

---

---

The NW PARDI (Pennsylvania Regional Diabetes Initiative)  
*Invites You and Your Family*  
*To Celebrate*

*National Diabetes Month*  
*November 2006*

---

---

# CALENDAR OF EVENTS

*Published as a public service by NW PARDI with support from HIGHMARK.*

---

---

## Special Broadcast On Cable Access

During November on Time Warner (Channel 17), Erie Cable Access (Channel 2) and Erie School District Cable Access (Channel 8), a two part program can be viewed titled "The Healthy Diabetes Plate". Check the main menu for viewing times. After viewing, you can call (between 9:00am and 5:00pm, Monday through Friday) the Penn State Cooperative Extension at 825-0900 or the Erie County Diabetes Association at 454-0715. You will be asked a few questions. As a special thanks for your input, we will reserve a copy of "Diabetes Meals In 30 Minutes Or Less" (as supplies last). Many thanks for the Millcreek Township support in producing these programs as a public service for the community.



## Mission of PARDI

To improve the quality of diabetes care delivered in Northwest Pennsylvania by promoting collaboration, empowerment and increased awareness. We will emphasize prevention and promote consistent evidence-based care.

---

---

**Call 454-0715 or 451-7857 to join the PARDI and support its efforts.**

**Please note that some of the programs listed require reservations. A few of them may have a charge. Please call the designated number included in program description for more information. If no number is listed, call the Erie County Diabetes Association at 454-0715.**

**WEEK 1 November 1-4**

November 2

Thursday 10:30am - 11:00am  
"Numbers Count". Identify numbers you need to know to prevent and or manage diabetes.

Erie West Senior Center, 1210 West 8th St., Erie. 451-5634.

November 3

Friday 12:00pm

Diabetes support group at the Erie County Diabetes Association, 1128 State St., 3rd floor. Topic: Planning Meals Based On What You Like To Eat. 454-0715.

November 4

Saturday 1:30pm - 3:00pm

Self-Blood Sugar Testing: What To Do With The Numbers  
Blasco Library in Erie. Reservations required. Bring your blood sugar numbers. 454-0715.

**WEEK 2 November 5-11**

November 7 - Election Day.

Remember to vote.

November 7

Tuesday 2:00pm - 3:00pm

"Stump The Diabetes Educator"  
Judy Halcom, R.N., C.D.E. will encourage individuals to come and discuss the many challenges faced in living with Diabetes in order to gain some practical approaches to dealing with these challenges. RSVP. Blasco Library. 454-0715.

November 7

Tuesday 3:00pm - 4:30pm

"Blood Sugar Testing: What To Do With The Numbers" at the Blasco Library. Reservations required. Bring your blood sugar numbers. 454-0715.

November 7

Tuesday 5:00pm - 6:00pm

"Supporting Someone With Diabetes" is a question and answer program offered by a diabetes educator. Program will provide

ways to support someone who has Diabetes if you do not have it. Blasco Library in Erie. Reservations required. 454-0715.

November 7

Tuesday 6:30pm - 7:30pm

"Wake Up To Your Life" will help you learn how to see and react to things differently and wake up interested in your own life again. Blasco Library. Speaker: Doctor Brian Myers. Reservations required. 454-0715.

November 8 and 15

5:30pm-7:30pm

The Healthy Diabetes Plate is a two part program at the Erie Center on Health and Aging, 4th and Peach Street in Erie. Learn how to eat healthier and plan meals using practical information. Sampling of foods, recipes and a discount coupon for Old Country Buffet will be included for attendees of both programs. Cost is \$5.00. Send check with name and address to Erie County Cooperative Extension at 850 East Gore Road, Erie, PA 16509. Family members and support persons are welcome. Need not have Diabetes to attend. 454-0715 or 825-0900 for more information. Deadline for registering is November 6.

November 8

Wednesday 7:00pm

Diabetes support group at Saint Vincent Diabetes Resource Center. 864-0038. 3530 Peach St.

**WEEK 3 November 12-18**

November 11

Saturday 9:00am - 1:00pm

KEEP (Kidney Early Evaluation Program) sponsored by the National Kidney Foundation. This comprehensive screening will include: weight and blood pressure measurement, blood work (no need to fast), urine screening, literature and ask a kidney specialist.

East High School, 1001 Atkins St., Erie. Free. No reservations needed. Being held as part of Diabetes and Health Awareness Day.

November 11

Saturday 9:00am-1:00pm

Don't miss FREE "Diabetes and Health Awareness Day" at East High School, 1001 Atkins St., Erie. Enter through the parking lot on Atkins Street, next to walking track. Individuals and families are invited to get hands on experience in identifying risk for Diabetes and risk for Diabetes complications. Individuals without health insurance can really benefit from attending. Included in the activities will be: blood sugar testing, blood pressure testing, HIV (AIDS) screening, drug and alcohol information, Hepatitis C information, Cancer information, kidney screening, children's area, depression screening and ...much, much more. Lunch is included for participants. No reservations needed. 454-0715 or 461-0350.

November 11

Saturday 10:00am

"Diabetes and Stroke" will be presented at Corry Memorial Hospital, Corry Pa. No reservations needed. 814 664-4641, extension 473.

November 12

Sunday 5:00pm

Tune in to AM1400 radio to "Senior Times" hosted by Gert Simmons. Topic: "Families and Diabetes". Call in 451-1400.

November 13

Monday 4:00pm - 5:00pm

"Weight Management Strategies" presented by Great Lakes Diabetes Institute. 877-6130.

November 13

Monday 11:00am

"Numbers Count". Identify numbers you need to know to prevent and or manage diabetes. Northwest Senior Center, Albion, PA. 756-5373.

November 14

World Diabetes Day

Take some action today to learn more about Diabetes. Call and tell us what you did and your name will be entered in a drawing for a "special" Diabetes book. Winner will be drawn on November 23. 454-0715.

November 15

Wednesday 5:30pm - 7:30pm

Part 2 of "Healthy Diabetes Plate". See November 8 description.

November 15

Wednesday 5:00pm

"Diabetes and Exercise" informational program. Now is the time to get up and move and attend this program at the Hamot Wellness Center, Erie. 877-7030.

November 15

Wednesday 7:00pm

"What Can I Do To Prevent Getting Diabetes" will be offered at Saint Vincent Health Center. Call 866-4817 for registration.

November 16

Thursday 11:00am

"Numbers Count". Identify numbers you need to know to prevent and or manage diabetes. Central City Senior Center, 823 Peach St., Erie. 451-5633.

**WEEK 4 November 19-25**

November 20

Monday 10:30am

"Numbers Count". Identify numbers you need to know to prevent and or manage diabetes. Erie Center on Health and Aging, Erie. 4th & Peach. 453-5072.

November 21

Tuesday 10:30am

"Numbers Count". Identify numbers you need to know to prevent and or manage diabetes, Corry Senior Center. (814) 664-2477.

November 21

Tuesday 11:30am

Numbers Count". Identify numbers you need to know to prevent and or manage diabetes, Union City Senior Center. (814) 438-2146.

November 23

HAPPY THANKSGIVING TO YOU AND YOUR FAMILY



**WEEK 5 November 26-30**

November 27

Monday 10:00am

Diabetes support group at Northwestern Senior Center, Albion. 454-0715.

November 28

Tuesday 10:00am

Diabetes support group at Tri-Boro Senior Center, Fairview. 454-0715.

November 28

Tuesday 10:45am

"Numbers Count". Identify numbers you need to know to prevent and or manage diabetes. Tri-Boro Senior Center, Fairview, PA. 474-2211.

Tuesday 11:00am

"Numbers Count". JFK Center - 2017 Buffalo Road. 898-0400.

November 30

Thursday 11:00am

"Numbers Count". Identify numbers you need to know to prevent and or manage Diabetes. Northeast Senior Center. 725-5195.

---

---

## .....And More!!!

**Diabetes Self-Management Classes**

Corry Memorial Hospital .....	814 664-4641
Great Lakes Diabetes Institute .....	877-6130
Mind, Body Wellness Center, Meadville .....	814 333-5060
Saint Vincent Diabetes Resource Center .....	864-0038

**Flu Shots**

Call the Erie Center on Health and Aging for locations and times. 453-5072.

**Pre-Diabetes Program**

Call Great Lakes Diabetes Institute for information. 877-6130.

**Diabetes Well Fit Program**

Call the Healthy Living Center. 877-6130.

**Kids Shape Family Based Weight Management Program**

Call Hamot Wellness Center. 877-3417

**Support Group Series**

Corry Memorial Hospital. 814 664-4641

**Support Solution**

Call Penn State Coop. Ext. to obtain a diverse directory of topics which can be obtained via your home phone. 825-0900.

**Boogying With Bettye**

An opportunity to have fun and get exercise at the same time. Held on Monday, Wednesday and Friday at 5:00pm at SoJourners, Erie. 452-6273.

# Numbers Count

## Preventing Diabetes

Normal	Fasting (10-12 hours) blood sugar should be less than 100.
Pre-Diabetes	Fasting blood sugar would be between 100 and 125.
Diagnosis of Diabetes	Fasting blood sugar would be 126 on two different occasions.

## Managing Diabetes

A1C test result	Below 7%.(ask doctor to order every 3 months and get the number.)
Self-Testing	
Before meals	90-130
2 hours after meals	less than 180.



### NW PARDI

c/o Erie County Diabetes Association  
1128 State Street, Suite 302  
Erie, Pa 16501

*Learn About Diabetes NOW  
Or It Will Teach You a Hard Lesson LATER!!*

## Scrumptious Harvest Stuffing

2 Tbs. Oil	1 cup shredded cabbage
2 Tbs. Margarine	1 cup grated carrots
1 cup diced onion	¼ tsp. Sage
1 cup diced celery	½ cup chicken broth, low fat
1 cup sliced mushrooms (optional)	2 eggs, beaten
3 slices whole wheat bread, cubed	Salt and pepper to taste



Heat oil and margarine in skillet. Add onion and celery, sauté until lightly browned.-about 5 minutes. Add mushrooms, continue cooking about 2 minutes. Add bread and toss to toast lightly. Place mixture in bowl. Add shredded cabbage, carrots, seasoning, broth and eggs. Mix well. Stuff a 6-7 pound turkey and roast or double the recipe for a 12 pound turkey. Or bake in uncovered, greased 1 ½ quart casserole at 350 degrees for 30 minutes. Makes 4 ½ cups.