

The New Mexico Diabetes Advisory Council

June 6, 2008

Minutes

1. Welcome and Introductions – Yvonne Peperzak-Blake

Approval of Minutes as reported for the meeting held Mar. 7, 2008.

2. DPCP Update – Judith Gabriele

- We have a new health educator, Dita Wexler. Dita's going to be working with special populations, as well as Public Health Division regions and health councils.
- We are wrapping up FY 08 contracts and preparing FY 09 ones.
- The DPCP has been pretty much running the show as far as the DAC meetings go: organizing the events, arranging for presenters and CEUs, and securing the facility. Many of you know that DAC is undergoing a transition. From the DPCP perspective, this transition, which we anticipate will take a few years, is the launching of a more independent DAC, in which the DPCP plays a different role.
 - We will still be supporting the DAC both resource-wise and financially, and are deeply committed to its continued success. In FY 09, we are investing significant funding in the DAC to plan the meetings with your very own real live administrator!
 - As DAC transitions into its non-profit status, DPCP will become more like a regular partner than the driver. We will be giving up some control and letting the DAC members do more of the driving. We hope you're excited about the possibilities that lie ahead.
 - The Board has been working on this for some time so this process is in very capable hands.
 - In September, the DAC meeting will be different in that no CEUs will be offered. We know a lot of you come to the DAC for the CEUs and that these are important to you. A couple of meetings ago, we asked people what they get from DAC and the most common answer was not CEUs, but networking. At the September meeting, we'll provide some historical perspective on where the DAC has been and will seek your input on the future of DAC – that is, what you want this organization – **your** organization, to be. The session will be led by a professional, so we encourage you to come to the September meeting because your ideas will shape the future of this organization, and your input is essential to our continued success.

3. Board Update – Yvonne Peperzak-Blake

Yvonne encouraged members to come to the September DAC meeting and play an active role in the future of DAC. This was her last meeting as the DAC Chair and Yvonne thanked the DAC Board members and was appreciated in turn for her momentous contributions to DAC over her years as Chair. Rosemary Anslow was introduced as the new DAC Chair.

4. Radio Novellas – Melvin Gelb, RN, CDE

Melvyn presented two episodes from the radio novella "La Vuelta de la Vida". This novella will be 15 episodes long when completed, each episode running 15 minutes. The novella is a way of using the traditional "storyteller" role to both entertain and educate an audience. While this novella will have non-judgmental information on diabetes prevention, obesity, nutrition and activity --- it will also be about romance, mystery, and everyday life crises. When production is complete, Melvyn hopes to get airtime on at least one or more radio stations in the Silver City area; then the finished product will be distributed free through DAC and the DCPC to anyone who wishes to use this format in their community. For those interested, Melvyn can be reached at melvyn.gelb@state.nm.us

5. Introduction to the Use of Mind-Body Modalities for Diabetes - Julie Staples, PhD

Julie talked about a number of studies on how people with diabetes use mind-body techniques such as biofeedback, guided imagery, autogenics, meditation, yoga and relaxation. The biofeedback study was shown to lower blood glucose and improve glycemic control as well as decrease anxiety and depression. In another study, mindfulness and meditation reduced depression. Julie is currently involved in an 8-week program in the Española area to teach principles of health behavior and social support to diabetes patients and their families. The results so far (even though this is a small sample size) are that mood, spirituality and quality of life are exhibiting some improvement.

6. Innovations in Diabetes Care: Conversation Maps - Dr. Suzanne Gebhart, MD

Dr. Gebhart introduced the concept of Conversation Maps and described how they were using these at La Familia. Many DAC members had been through a formal training the day before on the Maps, but this was an opportunity for members to see the Maps in action. Ten of our DAC members graciously "volunteered" to demonstrate how they were using the Maps. This generated some lively discussion and planted the seed for more people to use the maps to educate patients about diabetes in a more participatory manner.

The next DAC Meeting will be on Sept. 5, 2008 from 9-1 at the Sandia Resort.