

# For Our Native Patients

# Public Health Diabetes Outreach Department

## Together We Can (TWC)

- Program for Native American Youth at risk for diabetes
- Interactive home-based visits with a family Health Coach to improve education and social support for youth and their families.

## Kwa Xho Community Garden

- Organic garden project for our Native American Community
- Increased access to fresh produce with vegetable box distribution for qualifying Native patients
- Seasonal garden classes available to all, every other Friday during garden season (May-October)
- Youth garden classes once a month during garden season (July-October)
- Starter plant giveaway in May
- Pumpkin giveaway in October
- Option to pick your own vegetables in the garden, throughout the growing season. Contact us for more information or to sign up.

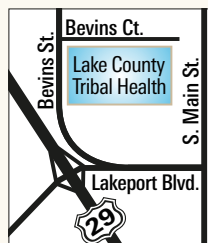
## Digital Stories Workshop

- 3 day workshop guides participants in telling their story of wellness

## Directory for Wellness Lifestyle Management (707) 263-8382

Program Manager .....	Ext 1601
Diabetes Self-Management Workshop (DSME) .....	Ext 1620
Chronic Disease Self-Management Workshop (CDSME).....	Ext 1620
HomeMeds.....	Ext 1620
Walk with Ease .....	Ext 1620
Diabetes Prevention Program (DPP).....	Ext 1613
Tobacco Education Program .....	Ext 1634
Together We Can .....	Ext 1616
Kwa Xho Community Garden .....	Ext 1625
Digital Stories Workshop .....	Ext 1613
Nutritionists .....	Ext 1629 or 1617

925 BEVINS COURT, LAKEPORT, CA 95453



Phone: 707-263-8382

Fax: 707-263-7169

Website: [www.lcthc.com](http://www.lcthc.com)



LCTHC Interactive Community



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LCTHC Interactive Community



## Wellness Lifestyle Management

### PROGRAMS AND WORKSHOPS



## Lake County Tribal Health

Modern Medicine  Personalized Care

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– OPEN TO ALL LCTHC PATIENTS –

# Wellness Programs and Workshops



## Diabetes Self-Management Workshop (DSME)

- FREE Workshop designed to help you learn skills to better manage your diabetes day to day
- You will learn tools for successful diabetes self-management, problem-solving, and action planning.
- Will meet with a Registered Dietitian Nutritionist before and after the workshop
- Will receive FREE program materials
- 7-Weekly 30-minute phone sessions led by a trained facilitator from Lake County Tribal Health
- Can receive up to \$40 in gift cards

*\*Registration is required*

## Chronic Disease Self-Management Workshop (CDSME)

- FREE workshop supports self-management of ongoing health conditions such as arthritis, heart disease, diabetes, chronic pain, high blood pressure, obesity, lung disease, and cancer
- You will learn tools for successful self-management of your chronic condition, problem-solving, and action planning
- Will receive FREE program materials
- 7-week group program with weekly 30-minute phone sessions led by a trained facilitator from Lake County Tribal Health
- Can receive up to \$40 in gift cards

*\*Registration is required*

## HomeMeds

- HomeMeds is an evidence-based intervention that identifies potential medication-related hazards for older adults
- This FREE assessment of prescription and over-the-counter medications will be conducted by a trained Lake County Tribal Health staff with you over the phone
- If there are any potential problems, a pharmacist will review the medication list and work with your doctor to ensure there are no medication-related hazards

*\*Only available to those who have participated in Diabetes Self-Management workshop or Chronic Disease Self-Management workshop*

## Walk With Ease

- Walk With Ease (WWE) is a 6-week long evidence-based program that helps people with arthritis or other related conditions
- You will learn how to reduce pain, increase balance, increase strength, improve walking pace, and improve overall health
- Due to COVID-19, this program is Self-directed with guidance from a trained Walk With Ease leader
- Registered participants will receive a guidebook and Pedometer

*\*FREE to all LCTHC patients*

## Diabetes Prevention Program (DPP)

- This year long program is designed to help you reduce your risk of type 2 diabetes, lose weight, and find a healthy lifestyle balance.
- Weeks 1-16: 1 hour weekly sessions.
- Following with monthly 1 hour sessions for the remainder of the year.

## Tobacco Education Program

- One-on-one assessments and support to prepare the patient to quit their use of tobacco.
- Receive an individualized recommendation for medication to assist the patients attempt to quit their use of tobacco.
- Tobacco Cessation Workshop 8-week, 1-hour sessions, using Second Wind/First Breath curriculum to help the patient stop the use of tobacco. Second Wind is for adult participants and First Breath is for pregnant participants.
- Culturally relevant curriculum.
- Receive brochures and information to help the patient quit their use of tobacco.
- Referrals to: Kick-IT California, PHONE # 1-800-300-8086 for additional assistance in their attempt to quit their use of tobacco.

*\*Open to all LCTHC patients.*

## Individualized Nutrition Counseling

- Meet with a Registered Dietitian Nutritionist to help you find a meal plan that works for you.
- Call to schedule your appointment.