Sixty-five participants completed a self-management course in 2014 at the DAWN center. The Self-Management series meets for two hours once a week for six weeks. The program covers topics that include nutrition, exercise, stress management, working with your healthcare system and more. Participants take part in weekly discussions, brainstorming, action planning and problem solving. Throughout the six-week program, participants learn different skills to assist in managing their diabetes. Two types of courses are offered at DAWN are Diabetes Self-Management and Chronic Disease Self-Management. Both cover different materials, and it is strongly recommended that members enroll in both courses. The courses are a great way to build confidence and support in self-management.

“All our programs are designed to help people gain self-confidence in their ability to control their symptoms, better manage their health problems, and lead fuller lives.”- Stanford Patient Education Research Center.

Please call your coach or any DAWN staff to sign up for the next available class: 832-393-4055.

SAVE THE DATE: STEP OUT WITH DAWN

Join the DAWN team for the American Diabetes Association 3k Step Out Walk on Saturday, November 22, 2014. The DAWN team walking as a community to support a cure for diabetes. Call the DAWN center at 832-393-4055 to join our team.
Dear Dr. Wills:

You may not be aware of the DAWN (Diabetes Awareness and Wellness Center) in 3rd Ward Houston, located in the Multi-Service Center on Ennis St. If not, I would like to introduce you to it and to a wonderful program it offers entitled the DSM (Diabetes Self-Management class).

I must say that this program certainly exceeded my expectations! I gained such a wealth of knowledge in this program which explains how this disease effects the whole man- spirit, soul and body. I now see vividly the connectedness of all three components in managing and even reversing my pre-diabetic condition. With such vital information and such informed and dynamic facilitators, I have no doubt that I am poised to defeat this disease and live out the rest of my life free of this debilitating disease and without the dependence of medications.

With in-depth discussions on subjects such as nutrition, fitness/exercise, stress management, problem-solving, and even effective communication which was a much needed topic and even effective for life, I feel I have gained some valuable lessons for effective and healthy living. And all at no cost to me! Which, proves, truly, the BEST THINGS IN LIFE ARE FREE!

I would recommend you share this program with your diabetic or pre-diabetic patients ASAP. I cannot think of anything that I could have done the past six weeks that would have been more helpful to my well-being, and this is no exaggeration!

- Marilyn Lunnon

Marilyn Lunnon with her fellow classmates and Instructors: Michelle and Sindia
DAWN MEMBER SPOTLIGHT: PEDRO MEJIA

In 2013, Pedro has an A1C of 13. His diabetes was out of control and he knew he had to change things or he would soon be facing serious complications.

Pedro decided then he was going to take charge of his diabetes! He began to change what he ate and started exercising. Pedro’s A1C started to improve but he knew he needed to do more.

In 2014, Pedro discovered the DAWN Center. Within this short time of being a member, he has completed the Diabetes Self-Management Course, the Taste of African Heritage series and just started the Chronic Disease Self-Management Series. Just this past month, Pedro’s A1C level was 6.1. He is very proud of his accomplishment and is excited to see what life has in store for him.

“I really like the way I am treated at the DAWN Center. The employees always take time to address my needs and I feel like I am pampered every time I come to the center. I would come to DAWN everyday because it is more than a center they you feel like family.” – Pedro.

DAWN PARTNER SPOTLIGHT: HOUSTON FOOD BANK

Stephanie Berno, RD, LD has been working with the DAWN Center since 2013.

She works in partnership with the DAWN Center nutritionist to provide nutrition education and cooking demonstrations to DAWN members. She also facilitates grocery store tours which provide members with a practical learning experience.

Stephanie has been a great asset to the DAWN Center and we appreciate her partnership and look forward to working more with her in the future.
DAWN Recipe – Spicy Grilled Okra with Curry Dressing

Ingredients:
2 small onions cut into 8 wedges
24 okra, trimmed
16 cherry tomatoes
4 teaspoons olive oil
1 teaspoon kosher salt
1 teaspoon ground black pepper
1 teaspoon water
1/2 teaspoon ground red pepper
1 garlic cloves, minced
cooking spray
1 tablespoon curry powder
8 12” inch skewers

Direction:
Divide each onion wedge into 2 equal pieces. Thread 3 okra pods, 2 cherry tomatoes, and 2 onion pieces alternately onto each of the 8 (12-inch) skewers. Combine olive oil, kosher salt, and the remaining ingredients except the cooking spray in a small bowl, stirring with a whisk. Brush olive oil mixture over the skewers. Place the skewers in a grill rack coated with cooking spray, and grill skewers for 3 minutes on each side or until tender.

Nutritional Fact:
- Calories: 44
- Fat: 2.4g
- Protein: 1.3g
- Carbohydrate: 5.5g
- Fiber: 1.9g
- Sodium: 241mg

DAWN Garden Grows

On September 30th, DAWN garden members and staff planted broccoli, carrots, chard, collards green, lettuce, mustard greens, onions, spinach, turnips and kale. Gardening days are Mondays, Wednesday and Fridays at 8am. The harvest is divided freely among garden club members.

Come help and share in the healthy bounty.

Join the Garden Club by calling DAWN at (832) 393-4055.
DAWN FALL ACTIVITIES

Diabetes Self-Management: Thursdays
Manage diabetes with a full mind, body, spirit approach.
Start dates: Oct 23, Dec 4, Jan 29
Time: 10:00 am—12:00pm or 6:00 pm—8:00 pm

Chronic Disease Self-Management: Tuesdays
Manage any chronic disease with a full mind, body, spirit approach. Also great for family members/ care givers of those with chronic disease.
Start dates: Oct 14, Nov 25, and Jan 6
Time: 10:00 am—12:00 pm

Cooking Demonstrations
Learn practical skills to prepare healthy and delicious meals. The cooking classes teach you how to cook simple and easy meals using every day food and produce.

Grocery Store Tours
Read nutrition labels and tour the grocery store as a team. Shop for health.
the 3rd Tuesday of ever month at 9am; call for the store location (832)-393-4055.

Garden Club: Learn how to garden and enjoy free produce on harvest days.
Every Monday, Wednesday and Friday at 8 am

A Taste of African Heritage Cooking: Learn an enjoyable, simple and healthy way of eating back to life. Food samples are shared during class.
Start dates: Tuesday October 21, 10:00 am—12:00 pm
Thursday, January 8, 6:00 pm—8:00 pm

Foot Care Presentations Every 4th Tuesday at 2:00 pm
Take better care of your feet. Learn from a podiatrist.
Tuesday, Nov 25 Tuesday, Dec 30 Tuesday, Jan 27

Kidney Smart: Chronic Kidney Disease Education with Davita
English 1st Tuesday at 11:00 am
Spanish the 3rd Tuesday at 11:00 am
Learn how the kidney functions, hear about common causes and treatment options for chronic kidney disease.
Nov 4 & Nov 18 Dec 2 & Dec 16 Jan 6 & Jan 20

Conversation Map
4 Part Series
Be a part of small open and engaging discussion while learning the basics of diabetes. The sessions enable participants to learn from the knowledge and experience of one another.
Start dates: October 14 and January 6
Time: 01:00 pm—03:00pm

CALL (832) 393-4055 TO REGISTER
DAWN HAPPENINGS

DAWN's booth at the ADA Diabetes Expo

DAWN Staff at the United Airlines Health Fair.

Karen enrolls a new DAWN member

Graduating CDSM class from the Golden Age Hobby House in 3rd Ward

A Taste of African Heritage Cooking Class is a hit!

Spicy Grilled Okra, see page 6; Pamela, rode 27 miles and raised $500 for the ADA Tour de Cure bike ride