

Northern Illinois Diabetes Coalition

- [Street Address]

[City, ST ZIP Code] Formed in 1999, we are a group of concerned citizens and healthcare professionals that volunteer to provide education and support opportunities for the 15 county northern Illinois region about diabetes self-management, chronic disease self-management and prevention for diabetes and chronic disease.

Contact Us

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[City, ST ZIP Code]

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2017- 18

Annual Report

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Programs and Partners

Moses E. Cheeks Slam Dunk for Diabetes Basketball Camp 2018 Annual Report

June 19-21, 2018

The camp was held at Machesney Park Elementary school in Machesney Park, IL.

Harlem School District gave us the use of the gym at no charge for the second year. 39 youth were registered, 33 came 3 days, 4 came for 1 day (reasons varied- mental and physical), 1 came for 2 days.

There were 16 health professionals that volunteered, 3 community volunteers for registration, one a college student and given service hours. Also, a 7th grade student that wanted service hours pumped up all the basketballs. We had the same 2 coaches from Rockford University: Jessica Stanek and Angela McNames. A former camper and college student helped the coaches.

We were picked to do a research project created by Monica Joyce Director of Slam Dunk and Christine Beebe, a speaker and author. The research entailed questions about the feelings about diabetes emergencies and diabetes management plus knowing how to manage and if camp changed the feelings and knowledge. They all received surveys online to do the post camp questions. Results will be published by the ADA in 2019.

See attached schedule of our "Bleacher Talks". We found it too noisy to do the discussions on the bleachers and parents were invited to the cafeteria, across the hall. We found the discussion among parents very refreshing. All were asked to share their online support group(s) they found helpful. School situations got the most attention and one parent was a school 504 plan advocate for a school system and really extremely helpful.

My suggestion for next year is we explore what other diabetes camps are doing with the new continuous monitoring technology. Are they still doing finger sticks or using the CGMS as a blood glucose reference to treat? We also need to have updates on technology for our volunteers, including me. I find a lot on the websites and will present that information to the volunteers.



Slam Dunk Schedule June 18, 2018 (subject to change)

Morning(9:00am-12:00pm)	What's Happening	Table Displays	Notes
8:30 am-9:00 am	Registration	<i>Dexcom</i>	Remember ID!
10:30 am-11:00 am	Bleacher Talk- Marilyn Ryan	<i>Novo</i>	ADA Surveys
11:30 am-11:10 am	Dexcom and Novo		News
12:00 pm-12:25 am	Ortho Illinois Podiatry		Foot Wear and Care

Slam Dunk Schedule June 19, 2018

Morning(9:00am-12:00pm)	What's Happening	Table Displays	Notes
8:30 am-9:00 am	Registration	<i>T-Slim</i>	Remember ID!
10:30 am-10:40 pm	Bleacher Talk – Abby and Nancy		
11:30 am	T-Slim		Update
12:00 pm-12:25 pm	Brian Park R.N.		Rockford Fire and Medical Care

Slam Dunk Schedule June 20, 2018

Morning(9:00am-12:00pm)	What's Happening	Table Displays	Notes
8:30 am-9:00am	Registration	<i>Eli Lilly</i>	Remember ID!
10:30 am	Bleacher Talk- Molly		
11:30 am	Kim Strite, E. Lilly		Cost of Insulin
12:00 pm- 12:25 pm	Jennifer Kalousek, Dietitian		
	Please fill out evaluations and surveys before you leave and have a safe drive home!		See you next Year!!

* Moses E. Cheeks Foundation Slam Dunk for Diabetes (www.slamdunkkids.org) and Northern Illinois Diabetes Coalition (www.northernidc.org) bring this camp to the Rockford area every year. I order to keep it free of charge; we have financial assistance from these **Sponsors for Slam Dunk Rockford Area:**

Rockford Park District 2016
(ongoing)

Cosmopolitan Club of Rockford (2017, 2018)
Club

OSF St. Anthony (2010)

Rockford Health System (2010)

Culligan Water- water bottles annually

Novo- Nordisk

Johnson & Johnson

Tandem/T-slim

Northern Illinois Diabetes Coalition

Roscoe, Byron and Pecatonica Lions

Aldi's

Swedish American Health System (2010)

Omni Pod/ Insulet Corp. (for all Camps)

DexCom

Eli Lilly

****Donations are accepted on [facebook.com/slamdunkfordiabetes](https://www.facebook.com/slamdunkfordiabetes) GoFundMe page or on the NIDC website (www.northernidc.org) PayPal option.***

Outreach/Volunteer Activities

February 3, 2018 - Rockford Public Schools, East High

March 2, 2018- Senior Expo, YMCA Northeast Branch

March 13, 2018- start of monthly Boone County Food Pantry display, discussions, and glucose testing (every 3rd Tuesday of the month).

April 5, 2018- Illini Care, Patriots Gateway Talk

April 7, 2018- Panel Discussion, glucose screenings by the UIC College of Pharmacy Students Lion's Club Radisson

June 7, 2018 – NICHE, Giovanni's Restaurant Rockford.

July 26, 2018 RAMP- Highland College Freeport

August 19, 2018- Tebala Health and Craft Fair

September 8, 2018- Senior Expo RVC

September 12, 2018 - UTC health fair

October 12, 2018- Oregon, IL. Health Fair.

This committee needs handouts and giveaways on a regular basis. Some handouts are obtained for free and others are ordered online and paid for as needed. Some handouts we can print but printing costs should be covered. Giveaways have been used from the supplies found in the office but are now depleted and for 2019 we need to purchase more plus items to display better.

September, 2018- Office at University of Illinois on Parkview was emptied and most of information used for health fairs or other projects. Old items purged and some shredded.

Goals:

Determine an annual budget for handouts if ordered or printed giveaways such as pens. Will work with American Solutions for Business locally for any giveaway products. Printing may be donated by Gallagher/Williams-Manny Agency.

Have volunteer sign-up sheets and brochures available each health fair.

Continue to seek opportunities to have displays.

Purchase a better table covering.

EDUCATION COMMITTEE ACTIVITIES

Take Charge of Your Health

2017- *Classes at Swedish American:* *DSMP & **CDSMP workshops

1. Take Charge of your Diabetes (DSMP) 4/6/17-5/11/17
2. Take Charge of your Health (CDSMP) 10/5/17-11/9/17

2017-*Other Locations:*

1. Brooke Road United Methodist (CDSMP) 1/23/17-2/27/17
2. Wesley Willows Community Living facility (CDSMP) 4/17/17-5/22/17
3. Wesley Willows Community Living facility (DSMP) 10/2/17-11/6/17

2018

1. Heritage Woods Belvidere (CDSMP) 1/22/2018-3/5/2018
2. Oakstreet Health (CDSMP) 1/29/18-3/5/18
3. Heritage Woods Freeport (DSMP) 2/05/18-3/12/18
4. Oakstreet Health (CDSMP) 4/23/18-6/4/18
5. Valkommen Plaza (CDSMP) 8/23/18-9/13/2018
6. Broadway Covenant Church (CDSMP) 9/17/18-10/22/18
7. Mary Panther may add classes that will be done in October 2018 at Woodward Governor.

Goals:

Continue to try to partner with Oak Street Health, Woodard Governor and other health care entities wanting education.

Foster good relations with Lifescape and NIAA. Seek new opportunities.

Keep all informed of dates for upcoming classes for Take Charge of Your Health or Take Charge of Your Diabetes.



LULAC is the largest and oldest Hispanic organization in the United States. LULAC advances the economic condition, educational attainment, political influence, housing, health and civil rights of Hispanic Americans through community-based programs operating at more than 1,000 LULAC councils nationwide. The organization involves and serves all Hispanic nationality groups.

With approximately 132,000 members throughout the United States and Puerto Rico, LULAC is the largest and oldest Hispanic organization in the United States. LULAC advances the economic condition, educational attainment, political influence, housing, health and civil rights of Hispanic Americans through community-based programs operating at more than 1,000 LULAC councils nationwide. The organization involves and serves all Hispanic nationality groups.

Historically, LULAC has focused heavily on education, civil rights, health, and employment for Hispanics. LULAC councils and LULAC National Educational Service Centers provide approximately a million dollars in scholarships to Hispanic students each year. LULAC Institute programs include citizenship and voter registration drives, education and health events and programs that empower the Hispanic community at the local, state and national level.

In addition, the LULAC National Educational Service Centers (LNESEC), LULAC's educational arm, provides educational programming to disadvantaged youth which impacts more than 18,000 Hispanic students per year at fourteen regional centers throughout the United States and Puerto Rico. SER Jobs for Progress, LULAC's employment arm, provides job skills and literacy training to the Hispanic community through more than forty-eight employment training centers located throughout the United States. The LULAC Corporate Alliance, an advisory board of Fortune 500 companies, fosters stronger partnerships between Corporate America and the Hispanic community.

Our Mission

LULAC advances the economic condition, educational attainment, political influence, housing, health and civil rights of Hispanic Americans through community-based programs

LULAC History: All for One and One for All. Founded in 1929, is the oldest and most widely respected Hispanic civil rights organization in the US. Our representative of Lulac, Mary Lou Castro, has been partnering with NIDC for several years. NIDC is delighted to be able to find new ways to help in the diabetes education of the Latino community and give Ms. Castro more opportunities to teach.

Peppy Up

Curriculum Overview

Materials Needed for Curriculum

Materials for this program are available at peppyup.com

One week before program, purchase peppy up books, hard copy of book or e-book. Send home letter to parents and Grocery List, peppyup.com.

Set up date for character Peppy skit at school *see video at peppyup.com*.

Create goals based on food list if children need to eat their Best, Better, or Good or Eat their Best. Create incentives for children that are in top ten vs. all children. *I.e. Children that always eat their best get a strawberry plant vs cucumber plant. Children in top ten get a ball vs. jump rope.*

Incentives can also be the top ten children get a medal from Peppy and other children get a certificate. See Food List

This program can be initiated with children during reading, gym, or health class. The program is designed for children 5th grade and under.

Children 2nd grade and under review the basic curriculum.

Children in 3rd to 5th grade review the story and learn why there is an epidemic of Diabetes and how to prevent Diabetes in their family. They learn more about foods and why they are in each category on food list and food portions. They also learn about foods they can cook at home to help their family. Children can also learn about food groups and how much they should eat from each food group.

Curriculum can be completed in two 30-45 minute sessions.

-Session One: Book review for 45 minutes.

-Session Two: Children meet characters and turn in calendar.

Children eat their best and bring calendar to characters and receive a prize. See video on peppyup.com web site.

Curriculum can be completed in three 30-45 minute sessions. Curriculum recommended in three sessions if children in class are at high risk for Type 2 Diabetes and they are eating food on the Peppy Down list. Type 2 Diabetes is two to six times more prevalent in African Americans, Native Americans, Pima Indians, and Hispanic Americans living in the United States.

-Session One: Book review for 45 minutes.

- Section Two: Review Section on Diabetes.

- Session Three: Children meet characters reinforcing messages.

Children eat their best and bring calendar to characters and receive a prize.

Food List Overview

The Goal of this program is to educate and motivate children through characters in the story about the benefits of eating their Best and exercising. The program raises awareness about what are the Best foods and helps children work together as a group to eat their Best.

The food list can be used as an educational tool or a motivational tool in school or at home. Have children circle Best, Better, or Good on food list and create incentive if they get eat Best foods. Incentives used are they meet Peppy and get a prize, a jump rope or garden plant, or they get to enter a raffle for prizes.

The food list has a Peppy UP list Best, Better, and Good foods, and a Peppy Down list. Children who are already eating their best and have the best food available should continue to Eat their Best. This group of children can learn about new foods on the best list they haven't eaten and learn about the portions they should eat. This group can help educate other children that are not eating the best food.

Children eating Good or Better Food should try to eat more of the best food and learn about portions for different foods.

Children eating all Peppy Down foods should eat best food if available but may want to alter between Best, Better, and Good Foods and move to Best foods over time.

Discuss with these children how it takes time to change habits and their mom and dad may not have learned about what is best to eat. Have children work with their friends and family to Eat their Best.

Diabetes Overview

The book discusses the difference between Type 1 Diabetes and Type 2 Diabetes which in many cases is a preventable illness if they eat their Best. Children in 3rd to 5th grade can learn about the two different types of Diabetes, their family history of Diabetes and why different ethnic groups are more predisposed to Diabetes. Explain to children about their pancreas and how it works in their body. Explain how Diabetes affects the body. Teach them the warning signs for Diabetes for their mom and dad and why it is important to see their doctor regularly.

Partnering:

About Lifescape

Lifescape Community Services is the largest agency in northwestern Illinois serving older adults, families, and caregivers.

We serve 8 counties: Boone, Carroll, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago.

The agency serves thousands of older adults each year through its Meals on Wheels program, Adult Protective Services, Adult Day Program, Health & Wellness Services, Comprehensive Care Coordination, and Advocacy & Assistance programs.

[Learn More](#)

Lifescape Community Services Locations



ROCKFORD

705 Kilburn Ave.
Rockford, IL 61101
815.963.1609
800.779.1189



ADULT DAY PROGRAM

1330 S. Alpine Rd.
Rockford, IL 61108
815.964.2433



ROCK FALLS

206 Dixon Ave. Ste 1
Rock Falls, IL 61071
815.490.1125



OREGON

412 E. Washington St.
Oregon, IL 61061

Northwestern Illinois Area Agency on Aging (NIAAA) has been meeting the needs of older adults and their families since 1974. NIAAA serves a nine-county region consisting of Boone, Carroll, DeKalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago Counties.

NIAAA is a non-profit organization and has been designated by the Illinois Department on Aging to be the area agency on aging for northwestern Illinois.

NIAAA is part of the "aging network," which includes the federal Administration on Aging, the Illinois Department on Aging, and local public/private organizations serving older adults.

NIAAA develops and administers an 'Area Plan' for aging services in northwestern Illinois. The Area Plan is a comprehensive planning, management and funding document.

University of Illinois Extension is the flagship outreach effort of the University of Illinois at Urbana-Champaign, offering educational programs to residents of all of Illinois' 102 counties — and far beyond.

Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. U of I Extension offers educational programs in five broad areas:

- Energy and environmental stewardship
- Food safety and security
- Economic development and workforce preparedness
- Family health, financial security, and wellness
- Youth development

While most Extension programs are offered on an informal, non-credit basis, U of I Extension does offer continuing education credits in some fields of study. Extension programs may be offered as hands-on workshops, field days, online self-paced tutorials, or in other formats that are suitable for the audience and subject-matter.

More than 1.5 million Illinois residents take part in Extension programs each year, including nearly 200,000 who participate in 4-H youth programs. Each month, U of I Extension web pages draw more than 5 million page views, and people in more than 200 countries access Extension's web-based information.

Communities are directly served by Extension staff in 27 units located throughout Illinois. Extension educators in local offices and specialists located on the U of I campus develop and deliver in-depth programming locally, in regional venues, and through distance-learning technologies.

As part of the nationwide Cooperative Extension System, **U of I Extension also is able to draw on research-based expertise from land-grant universities all across the country.** Volunteers who serve on local advisory councils provide direction for U of I Extension programming, ensuring that programs continue to meet critical needs.

U of I Extension is based in the College of Agricultural, Consumer and Environmental Sciences (ACES) and works with all colleges and units of the University of Illinois at Urbana-Champaign.

What We Do and Why It Matters

- [Extension 4-H Youth Development](#)
- [Extension Agriculture and Natural Resources](#)
- [Extension Community and Economic Development](#)
- [Extension Family and Consumer Sciences](#)
- [Extension Leadership](#)
- [Extension STEM Education](#)

Our MISSION and vision

Empower Boone's mission is to help those in our community facing hard times by providing a path to self-sustainability. Our goal is to give hope and help by providing food, non-food items, and resources.

Vision:

It is our vision that our neighbors will be empowered to move beyond the challenges they are encountering, by encouraging and equipping them with the needed resources.

Rules of Operation
2018

Northern Illinois Diabetes Coalition Rules of Operation

Section 1. Name

The organization will be known as the Northern Illinois Diabetes Coalition (NIDC).

Section 2. Mission Statement

NIDC is a not-for-profit organization serving 15 counties in northern Illinois as a regional resource in diabetes awareness, prevention, self-management of diabetes and chronic disease, and professional development in the care and management of diabetes.

The objectives of the NIDC are to:

- Raise awareness of diabetes and co-morbidities, emphasizing prevention.
- Encourage continuing, multidisciplinary medical care.
- Promote community collaboration to promote our mission.
- Provide up to date education of diabetes and chronic disease self-management.
- Seek fundraising opportunities through community events and grants to support our efforts.

Section 3. Membership

Membership in NIDC consists of individuals and representatives of institutions and organizations interested in diabetes. There are three categories of membership.

The NIDC members will consist of Participating members, Organizational Representatives, and Sponsoring Members.

1. Participating Member - any interested individual who agrees to support the mission and objectives of the NIDC through committee membership or other significant support.
2. Organizational Representative - a representative(s) of an organization that has agreed to support the mission and activities of the NIDC.
3. Sponsoring Member - any individual or organization that provides financial support for NIDC. Individuals in this status receive mailings, notices and special recognition. They are eligible, but not required, to participate in any NIDC event. There are three levels of sponsorship: Silver (\$100-249), Gold (\$250-999), and Platinum (\$1,000 and up).

Voting Privileges

- Participating Members and Organizational Representatives in good standing shall be entitled to one vote on issues that Executive Committee feels need to go to all members.
- Sponsors shall enjoy the privilege of participating in decisions through verbal and written opinion but shall not be entitled to cast a vote.

Membership Dues

- The rate of annual dues, if applicable, shall be determined by the Executive Committee.
- Changes in annual dues will become effective January 1 of the following year. Notice of any change in dues will be provided to members not less than 90 days prior to the effective date of such change.

Section 4. Officers, Directors and Executive Committee

The Board of Directors will consist of the Corporate Officers: (Chairman, Treasurer and Secretary). Other Directors may be appointed unanimously by the Board.

The Executive Committee will consist of the Corporate Officers of NIDC and the Committee Chairs. The Executive Committee will manage the business of and set policies for NIDC.

Officers, Committee Chairs and appointed Directors will serve two-year terms and are eligible to be reappointed. Ex-officio members of the Executive Committee will serve for the duration of the capacity in which they qualify as ex-officio members.

Responsibilities:

The Executive Committee sets policies for and oversees administration of the NIDC. Its responsibilities include, but are not limited to:

- Establishing committees and special task groups
- Developing regulations for the administration and operation of the NIDC
- Approving or rejecting recommendations, reports or actions presented to the Executive Committee by the Standing Committees
- Approving the use of the NIDC name and logo for sponsorship purposes
- Authorizing fund-generating activities
- Determining the annual overall budget
- Approving any item generated by a Standing Committee
- Approving all proposals related to dues, assessments and fees
- Making all policy decisions related to the NIDC
- Determining items needing full membership approval such as adopting new mission, goals, or approval of new Corporate Officers.

Section 5. Standing Committees

Standing Committees of the NIDC are:

1. Executive Committee
2. Community Care (formerly Outreach/ Education) Committee
3. Development Committee to raise funds, propose an annual budget.

The Executive Committee may create new and disband existing committees as needed. The Executive Committee will appoint the chairperson and resource person for each committee.

Responsibilities of each committee include, but are not limited to:

- Establishing objectives and goals, design and set a time frame for projects
- Submitting a budget proposal for committee projects
- Implementing projects approved by the Executive Committee
- Providing monthly project status reports to the Executive Committee.

Responsibilities of the chairperson for each committee include, but are not limited to:

- Chairing each committee meeting (or appointing a substitute when not available for a meeting)
- Providing an oral or written report monthly or as requested by the Executive Committee
- Developing an outline of accomplishments including the status of projects for the NIDC annual report.

Adopted 11/07/00

Revised 07/02/02, Revised 03/06/07, Revised 05/01/12, Revised 09/11/18

End of Year Treasurer Report

December-18

Check #	Date	Description	Posted	Withdrawal	Deposit	Interest	Bal Checking	Bal MM	Total
		Starting Balance: 12/1/18					\$3,241.36	\$10,364.64	\$13,606.00
	12/2/2018	Interest (Nov 2018)				\$0.45	\$3,241.36	\$10,365.09	\$13,606.45
	12/5/2018	Deposit (Check from Nancy for Comfort Keepers) - deposited in error by Bank in Money Market account (not realized until 1/7/19 & then transferred)			\$200.00		\$3,241.36	\$10,565.09	\$13,806.45
	12/6/2018	AT&T / Your Cause Employee Contributions - Unrestricted			\$16.48		\$3,257.84	\$10,565.09	\$13,822.93
	12/17/2018	AT&T / Your Cause Employee Contributions - Unrestricted			\$18.48		\$3,276.32	\$10,565.09	\$13,841.41
	12/31/2018	Interest (Dec 2018)				\$0.42	\$3,276.32	\$10,565.51	\$13,841.83
							\$3,276.32	\$10,565.51	\$13,841.83
							\$3,276.32	\$10,565.51	\$13,841.83
							\$3,276.32	\$10,565.51	\$13,841.83
		BALANCES END-OF-MONTH					\$3,276.32	\$10,565.51	\$13,841.83
		Sum of Withdrawals & Deposits		\$0.00	\$234.96	\$0.87			
CASH RESTRICTIONS:		Basketball Camp					\$5,958.42		
		Peppy Up Grants					\$635.33		
		Unrestricted					\$7,248.08		

Paypal 1/2/19 338.90

NOTES:

