

Diabetes Association Calendar February 2016

Calendars are also available at peopleinc-fr.org



The Path to Opportunity



The Jack Rua Camp for Children with Diabetes

Wednesday, February 3, 2016

10:00am-12:30pm: Seekonk COA Cooking Class (AP)*

4:30pm-5:30pm: Diabetes Prevention Program Info Group (AP)*

5:30pm-6:30pm: Eat Healthy, Be Active w/Rose Couto (AP)*

5:30pm-6:30pm: Type 1 Chat for Teens, (YP)* Closed Group

6:30pm-7:30pm: Diabetes Fun and Learning, 6:30pm-7:30pm (AP)*

Wednesday, February 10, 2016

4:00pm-5:30pm: People, Inc. Residential Cooking Class (AP)* Closed Event

5:30pm-6:30pm: Eat Healthy, Be Active w/Rose Couto (AP)*

5:30pm-6:30pm: Type 1 Chat for Teens, (YP)* Closed Event

6:30pm-7:30pm: Diabetes Fun and Learning, 6:30pm-7:30pm (AP)*

Thursday, February 11, 2016

9:30am-11:30am: New Bedford Housing, Nutrition Education (AP)* Closed Event

Wednesday, February 17, 2016

10:00am-12:00pm: Fall River Fellowship Nutrition Education (AP)* Closed Event

5:30pm-6:30pm: Eat Healthy, Be Active w/Rose Couto (AP)*

5:30pm-6:30pm: Type 1 Chat for Teens, (YP)* Closed Event

6:30pm-7:30pm: Diabetes Fun and Learning, 6:30pm-7:30pm (AP)*

Thursday, February 18, 2016

10:00am-11:30am: Swansea COA, Nutrition Education (AP)*

Wednesday, February 24, 2016

9:30am-11:00am: New Bedford Housing, Nutrition Education (AP)* Closed Event

5:30pm-6:30pm: Eat Healthy, Be Active w/Rose Couto (AP)*

5:30pm-6:30pm: Type 1 Chat for Teens, (YP)* Closed Event

6:30pm-7:30pm: Diabetes Fun and Learning, 6:30pm-7:30pm (AP)*

Thursday, February 25, 2016

10:00am-11:30am: New Bedford Housing, Nutrition Education (AP)* Closed Event

1:30pm-3:00pm: Mitchell Apartments, Nutrition Education (AP)* Closed Event

Friday, February 26, 2016

6:00pm-7:30pm: Youth Family Paint Night (YP)* RSVP Required

See program descriptions for detailed info on groups, RSVP contacts, and scheduling of 1:1 nurse consultations.

*Adult Programming= (AP)
*Youth Programming= (YP)

All programs are OPEN unless marked "Closed Event"

All programs located at Diabetes Association Office unless noted otherwise

Diabetes Association Program Descriptions

Youth Exercise, Sports, and Support (YESS):

The YESS program is designed to introduce children, ages 5-12, to all forms of exercise, including recreational activity such as jump roping or hula hooping, and endurance power sports like cheer-leading and basketball. Parents are invited to engage in a support group or listen to guest speakers while children are lead through a 45 minute activity session. Appropriate snacks are provided. **For more info on YESS Events contact Tina Santos at 774-627-2506 or tsantos1@peopleinc-fr.org.**

Type 1 Chat for Teens (T1C):

NEW Teen Support Group! Type 1 Chat (T1C) is an exciting new group providing teens (ages 13-18) diagnosed with Type 1 Diabetes (T1D) the ability to CONNECT, SUPPORT, and EMPOWER each other within a fun, safe, no pressure environment. The goal is for teens to complete the group having gained an increased sense of control, new coping skills, and a network of teens they can connect with moving forward. Facilitated by the Behavior Services Division of People, Incorporated, a licensed social worker will address topics including confidence, empowerment, change, stress, and coping skills, though conversation will be heavily focused on the interests and needs of the participants. Additionally, taking place separately during the T1C group we will host a Parent Café. This is a great opportunity for you to network and engage with other T1D parents. **For info on the next T1C Group contact Tina Santos at 774-627-2506 or tsantos1@peopleinc-fr.org**

Youth Programs Family Events: February Event-Family Paint Night

Throughout the year, the Diabetes Association plans a variety of events for youth with Type 1 Diabetes (T1D) and their families. Events are geared for all ages and aim to provide opportunities for T1D children and families to connect and build relationships. This month's event, FAMILY PAINT NIGHT, is being held on Friday, February 26, 2016 from 6:00-7:30pm at People, Incorporated 4 South Main St., Fall River, MA 02721 (use South Main St. entrance). This is a free event. All supplies provided. Come join us and create a fun painting you will be able to take home! **RSVP Required. For more info on this event and to RSVP, please contact Tina Santos at tsantos1@peopleinc-fr.org or at 774-365-8415**

Adult Programming:

The Diabetes Association welcomes you to our adult (18+) programs and classes where you can learn how to improve your overall health. Classes are held every Wednesday from 6:30pm-7:30pm at the Diabetes Association, 4 South Main St. Fall River, MA. All classes are free and there is no pre-registration required. They are available to adults, care-takers and general audience. Just come in and enjoy! Feel free to bring your questions and share! **For more details on a specific adult class or event please contact John Quintas at 774-488-5331 or jquintas@peopleinc-fr.org**

Diabetes Prevention Program:

A yearlong prevention program, developed for individuals who have been diagnosed with pre diabetes or are at high risk for developing diabetes. It is based on research done that proves type 2 diabetes can be prevented. Goals include weight loss and increase physical activity. It starts as weekly 1 hour classes followed by monthly meetings. The program starts Feb 3rd as an informational session that explains the goals and expectations of the programs and is a free program. **Registration is necessary and can be done by contacting Rose Couto at rcouto@peopleinc-fr.org or by calling the Diabetes Association at 509-679-5233.**

Grocery Tours (Adult):

Learn how to read labels and find better choices in your local market. Each tour focusses on different items. Meet at the Diabetes Association in Fall River at 6:30 then go to Stop and Shop. Tours are available to adults, care-takers and general audience. Feel free to bring your questions and share! **To sign up for a grocery tour please contact John Quintas at 774-488-5331 or JQuintas@peopleinc-fr.org**

Nurse Consultation:

Meet for a free one on one consultation with the Diabetes Association Registered Nurse. Appointments only. **For more information regarding 1:1 consultations/assessments email Rose Couto rcouto@peopleinc-fr.org.**

Eat Healthy, Be Active with Rose Couto of Steward Health:

Adult programming focused on eating healthy and being active. **For more details on Eat Healthy, Be Active classes please contact Rose Couto at 774-488-5331 or rcouto@peopleinc-fr.org.**