



2016 Diabetes Support Group

The St. Mark's Lutheran Church Parish Nurse Ministry in collaboration with Advocate Eureka Hospital Diabetes Services co-sponsors a free monthly diabetes support group.

The **mission** of the group is to offer updated diabetes information, dispel myths, and encourage people affected by diabetes to support each other. The group is *not* meant to take the place of formal diabetes education (also called Diabetes Self-Management Education) which is offered through Advocate Eureka Hospital.

The groups are **free and open to people living with diabetes as well as their family and friends.**

All support groups meet on the **third Wednesday of each month in the Upper Level Conference Room (102 UL) at St. Mark's Lutheran Church located at 200 S. Main Street, Washington, Illinois.** Please park in the back lot and follow the signs.

You do not need to register but if you have questions or need further information, please contact **Julie Stewart-Hays RN** at the church office at **(309)444-4618.**

Date	Topic	Summary
January 20, 2016 6:00 p.m.-7:00 p.m.	<i>Diabetes and Dementia: Is Alzheimer's Type 3?</i>	<i>Is there a link between diet and dementia? The idea that Alzheimer's might be Type 3 diabetes has been around since 2005, but the connection between poor diet and Alzheimer's is becoming more convincing.</i>
February 17, 2016 6:00 p.m.-7:00 p.m.	<i>Insulin is Not the Enemy</i>	<i>Less than 100 years ago, the discovery of using insulin to treat diabetes was a miracle. But today, insulin is being demonized in the low carb culture.</i>
March 16, 2016 6:00 p.m.-7:00 p.m.	<i>The Top Breakthrough Diabetes Medications You May Have Missed</i>	<i>In response to the type 2 diabetes epidemic, the rate of new U.S. Food and Drug Administration (FDA) approvals for type 2 diabetes has been swift in recent months.</i>
April 20, 2016 6:00 p.m.-7:00 p.m.	<i>Sleep Apnea and Diabetes</i>	<i>Respiratory Therapist discusses sleep apnea and how it can make diabetes more difficult to control. Find out how to treat this common problem and help regulate your blood glucose.</i>
May 18, 2016 6:00 p.m.-7:00 p.m.	<i>Timeline of Effects of Diabetes and How to Reduce Your Risk of Diabetes Complications</i>	<i>Discussion of progression of complications in poorly controlled Type 1 and Type 2 diabetes mellitus and discussion of risk reduction screenings.</i>
June 15, 2016 6:00 p.m.-7:00 p.m.	<i>Interpreting Your Blood Sugar Logs</i>	<i>A discussion of making sense of your blood sugar results including target blood sugar goals. Bring your log book!</i>
July 20, 2016 6:00 p.m.-7:00 p.m.	<i>Simple Rules for Loving Someone With Diabetes</i>	<i>Being a loving and supportive partner to someone with diabetes can create unique challenges to our relationships.</i>
August 17, 2016 6:00 p.m.-7:00 p.m.	<i>9 Diabetes Truths You Haven't Heard About</i>	<i>New studies are changing how diabetes is classified, treated, and prevented.</i>
September 21, 2016 6:00 p.m.-7:00 p.m.	<i>Snack Attack!</i>	<i>Come hungry. We will have healthy snack options to try as well as a discussion of carb. Counting. Feel free to bring your own favorite recipes/snacks to share.</i>
October 19, 2016 6:00 p.m.-7:00 p.m.	<i>Benefits of a Diabetes Support Group</i>	<i>Interactive meeting for planning 2017 group topics</i>
November 16, 2016 6:00 p.m.-7:00 p.m.	<i>Diabetes and the Holidays</i>	<i>Once again, we will have the 2011 Encore Presentation with examples of how to reduce carbohydrates in holiday foods while still being able to enjoy the tastes of the season</i>
December 21, 2016	NO MEETING -DECEMBER!	We wish you all a Happy Holiday Season!