

SENIOR

Cowboy up with your diabetes management

BY LOIS BELL
SHERIDAN SENIOR CENTER

SHERIDAN — It's a fit much like putting on your favorite pair of well-broken in boots: managing your own diabetes or pre-diabetes.

What does it mean to cowboy up in managing your diabetes? According to one definition, to cowboy up is to keep going when the going is tough. But it does not mean going it alone. So how does this apply to diabetes?

Diabetes left unmanaged can lead to complications such as eye, foot, kidney and nerve damage. Diabetes increases the chance of heart attack or stroke, skin conditions or hearing impairment. The Mayo Clinic also cites a connection between poorer blood sugar control and the risk of increased Alzheimer's disease, a form of dementia. Gestational diabetes could lead to excess growth and low blood sugar in babies and to type 2 diabetes later in life. An extreme complication of diabetes is death.

But the model for managing diabetes is changing. The traditional medical model for diabetes management rested in the hands of physicians. While a visit to your health care provider works well for acute conditions — such as a rapid onset of symptoms such as pneumonia or flu — this model falls short in dealing with chronic ongoing and long-developing conditions such as diabetes.

Patients living with diabetes are critical to managing their condition. Those with diabetes, pre-diabetes or caring for someone with diabetes have a new resource in Sheridan to learn how to become actively involved in their diabetes management. Introduce: Diabetes Education and Empowerment Program or DEEP.

"DEEP is to help people learn about diabetes, how it affects their life and how to manage their diabetes," said Kathie Schonenbach.

Schonenbach is a registered nurse with Sheridan Public Health and will be one of the three facilitators for the DEEP six-week program. Schonenbach stepped forward to volunteer to facilitate DEEP courses in Sheridan bringing her 25-years of experience to the program.

There is more to diabetes management than taking



COURTESY PHOTO |

Ramona Stine, Dominique Pereira and Kathie Schonenbach are teaming up to facilitate an upcoming education program on diabetes self-management. The team preps for the first six-week course with Glen Revere, MS, RD, CDE of Mountain-Pacific Quality Health. The course is free to attendees and will begin on Feb. 10 at the Sheridan Senior Center.

insulin and listening to your physician. Studies prove that the successful management program takes into account other factors such as medications, complications, behavioral changes, emotional reactions, lifestyles, culture and choices.

"There's an element of self-management and many people don't realize it," said Glen Revere, a diabetes self-management educator with Mountain-Pacific Quality Health.

Revere completed teaching a 20-hour training program for Sheridan's DEEP team. The team plans to launch the course for the community on Feb. 10.

DEEP is being offered throughout Wyoming through a collaborative partnership between the Wyoming Department of Health Aging Division and Wyoming communities. There is no charge to participants. The Aging Division has contracted with Casper-based Mountain-Pacific Quality Health to train community volunteers and to provide technical support to the program throughout Wyoming.

"At this time we have 25 facilitators trained throughout the state," said Revere. "We plan to have 35 facilitators trained in Wyoming communities by this spring."

According to Dr. Joe Grandpre with the Wyoming Department of Health, in 2013 Wyoming hospitals reported the cost of diabetes as a primary or secondary diagnoses exceeded \$232 million. This value does not

include the cost of outpatient services, medications, time lost from work or other incidental costs associated with the disease.

In Sheridan County, the most recent data indicates that approximately 2,600 residents suffer from diabetes.

"The objective of the DEEP is to create awareness of diabetes and the importance of self-care in managing it," said Revere.

Self-management is not designed to replace but to enhance the relationship with one's health care professional.

"We hope this (DEEP course) will strengthen their (the attendees') relationship with their medical professionals and that they are not just seeing them once a year," said Schonenbach.

"This is not just another PowerPoint presentation," said Schonenbach. "It's not a lecture, it's participatory."

Schonenbach is joined by her colleague, Dominique Pereira, a registered nurse at Sheridan County Public Health and Ramona Stein, a community volunteer.

The diabetes self-management courses will be offered weekly on Wednesday mornings from 9-11 a.m. for six weeks at the Sheridan Senior Center. Space is limited so advance sign-up is required. There is some registration paperwork prior to the first class. Registration forms for the course are available at the front desk of the Senior Center at 211 Smith St.



Sheridan Senior Center
"Celebrating 40 Years of Service!"

FUN & FOOD BUILD YOUR OWN SALAD MON-FRI

Entrees and kiosk include sides, dessert and drink.

<u>Entrée Choice*</u>	or	<u>Soup / Salad Bar</u>
Sun - Tater Tot Cassarole		
Mon - Beef Pepper Steak		Creamy Chicken Soup
Tue - Baked Salmon with Lemon		Taco Soup
Wed - Soup Day Ham & Bean		No 3S Bar
Thu - Beef Stroganoff		Mexican Chicken Soup
Fri - Pork Chop Supreme		Potato Leek
Sat - Chicken Pot Pie		

***Home Delivered Meals**

Mon - Pinochle Double Deck	1:00 p.m.	Lobby
Tue - Bingo	12:00 p.m.	Dining Room
Thur - Fiddler Mark Paninos	Music at Lunchtime	Dining Room
Fri - Senior Center Antique Road Show		CANCELLED
Sat - Greeting Card/Scrapbook	12:30 to 3:30 p.m.	Art Studio

(no charge for scrapbook class)

Lunch Service Hours: 11:30 a.m. to 12:45 p.m.,
7 days a week

211 Smith Street Sheridan, WY 82801 (307) 672-6079
www.sheridanseniorcenter.org

CENTER STAGE

Valentine tributes and fun facts

Did you know that you can celebrate Valentine's Day several times a year? According to an article by Elizabeth Hanes on the History website, called "6 Surprising Facts about St. Valentine" because of the abundance of St. Valentines in the Roman Catholic roster, you can choose to celebrate the saint multiple times each year.

Besides Feb. 14, you might decide to celebrate St.

Valentine of Viterbo on Nov. 3. Or maybe you want to get a jump on the traditional Valentine celebration by feting St. Valentine of Raetia on Jan. 7.

Yet another fun fact on this site states that in all, there are about a dozen St. Valentines, plus a pope. The saint we celebrate on Valentine's Day is known officially as St. Valentine of Rome in order to differentiate him from the dozen or so other Valentines on the list. Because "Valentinus" — from the Latin word for worthy, strong or powerful — was a popular moniker between the second and eighth centuries A.D., several martyrs over the centuries have carried this name.

There was even a Pope Valentine, though little is known about him except that he served a mere 40 days around A.D. 827.

I really get a kick out of learning more about history and fun facts not only here in the United States, but around the world. Well one of the fun facts that I annually get most enthused about here at the Senior Center is our

Valentine's Tribute program. It is unique, one of a kind and it is underway. This time of year brings out many special thoughts within perfect view of all who attend meals in the center's dining room. This year, we have a fun new twist.

In addition to spreading the "love" around the center's dining room, there is the possibility to win some free meal tickets. People who dedicate a heart tribute this year, have the choice to hang it on either the north or south side of the center dining room. The challenge is to see which side of the dining room — north or south can hang the most number of heart tributes on their side! Please be assured it is not a civil war or uprising over table calling. It's in complete fun and team spirit.

The tributes are available in three sizes! Large — \$20; Medium — \$10 and Small — \$5. Folks can dedicate their hearts to be hung over specific tables. People who sit on the winning side can have their name entered to win a free meal ticket. Fourteen names will be drawn from the winning side. The deadline is noon Feb. 12 and it is more than acceptable to re-hang past year hearts with a donation! We hope that you consider a tribute to a grandmother, grandfather, favorite aunt or uncle! We also always have hearts dangling from the ceiling to kids, grandkids and friends. We hope to see your love very soon, and to my dear hubby I will be waiting for your love-ly words on the big heart!

RINDY WEST is the development director at the Sheridan Senior Center. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.

SENIOR CENTER HAPPENINGS

- **Senior Center 101.** Are you new to the Sheridan community? If yes, please join us to learn how the Sheridan Senior Center lives its mission. Join us on Monday, Jan. 18 at 1 p.m. in the conference room with Carmen Rideout, executive director for the center. The Sheridan Senior Center is located at 211 Smith St. This is a monthly meeting and everyone is welcome. No RSVP is needed.
- **Behind the Scenes at the Sheridan County Museum** with Jean Harm and museum director, John

Woodward. Get an inside peek what goes on behind closed doors at the museum. Trip can include transportation and a snack at Andi's Coffee Shop after the tour. Or meet us at the museum and skip dessert! Options are available by calling 672-2240 or stopping by the front desk at the Sheridan Senior Center. Your spot is reserved with your payment (if you're not registered with the Senior Center) or your suggested contribution (if you are registered with the Senior Center). The deadline to

reserve your spot is Monday, Jan. 18.

- **The Sheridan Senior Center will be open on Martin Luther King Jr. Day** Monday, Jan. 18, during regular business hours, 8 a.m. to 5 p.m. Monday night after-hours support groups will meet as usual that day.
- Scrapbook cards, hand-decorated gift bags, scrapbook pages — all add a personal touch. Join the Greeting Card and Scrapbook Creators on Saturday, Jan. 23 with Heidi Rosseler. The session will

be held in the Art Studio at the Senior Center from 12:30-3:30 p.m. There is no charge but please sign up at the front desk or by calling 672-2240. You may bring your own supplies if you have them. Supplies and tools are provided for those who may want to try for the first time.

- **Tax preparation assistance appointments** at the Senior Center for February are now being taken by calling 672-2240. The appointments are free courtesy of AARP Foundation Tax Aide and begin Feb. 2.



Because there are more moments to capture.

Life's a treasure trove of adventure and excitement. Keep exploring with therapy services designed to keep you healthy and active.



SADDLE RIDGE
THERAPY CENTER at
WESTVIEW HEALTH CARE
Joint Commission accredited
307-672-9789 | LCCA.com
1990 W. Loucks St. | Sheridan, WY