

The Diabetes Prevention & Control Program (DPCP) of Orange County is working to provide information on the self-management of diabetes. Type 1 Diabetes, formerly called juvenile diabetes or insulin-dependent diabetes, generally is diagnosed in younger people and requires insulin. Type 2 Diabetes, formerly called adult onset diabetes or non-insulin dependent diabetes affects 90% of the people who have diabetes. It is generally diagnosed in adults. However, it is now being diagnosed in adolescents and young children, often associated with being overweight. Treatment includes oral medications and often, insulin is needed.

The DPCP of Orange County has launched a website which contains helpful information on upcoming programs as well as services available to people with Type 1 or Type 2 diabetes. Visit our website at: www.diabetesorangecounty.org or call us for information at our toll free number.

Orange County Coalition Partners and Committee Members and Participants

Bon Secours Community Hospital: Tamara Compasso, RN, CDE

Cornell Cooperative Extension-Orange County: **Darlene Price, MS:**

Hudson River HealthCare, Inc.: **Katherine Brieger RD, CDE; Carol Gold, ANP,MS, CDE; Anna Kerbstat:**

SUNY Orange: Dental Hygiene Program: **Meg Atwood, RDH MPS**

Orange County Department of Health: **Mary Wickes, Public Health Educator**

Orange Regional Medical Center: Stanley Dunkelmann Diabetes Treatment Center: **Shelly DeHaan, RD, CDE; Laurie Porcaro, RN, CDE**

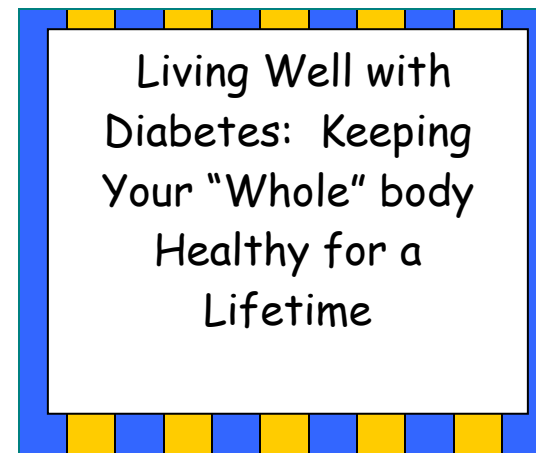
St Anthony's Hospital: **Lourdes Braadt, RN, CDE; Janine Killeen, RD, CDE**

St. Luke's Cornwall Hospital: Dorothea Lever, MS, RN, CDE

**The Diabetes Prevention & Control Program of Orange County
Hudson River HealthCare, Inc. - Walden
75 Orange Avenue
Walden, N.Y. 12586**



**Diabetes Prevention
& Control Program
of Orange County
Presents**



Certified Diabetes Educators present a morning of **FREE** workshops for people with **Diabetes**

Saturday, June 6, 2009

9:00 AM to 1:00 PM

at

Orange-Ulster BOCES
Special Education Center
53 Gibson Road
Goshen, NY

Registration Required

This program is funded by the New York State Department of Health Diabetes Prevention and Control Program of Orange County, a member of the Mid-Hudson/ Catskill Diabetes Coalition

Detach and mail this completed form by: June 1, 2009

The Diabetes Prevention and Control Program of Orange County
c/o Hudson River HealthCare, Inc.
75 Orange Avenue
Walden, NY 12586

Questions? Call 1-888-877-9655 or 845-778-2700

Last Name _____ First _____ MI _____

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Number of People Attending _____
Program will be presented in English. Spanish Translator needed: yes _____

Certified Diabetes Educators from Orange County present a morning of workshops for people with diabetes. Certified Diabetes Educators, (CDE) are healthcare professionals, such as Nurses, Dieticians, and other healthcare professionals who have attained certification in the field of diabetes education. Certified Diabetes Educators counsel patients to better understand and manage their diabetes.

Several pump and glucose meter companies will have exhibits on site.

Directions

Coming from West: Take Route 17 (Quickway) to Exit 124 (Florida/Goshen). Take a left at exit ramp light, which puts you on Route 17A going towards Florida, NY. Follow directions for Route 17A below.
Coming from North: On the Thruway, take Exit 17 at Newburgh into Route 84 heading West for 18 miles. Take Exit 4E to Route 17 East toward N.Y.C. for 6 miles. Take Exit 124 (Florida/Goshen). Take a left at exit ramp light. Follow directions for Route 17A below.
Coming from East: Route 84 heading West for 18 miles. Take Exit 4E to Route 17 East toward N.Y.C. for 6 miles. Take Exit 124 (Florida/Goshen). Take a left at exit ramp light. Follow directions for Route 17A below
Coming from South: On the Thruway take Exit 16 heading West on Route 17 for approximately 15 miles. Take Exit 124 (Florida/Goshen) and take a left at exit ramp light. Take another left at the next light. This puts you on Route 17A going toward Florida, NY. Follow directions for Route 17A below.

Route 17A: Directions to Orange-Ulster BOCES
Take 17A south out of Goshen towards Florida. You will see Suresky Auto Dealer on your right. Continue straight about a mile to the next traffic light and make a RIGHT onto Gibson Road (you will see a large sign that reads BOCES AREA EDUCATION CENTER): Just over the crest of the hill you will see the BOCES campus on your left. The special education center is the last largest building on your left side as you come down Gibson Road.

Saturday, June 6, 2009
Orange-Ulster BOCES: Special Education
Center; 53 Gibson Road; Goshen, NY
8:30-9:00AM
Registration and Exhibitors

9:00-9:15AM
Welcome and Opening Remarks: Dr Jean
Hudson, Commissioner of Health Orange
County Department of Health

9:15 - 9:30 AM : What's New in Nutrition:
Shelly DeHaan, RD, CDE

9:30-10:00: Keeping your Heart Healthy:
Laurie Porcaro, RN, CDE and Janine
Killeen, RD, CDE

10:00-10:30AM: Break/ Light Snack
Exhibitor and light snack will be available

**10:30-10:50 AM: The Relationship with
Diabetes and Oral Health: Meg Atwood,
RDH MPS**

**10:50-11:30 AM: How to Keep Your
Kidneys Healthy: Carol Gold ANP, CDE and
Kathy Brieger RD, CDE**

**11:30 - 11:50 AM: Taking care of you: A
short stress management /stretch break:
Mary Wickes**

11:50-12:10 PM: Taking Care of your Eyes:
Carol Gold ANP, CDE

**12:10-12:30 PM: Healthy Feet are Happy
Feet: Lourdes Braadt, RN, CDE**

12:30-1:00 PM
Evaluations and healthy Lunch