

## SMH DIABETES SUPPORT GROUP SCHEDULE: SEPT. 2016—MAY 2017

DATE & LOCATION		PRESENTER	TOPIC	NOTES
<b>SEPTEMBER</b>		K&G: Vicki Berg, RN, CDE	"What's New with Type 2.....and 1?"	VB-both
Kamiah: 7 <sup>th</sup> VB	G'ville: 8 <sup>th</sup> VB			
<b>OCTOBER</b>		K: Joyce Bunt, RD, LD	K: How Do You Fit Into Meal Planning?	JB=Kamiah
Kamiah: 5 <sup>th</sup> JB	G'ville: 13 <sup>th</sup> VB	G: Vicki Berg, RN, CDE	G: Update on Vitamin, Mineral & Herbal Supplements in Diabetes	VB=G'ville
<b>NOVEMBER</b>		K: Vicki Berg, RN, CDE	K: Update on Vitamin, Mineral & Herbal Supplements in Diabetes	<b>American Diabetes Month</b>
Kamiah: 2 <sup>nd</sup> VB	G'ville: 10 <sup>th</sup> JB	G: Joyce Bunt, RD, LD	G: How Do You Fit Into Meal Planning?	VB--Kamiah JB---G'ville
<b>DECEMBER</b>		K & G: Chad Jungert, RPh	K & G: Bring Questions---Get Answers from Your Local Pharmacist!	Chad Jungert---both
Kamiah: 7 <sup>th</sup> CJ	G'ville: 8 <sup>th</sup> CJ			
<b>JANUARY</b>		K&G:	K&G: Walk a Mile in Your Shoes? ---Choosing Good Footwear	Both-Ellen
Kamiah: 4 <sup>th</sup> EL	G'ville: 12 <sup>th</sup> EL	Ellen Lingelbach, RN, Board Certified Foot Care Nurse		
<b>FEBRUARY</b>		K & G: Megan Wilson, DNP	K&G: Diabetes Skin Conditions	Both--Megan
Kamiah: 1 <sup>st</sup> MW	G'ville: 9 <sup>th</sup> MW			
<b>MARCH</b>		K & G: Laura Hollingshead, RN, CDE—Diabetes Prevention Program	K&G: Preventing Type 2 Diabetes	Both--Laura <b>Diabetes Alert Day</b>
Kamiah: 1 <sup>st</sup> LH	G'ville: 9 <sup>th</sup> LH			
<b>APRIL</b>		K & G: Joyce Bunt, RD, LD	K&G: Nutrition---Topic To Be Announced	Both--Joyce
Kamiah: 5 <sup>th</sup> JB	G'ville: 13 <sup>th</sup> JB			
<b>MAY</b>		K: Becky Colwell, Benefits Counselor & Kamiah Case Manager	K&G: Finding Resources for Help	Both---Becky  G'ville---Julie Church K=Kamiah Case Manager
Kamiah: 3 <sup>rd</sup> BC + CM	G'ville: 11 <sup>th</sup> BC + JC	G: Becky Colwell, Benefits Counselor & Julie Church, RN, Case Manager		

### KMH Bible Church #: 935-2100 or 935-0146

The Kamiah support group is held at the Kamiah Bible Church from 1-2:30: 521 10th Street

<http://www.mapquest.com/us/id/kamiah>  
<http://www.mapquest.com/us/id/kamiah>

If you're coming from Cottonwood via Greencreek/7 Mile Road route, you'll take the first right (9th St, I believe) past the high school on the right side of the road. Go east three blocks; turn right on Main street; go south 1 block. The Bible Church is on the corner of 10th St and Main. Most folks park along Main St. As you come into the building, you'll thru the church to the back of the building where the meeting room is. I'll be there.

### Oscar's Restaurant #: 983-2106

<http://www.mapquest.com/?q=oscar%27s+restaurant+near%3A+Grangeville+ID+US>  
<http://www.mapquest.com/?q=oscar%27s+restaurant+near%3A+Grangeville+ID+US>

The Grangeville Support Group is held at Oscar's Restaurant from 1-2:30pm and is on the corner of Main Street and Hill Street. So as you come from Cottonwood on Hwy 95, you'll continue on the hwy curving south as you come into town. Stay on Hwy 95 until you get to the very large Zip Trip truck stop on the right side of the road. That'll be the junction of Hwy 13 and 95. Turn left at that junction, onto Hwy 13 (aka Main street). You will go, maybe a mile, on Main Street (past Asker's grocery on the left; past the court house and post office on the right; past the Blue Fox Theater on the right. Oscar's will be on the corner of Hill and Main on the left. They have a parking lot in the back of the restaurant and you can come thru the back door (up some steps) to the meeting room. Some folks come to eat from 12-1pm, and I'm usually there around noon.

We generally have ~12-15 folks at Kamiah and about 8-10 in Grangeville. Let me know if you need any AV items: projector, laptop, food models, etc. Thank you so much!