



TOWNSHIP OF

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Department Of Health & Human Services

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Stanford University's Diabetes Self-Management Program Now Available

Type 2 Diabetes – previously called non-insulin-dependent diabetes mellitus or adult-onset diabetes – affects one in four Americans age 65 and older. Helping these individuals develop the skills and self-confidence needed for day-to-day management of the disease and its impact on their lives is the goal of a peer-led community workshop program the Department of Health and Senior Services (DHSS).

The Diabetes Self-Management Program (DSMP) was developed by Stanford University following the success of its evidence-based Chronic Disease Self-Management Program, known in New Jersey as Take Control of Your Health.

East Hanover DSMP workshops will be held 2½ hours once a week for six weeks beginning **April 11th through May 16th, 2018 from 930am-1200pm at the East Hanover Fire Department, 323 Ridgedale Ave.** Workshops of 10-15 participants are facilitated by two trained peer leaders. Subjects covered include: 1) techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; 2) appropriate exercise for maintaining and improving strength and endurance; 3) healthy eating; 4) appropriate use of medication; and 5) working more effectively with health care providers.

As part of their skill-building, participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Classes are highly participative, with mutual support and success building the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Physicians and other health professionals both at Stanford and in the community have reviewed all course materials. Workshops can be a positive accompaniment to the clinical services provided by health care providers, helping participants to maintain a healthy lifestyle and adhere to prescribed medical protocols.

You can register for the Diabetes Self-Management Program by calling the East Hanover Health Department at 973-888-6035 ask to speak with Maria Kinda. Open to East Hanover and Roseland residents only.