

SPRING 2024

# THE MONITOR



DIABETES  
FOUNDATION  
OF MISSISSIPPI



[www.msdiabetes.org](http://www.msdiabetes.org)



(601)-957-7878



## WELCOME!

Hello All!

Phew! What a wild few months we have had! The DFM had a full Walk for Diabetes season taking place all over the state, Fall Camp Kandu, moving to a new office, Bacchus Ball, Continuing Medical Education Conference, and Super Conference. It is safe to say we have been busy!

Throughout all of this, you guys have been amazing! We have appreciated our continued and new support from sponsors and volunteers. Your generosity and dedication have allowed us to keep our programs running smoothly and effectively.

We have so many fun events coming up, and we would love YOU there! Events like our Ultimate Fashion Show, Car For A Cure, and Camp Kandu are all taking place this quarter and registration is still open! Make sure to sign up on our website ([www.msdiabetes.org](http://www.msdiabetes.org)) or call the office (601) 957-7878 to register.

Together, we can partner in **saving lives daily!** Thank you for your continued support!

Enjoy this quarter's newsletter!

*DFM Staff*



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## CONTACT US

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## UPCOMING EVENTS



ULTIMATE FASHION SHOW  
APRIL 25



CAR FOR A CURE  
APRIL 25



CAMP KANDU  
MAY 4

REGISTER FOR THESE EVENTS  
ONLINE ([WWW.MSDIABETES.ORG](http://WWW.MSDIABETES.ORG))  
OR CALL OUR OFFICE  
(601) 957-7878

# INTERN INTRODUCTIONS

DASHIAH ELLIS



Dashiah is currently pursuing her Masters of Public Health at JSU and is graduating in May of 2024. She hopes to secure a career in nutrition with an emphasis on Diabetes. She began her internship at DFM in January of 2024 and her favorite part of working at the DFM is being able to witness the impact they have on the community.

ALLYSON MCGOWAN



Allyson is currently pursuing her bachelors degree in Biology with a certificate in Disaster Coastal Studies & Emergency Preparedness, with plans to graduate May of 2024. She plans to attend William Carey University in the fall to study Osteopathic Medicine. Her favorite part of working with DFM is the ability to participate in community outreach.

LILLIANA TALAZAC



Liliana is currently pursuing her bachelors degree in Public Relations and a minor in Teaching ESL, with plans to graduate in May of 2024. She plans to stay in the Jackson-Metro Area and begin her career in PR. Her favorite part of working with DFM is the hands-on experiential learning, the networking opportunities, and the knowledge she has gained about nonprofit work.

SHE'KYRA PAIGE



She'Kyra is currently pursuing her bachelors degree in Biology with a certificate in Disaster Coastal Studies & Emergency Preparedness, and plans to graduate in May of 2024. She plans to attend medical school at Brown University in Rhode Island. She dreams of returning home to Jackson to work in rural communities. Her favorite part of working with DFM is the loving people at the office who have made her feel welcome and at home.

JORDAN GLOVER



Jordan is currently pursuing a degree in Physics from Tougaloo with a certificate in Disaster Coastal Studies & Emergency Preparedness, and plans to graduate in May of 2026. She began her internship at DFM in February of 2024 and her favorite part is gaining knowledge about the Foundation that she can share with her family and community. Her career goal and dream is to become an Aerospace Engineer for NASA.

ORLANDREA MCGEE



Orlandrea is currently pursuing her bachelors degree in social work at Tougaloo College, with plans to graduate in May of 2024. She dreams of working in management or as a financial counselor at a hospital. Her favorite part of working at DFM is being able to help others with their needs. She also feels that it is a great work atmosphere and loves everything about the Diabetes Foundation of Mississippi!

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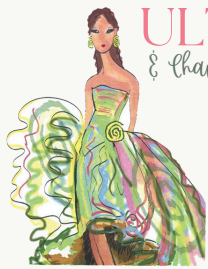
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# UPCOMING EVENTS

SAVE THE DATES!



## ULTIMATE FASHION SHOW & Champagne Brunch

Thursday, April 25, 2024  
11:00am - 1:00pm  
The Country Club of Jackson

The Ultimate Fashion Show features a delicious champagne brunch, 'Ultimate Giveaways', and premieres the spring fashion lines from local boutiques. The Diabetes Foundation of Mississippi will also be honoring two women for the **Woman of Excellence Award**.

## CAR FOR A CURE



Scan the QR code to  
buy a ticket today!



The Diabetes Foundation of Mississippi and Patty Peck Honda team up to **put the brakes on diabetes!**

Drawing will be held on **Thursday, April 25, 2024 at 1 pm**, at the DFM's **Ultimate Fashion Show**. Winner need not be present to win & will receive a call from the dealership in real time!



Photo taken at Bacchus Ball 2024 by  
Jordan Little Photography, LLC.



## CAMP KANDU

Where kids **"CAN DO"** ANYTHING!

**Camp Kandu**, held twice a year at the **Twin Lakes Conference Center in Florence, MS**, offers children with diabetes and their parents the opportunity to have fun while learning to take charge of diabetes. They will learn about diabetes management, the importance of healthy meal planning, exercising, and monitoring blood glucose levels.

Friday, May 4, 2024  
Registration starts at 9:30 am  
Twin Lakes in Florence, MS

To sign up for any of these events or to get more information, visit [www.msdiabetes.org](http://www.msdiabetes.org) or call the office (601) 957-7878

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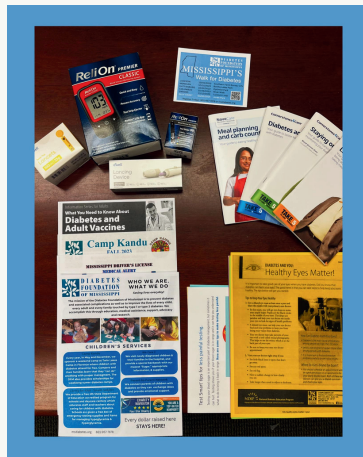


# THANK YOU FOR CONTRIBUTING TO *saving lives daily!* COMMUNITY UPDATES

#DFMLOVESLOCAL

## Patient Assistance

On the right, you can see an illustration of a Patient Assistance package tailored for a recently diagnosed adult with type 2 diabetes. Each package is customized to meet the individual patient's requirements. In this particular package, there were cost-effective diabetes supplies and resources on managing diabetes as one ages.



## Community Outreach

The DFM team has had the chance to participate in and present at various health fairs, community outreach events, and nonprofit/career fairs for schools. Pictured on the left are three DFM staff members at the Mississippi College Nonprofit Fair, engaging with students and professors to raise awareness about diabetes and the DFM initiative.



Back row : Faith Ruchti, Jowilla Secoy, Taylor Lacey, Jameskia Lacey. Front row : 2 Mississippi College students.

## 2023 Wrapped

2023 was a busy and eventful year! Due to our donors and sponsors generous giving, we were able to provide **Patient Assistance** to over **320** Mississippians, attend over **45 health fairs** statewide, facilitated **41 Sweet Subject School** education programs, and sent out over **120 We Care 2 Backpacks** to newly diagnosed children.

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# HEALTHY LIVING

LIVING HEALTHY WITH DIABETES!

## FOOD FRIDAY QUARTERLY FAVORITE

### Berry-Almond Smoothie Bowl

#### Ingredients

- ⅔ cup frozen raspberries
- ½ cup frozen sliced banana
- ½ cup plain unsweetened almond milk
- 5 tablespoons sliced almonds, divided
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cardamom
- ⅛ teaspoon vanilla extract
- ¼ cup blueberries
- 1 tablespoon unsweetened coconut flakes



\*this recipe has been adapted from Eating Well: "15 Gut-Healthy, Diabetes-Friendly Breakfast Recipes."

#### Instructions

1. Blend raspberries, banana, almond milk, 3 tablespoons of almonds, cinnamon, cardamom and vanilla in a blender until very smooth.
2. Pour the smoothie into a bowl and top with blueberries, the remaining 2 tablespoons of almonds and coconut.

**Follow @msdiabetes on Instagram & Facebook for more Food Friday Recipes**

## April is Stress Awareness Month

Managing a chronic health condition can be very demanding, and handling diabetes can lead to diabetes-related stress. Individuals with diabetes may find daily responsibilities challenging, such as remembering to take insulin or oral medications, tracking carbohydrates or calories, and collecting prescriptions from the pharmacy. **Remember to prioritize self-care and remain vigilant for signs of stress throughout April!**

Reach out to a friend who truly gets you!

Stay active! A 15-minute walk can boost your serotonin levels!

Engaging in yoga or stretching can help alleviate stress and soothe the nervous system

### Mindful Shifts for Stress & Anxiety

Take a break to go outside, read, or do something fun

Limit caffeine & alcohol - trade these for tea or mocktail

Aromatherapy & limiting screentime before bed will help you sleep better

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