

Pediatric Diabetes Resource Center Summer 2023

309-624-2480



PDRC NEWS

Just a reminder that we are continuing to follow the CDC guidelines and transmission levels as far as masks

Insurance cards– We continue to ask that you **bring your insurance card to every visit**, so we can fill your prescriptions, complete prior authorizations, and perhaps start new therapies **in a timely manner. This includes pharmacy benefit cards.**

Parent Advisory Board-We continue to welcome anyone that is interested in participating on our Parent Advisory Board. This board consists of PDRC staff, OSF school nurses, parents, Peds floor staff and providers. This group meets quarterly and are an hour in length. These are virtual meetings. The next meetings are 10/30/23 and 11/29/23. If interested let us know and we will send you an invite.

Events- JDRF One Walk is October 8, 2023 in Eastside Center in East Peoria. Log into www.Jdrf.com and click on the calendar for October 8, then JDRF One Walk, Central Illinois, and get more details. This is a great way to meet other families with diabetes in their daily lives.

Continuous Glucose Monitoring Issues - Insurance only pays for 3 sensors monthly. So what do you do when you run out early? If the sensor fails early, contact Dexcom for a replacement and go back to finger pokes for blood sugar monitoring. Unfortunately the PDRC doesn't have these supplies. You will need to enter blood sugars into your pump.


Dexcom Customer Support 1-844-607-8398

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Press Gainey Survey-You will be receiving a press gainey survey regarding your appointment at the PDRC. We value your feedback. Please complete and send back, so we may continue to improve in serving you with the greatest care and love, as our Mission states.

Back to school - to all of our patients that are headed back to school..... You should have your Diabetes Medical Management Plan in place for your 504 meeting. If you or your school would like basic insulin pump or sensor information, scan the QR  code at the bottom of the page.

Welcome Board-Have you seen the Welcome Board in the waiting room? Check it out! We will be updating the board with events, information and would like to include patients on our Welcome Board. We welcome patient pictures, art work, activities they are involved in. If you see something you are interested in and have more questions, be sure and ask one of our staff!!

PDRC Earns Recertification!-The Pediatric Diabetes Resource Center has been recertified through the Education Recognition Program by the American Diabetes Association (ADA). Our program is the only center in downstate Illinois to be recognized by the ADA

INTERESTED IN A
CONTINUOUS GLUCOSE
MONITOR OR AN INSULIN
PUMP?

NOT SURE WHERE TO
START?



Check out these
videos>>>>>>
Using QR Code

Each CGM and Pump has their own short
video, so you can view the videos that
you are most interested in.



Website:

<https://www.osfhealthcare.org/childrens/services/diabetes/resource-center/Pump-And-Sensor-Video/> from the link actions



Looking for a make ahead breakfast your kids will enjoy? Give these oatmeal bars a try. They are cake-like in texture and work well to bake ahead and reheat each morning. Perfect for breakfast when paired with a glass of milk, some Greek yogurt, a hard-boiled egg or topped with peanut butter. Feel free to remove the chocolate chips and stir in a few blueberries, strawberries, or dried cranberries before baking.

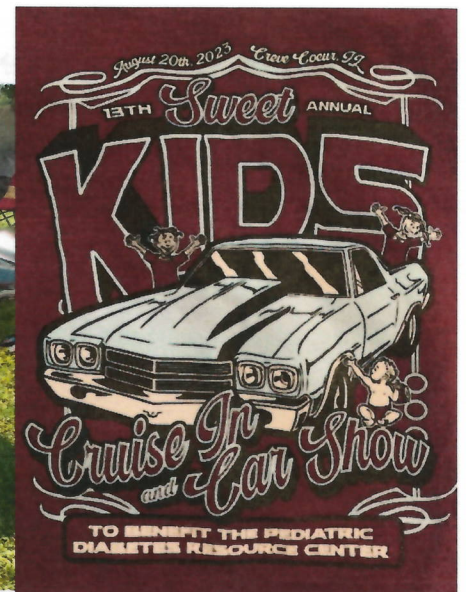
Chocolate Oatmeal Bars

- 2 3/4 cups old fashioned rolled oats
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- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/4 teaspoon salt *
- 1 1/4 cups milk
- 1/2 cup unsweetened applesauce
- 2 tablespoons honey
- 2 tablespoons melted butter
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup chocolate chips (mini ones work best)

1. Preheat oven to 375 degrees F. Spray a 9X9 baking dish or pan with nonstick spray.
2. In a large bowl, mix together oats, cocoa powder, baking powder and salt.
3. Add milk, applesauce, melted butter, eggs and vanilla. Stir to combine.
4. Stir in chocolate chips.
5. Pour mixture into prepared pan. Smooth the top.
6. Bake for 30 to 35 minutes, or until the center is set and a toothpick inserted in the middle comes out clean.
7. Cut into 8 pieces.

Nutrition Facts for 1/8 of recipe: Calories: 252
Carbohydrates: 36 grams Protein: 7 grams

13th Annual Sweet Kids Cruise In and Car Show was held August 20th. Our patient, Brooke, picked the PDRC car of the year. All proceeds go to the Pediatric Diabetes Resource Center. Watch next year's newsletter for the date in 2024!



PDRC would like to wish our cherished nurse, Diane, an enjoyable retirement!

She graduated in 1982 from OSF school of nursing where she had been working in surgical recovery. After graduation, she worked in the Neonatal Intensive Care Unit and then spent 23 years at our PDRC.

In interviewing Diane, she states she is most proud of the replies from parents with how she and the PDRC has made a tremendous impact on their child's life. Diane has seen many changes over the years in technology and insulins. "When I started here, there was only 1 pump company that we worked with, calculations were manually figured and then the amount of units were entered into the pump to deliver. Pumps were not 'smart' back then. A patient had to wait 2 years after their diagnosis to start a pump, finger-pokes needed to be done 8-10 times daily, and no CGM's were available."

She states her retirement is bittersweet. While she is excited to spend more time with her husband of 43 years, her 2 amazing kids, her 7 grandchildren, and time at the lake, she will miss the patients so much, as well as, her co-workers. "I have watched my patients at wrestling matches, play baseball, softball, basketball, playing in the band, acting in plays and the list goes on. It has been a blessing and privilege to watch these kids grow up in front of me and witness their accomplishments! I am sad I didn't get to say bye to everyone! Thank you to the families!!"

Diane has gone above and beyond for our patients through the years as she and her family has raised money for the 13th year with their annual - "Sweet Kids Cruise In and Car Show."

