

## 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**

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.

## Diabetes Education Center

*A Caring, Comprehensive Outpatient Education Program*



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### **Diabetes Education Center**

37 Albany Ave., Kingston, NY 12401  
845-334-4249

[hahv.org](http://hahv.org)



**HealthAlliance**

Westchester Medical Center Health Network

The HealthAlliance Diabetes Education Center 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 day to day 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 having been diagnosed with diabetes. 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 5-class series built around the many different aspects of diabetes

### Class Curriculum

#### Basic I Introduction to Diabetes

- What is diabetes and how is it 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 a whole grain
- Label-reading using food models and labels

#### Basic III Diabetes and Maintaining Your Blood Sugar

- Stress and diabetes
- BMI (body mass index) discussion
- Exercise and physical activity
- Hands-on training in:
  - Proper testing techniques
  - How to obtain a sample of blood
  - 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 a 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 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.