



# dawn

## On The Horizon

### DAWN Member s get active

Caleb Boutte shared his story about his journey to better health. "I was overweight until I was 19 years old. At that time my doctor diagnosed me with pre-diabetes. I knew I deserved to live better. I focused on exercise and paid more attention to what I ate. I lost 70 pounds and I have kept it off!" Caleb trains Diabetes Awareness Wellness Network members on how to exercise properly.



Caleb shows seated exercises with DAWN member Lola Ward

Since Caleb's time at the DAWN Center, members have seen an increase in strength, flexibility and weight loss. Caleb explained, "My goal is to have every member on a workout plan that they feel comfortable doing. I am able to work with members who have varying fitness levels. If I can loose the weight, they can too!"

### Save the Date: Houston Expo Saturday, July 26, 2014

The American Diabetes Association Houston Expo will be Saturday, July 26, 2014 from 9:00—3:00 pm at Reliant Center, Exhibit Hall B.

The EXPO is free and includes health screenings, cooking demonstrations, information and resources from exhibitors, as well as leading experts talking about diabetes management and prevention.

Register online at [www.diabetes.org/houstonexpo](http://www.diabetes.org/houstonexpo) or call 1-888-DIABETES (888-342-2383).

A DAWN Wellness Team member can assist you with registration if needed. DAWN members and staff will be attending this event.

#### Summer 2014 Issue

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#### Do You Know?

- Basics about Diabetes
- DAWN Services
- Upcoming Events

#### Healthy Recipe Contest

Submit a recipe to a DAWN Wellness Team member and receive a small prize!



# Enroll GULF COAST Health Insurance Marketplace Collaborative

Third Ward Multi-Service Center offers help with the Affordable Care Act Marketplace for health insurance. Call 832-393-5423.

### Not sure whether or not you have diabetes?

Schedule your A1C screening today with a medical team member at the DAWN Center. They can help you determine your status.



Join the DAWN Center Membership is of no cost to the participant. Adults who have diabetes or pre-diabetes can join by signing up with a wellness team coach. Those who care for those with diabetes and pre-diabetes can also become members. Call 832-393-4055 to schedule an appointment.

## faith talk Event



Avocado veggie sandwiches were great



Participants visited various wellness stations

The DAWN OF A NEW DAY: Faith Talk a special event to introduce churches and faith based organizations to DAWN. The event was hosted in collaboration with the Texas Health and Human Services Commission, Center for Elimination of Disproportionality and Disparities. Churches and faith based organizations brought their members who have diabetes and pre-diabetes to enroll in the DAWN Center. The event included a viewing of the film *Unnatural Causes Bad Sugar*, recipe sampling, fitness classes and tours of the center and gardens.

DAWN member Mrs. Kimberly Green, shared, "The DAWN Center has truly helped me manage my diabetes and meet my goals. I brought my husband to the Faith Talk event so he could see what I have been doing."

## Submit Your Story

*Sweet Sensations* is a book by The Sisters CD (Controlling Diabetes), a network and diabetes education forum, founded by Sister Mama Sonya in 2003. If you have an inspiring story of courage and hope to share, this your chance. Whether you have diabetes or know someone who has the disease please let us know. The purpose of the book is to educate and inspire diabetics to take control of their disease and live a healthy, happy, hopeful life.

Contact: Sister Mama Sonya at [thesisterscd2@hotmail.com](mailto:thesisterscd2@hotmail.com) to tell or submit your story.

## DAWN Member Spotlight

*One year ago I was told that I have pre-diabetes. The DAWN wellness team encouraged me to get an A1C test at the center. The test showed that I have diabetes. I did not know it. Coming to the DAWN Center has helped me learn about diabetes, change my diet and add exercise to my day. I live a more comfortable and healthier life. I decided to make time to attend, putting aside all the demands of life and to make my health my priority.*

*DAWN is a wonderful free community program. I have reached out to other health care professionals, like my dentist, so he and others can refer all their diabetic patients to me so I can tell them about the DAWN Center. I now act as an ambassador for the center". DAWN membership is for adults 18 years old and older. This includes adults with diabetes, pre-diabetes, those who support people with these conditions, like family members and friends. Membership is also available for those at risk for these diseases.*

-Paula Highsmith



Paula Highsmith uses the DAWN Fitness Room to get active.

## DAWN partner Spotlight

*Dr. Chandra Higginbotham learned about the DAWN center at a meeting sponsored by the Mary Susan Moore Society to introduce DAWN to doctors. Dr. Higginbotham explains, I would encourage my colleagues to consider partnering with DAWN. Our patients will gain the support that we are not able to fully provide that involves nutrition, cooking, food choices and exercise. The day to day activities that I know that I will not be able to do, DAWN provides. Physicians can become DAWN partners to refer patients to the center. There is no cost to the participant and no billing is required that would impact the physician's office. Membership is available to both uninsured and insured patients.*

*Dr. Higginbotham further explains, DAWN makes it simple to refer my clients, my office staff completes the referral form, faxes it and the staff at DAWN takes it from there. I also give my patients the referral card that DAWN has provided so they can call the center as well. We don't have to wait until the patient has significant health compromise to make a positive impact on their health and wellbeing.*



Dr. Chandra Higginbotham shares her partnership experience.

**DAWN Vision:**

Informed people managing  
their health well

## DAWN Summer Recipe

### DAWN

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

**Phone:** 832-393-4055

**Email:** dawncenter@houstontx.gov

**Hours:** Tuesdays, 9-5 pm  
Thursdays, 8-8 pm

*Call to schedule additional  
appointment times on Monday,  
Wednesday or Friday.*

**WE'RE ON THE WEB!**

[HTTP://WWW.HOUSTONTX.  
GOV/HEALTH/COMMUNITY  
/DAWN.HTML](http://www.houstontx.gov/health/community/dawn.html)

### Cream Cheese Balls

#### Ingredients

- 2 packages of low-fat cream cheese
- 1 16oz package of dried cranberries or currants
- 2 packages of sesame seeds or finely chopped nuts

#### Instructions

Mix cream cheese with cranberries and roll into balls approx. 1 inch in diameter. Roll balls and cover with sesame seeds or nuts. Chill about 1 hour, then serve.

## DAWN Garden Grows

DAWN members and staff planted basil, cucumber, zucchini squash and green beans in March. They saw the first harvest in May. Gardening days are Mondays, Wednesdays and Fridays at 8:00 am. The harvest is divided freely among garden club members. Members learn how to start home gardens in any amount of space. Join the Garden Club by calling DAWN at (832) 393-4055.



# DAWN Summer activities

## Diabetes Self-Management: Thursdays

*Manage diabetes with a full mind, body, spirit approach.*

**Series B:** June 12—July 17 10:00 am—12:00 pm

**Series C:** July 17—August 2, 2014 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.*

**Series A:** Tuesdays, June 17-July 22, 2014 10:00 am—12:00 pm

**Series B:** Tuesdays, August 5 —September 9, 2014 10:00 am—12:00 pm

## Grocery Store Tours

*Read nutrition labels and tour the grocery store as a team. Shop for health.*

Tuesday, June 2, 2014 9:00 am Pre-Tour Nutrition Class at the DAWN Center

Tuesday, June 29, 2014 9:00 am Grocery Store Tour meets at the DAWN Center

## Gardening 101: Learn how to start a garden.

Wednesday, July 2, 2014 9:00 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.*

Thursdays, July 17- August 21 at 6 pm

## Foot Care Presentations Every 4th Tuesday at 2:00 pm

*Take better care of your feet. Learn from a podiatrist.*

Tuesday, June 24

Tuesday, July 22

Tuesday, August 26

## Medication Management Every 3rd Wednesday 10:00 am—12:00 pm

*Bring your medicines to discuss with the pharmacist after the presentation.*

Wednesday, June 18

Wednesday, July 16

Wednesday, August 20

## Kidney Smart: Chronic Kidney Disease Education with Davita Every 1st Tuesday at 11:00 am

*Learn how the kidney functions, hear about common causes and treatment options for chronic kidney disease.*

Tuesday, June 24

Tuesday, July 22

Tuesday, August 26

**Diabetes 101:** *What you need to know about diabetes diagnosis, treatment and management*

Every Tuesday 10:30 am

**Understanding Diabetes:** *Develop your own plan that includes meals, physical activities, medication and more.*

Every Tuesday 10:00 am



## Buy Fresh Produce

July 6, 10, 17

August 7, 12, 14

From 10:00 am—5:00 pm



## Fitness Instruction

Tuesday

1:00—5:00 pm

Thursday

1:00—7:30 pm

## Green Garden Club:

Monday, Wednesday, Friday  
All Day

## Nutrition Classes:

Tuesdays at 1:00 pm

## Cooking Demos:

Thursdays at 1:00 pm



# DAWN HAPPENINGS



Open House/ Ribbon Cutting



Produce Wagon



Cooking Demonstrations



Nutrition Classes



Grocery Store Tour



Garden