

Meet the Diabetes Team

We are here to assist you in achieving the knowledge and skills needed to manage your diabetes.

Miranda Aitken, MS, RNC, CDE

Certified Diabetes Educator
Program Coordinator

Jaclyn Meyer, MS, RDN, CDN, CDE

Certified Diabetes Educator

Cynthia Bell

Program Assistant

For any questions or to schedule
an appointment, please call
845-334-4249, ext. 1

Monday through Friday, 9 a.m. to 5 p.m.

We welcome families and parents with children.



HealthAlliance

Westchester Medical Center Health Network



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

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Diabetes Education Center

A Caring, Comprehensive Outpatient Education Program



HealthAlliance Hospital
Diabetes Education Center
37 Albany Ave., Kingston, NY 12401
845-334-4249

hahv.org



HealthAlliance

Westchester Medical Center Health Network

The Diabetes Education Center at HealthAlliance Hospital, a member of the Westchester Medical Center Health Network (WMCHealth), is recognized by the American Diabetes Association for meeting its high educational standards and for offering quality self-management diabetes education.

We offer education, training and support programs for teens and adults with Type 1 diabetes, Type 2 diabetes, pregnancy complicated with diabetes (gestational diabetes) and prediabetes.

We at the Diabetes Education Center are committed to providing you with the skills and knowledge you need to manage your diabetes so you can live a healthy life, free of complications.

Free Support Group

Support systems strongly influence diabetes self-care. Our Support Group is held from 4:30 to 5:30 p.m. every third Wednesday of the month. Come and connect with people in your community who understand what you face. You'll learn important ideas, engage with guest experts and enjoy great company!



Classes and Individual Counseling (covered by most health plans)

Class Hours: Tuesdays 9:30 a.m. and 5 p.m.

Our program includes an extensive [five-class series](#) built around the many different aspects of diabetes

Class Curriculum

Basic I Introduction to Diabetes

- What diabetes is and how it's diagnosed
- Lab management and goals for blood sugars
- Low blood sugar and high blood sugar
- The importance of performing blood sugar testing

Basic II Diabetes and Nutrition

- What foods affect blood sugar levels
- Meal planning
- Carb counting
- How to find whole grains
- Label-reading using food models and labels

Basic III Diabetes and Maintaining Your Blood Sugar

- Stress and diabetes
- BMI (body mass index)
- Exercise and physical activity
- Hands-on training in:
 - Proper testing techniques
 - How to obtain a blood sample
 - Using the lancing device
 - Lancet disposal
 - Care of the glucose meter, including coding the meter and the control solution

Basic IV Lifestyle

- Possible long-term complications
- Personal healthcare issues
- Setting goals
- Overcoming roadblocks to healthy eating, reaching and maintaining a healthy weight, emergency preparedness, stress and emotions
- Diabetes medications
- Sick-day guidelines

Basic V Virtual Supermarket Tour

- Learn tips for making healthy choices while navigating each aisle
 - Discussion includes carb counting, label reading and portion control
- Discover how to find whole grains and fiber, avoid trans fats and limit saturated fats
- Understand new guidelines about sodium intake

Individual Counseling

Individual counseling is available for people with Type 1, Type 2, gestational diabetes or prediabetes and for those who need insulin education, including advanced insulin pump training.

Areas covered include carb counting, insulin administration, medication management, self-monitoring of blood glucose, physical activity, meal planning, stress management and weight management.