

Patient Resources- Wellness

Diabetes Education/Nutrition Program

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Food Access

- ❖ **Life Path of Western Mass:** Serves Seniors in Franklin and Hampshire Counties: Groceries (Shopping and delivery); Grocery gift cards; Meals on Wheels; Grab and Go Meals; CoronaVirus Food Assistance Program (CFAP). <https://lifepathma.org/>
- ❖ **Food Bank of Western Mass:** www.foodbankwma.org: “Get Help” link: access to food pantries, Brown Bag for Elders, and meal sites; full lists of the outdoor mobile food bank distributions held at about 25 locations across the 4 counties of Western MA.
- ❖ **Stone Soup Café:** Greenfield and Franklin County: “pay what you can” lunch on Saturdays 12-1:30, Unitarian Church. Order online- vegetarian and meat meals, most food gluten free- pick up or delivery. Gourmet. thestonesoupcafe.org; Food access resources also listed on their site.
- ❖ **Winter Farmers Market:** CISA Website link for schedule: www.buylocalfood.org/find-it-locally, then click on Farmers Markets or SNAP and HIP



Healthy Living/Being Active

- ❖ Lifepath Healthy Living Home Workout Playlist: access to free exercise videos geared towards seniors (chair exercises, yoga, etc)
- ❖ Lifepath Healthy Living Workshops: free/online. Diabetes Self-management; Pain Management; Healthy Eating.
- ❖ Big Y Grocery Tours: [bigy.com/Livingwell/GetSocial/](https://www.bigy.com/Livingwell/GetSocial/) - long list of weekly grocery tours offered on Zoom, free. Topics such as: Heart healthy living; Healthy Holidays with Diabetes; Living with Diabetes; Low Sodium Holiday Shopping; Plant Based Eating; the RD's also offer free, 15 minute consults. Easy to sign up for everything.

Other Exercise resources:

- ❖ Local Y's are providing virtual exercise programs- The Y of Franklin County is a good resource for this
- ❖ HASfit.com
- ❖ Leslie Sansone walk at home free videos on Youtube
- ❖ Senior Fitness by Tona (youtube)
- ❖ Fitnessblender.com (youtube); many free videos to follow along at home.
- ❖ Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene>



Medication Assistance

Eli Lilly:

- ❖ Diabetes Solution Center: insulin for \$25 during COVID time and \$30 for Trulicity (for commercial insurances). Phone number: 833-808-1234 (Lilly medications include: Trulicity, Jardiance, Humalog, Basaglar, Humulin R U-500 insulin)- Lilly.com
- ❖ Lilly Cares (affording insulin, regardless of COVID): 800-545-6962; Lillycares.com

Johnson and Johnson Patient Assistance Foundation: jjpaf.org (Invokana, Invokamet and Invokamet XR)

Novo Nordisk Patient Assistance Program: Novocare.com/diabetes (Medications: Fiasp, Levemir, Glucagon, Novolin 70/30; Novolin N NPH; Novolin R; Novolog; Novolog Mix 70/30; Ozempic (semaglutide injection); Prandin; Rybelsus; Tresiba; Victoza; Xultophy (Degludec-liraglutide injection) Novo Nordisk Education Resource:

- ❖ <https://www.novomedlink.com/content/novomedlink/en/diabetes-patient-support.html>

Sanofi: Sanofipatientconnection.com Medications: Adlyxin (lixisenatide inj.); Admelog; Apidra; Lantus; Soliqua (glargine-lixisenatide inj.); Toujeo

Additional Resources:

- ❖ Medicineassistancetool.org (search by medication for resources)
- ❖ Needy meds.org (save on medication)
- ❖ Getinsulin.org (insulin support plan)
- ❖ RxAssist.org (directory for all patient assistance programs)
- ❖ Rxhope.com (search by medication to find specific assistance programs)
- ❖ Rxoutreach.org (medication list)

Continuous Glucose Monitors/Sensors

- ❖ **Dexcom:** <https://www.dexcom.com/>
- ❖ **Freestyle Libre:** <https://www.freestyle.abbott/us-en/products/freestyle-libre-2.html>
- ❖ **Eversense:** <https://www.eversenseddiabetes.com/>

Food and Nutrition

Recipes and cooking videos:

- Eatright.org/videos Examples: Basics of Meal Prepping: <https://www.youtube.com/watch?v=UmqsoFsDL4c>
- Meal Prep, 9 Ingredients: <https://www.youtube.com/watch?v=vmdITEguAnE>
- Meal Prep for Winter: <https://www.youtube.com/watch?v=1FrUOqk2btw>

Websites:

- Eatright.org (Academy of Nutrition and Dietetics)
- [For Kids \(eatright.org\)](https://www.eatright.org/) – Resources for nutrition and recipes related to children
- Smartnutrition.ca (recipes, wellness, and meal planning)
- A pinch of healthy.com (recipes from A Pinch of Healthy)
- Good and Cheap: Eat Well on \$4/day – free pdf cookbook <https://www.leannebrown.com/cookbooks/>
- Recipe resource for families with kids:
 - <https://www.schoolfamily.com/recipes/category/meal-makeover-moms>
- [www.Diabetes.org/healthy-living/recipes-nutrition](https://www.diabetes.org/healthy-living/recipes-nutrition) (American Diabetes Association diabetes plate method)
- <https://recipes.heart.org/> (heart healthy recipes, American Heart Association)
- www.foodsafety.org (learning food safety with blog)
- www.homefoodsafety.org (Academy of Nutrition and Dietetics prevent food poison)
- www.Mediterraneanliving.com (guide to the Mediterranean diet and nutritious recipes)
- www.Cookinglight.com (diabetic recipes and cooking)
- www.Frommybowl.com (vegan recipes from Caitlin Shoemaker)

- www.vrg.org (Vegetarian Resource Group) – vegan and vegetarian recipes
- cookingmatters.org (programs to cook healthy meals, tips, and videos)
- www.skinnytaste.com (search for specific lower calorie recipes)
- www.aicr.org/cancer-prevention/healthy-eating (American Institute of Cancer Research; Including the 10-week free program: healthy10challenge.org)

Mindful eating:

- <https://www.helpguide.org/articles/diets/mindful-eating.htm>
- www.mindful.org
- www.amihungry.com
- www.intuitiveeating.org/blog



DSME Educational topics recordings

❖ How to inject insulin:

https://www.google.com/search?q=videos+on+how+to+inject+insulin&rlz=1C1GCEA_enUS824US824&oq=videos+on+how+to+inject+insulin&aqs=chrome..69i57j0i22i30i457j0i22i30.12632j0j7&sourceid=chrome&ie=UTF-8#kpvalbx=7BXhX8WhB46o5NoPtriq0A416

<https://www.youtube.com/watch?v=cmUXo4Crrm0>

❖ How to test blood glucose:

https://www.google.com/search?rlz=1C1GCEA_enUS824US824&ei=mxbhX4XI-DZKx5No-PyMW12Ac&q=how+to+test+blood+sugar+video&oq=how+to+test+blood+sugar+video&gs_lcp=CgZwc3ktYWIQAzIJCAAQyQMqFhAcMgYIABAWEB4yBggAEBYQH-joECAAQRzoFCAAQyQM6AggAOgQIABBDUJJBJWJNMYM1QaABWAngAgAF-giAGdBJIBATaYAQCgAQGqAQdnd3Mtd2l6yAEIwAEB&scient=psy-ab&ved=0ahUKEwjFgciZheDtAhWSGFkFH-chiDXsQ4dUDCA0&uact=5#kpvalbx=phbhX-3wK-il5NoP8P2S-Ao15

<https://www.youtube.com/watch?v=nxIJeHWlhF4>

- ❖ Diabetes Basics- What is Diabetes?
<https://www.youtube.com/watch?v=LkHbXHcj5fo>

Stress reduction and relaxation

- ❖ Insight Timer phone app - for meditation and relaxation. Over 70,000 free meditations- various lengths and topics, including health related topics
- ❖ Palousemindfulness.com is a full MBSR (Mindfulness Based Stress Reduction) training program that is free and entirely online.
- ❖ Insight Meditation Center of Pioneer Valley (www.insightpv.org)