

For information about Diabetes education, support services, and general information, call or visit:

Wellness Place  
208 N. Chelan  
Wenatchee, Wa 98801

509-888-9933 (p)



[www.WellnessPlaceWenatchee.org](http://www.WellnessPlaceWenatchee.org)

# *Diabetes*

## RESOURCE GUIDE

GREATER WENATCHEE AREA

**Sponsored by:**



509-888-9933  
[www.WellnessPlaceWenatchee.org](http://www.WellnessPlaceWenatchee.org)



## DIABETES RESOURCES

### *Group and Individual Diabetes Education in the Wenatchee Area:*

#### **Wenatchee Valley Medical Center (WVMC)**

- Quarterly classes taught by physicians and diabetes educators. Call 667-3670 to sign up.
- Individual education provided by Registered Dietitians and Certified Diabetes Educators. Interpreters available.
- Call the Nutrition Department for more information or to schedule an appointment, 663-8711 ext. 3650
- Costs are often covered by Medical insurance plans. Discounts available based upon income.

#### **Central Washington Hospital (CWH)**

- Individual education provided by Registered Dietitians, ARNP, and Certified Diabetes Educators in English and Spanish.
- Call 667-3350 to schedule an appointment.
- For more information, call Irene Morrow, ARNP, CDE at 662-1511 ext. 2878
- Costs are often covered by Medical insurance plans.

#### **Columbia Valley Community Health (CVCH)**

- Individual education provided by Registered Dietitians and Certified Diabetes Educators in English and Spanish
- For more information or to schedule an appointment, call 664-3524.
- Costs are often covered by Medical insurance plans. Discounts available based upon income.



## NCW DIABETES EDUCATION

#### **Royal City/Othello**

WSU-Grant/Adams County Extension

“On the Road to Living Well with Diabetes”

3–5 week free educational sessions for groups/communities in Grant/Adams County; part of a research study through WSU

Sign up for sessions

By Appointment

[509-754-2011](tel:509-754-2011) ext 413

Monday–Thursday, 8 a.m.–5 p.m.

#### **Wenatchee/Cashmere/Leavenworth**

Central Washington Hospital

Healthy Living with Diabetes Program

Individual appointments with ARNP/CDE and/or Registered Dietitian through CWH Family Health Services

526 North Chelan St. Suite B, Wenatchee, WA, 98801

By appointment

[509-667-3350](tel:509-667-3350)

YMCA Diabetes Prevention

16 week program to reduce the risk of Diabetes

Contact Hillary Conner for starting date

[509-662-2109](tel:509-662-2109)

Wenatchee Valley Medical Center

Diabetes educators and dietitians on staff. Active care coordination and case management through Health Buddies program.

By appointment

[509-667-3670](tel:509-667-3670)

#### **Gold’s Gym**

Diabetes Management Program

Fitness plan, tips for Diabetes management, and nutrition suggestions

Contact Aron Branam

[509-663-4965](tel:509-663-4965)



## NCW DIABETES EDUCATION

### **Brewster**

Family Health Centers  
Chronic Care Coordination Program for Diabetes

By appointment [509-689-3789](tel:509-689-3789)

### **Chelan:**

Make a DIF  
Columbia Valley Community Health  
Diabetes Intervention & follow up

By appointment [509-682-6000](tel:509-682-6000)

Shared Care Diabetic Forums  
Lake Chelan Community Hospital  
Provider led information sharing

[509-682-6198](tel:509-682-6198)

### **Omak**

Wenatchee Valley Medical Center  
Diabetes educators and dietitians on staff. Active care coordination and case management through Health Buddies program.

By appointment [509-826-1800](tel:509-826-1800)

### **Okanogan/Oroville/Tonasket**

Family Health Centers  
Chronic Care Coordination Program for Diabetes

By appointment [509-422-4700](tel:509-422-4700)

### **Quincy/Ephrata/Moses Lake**

Diabetes Eduation Program  
Case management, tracking, blood glucose monitoring, consultation with Certified Diabetes Education. Available in English, Spanish & Russian. Free Diabetes eye clinic.

By appointment [509-765-0674](tel:509-765-0674)



## KEEP IT SIMPLE

*Great easy reading materials in English and Spanish:*

[Www.LearningAboutDiabetes.org](http://Www.LearningAboutDiabetes.org)

*A simple quick method to learn portion control in English and Spanish*

[Www.MigrantClinician.org/files/MCNbalancedplate\\_engspan09.pdf](http://Www.MigrantClinician.org/files/MCNbalancedplate_engspan09.pdf)



## SENIORS & MENTAL HEALTH

*Diabetes is a chronic disease that occasionally requires assistance.  
If you are over 60 or disabled, contact:*

**Aging & Adult Care of Central Washington**                      800-572-4459  
50 Simon St. SE  
East Wenatchee, WA 98802

*If you require help with depression or other behavior issues, ask your doctor for a referral to a counseling service in your area or you can contact:*

**Recovery Innovations**                      662-7105—adults  
701 N. Miller  
Wenatchee, WA

**CVCH Behavioral Medicine**                      662-4296  
504 Orondo Ave - children                      662-6000  
600 Orondo Ave - adults  
Wenatchee, WA 98801

\*\*\*\*\*24-hr Crisis Line 509-662-7105\*\*\*\*\*

*In some cases your doctor may want you to see a specialist in Diabetes:*

### Endocrinologists/Diabetes Nurse Practitioners:

**Wenatchee Valley Medical Center**                      663-8711  
820 North Chelan Avenue  
Wenatchee, WA 98801

**Central Washington Hospital Outpatient  
Diabetes Program**                      667-3350  
Family Health Services  
526 N. Chelan Ave., Suite B  
Wenatchee, WA 98801



## ONLINE RESOURCES

Below is a list of helpful websites which you can access at home or from your public library. Always check with your doctor and diabetes educators before using information from the internet to treat any medical conditions.

### *General Information:*

[www.diabetes.org](http://www.diabetes.org) (American Diabetes Association)  
[www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)  
[www.diabeteshealth.com](http://www.diabeteshealth.com)  
[www.noah-health.org](http://www.noah-health.org)  
[www.joslin.harvard.edu](http://www.joslin.harvard.edu)  
[www.doh.wa.gov/cfh/diabetes](http://www.doh.wa.gov/cfh/diabetes)

### *Children:*

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

### *Nutrition & Exercise:*

[www.eatright.org](http://www.eatright.org)  
[www.MyPyramid.gov](http://www.MyPyramid.gov)  
[www.calorieking.com](http://www.calorieking.com)  
[www.sparkpeople.com](http://www.sparkpeople.com)  
[www.platemethod.com](http://www.platemethod.com)

### *Behavioral Health & Diabetes*

[www.behavioraldiabetes.org](http://www.behavioraldiabetes.org)



## SUPPORT, EDUCATION, FITNESS

- **Diabetes Education:** Check our website for topics, times and dates.
- **Monthly Diabetes Support group in Spanish:** Last Tuesday of the month at 5:00 p.m. at Columbia Valley Community Health in Wenatchee. For more information, call Maria Guzman at 664-3524.
- **Chelan Diabetes Support:** Columbia Valley Community Health, Chelan Clinic Contact Shelley Wold R.D., 509-682-6198
- **Diabetes Challenge:** 8 week self-management course taught yearly in English and Spanish. Call CVCH at 509-664-3524 to sign up.
- **Free movement and exercise classes:** Sponsored by Wellness Place. Call 888-9933 for current schedule of classes.
- **Free diabetes screening from Medicare:** Information is available at Wellness Place, 208 N. Chelan. Or call, 888-9933.
- **Plan Forward Diabetes Prevention Program:** 16 week fitness program designed for pre-diabetics at Wenatchee YMCA. Scholarships are available for those who qualify. Call Hillary Conner at 662-2109



## FOOT & EYE CARE

*Good foot care is important for preventing complications of the feet.*

**Foot & Ankle Center of Wenatchee** 662-2970

616 North Chelan  
Wenatchee, WA 98801

**Wenatchee Valley Medical Center** 663-8711

820 North Chelan Avenue  
Wenatchee, WA 98801

**Chelan-Okanogan Foot & Ankle** 800-363-3233

Chelan, WA 98816

*An Annual Eye Exam is recommended. The following are suggested resources for a dilated eye exam with a medical doctor. Please check with your doctor for preferred providers of service.*

**Wenatchee Valley Medical Center** 663-8711

820 North Chelan Avenue  
Wenatchee, WA 98801

**Eye & Ear Clinic of Wenatchee** 662-7143

933 Red Apple Rd. #100  
Wenatchee, WA 98801

**WalMart** 665-9323

2000 N. Wenatchee Avenue  
Wenatchee, WA 98801