

DAWN

ON THE HORIZON



AND IN THE COMMUNITY

Sunday closed
 Monday 8 a.m. - 5 p.m.
 Tuesday 8 a.m. - 5 p.m.
 Wednesday 8 a.m. - 8 p.m.
 Thursday 8 a.m. - 8 p.m.
 Friday 8 a.m. - 5 p.m.
 Saturday closed



Third Ward Multi-Service Center
 3611 Ennis
 Houston, Texas 77004

DAWN MEMBER SPOTLIGHT

“I recently became a member of the DAWN Center. I attend the center 3 days a week on Monday’s, Wednesday’s, and Thursday’s and I greatly appreciate the Road to Health program.

I am gaining so much helpful information about diabetes that is so important to my health. The staff is very helpful, supportive, and compassionate.

I have been spreading the word in the community, because so many people here are not aware of this wonderful program. I feel very fortunate to be able to reap the benefits of the DAWN program, here in this community.

It is greatly appreciated.”

- Patricia Graham



Want to be a part of Spotlight?
Send in your emails or letters.

OUT AND ABOUT IN THE COMMUNITY

The DAWN center is on the MOVE!

DAWN wants to spread the word about diabetes by educating as many people in the community we can. DAWN participates in community outreach events and health-related activities all over Houston. If you are interested in DAWN being a part of your next community event, call the DAWN center at 832-393-4055.



Do Well Be Well is a program for people with Type-2 Diabetes

Call the DAWN Center at **832-393-4055** to learn more or sign up for this class.

Tuesday: 10:00am-12:00pm

Thursday: 5:30pm-7:30pm

June 7th

June 14th

June 21st

June 28th

July 5th

July 12th

June 9th

June 16th

June 23rd

June 30th

July 7th

July 14th

ARE YOU READY?

HURRICANE SEASON BEGINS JUNE 1

DIABETES AND DISASTERS: Create a Diabetes Disaster Kit TODAY

Hurricane Season is from [June 1 through November 30th](#) and will be here before you know it. Government agencies will respond to community disasters, but **YOU** may be on your own for hours, even days, after disaster strikes. You should be prepared to take care of yourself and your family for at **least three days**.



Your Diabetes Disaster kit should include:

- Any **PRESCRIPTION MEDICATIONS** that **YOU MUST TAKE DAILY**
- **INSULIN, SYRINGES, NEEDLES, LANCETS**, alcohol pads and cotton balls (extra everything).
- Your **BLOOD GLUCOSE METER** (invest in a second meter if possible)
- **FOODS** to treat hypoglycemia (Glucose gel/tabs, juice, hard candies, regular soda)
- Wear a diabetes **ID BRACELET** (if possible)
- **FLASHLIGHT** in order to properly stick finger, or draw up insulin and inject in the proper area
- Always keep your **CELL PHONE FULL CHARGED** in the event of a disaster

****Your diabetes kit should be checked/restocked every 90 days****

For more information visit the Houston Health Department: Public Health Preparedness webpage: <http://www.houstontx.gov/health/OSPHP/index.html>.



THERE ARE THREE NEW DIABETES SERIES AT THE DAWN CENTER

DO WELL, BE WELL WITH DIABETES

Do Well, Be Well with Diabetes is a five-class series covering basic nutrition and self-care management topics. The classes are 2.5-3 hours long and the program helps people with diabetes learn the skills needed to successfully manage their diabetes. The topics include...

1. Getting Started: How food affects your blood glucose
2. Are you eating the right number of carbohydrates? Let's find out!
3. Beyond the diet: Improving your blood glucose control with medication
4. Celebrating diabetes control while avoiding complications; having your cake (or snack) and eating it, too!

WISDOM, POWER, CONTROL

Wisdom, Power, Control is a 7 week diabetes self-management program for adults with type 2 diabetes. Classes are offered once per week and are 2 hours long. The aim of WPC is to empower participants with lifestyle skills to better control their diabetes. Topics include:

1. Diabetes Myths and Facts
2. How to use a Glucometer
3. Eating health with diabetes
4. Physical activity and diabetes
5. Medicine and diabetes
6. Preventing diabetes problems

ROAD TO HEALTH

Road to Health is a diabetes curriculum used by Community Health Workers to help prevent or delay type 2 diabetes in individuals that are pre-diabetic. The class series is 12 weeks long and each class lasts 90 minutes. The first hour is focused on nutrition education; the last 30 minutes involve a physical activity (walking, line dancing, chair exercises, etc.). The topics of this series included:

1. Preventing type 2 diabetes by losing weight
2. Making health food choices
3. Increasing physical activity





FOR MEN WITH DIABETES

Uncontrolled diabetes in men can lead to impotence or ED (erectile dysfunction). Men with ED may have trouble getting or maintaining an erection due to damaged blood vessels and nerves. Men with erectile dysfunction may feel stressed, depressed, anxious or inadequate in intimate situations or even in social settings.

There are plenty of things that men with Type 2 Diabetes can do to help prevent ED. Although men find it incredibly difficult to discuss such a sensitive topic, they can start by:

- * Talking with a doctor. The doctor can have a better understanding as to what is causing the problem.
- * Consider other health problems. Other chronic conditions like heart disease or high cholesterol, along with diabetes can cause or worsen ED.
- *Review your medications. Some medications may cause erectile dysfunction.
- *Ask what needs to be done to control your diabetes. Taking care of blood sugars daily with a proper diet and exercise can help prevent damaging blood vessels and nerves.
- *Seek appropriate counseling. Seek help from a doctor or mental health provider to deal with depression and performance anxiety.

Men should make sure to always talk with their doctor or diabetes educator before starting any treatments for ED or before stopping any medications. It's important to remember that sexual and emotional issues caused by ED not only affect men, they also affect personal relationships, trust, and intimacy. Adjustments in lifestyle like eating right, exercising, quitting smoking, and testing blood sugars can have a huge impact on overall health and vitality.



JOIN THE GARDEN CLUB AT DAWN!

Gardening is more than just growing food, plants and flowers.

Gardening offers many benefits for your physical and mental health. When you harvest your plants, you are also harvesting those benefits for you and your family's health. You can learn the basics of gardening by joining the DAWN gardening club and attending our classes. As a DAWN garden member you will receive fresh vegetables and herbs on harvest days.

Here are just a few benefits gardening has to offer:

- 1. Stress relief:** Life is **STRESSFUL** and gardening is the key to **destress** after a long stressful day. Gardening is a lot of fun and helps relax your mind and soul. Research has shown that viewing or sitting in a garden or natural setting decreases stress and improves mental health. Gardening is also a great way to increase your creativity and give your brain a great workout. Elements of your personality will come alive through your garden!
- 2. Better Overall Health:** Research has shown that gardening increases mental agility and **happiness**. Gardening can help with **depression** through the release of endorphins, which will lower overall stress levels in the body. Gardening has shown to increase your immune system because while outside your body soaks up vitamin D. This will keep your bones stronger and your immune system healthier.
- 3. Exercise:** Gardening is an excellent way to increase your **physical activity**. Research shows that 2.5 hours per week of moderate physical activity can give you more **energy** and help relieve chronic pain and stiffness. You can also burn up to 330 calories during one hour of light gardening and yard work.
- 4. Nutrition:** Gardening increases your access to fresh fruits, vegetables and herbs as well as cut your food budget! No need to buy dried herbs when you can grow fresh herbs at home! Herbs can enhance the taste of your favorite dishes while helping you cut down on salt and sugar.

Tips:

- Vary your garden activity to keep your interest and broaden the range of benefits
- Make sure your tetanus/diphtheria (Td) vaccination is up to date
- Listen to your body; monitor your heart rate, fatigue and physical discomfort
- Drink plenty of water
- Take breaks often
- Follow instructions and warning labels on chemical and lawn and garden equipment

THINGS TO KNOW ABOUT COLORECTAL CANCER

Colorectal Cancer is the cancer of the large intestine and is also referred to as colon cancer or rectal cancer.

- Colorectal Cancer is the second leading cause of cancer-related deaths in the United States for both African American and Hispanic men and women.

- Recently a series of studies confirmed that Colon Cancer risk is also linked to Diabetes; and that patients diagnosed with colorectal cancer and diabetes were more likely to die than those without it.

- Signs/symptoms of Colon Cancer may include diarrhea, nausea, unexplained weight loss, or blood in the stool. If you have any of these signs, you should be tested immediately. Sometimes, people with Colon Cancer have no signs at all.

If you, or someone you know would like a free Colon Cancer screening, call the Colorectal Cancer Screening and Awareness Team (COCAS) at (832)393-4998.



MARCH 2016

The DAWN and COCAS programs celebrated Colorectal Cancer Awareness Month by going **BLUE** for the cause.





April was National Walking Month. To celebrate, the DAWN center held a month-long walking fitness challenge. DAWN members were encouraged to participate in the walking club, the fitness gym, and other fitness activities to track miles. The 1st, 2nd, and 3rd place winners were:

1st place- Denise Purdie 41 miles

2nd place- Clarence Palmer 22 miles

3rd place- Lola Ward/ Dorothy Lee 21 miles each

Congratulations to the winners of April's fitness challenge!!!



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