

New In 2020! Diabetes Refresher Courses

We now have areas you can focus on to help you better manage your diabetes. These courses will be taught by our Health Promotion and Disease Prevention staff as well as other Kickapoo Tribal Health Center professionals. You will work with our dietitian, who has over 10 years' experience of educating groups and individuals in the tasty details of making healthy nutrition decisions. You will also be able to schedule individual appointments with our certified personal trainer for future fitness needs. We also offer these early in the morning from 7:30am to 9:00am or after hours from 5:30pm to 7:00pm to better accommodate those who have varying work schedules. We want to help you get back on track with your diabetes self-management but we can't do that without you!

*To be eligible for diabetic shoes, you must be an active patient (regularly attend your primary care appointments for diabetes care) with a current chart at KTHC, a recent, routine provider's appointment, current lab work, and attend at least two of the listed courses.

January 27th 2020

7:30am-9:00am: Plan. Shop. Eat.

- This session is designed to help you plan, understand, and put healthier meals on the table for you and your family. Healthy eating is a topic that can be confusing or intimidating but we will break it down into relatable parts: meal planning, grocery shopping, and what to do once we have what we need (besides eat!). What a person eats is extremely important to nearly every component of becoming healthier and we are here to help you!



5:30pm-7:00pm: Let's Get Physical

- In this portion of your education, we will review the importance that physical fitness has in your self-care. Exercise can be a scary or trivial subject with all the different sources telling us what the newest or best thing is. Together we will aim to simplify the subject, make it more personal through demonstration and discussion, and identify ways you can begin your health journey immediately!



March 23rd 2020

7:30am-9:00am: Diabetic Eye Health: Discovering Insight

- Exploring diabetic eye problems and how you can prevent further damage to your eyesight. Learn what your eye exam will entail and what the doctor is looking for when your eyes are dilated during your annual eye exam. Our own KTHC Optometrist, Dr. Whitlow, will be teaching this course!



March 23rd 2020

5:30pm-7:00pm: Goals, Problem Solving, and Preparation: Successfully Beating Your Goals!

- Setting goals is not always easy but we can make it fun! Learn about problem solving for day to day issues when you have diabetes and the number of strategies you can prepare for such as blood sugar highs & lows, sick days, travel, and emergencies. Planning and preparation can save you time and stress. Join us as we help you break down the steps to success!



April 27th 2020

7:30am-9:00am: Mad about Meds- Learning and Remembering Medications

- Find out why you were prescribed your medications, how they work, and any side effects you need to be aware of when you begin them. This course is taught by one of our knowledgeable pharmacists who can answer your medication questions.



5:30pm-7:00pm: Monitoring Mayhem- Making Sense Out of Those Daily Sticks

- This course is for those who do not monitor their blood sugars regularly, who do not understand why their blood sugars are not decreasing, or want to learn how to better monitor for the best results. Learn why monitoring your health and blood sugars is important in decreasing your A1C as well as decreasing your risks for complications.



Kickapoo Tribal Health Center
Health Promotion and Disease
Prevention/ Diabetes Department

Jun 22nd 2020

7:30am-9:00am: Standards of Care and How They Relate to You

- Let's learn what the Standards of Care are and what you should expect on your diabetic journey with your primary care provider. In this course, we will explore the guidelines set forth by the American Diabetes Association for providers to ensure the best care is given to lower your chances for chronic complications related to diabetes.



5:30pm-7:00pm: Being Active is More Than Just Exercise

- In this portion of your education, we will review the importance that physical fitness has in your self-care. Exercise can be a scary or trivial subject with all the different sources telling us what the newest or best thing is. In this session, you will meet with a certified personal trainer, together we will aim to simplify the subject, make it more personal through demonstration and discussion, and identify ways you can begin your health journey immediately!



September 28th 2020

7:30am-9:00am: Head to Torso Risks for Diabetes Complications

- Are you curious why high blood sugars can cause various risks to your health? In this course, we will review the numerous risks for complications from your head to your torso that can occur with prolonged high blood sugars. Join us today to learn how to decrease these complications or delay them from occurring.



September 28th 2020

5:30pm-7:00pm: Plan. Shop. Eat.

- This session is designed to help you plan, understand, and put healthier meals on the table for you and your family. Healthy eating is a topic that can be confusing or intimidating but we will break it down into relatable parts: meal planning, grocery shopping, and what to do once we have what we need (besides eat!). What a person eats is extremely important to nearly every component of becoming healthier and we are here to help you!



October 26th 2020

7:30am-9:00am: Taking Self-Management Day by Day

- Living with diabetes or learning how to live with it can be heavy on the heart and mind. We want to help you identify strategies of coping with your emotions related to this life topic, learning to communicate with your family and your provider, and learn stress management techniques in order to shift the weight from panic or painful, to postured and empowered!



5:30pm-7:00pm: Hips to Toes Risks for Complications

- At some point in time, you may have heard these often frightening terms: peripheral arterial disease, diabetic foot ulcers, amputation, and neuropathy. What do any of these mean and what can we do steer ourselves away from them? What if we have a loved one experiencing any of these? In this course, we will cover the various risks you may face when you have prolonged high blood sugars from your hips to your toes to take your future steps in the right direction.



Kickapoo Tribal Health Center
Health Promotion and Disease Prevention /Diabetes
Department

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