

## DIABETES PROGRAM CELEBRATES 10 YEARS

### IN THIS ISSUE:

Diabetes Program	1
Diabetes Patient Satisfaction	2
Kitchen Conversations	3
Feature Volunteers	4
Recipe of the Month	6

The BCHC was delighted to receive the opportunity by the Ministry of Health in 2005/2006 to operate a Diabetes

Ensuring people receive the best care at the right time is a key priority for the team.



Education Program. BCHC started the program with two Registered Nurse/Registered Dietitian teams. Within the first few years, the team was serving approximately 800 individuals with pre-diabetes and diabetes for over 2,500 visits per year. Given the growing need for diabetes education and management in the Barrie area, the program was expanded with an additional RN/RN team. The Diabetes Program, referred to as the Diabetes Management Centre, provides comprehensive diabetes assessment and treatment planning as well as interactive group programs for almost 2,000 individuals with prediabetes and diabetes every year for over 5,000 visits.

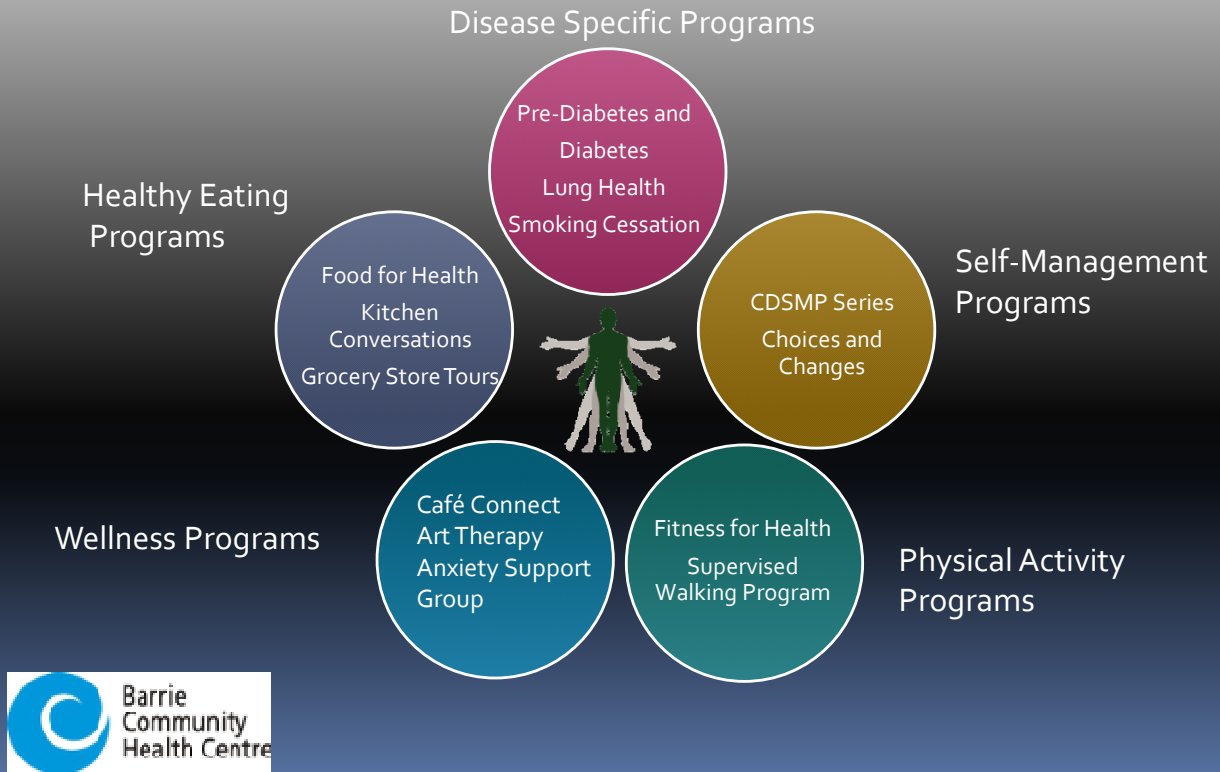
Essential to the quality of the program is adherence the Standards of Care set out by the Canadian Diabetes Association. When individuals are referred to the program (self-referrals also accepted), the team ensures appointments are offered as soon as possible.

### Chronic Disease Framework-

Shortly after opening the Diabetes Management Centre, the BCHC pursued training staff and receiving a site license from Stanford University to run the Chronic Disease Self Management program series. The program augments the self-management skills learned in the Diabetes Program.

Individuals living with chronic progressive conditions such as diabetes require other programs and services to better manage complications and foster-wellness. Subsequently, Healthy Eating and Activity programs were developed by health promotion, physiotherapy, social work and dietitian staff. In 2016, BCHC can demonstrate its commitment to providing comprehensive chronic disease management as depicted in the chart below.

# CHRONIC DISEASE FRAMEWORK



## 2015 Patient Satisfaction Survey Diabetes Management Centre Key Findings

Question	Agree/Strongly Agree
Do you receive services WHEN you need them?	100%
Do you feel INVOLVED in your treatment plan?	99%
Did the services respect your cultural values and/or beliefs?	92% (7% n/a)
When asked an important question, do you get an answer you can UNDERSTAND?	99%
Where you able to access ALL the services you required?	100%

**97% of respondents rated their satisfaction with the overall quality of services received during the last 12 months as 9 or greater out of 10**



Barrie  
Community  
Health Centre

Kitchen Conversations  
***“Diabetes Friendly  
Sweets and Treats”***

**Unique  
Ideas!**



**Taste  
Testing!**

**Recipe demos, tips and chat about healthy  
eating with diabetes!**

**If you are living with Prediabetes or Diabetes,  
please REGISTER to join us!**

**Date: Thursday, June 16<sup>th</sup>, 2016  
10:00 am to 11:30 am**

**Location: Community Room, Rm 152  
Barrie Community Health Centre  
Diabetes Management Centre**

**Call us at 705-734-9690 or  
talk to Diabetes reception to register**

**No Charge to Attend**

## Feature Volunteers

**Bill Parent** starting volunteering with the BCHC after being a participant in Fitness for Health, an exercise program for people with chronic conditions. He was in the first session run by the BCHC and after seeing his dedication to his own health and the way he was always naturally helping others in the program,



he was invited to assist as a Fitness for Health volunteer. Since his first session in the winter of 2014, Bill has helped shape the success of the program adding assistance during exercise and sharing his story with over 150 participants. Bill is also an active volunteer with the walking group since 2014, helps out with

other special events such as Community Health and Well-Being Week, and is a member of the Volunteer Advisory Committee. Bill says that he “enjoys doing it, likes to help out”. Bill has been a valuable member of our team, is always willing to lend a hand, and puts a smile on the face of all those around him. Thank you Bill for your generous volunteering!

**Corry Willems** became a Centre volunteer approximately 10 years ago when she decided to become a Peer Leader for the Living A Healthy Life with Chronic Conditions and the Chronic Pain Self Management programs. She continues to be an active and dedicated peer leader, often teaching 3 – 4 series each year. Corry strongly believes in self-management and is often heard saying “if you work the program, the program works for you”. She continues to give countless hours to this work each year.



Corry was the Centre's first information desk volunteer. She knows her community well and likes to work with people and groups. “I jump at the chance to help others the way I was helped”. Corry continues to share her experiences and skills with staff and others she meets along the way. Thank you Cory!



**A Reminder to BCHC Patients:**  
Please bring your medications and medication list from your pharmacy to your next appointment with your doctor or nurse practitioner or if you have recently been in the hospital.

**Save the Date**

**Community Health and Wellbeing Week**

**September 19-22nd, 2016**



## Summer 2016 Youth Anxiety Support Group



The Barrie CHC focuses on health promotion, illness prevention and primary health care services, encouraging personal responsibility for one's own health and that of the community.

Learn more about anxiety in a safe environment

Learn new ways of overcoming anxiety

Practice setting small achievable goals

Talk to others who know what you are going through

<http://www.bchc.ca/>  
Meets Wednesdays from  
1:00 to 2:30 from  
07/20/2016 - 08/24/2016

**NO COST**

For more information or to register contact:  
Kelly at (705) 734-9690 ext. 291 or Tabitha ext. 231

490 Huronia Rd. Barrie, ON

# Recipe of the Month

## Mason Jar Tex Mex Salad

Easy portable lunch or dinner and looks great too!

**Makes 4 servings (24-32 oz mason jars)**

**Prep time: 20 min**

### Ingredients:

#### For the dressing:

½ cup Greek yogurt  
2 tbsp rice vinegar  
½ cup cilantro  
2 tbsp olive oil  
1 tsp minced garlic or 1 garlic clove  
½ tsp cumin  
Juice from 1 lime  
Salt and pepper to taste

#### For the salad:

2 cups cooked quinoa  
1 cup black beans  
1 cup sliced tomatoes  
2 avocados, sliced  
4 big handfuls of spinach



### Directions:

#### For the dressing:

Place all the ingredients in a small food processor. Process until smooth.

#### For the salad:

Layer your mason jar with about 3 tablespoons of dressing from above, then a handful of spinach, ¼ cup of tomatoes, ½ cup quinoa, ¼ cup black beans, ¼ cup corn, and ½ avocado, sliced. Cover with lid and refrigerate!

### Nutrition Facts: (based on 4 servings)

**Calories: 469, Fat 24g, Carbohydrate 52g, Fibre 6g, Sugar 6g, Protein 14g.**

<http://fitfoodiefinds.com/2014/07/tex-mex-quinoa-tangy-cilantro-lime-creamy-dressing/>