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“Addressing and overcoming the emotional stresses of diabetes may be one of the most important steps that can be taken in order to manage it successfully.”

Get to Know Your LSU AgCenter Agent

By Elizabeth Reames, LDN, RD, PhD

Get to know the LSU AgCenter Extension nutrition agent in your area. She is interested in partnering with you in your diabetes education efforts.

Extension nutrition agents play an integral role in improving the quality of life of Louisiana citizens by offering various educational opportunities including online and in-person classes, seminars, workshops, publications and news releases. Examples of nutrition programs offered through the LSU AgCenter include the Smart Portions Healthy Weight Program, DEAR (Diabetes Education Awareness Recommendations) Program, and Smart Choices Healthy Nutrition Series for adults and youth.

Extension nutrition agents are employees of the Louisiana Cooperative Extension Service, which is part of the Louisiana State University Agricultural Center (AgCenter), one of 11 institutions within the Louisiana State University System. The Louisiana Cooperative Extension Service includes offices in all of Louisiana's 64 parishes. "These agents would be a tremendous help in assisting diabetes educators with support groups, community outreach programs, etc. in rural communities. In many cases, there is no registered dietitian or a nurse in some rural communities. "Many educators are "looking outside the box" to market or present their program in rural areas of the state. This would be a great opportunity to partner with an agent who knows where the patients are and can assist you with getting your program and support groups into these areas." stated Peggy Bourgeois, President, Se'LADE.

LSU AgCenter Extension Nutrition agents include:

Connie Q. Aclin - Caddo Parish - Shreveport; Cathy B. Agan - Ouachita Parish, West Monroe; Joan P. Almond - Webster Parish, Minden; Mandy Armentor - Vermilion Parish - Abbeville; Elizabeth Bryan - Bienville Parish - Arcadia; Sharman J. Charles - East Baton Rouge Parish - Baton Rouge; Shatonia D. Chatman - Calcasieu Parish - Lake Charles; Quincy L. Cheek - Rapides Parish - Alexandria; Vicky Chesser - Northwest Region - Bossier City; Janis B. Coussan - Lafayette Parish - Lafayette; Terri L. Crawford - Northeast Region - Winnsboro; Danna G. Gillette - Richland Parish - Rayville; Sheila M. Haynes - West Carroll Parish - Oak Grove; Amy G. Juneau, Amy G. - St. Mary Parish - Franklin; Robin B. Landry - Assumption Parish - Napoleonville; Layne Langley - West Baton Rouge Parish - Port Allen; Katherine T. Mauthe - Tangipahoa Parish - Amite; Bertina M. Mcghee - Orleans Parish - Metairie; Debbie Melvin - Lafourche Parish - Thibodaux; Pamela J. Myers - West Feliciana Parish - St. Francisville; Natasha D. Pittman - Livingston Parish - Livingston; Ashley Powell - Concordia Parish - Vidalia; Carolyn Robinson - East Carroll Parish - Lake Providence; Cathryn B. Robinson - Caddo Parish - Shreveport; Kayla A. Sevier, Kayla A. - Tensas Parish - St. Joseph; Sally M. Soileau - East Baton Rouge Parish - Baton Rouge; Penny E. Thibodeaux - Cameron Parish - Lake Charles; Adrienne O. Vidrine - Acadia Parish - Crowley; Iris Webb - St. Tammany Parish - Covington; Deniese L. Zeringue - St. Charles Parish - Luling

To find contact information for the Extension nutrition agent in your area, click on lsuagcenter.com and go to the "Parish Offices" link.



Divabetic

*“A gateway to
finding an-
swers,
feeling inspired
and
learning new
ways
to live well
with
diabetes”*

Encourage your patients to: SAVE the DATE for DIVABETIC **DIVABETIC—Makeover Your Diabetes**

Coming to New Orleans
Saturday, October 25, 2008
1:00 – 4:00 p.m.

DIVABETIC-Makeover Your Diabetes is an innovative community outreach program offered FREE of charge and sponsored by Novo Nordisk currently touring the U.S. **On October 25, 2008, DIVABETIC is coming to** the Audubon Tea Room at the Audubon Zoo, 6500 Magazine St, New Orleans, LA.

The Goal: To engage women at risk of, affected by or living with diabetes; to empower them to take control of their diabetes and health and to spark their interest in diabetes care, knowledge and educators. To learn more: www.divabetic.org.

Help us get the word out about DIVABETIC - to people with diabetes, their friends and relatives and encourage people to save the date and plan to attend!

Please use the information below to broadcast the details in your facility, community e-newsletters, hospital newsletters, beauty salons, supermarkets, religious venues or other strategic locations in your community.

Contact Pam Butler, pam.butler@touro.com or 504-897-8813 to request post cards with details about the event to provide at your facility or other venues. Learn more about DIVABETIC at www.divabetic.org.

DIVABETIC—Makeover Your Diabetes **A Community Outreach Program sponsored by Novo- Nordisk**

Divabetic - Makeover Your Diabetes is a gateway to finding answers, feeling inspired and learning new ways to live well with diabetes while enjoying an exciting mix of free beauty and fashion services. By participating, you have the opportunity to talk one-on-one with certified diabetes educators in a festive, fun atmosphere. Come mix and mingle with hundreds of women just like you. Enrich your life! Enliven your spirit!

Who: All people with diabetes, their loved ones, and friends
Where:

Audubon Tea Room at the Audubon Zoo
6500 Magazine St,
New Orleans, LA

Date: October 25, 2008

Time: 1pm – 4 pm; Registration (same day) begins at 12:30 pm

To learn more or pre-register: 1-800-634-8888 or www.divabetic.org



Application for SeLADE Board of Directors

As Past President of SeLADE, I chair the nominating committee for 2009. You will note the deadline of Friday, October 3 for the three open offices: President-elect, Vice President and Secretary. Terry Compton will be our President with Peggy Bourgeois Past President, and Rosary Chetta will serve her second year as Treasurer. Keep in mind President-elect is a three-year commitment to the organization. Descriptions and time commitments for each office follow the application. I welcome all comers. Let me know if you have any questions.

Pamela C. Butler, MS, CDE
Program Manager
Touro Diabetes Center
1401 Foucher St.
New Orleans, LA 70115
(504)897-8813
fax (504)897-7413
pam.butler@touro.com

President: The President shall serve as presiding officer of all regular and special meetings of the general membership, Board of Directors, and Executive Committee; shall cast the deciding vote in case of a tie; shall be an ex-officio member of every committee; shall make all required appointments of standing and special committee chairs and task force chairs; shall perform such other duties as are assigned by these Bylaws or the Board of Directors.

Time Commitment: Quarterly board meetings, quarterly membership meetings, preparation time for meetings, communication with board and AADE as needed. Also, the President remains on the board for one additional year as Past President.

President-Elect: The President-Elect shall assume the duties of the President in the absence of the President and shall succeed to the office of President in the event of vacancy; shall automatically succeed to the office of President for the next term; shall perform the role of Parliamentarian at all meetings; shall perform such other duties as assigned by these Bylaws or the Board of Directors.

Time Commitment: Quarterly board meetings, quarterly membership meetings, preparation time for membership meeting, including continuing education application, menu selection and room setup and arrangements. Candidates should understand this is a three year commitment – one year each as President-elect, President and Past President.

Vice President: The Vice President shall assume the duties of the President in the absence of both the President and the President-Elect; shall succeed to the office of President-Elect in the event of vacancy; shall perform such other duties as assigned by these Bylaws or the Board of Directors.

Time Commitment: Quarterly board meetings, quarterly membership meetings.

Secretary: The Secretary shall oversee the proper recording of the proceedings of all meetings and shall perform such other duties as assigned by the Bylaws or the Board of Directors.

Time Commitment: Quarterly board meetings, quarterly membership meetings, all communication with the membership – mostly by e-mail – as directed by the President. (Once an e-group is established in the Secretary's address book, the time needed is about the same as sending any other e-mail.)

Treasurer: The Treasurer manages the financial affairs of the association and takes appropriate action regarding the finances of SeLADE at the direction of the Board of Directors; shall perform such other duties as assigned by these Bylaws or the Board of Directors.

Time Commitment: Quarterly board meetings, quarterly membership meetings, preparation time for reporting to the membership, reviewing bank statements and writing checks to cover expenses.



Application for SeLADE Board of Directors

Name _____ Date: _____

Member of AADE since _____ # Years in SeLADE _____

My current position _____

Work Phone # _____ Home Phone # _____

Cell Phone # _____ E-mail _____

I would like to run for the following office:

- President-elect Vice President Secretary

NOTE: Responsibilities and time commitments of each office are on page 3 of the newsletter.

The position of treasurer is a two-year term and is not open until 2010.

Please answer the following questions in 75 words or less:

1) Describe your involvement in SeLADE – committees, special projects, previous officer, etc.

2) Why are you running for this office? What would you like to accomplish?

3) How would you like to shape the future of SeLADE in the next three years?

Send to Pam Butler at pam.butler@touro.com
OR Fax to (504)897-7413

Behavior Change in Diabetes: Secrets of the Seven Tipping Points

Presenting

William Polonsky, PhD, CDE
President, Behavioral Diabetes Institute
October 18, 2008
10 a.m. – 1:30 pm
Hilton Baton Rouge Capitol Center
201 Lafayette St
Baton Rouge, LA



Program Objectives:

- Discuss patient motivation and diabetes success
- Discuss your patients' most common obstacles to diabetes self-management
- List tools to help you make appropriate, individualized treatment decisions
- Apply methods to help your patients achieve long term success

10:00 – 10:30 Registration

10:30 – 12:00 Program

12:00 – 1:00 Lunch

1:00 – 1:30 Se'LADE Business Meeting
(Se'LADE members)

There is **NO** charge for this meeting but the kindness of your **RSVP** will be greatly appreciated.

RSVP to Rosary Chetta rchetta@cox.net

Target Audience:

Diabetes Educators and health care professionals who care for patients with diabetes as RN's, RD's, MSW, Pharmacists, etc. — Give a copy to medical professionals.

Continuing Education Credit:

1.5 contact hours will be awarded for the successful completion of this program.

Dietitians: A certificate of attendance will be awarded to Dietitians to submit for continuing education credit.

To receive educational credit for this program attendee **MUST** attend the entire session and complete the evaluation form. Once the evaluation form is completed and turned in, a statement of credit will be issued.

"The Touro Infirmary Nursing Education Department is an approved provider of continuing education by the Louisiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



Se'LADE Board

Peggy Bourgeois, APRN, MN, CNS, CDE
 President
 E-mail: peggyboo1@cox.net
 225-978-8938 (Cell)
 225-926-8336 (W/H)

Terry Compton, RN, MS, CDE
 President Elect, Chair, Continuing Education
 E-mail: comptonk@bellsouth.net
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Rose Wade, RN, CDE
 Vice President
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 Treasurer
 E-mail: rchetta@bellsouth.net
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Elaina O. Chabert, MPH, LDN, RD, CDE
 Secretary
 E-mail: elainaowens@yahoo.com
 (504) 458-6634 (Cell)

Pam Butler, MS, CDE;

NOTICE!!!

In 2009, as a benefit to Se'LADE members, Continuing Education meetings will be at no cost to Se'LADE members.

We will continue to request meetings in both New Orleans and Baton Rouge if sponsoring organization and speaker will be available to accommodate the request.

January meeting, date TBA, will be in both New Orleans and Baton Rouge.



Upcoming Issues of our Newsletter

Send in your news!! Send an article or news to peggyboo1@cox.net

Congratulations to Rebecca Abel, RN, CDE, Lafayette, who was featured in the August, Better Homes and Gardens Diabetes Issue.

Job Openings

Slidell Memorial Hospital

PRN RD interested in working only ICU and Nutrition Support, 15 hours/week, and every 4th weekend. Work with the Nutrition Support team who manages ALL aspects of TPN, including electrolyte riders and sliding scale insulins according to physician protocols. Hourly rate is competitive. Contact Paula Brown, RD 985-607-1554.

Registered Nurse, Certified Diabetes Educator

EGAN Home Health has an immediate opening for full or part time RN, CDE to assist in home visits. The job requires travel within the metropolitan New Orleans area including the River Parishes. Also, some out-patient education based at the Metairie Office. Must have a current RN license and 2 years CDE experience or CDE eligible.

EGAN HEALTHCARE SERVICES
 Ph: 985-795-0107 Fax: 985-848-6549
 E-mail: jdeas@eganhc.com

Diabetes Education Awareness

Diabetes Educators teach patients to be aware
 As the winds of change blow through the air
 To build confidence about their
Diabetes Self-care
 To meet with others and to share.
 Many patients see diabetes a chore
 Some find it hard to return through our door
 Others want to say and learn more
 Diabetes Educators provide options to explore.
 We train patients to observe patterns and clues
 We guide them in finding new foods to choose
 We refer to specialists for serious blues
 We inform about research and the latest news.
 The road with diabetes may be bumpy and long
 Diabetes Educators coach how to be strong
 To avoid using language such as right or wrong
 We provide hope and a sense of moving along.

By, Linda Castine, RN, BSN, CDE
 Taken from her book
Poems for a Purpose
 Linda_castine@yahoo.com

