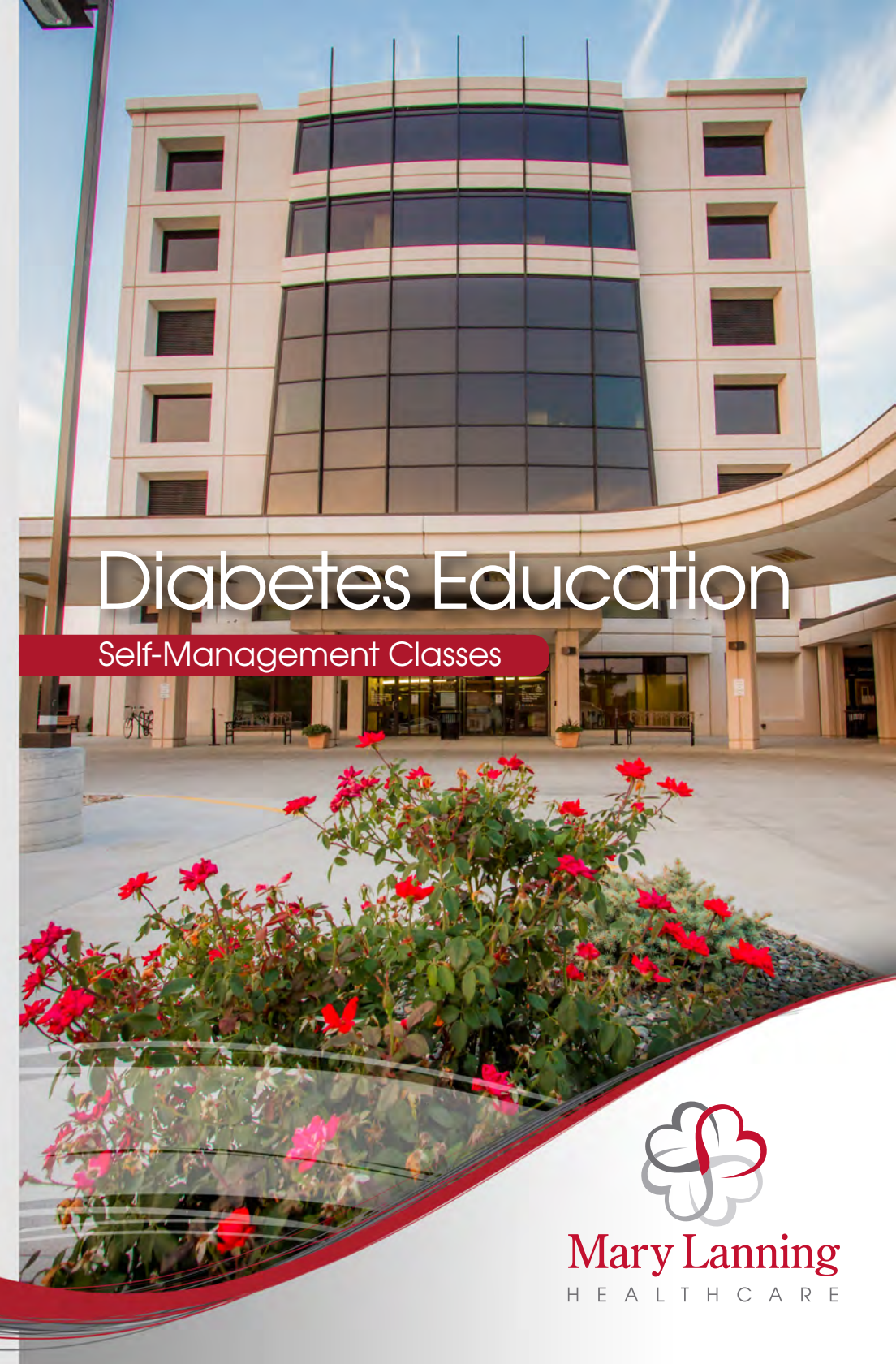


Diabetes Education

Self-Management Classes

Mary Lanning
HEALTHCARE

Welcome!

Thank you for choosing the Mary Lanning Healthcare Diabetes Program for your diabetes care and education. In addition to a variety of diabetes self-management educational classes and programs, we offer our commitment to provide excellent care to all participants.

The cost of the Diabetes Self-Management Education program may be covered by your health insurance or Medicare. Please check with your insurance carrier or program leaders for more information.

Diabetes Self-Management Education*

Diabetes Self-Management Education is offered as a class or individual session based on the participant's needs. Individual sessions are available anytime with the Nurse Educator or Dietitian. Topics may include but are not limited to:

- Course topics, as listed
- Intensive diabetes management
- Insulin pumps
- Pregnancy and gestational diabetes
- Continuous glucose monitoring

Diabetes Self-Management Education classes are designed for the specific needs of the participant. Classes are a good fit for people who want to know more about diabetes and its management; have been recently diagnosed and are starting a medication program or balancing diet, exercise, medication and lifestyle; have had diabetes for years and are interested in new information and/or improved control of their diabetes. **A spouse or significant other may attend classes with the participant at no charge.**

Diabetes programs

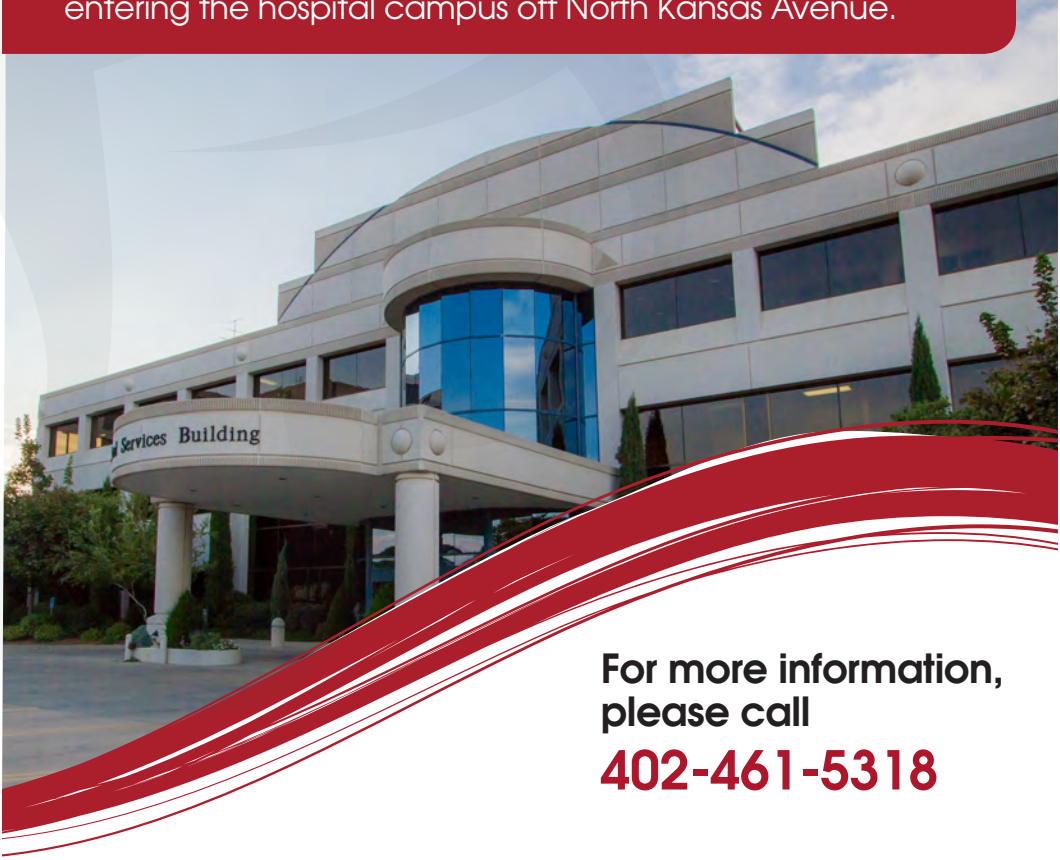
Diabetes Health Fair
This community event highlights diabetes self-management skills focusing on fun, information and living healthy with diabetes.

Community Outreach
Programs are available for churches, corporations, wellness centers and other community organizations addressing diabetes prevention and control.

Insulin Pump Program
This program is designed to provide insulin pump education from introduction to pump support.

Continuous Blood Glucose Sensor (CGMS) Program
Initiation and instruction of CGMS as a diagnostic procedure or for personal use.

The Mary Lanning Healthcare Diabetes Program is located in the Medical Services Building on the Mary Lanning campus. Please park in front of or behind the Medical Services Building, entering the hospital campus off North Kansas Avenue.



For more information, please call

402-461-5318

Mary Lanning
HEALTHCARE

www.marylanning.org

715 N. St. Joseph Avenue
Hastings, NE 68901
402-461-5318
dcarpenter@marylanning.org

Diabetes Program hours:
Monday-Friday
8 a.m. to 4:30 p.m.

American Diabetes Association.

*The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

Mary Lanning
HEALTHCARE

Diabetes Self-Management Educational Classes for 2019

Carbohydrate Counting

Learn to recognize high carbohydrate foods, choose appropriate portions, calculate carb intake using various resources and determine your carbohydrate needs.

- Tuesday, February 19
  1:30-3 p.m.
- Wednesday, April 10
  3:30-5 p.m.
- Tuesday, July 16
  3:30-5 p.m.
- Tuesday, September 17
  1:30-3 p.m.
- Wednesday, December 4
  1:30-3 p.m.

Diabetes Update 2019

This class will explain the 2018 criteria for diagnosing and treating diabetes, and the importance of glucose monitoring, nutrition, exercise, stress management and behavior changes in preventing complications.

- Tuesday, January 22
  1-3:30 p.m.
- Thursday, May 16
  2:30-5 p.m.
- Thursday, October 17
  1-3:30 p.m.

What's New in Diabetes Medicines?

The world of diabetes care is constantly changing. This class will teach you about the newest medications and technologies available to help control and monitor diabetes.

- Tuesday, March 26
  1:30-3 p.m.
- Thursday, August 15
  3:30-5 p.m.

Diabetes Self-Management Registration

Name _____

Address _____ City _____ State____ Zip _____

Daytime telephone number _____

E-mail address _____

Health insurance carrier _____ Group/policy # _____

Class _____ Date of class _____

Mary Lanning
HEALTHCARE

Diabetes Education* Program

Diabetes Self-Management Education

- Individual sessions
- Diabetes Update 2019
- Carbohydrate Counting Class
- What's New in Diabetes Medicines Class

Camp Hot Shots Central Nebraska

An educational, summer day camp for children ages 6 & up in first- through sixth-grades, **June 18-19, 2019**.

Please call for more information.

Program staff

DeAnn Carpenter, RN MS CDE
Nurse Educator, Program Manager

Susan Ferrone, RN
Diabetes Educator

Rachel Florek, RD LMNT CDE
Dietitian

Jolene Dubas, RN BSN
Nurse Educator

Rejean Elting, RN
Nurse Educator

Halli Partridge, RN
Nurse Educator

Sharon Pavelka, RN BSN
Nurse Educator

Taryn Huber, RN MSN CDE
Nurse Educator

Program location

Medical Services Building, First Floor
715 N. Kansas Avenue, Suite 105,
Hastings, NE 68901

402-461-5318

American Diabetes Association®

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