you for your continuing support and guidance this past year. I'm very much looking forward to a dynamic and successful 2010.

*Anne Le Quang*

## VON COMMUNITY SUPPORT PROGRAMS

Victorian Order of Nurses would like to inform the community of our new and exciting expansion of Community Support Programs, being delivered to seniors across Durham Region. This service is called the SMART In Home Exercise Program. The goal is to help frail, homebound seniors maintain and increase their wellness and independence by providing a functional fitness / fall prevention program to them, ***in their own homes***.

The SMART Program consists of 15 gentle but progressive exercises designed and researched in partnership with Phillips Lifeline Fall Prevention Program and SMARTRISK. The program's focus is on increasing strength, physical endurance, balance, co-ordination and overall decrease risks of falls and improving their overall quality of life. The program is delivered by specially trained volunteers making it very cost effective with a nominal fee of \$30.00 for 12 in home visits. Our volunteers assist and encourage program participant's efforts to become and remain physically active. If you or if you someone know of anyone who would benefit from this program, please pass on this information to them. We accept self, family and health care professional referrals to our program.

VON Canada's SMART Program also provides a one-hour wellness/exercise classes, designed to accommodate seniors of all levels of ability while addressing many of the health conditions associated with aging, that often present barriers to participation in mainstream fitness programs. This volunteer led exercise program takes functional fitness into the community where seniors are already congregating to overcome barriers of mobility/ transportation. The volunteer facilitated delivery model makes the program cost effective and attainable by seniors on fixed incomes, asking a donation of \$2.00 a class. We currently have seven exercise classes in areas including Newcastle, Orono, Oshawa, Sunderland, Beaverton and a class for the deaf located in Oshawa.

We are inviting people in the community to contact us to learn more about our services as well as our exciting volunteer opportunities. Our contact information is:

VON SMART Program  
Tel: 905-571-3151 ext 236  
Fax: 905-571-1460  
Email: joan.crawford@von.ca



## IMPORTANT DATES TO REMEMBER

### January

- ◆ **Living a Healthy Life Self-Management—Diabetes workshop**, Jan 12, 9am to 11:30am, Legend's Centre, Oshawa. To register call Kersti at 905-576-6712 x. 4630
- ◆ **How to Bounce Back when Life Doesn't Go Your Way—A Resiliency Workshop**, Jan 21, Oshawa Community Health Centre, Oshawa. For more information call 905-723-0036
- ◆ **The Second Annual Ottawa Conference, state of the art clinical approaches to smoking cessation**, Jan 22-23, 2010, Ottawa, ON. For more information call 613-761-4034 or email [snet-work@ottawaheart.ca](mailto:snet-work@ottawaheart.ca)

### February

- ◆ **Healthy Connections 2010 Conference: Self-Managing Care: From Ideas to Solutions**, Feb 17, 2010, Ryerson University, Toronto, ON. For more information visit <http://chpna.ca/index.php?section=events&page=read&category=atlantic&id=47>

### May

- ◆ **CE LHIN Symposium**, May 5, Ajax Convention Centre, Ajax. For more information visit: <http://www.centraleastlin.on.ca/Page.aspx?id=12982&ekmense1=e2f22c9a72242btnlink>

### August

- ◆ AADE 37th Annual Meeting, August. 4-7, 2010, San Antonio, Texas. For more information visit: <http://www.diabeteseducator.org/annualmeeting/2010/index.html>

### October

- ◆ **13th Annual CDA/CSEM Professional Conference and Annual Meetings**, October 20-23, 2010, Shaw Conference Centre, Edmonton, Alberta. For more information visit: <http://www.diabetes.ca/professionals/conference/program-updates/>
- ◆ **Childhood and Adolescent Obesity**, Oct 27-29, 2010, Hamilton Convention Centre, Hamilton, ON. Contact Katia Selezeneva [ipad@interchange.ubc.ca](mailto:ipad@interchange.ubc.ca) or visit [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

### Diabetes Support Group Meetings

- ◆ **Oshawa Support Group** meets the first Tuesday of every month from September to June at the Upstairs at the Oshawa Loblaws on Gibb Street.
- ◆ **Durham West Support Group** meets on the last Wednesday of every month from September to June at the Pickering Public Library, 1 The Esplanade.
- ◆ **Clarington Support Group** meets the third Wednesday of every month from September to June at the Clarington Secondary School, 200 Clarington Blvd.

For more information visit:

[http://www.durhamregiondiabetesnetwork.ca/whats\\_happening.events\\_conference.gk](http://www.durhamregiondiabetesnetwork.ca/whats_happening.events_conference.gk)

### Living Well With Diabetes Programs

- ◆ January 21—Feb 25, Notre Dame C.S.S., Ajax
- ◆ March 5—April 9, The Village of Taunton Mills, Whitby
- ◆ April 1—29, Durham Mental Health Services, Whitby
- ◆ April 23—May 21, 2010, Clarington Older Adults Association, Bowmanville.

For more information visit:

[http://www.durhamregiondiabetesnetwork.ca/whats\\_happening.events\\_conference.gk](http://www.durhamregiondiabetesnetwork.ca/whats_happening.events_conference.gk)