Capital District Diabetes Education and Support Services Guide
The *Capital District Diabetes Education and Support Services Guide* is produced in partnership by the American Diabetes Association and the Healthy Capital District Initiative Diabetes Community Health Improvement Task Force.

Printing of this guide has been made possible by the generous support of Price Chopper.

This guide is reviewed bi-annually to ensure the most up-to-date information is included and electronic copies are available at www.diabetes.org/albany. Should you notice an error or omission, please call us at (518) 218-1755.
Table of Contents

Prediabetes and Diabetes Education

Management and Prevention .......................................................... 3
Diabetes Prevention Programs .......................................................... 4
Support Groups ................................................................................ 5

Prescription and Equipment Management

Medication Assistance Programs ..................................................... 6-7
Questions to Ask the Pharmacy ......................................................... 8
Sharps Collection Sites .................................................................... 9

Active Daily Living

The Importance of Physical Activity ................................................. 10
Resources for Physical Activities and Nutrition ............................... 11
Helpful Websites and Apps ............................................................. 12
Create Your Plate ............................................................................ 13
Type 2 Diabetes can be managed and prevented so you can enjoy the best of health. If your doctor tells you that you have pre-diabetes, your best strategy to reduce your risk and delay the onset of diabetes is to attend a prevention program. You can go to a group program or see a dietitian or diabetes educator – your doctor will help you determine the best option.

The American Diabetes Association recognizes these education services as meeting the National Standards for Diabetes Self-Management Education

Albany County Department for the Aging
162 Washington Ave. 6th Floor
Albany, NY 12210
(518) 447-7183
Residents of Albany County age 60+

Albany Medical Center
Goodman Diabetes Service
25 Hackett Blvd.
Albany, NY 12208
(518) 262-5185
Must be enrolled for health care at the AMC Department of Endocrinology.

Albany Medical Center
Pediatric Endocrinology
43 New Scotland Ave.
Albany, NY 12208
(518) 262-5723
Must be enrolled for health care at AMC Pediatric Endocrinology

St. Peter’s Health Partners
Seton Health Diabetes Center
147 Hoosick St.
Troy, NY 12180
(518) 268-5584
Accredited by American Association of Diabetes Educators

Stratton VA Medical Center
Diabetes Self-Management Education
Program Nutrition and Food Services
113 Holland Ave.
Albany, NY 12208
(518) 626-6889
Must be eligible and enrolled for health care at the Stratton VAMC, see website for details
www.albany.va.gov/patients/eligibility.asp

Whitney M. Young, Jr. Health Services
Albany Health Center
920 Lark Dr.
Albany, NY 12207
(518) 833-6900
Diabetes Prevention Programs

The National Diabetes Prevention Program teaches participants strategies for incorporating physical activity into daily life and eating healthy. Lifestyle coaches work with participants to identify emotions and situations that can sabotage their success, and the group process encourages participants to share strategies for dealing with challenging situations.

Capital District YMCA
Offered at multiple locations in the Capital Region
(518) 869-3500 ext. 1240

St. Peter’s Health Partners
The Diabetes Center at Albany Memorial Hospital
600 Northern Blvd.
Albany, NY 12204
(518) 447-3500

Center for Excellence in Aging and Community Wellness
Find a Prevention Program near you
518-442-5585
LivingHealthyNY@Albany.edu

Tour de Cure is thousands of people across the U.S. riding to stop diabetes. Supported by contributions from thousands more, Tour de Cure participants ride for the 26 million people living with diabetes, and the 79 million more Americans currently at risk. Join them for the ride of your life.

Are you looking for a fun new way to get active?

Try cycling!

Join others with diabetes at monthly meet-ups and train for a ride.

Call (518) 218-1755 for more information.

Find your local tour and REGISTER TO RIDE at diabetes.org/tour or 1-888-DIABETES.
Diabetes Support Groups

Support groups for diabetes offer a diverse range of benefits for both you and your loved ones. Whether it is exchanging information about diabetes, attending events, or just being available to talk and listen, support groups are a great way to meet people and understand a condition that affects so many.

St. Peter’s Health Partners
Albany Memorial Hospital
600 Northern Blvd.
Albany, NY 12204
(518) 447-3500
Diabetes support group for adults

Capital Care Medical Group, LLC
Ellis Health Center
600 McClellan St.
Schenectady, NY 12304
(518) 452-1337 option 1
Diabetes support group for adults

Diabetes Sisters
Bellevue Women’s Center
2210 Troy-Schenectady Rd.
Niskayuna, NY 12309
(518) 252-7279
www.DiabetesSisters.org
Diabetes support group for women

St. Peter’s Health Partners
Seton Health Diabetes Center
147 Hoosick St.
Troy, NY 12180
(518) 268-5584
Diabetes support group for adults

Sugar Free Gang
Ellis Health Center
600 McClellan St.
Schenectady, NY 12304
(518) 347-5421
Diabetes support group for children
Medication Assistance Programs

**Price Chopper Diabetes AdvantEdge Program**

Free Diabetes Medications and Supplies. Receiving free medications and supplies is easy. Just provide your completed program sign up form to your Price Chopper pharmacist to join the Diabetes AdvantEdge program.

Receive these medications FREE*:
- Metformin
- Metformin ER
- Glimepiride
- Glipizide
- Glipizide XL
- Glyburide
- Glyburide Micro

Receive FREE** diabetes supplies:
- GE100 Blood Glucose Meter
- Price Chopper Ultra Thin Lancets
- Auto Lancing Devices
- Insulin Syringes
- Pen Needles

As a Diabetes AdvantEdge member, your medications will automatically be refilled and available at your Price Chopper pharmacy for pick-up.

*All strengths are included, up to 100 pills. New, transferred and authorized refills are included as ordered by a prescriber.
**Free supplies may require a prescription from a physician. See pharmacist for complete details on quantity and available supplies.

---

**CVS ExtraCare Advantage for Diabetes**
www.cvs.com or at your local CVS pharmacy

**New York State Elderly Pharmaceutical Insurance Coverage (EPIC) Program**
EPIC provides secondary coverage for Medicare Part D and EPIC-covered drugs purchased after any Medicare Part D deductible is met. EPIC also covers approved Part D-excluded drugs once a member is enrolled in Part D.
For more information call 1-800-332-6742
E-mail: epic@health.state.ny.us

**Hannaford Healthy Saver Plus**
1-866-315-6421

**NY Prescription Saver Card**
NYPrescriptionSaver.fhsc.com
Must be a resident of New York State and not already receiving Medicaid AND have an annual income under $35,000 if single or $50,000 if married.
Medication Assistance Programs

Lilly Cares Program: A physician’s office must call (800) 545-6962 for an application. Once approved, a voucher is issued for a four-month supply of insulin at a local pharmacy.

NeedyMeds.com- Prescription drugs available through patient assistance programs, pharmaceutical companies who offer assistance, discount card comparisons, patient assistance program applications and links to Medicaid sites.

Novo Nordisk’s Cornerstones4CareTM Patient Assistance Program (PAP): Provides free medicine to those who qualify. Call 1-866-310-7549 to access program or for more information.

PPARx.org- Partnership for Prescription Assistance service is free and offers information about pharmaceutical company programs for more than 2,500 brand name and generic medications. For more information call (888) 477-2669.

PrescriptionHope.com- This program serves those who earn up to $30,000/year as a single person or up to $50,000/year as a couple. For more information, call (877) 296-4673.

Rite Aid Wellness+ for Diabetes For more information visit www.riteaid.com/diabetes or Call 1-800-RITEAID.

RxAssist.org- Resources to help locate patient assistance programs. For more information, call (877) 844-8442.

Sanofi-Aventis Pharmaceuticals: Lantus is available for those who meet specific income requirements. An application is available by calling (800) 221-4025.

ShopRite Free Diabetes Medication Program Call your local pharmacy for more details. Albany – (518) 292-1245 Colonie – (518) 250-5072 Slingerlands – (518) 729-4108 Niskayuna – (518) 491-0050

St. Peter’s Health Partners Prescription Assistance Program Rensselaer County: 1444 Massachusetts Ave. Troy, NY 12180 (518) 268-6442 Albany County: (518) 229-7017 Provides reduced or free prescriptions for Albany and Rensselaer County patients.

Walgreen’s Prescription Savings Club Varied discounts on diabetes medications and supplies. Visit a local Walgreens Pharmacy or go to www.walgreens.com/rxsavingsclub to sign up. Call your local Walgreens Pharmacy for more information.
Questions to Ask at the Pharmacy

Take this list of questions to your local pharmacy and speak to the pharmacist. They can help you access discount programs and resources to help you better manage your diabetes.

1. Are these medications and supplies available?
2. Are they covered by my insurance?
3. Can I sign up for automatic refills?
4. Will you call me when they are ready?
5. Is there a dietitian or nutrition information available?
6. Is medication delivery available?
7. When and how should I take this medicine?

MEDICATION AND EQUIPMENT COMPARISON CHART

<table>
<thead>
<tr>
<th>Pharmacy Name</th>
<th>Medication/Dose</th>
<th>Cost</th>
<th>Cost</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Blood Glucose Meter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Test Strips/# per box</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lancing Device</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lancets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Glucose Tablets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ketone Strips/Stix</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Glucagon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total Cost</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Sharps Collection Sites

Albany County

Albany Medical Center Hospital
43 New Scotland Ave.
Albany, NY 12208
(518) 262-8700
www.amc.edu/index.cfm

St. Peter’s Health Partners
St. Peter’s Hospital
315 South Manning Blvd.
Albany, NY 12208
(518) 525-1163
www.sphcs.org

St. Peter’s Health Partners
Albany Memorial Hospital
600 Northern Blvd.
Albany, NY 12204
(518) 471-3221
www.nehealth.com/Medical_Care

Rensselaer County

St. Peter’s Health Partners
Samaritan Hospital
2215 Burdett Ave.
Troy, NY 12180
(518) 271-3300
www.nehealth.com/Medical_Care

St. Peter’s Health Partners
Seton Health Diabetes Center
147 Hoosick St.
Troy, NY 12180
(518) 268-5586
www.setonhealth.org/st_marys

St. Peter’s Health Partners
Seton Health/St. Mary’s Hospital
1300 Massachusetts Ave.
Troy, NY 12180
(518) 268-5000

Schenectady County

Ellis Health Center
600 McClellan St.
Schenectady, NY 12304
(518) 243-4199
www.ellismedicine.org

Ellis Hospital - Bellevue Women’s Center
2210 Troy-Schenectady Rd. (Route 7)
Niskayuna, NY 12309
(518) 346-1448
www.ellismedicine.org

Ellis Hospital
1101 Nott St.
Schenectady, NY 12308
(518) 243-3228
www.ellismedicine.org

St. Peter’s Health Partners
Sunnyview Hospital and Rehabilitation Ctr.
1270 Belmont Ave.
Schenectady, NY 12308
(518) 382-4554
www.nehealth.com

**Please be sure to call ahead to determine times and specific locations for drop-off."
The Importance of Physical Activity

Regular physical activity is important for everyone, but it is especially important for people with diabetes and those at risk for diabetes. Exercise, or physical activity, can include anything that gets you moving throughout the day.

AT WORK

- Take the stairs instead of the elevator at the office and in the parking garage
- Get up once an hour while you are at work and take a quick walk around your office
- Stand up and stretch at your desk
- If you go out for lunch, walk to the restaurant
- If you take public transportation to work, get off a stop earlier and walk the rest of the way to your office
- Use a speaker or mobile phone so you can pace around your office during calls

AT HOME

- Take the dog for a walk around the block
- Yard work such as mowing the lawn or raking leaves
- Housework such as vacuuming, dusting, or washing dishes
- Play with the kids – play catch or throw the Frisbee around
- Walk in place during the commercials of your favorite television show
- Carry things upstairs or from the car in two trips instead of one
- Walk around the house or up and down stairs while you talk on the phone
- While you are watching TV, move your arms and legs to improve circulation, build muscle, and keep yourself loose
Studies show a healthy diet and exercise for people with diabetes can greatly contribute to your overall health, especially those with Type 2 diabetes. You might be surprised at how just a small amount of daily exercise can boost your health, confidence, energy level, and so much more! These great resources can assist you in making choices to promote a healthier lifestyle:

**Nutrition and Physical Activity Resources**

**Albany County Department of Health**
Educational programs on nutrition and exercise
175 Green St.
Albany, NY 12202
(518) 447-4648
www.AlbanyCounty.com

**Capital District Community Gardens**
**Veggie Mobile and Veggie Mobile Sprout**
Buy fresh produce at low cost. Basic nutrition information and recipes provided.
Call (518) 274-8685 or visit www.cdcg.org

**Capital District YMCA**
The YMCA offers group exercise programs, personal training, and healthy living programs. The YMCA also offers scholarships for those who cannot afford fees. www.CDYMCA.org

**Center for Excellence in Aging & Community Wellness**
FREE self-management workshops for adults 18+ in the Capital Region living with Diabetes or any ongoing health condition: 518-442-5585

**Cornell Cooperative Extension**
Contact to arrange group nutrition classes.
Albany County - (518) 765-3500
Schenectady County - (518) 372-1622
Rensselaer County - (518) 272-4210

**Hannaford Dietitians**
Dietitians available for tours, shopping assistance, cooking demos, and general nutrition questions.
   Albany – (518) 438-7296
   Colonie – (518) 482-1085
   Delmar – (518) 439-7657
   Glenville – (518) 384-0156
   Latham – (518) 782-1750
   Niskayuna – (518) 395-9497

**Rensselaer County Department of Health**
Educational programs on nutrition and exercise
Ned Pattison Government Center
1600 7th Ave.
Troy, New York 12180
(518) 270-2651

**Shop Rite**
Registered Dietitian Program, on site instruction and help with shopping.
Shop Rite Dietitian Contacts:
   Albany – (518) 708-3445
   Colonie – (518) 598-4970
   Niskayuna – (518) 491-0050
   Slingerlands – (518) 708-7815

**Silver Sneakers Fitness Program**
Senior Fitness Programs and Activities
www.silversneakers.com or 888-423-4632 to find the closest participating location or for more information.*Free depending on your health insurance plan

**Team Red's Red Riders– Tour de Cure**
Any cycling ability level can attend our monthly meet-ups, bike rides, and other activities.
Call (518) 218-1755 ext. 3632

**Trinity Alliance Family & Neighborhood Center**
Fitness Program - open to anyone over the age of 21 free of charge. No-cost wellness program for senior citizens.
15 Trinity Place
Albany, NY 12202
(518) 449-5155
If you have a phone and a chronic disease, chances are there’s an app for what ails you. Not sure what to download? Consider these popular apps:

**BLOOD GLUCOSE**

Diabetes Pal  
For: iPad, iPhone, iPod Touch

Glucose Buddy  
For: Android devices, iPad, iPhone, iPod Touch

**CAREGIVERS**

Blue Loop  
For: Android devices, iPad, iPhone, iPod Touch

Glucagon  
For: iPad, iPhone, iPod Touch

**FITNESS**

Charity Miles  
For: Android devices, iPad, iPhone, iPod Touch

Map My Walk  
For: Android devices, iPad, iPhone, iPod Touch

**KIDS**

Carb Counting With Lenny  
For: Android devices, iPad, iPhone, iPod Touch

**NUTRITION**

GoMeals  
For: Android devices, iPad, iPhone, iPod Touch

**MEDICATIONS**

MedSimple  
For: Android devices, iPad, iPhone, iPod Touch

**WEIGHT LOSS**

Calorie Counter  
For: Android devices, BlackBerry, iPad, iPhone, iPod Touch

**WELL-BEING**

Sleep Time  
For: Android devices, iPad, iPhone, iPod Touch
Fruit and Dairy:

- Fresh, frozen or canned in juice or light syrup
- Peach, pineapple, banana, apple, pear, mango, grapes, berries, melon, papaya, apricot, orange, grapefruit

Non-Starchy Vegetables:

- Fresh, frozen or canned
- Spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnips

Grains + Starchy Vegetables:

- Whole grain breads, such as whole wheat or rye
- Whole grain, high-fiber cereal
- Cooked cereal such as oatmeal, grits, hominy, or cream of wheat
- Rice, pasta, barley, tortillas
- Cooked beans and peas, such as pinto beans or black-eyed peas
- Potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- Low-fat crackers and snack chips, pretzels, and fat-free popcorn

Protein:

- Chicken or turkey (without the skin)
- Fish, such as tuna, salmon, cod, or catfish
- Other seafood, such as shrimp, clams, oysters, crab, or mussels
- Lean cuts of beef and pork, such as sirloin or pork loin
- Tofu, eggs, low-fat cheese
CREATE YOUR PLATE

How Deep?
For the plate method, your food can be piled about the thickness of a deck of cards or the palm of your hand.

- Fruit + Dairy
- Non-Starchy Vegetables
- Grains + Starchy Vegetables
- Protein
- Water

9-inch plate
EVERY 17 SECONDS someone in the US is diagnosed with diabetes.

AFRICAN AMERICANS ARE ALMOST 2x MORE LIKELY TO HAVE DIABETES THAN NON-HISPANIC WHITES.

1 OUT OF 12 ASIAN AMERICANS, NATIVE HAWAIJANS AND PACIFIC ISLANDERS HAS DIABETES.

EL ÍNDICE DE LA DIABETES EN LOS LATINOS ES CASI EL DOBLE DE LOS BLANCOS NO LATINOS.

Entre los latinos en los EU.
7.6% Cubanos
13.3% Mexicanos
13.8% Puertorriqueños

NEARLY 1 OUT OF 6 AMERICAN INDIANS/ALASKA NATIVES HAS DIABETES.

COMMON MYTHS THE FACTS
It's possible to have "a touch of sugar"
No. A "touch of sugar" means you have diabetes. Either you have it or you don't.

People with diabetes need to follow a special diet.
People with diabetes benefit from the same healthy food that is good for anyone else.

You have to lose a lot of weight for your diabetes to improve.
Losing 10 to 15 lbs can improve your blood glucose, blood pressure and cholesterol.

LEARN MORE ABOUT LIVING WITH TYPE 2 DIABETES AT DIABETES.ORG/TYP2PROGRAM
1-800-DIABETES (342-2383)