

**NOVEMBER IS  
AMERICAN DIABETES MONTH®**



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**Montefiore's models of diabetes prevention and management are nationally renowned:**

U.S. News & World Report as one of America's Best Hospitals in diabetes and endocrinology for 2010–2011.

Bridges to Excellence national program that recognizes and rewards physicians for delivering better quality care recognized the Montefiore Medical Group sites' leadership in delivering the highest standard of diabetes care.

The New York State Department of Health Diabetes Center of Excellence awarded a grant to Montefiore's Gestational Diabetes Program.

The American Diabetes Association honored Montefiore's Proactive Managed Information System for Education in Diabetes (PROMISED) for exemplary performance.

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The Clinical Diabetes Center at Montefiore is sponsoring a variety of events throughout the month to educate staff and patients on how to live healthy. Our Center, recognized both locally and nationally, is a leader in research and serves as a model for excellence in diabetes prevention and management. Come find out what we have to offer!

# AMERICAN DIABETES MONTH®



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## DIABETES CONVERSATION MAP

Activity	Location	Date & Time	Speaker	Notes
<p><b>Diabetes Conversation Map</b></p> <p>A Conversation Map® will help you discover what you need to know about managing your diabetes.</p> <p>Join us for a conversation about managing your diabetes.</p>	<p>Montefiore Medical Group <b>Bronx East</b> 2300 Westchester Avenue Bronx, New York 10462</p>	<p>Thursday: 11/18/2010 Time: 12:00 pm–2:00 pm <b>En Espanol</b></p>	<p>Pat Farrell RN, MSN, CDE Lourdes Lebron, Coordinator</p>	<p>To register, please call <b>1-800-MD-MONTE</b> <b>(1-800-636-6683)</b></p>
	<p>Montefiore Medical Group <b>Bronx East</b> 2300 Westchester Avenue Bronx, New York 10462</p>	<p>Thursday: 11/18/2010 Time: 4:00 pm–6:00 pm</p>	<p>Pat Farrell RN, MSN, CDE</p>	<p>To register, please call <b>1-800-MD-MONTE</b> <b>(1-800-636-6683)</b></p>
	<p><b>Yonkers Public Library</b> 3rd Floor Meeting Room 1500 Central Park Avenue Yonkers, New York 10708</p>	<p>Tuesday: 11/9/2010 Time: 1:00 pm–3:00 pm</p>	<p>Rosa Alecia , MSN CDE</p>	<p>To register, please call <b>1-800-MD-MONTE</b> <b>(1-800-636-6683)</b></p>
	<p>Montefiore Medical Group <b>Grand Concourse</b> 2532 Grand Concourse Bronx, New York 10458</p>	<p>Thursday: 11/18/2010 Time: 4:00 pm–6:00pm</p>	<p>Sandra Barnaby RN, MPH, CDE</p>	<p>To register, please call <b>1-800-MD-MONTE</b> <b>(1-800-636-6683)</b></p>
	<p><b>Co-op Community Center</b> 2nd Floor, Room #8 177 Dreiser Loop Bronx, NY 10475</p>	<p>Thursday: 11/16/2010 Time: 4:00 pm–6:00 pm</p>	<p>Rhonda Figueira RN, CDE</p>	<p>To register, please call <b>1-800-MD-MONTE</b> <b>(1-800-636-6683)</b></p>
	<p><b>Hunts Point Library</b> 877 Southern Boulevard (at Tiffany Street) Bronx, New York 10459</p>	<p>Wednesdays: 11/3/2010, 11/10/2010 and 11/17/2010 Time: 4:00 pm–5:00 pm</p>	<p>Johanna Rivera, MA, CHES</p>	<p>To register, please call <b>Johanna Rivera</b> <b>718-842-8040</b></p>
	<p>Montefiore Medical Group <b>Comprehensive Family Care Center</b> Conference Room 1621 Eastchester Road Bronx, New York 10461</p>	<p>Wednesday: 11/10/2010 Time: 4:00 pm–5:00 pm</p> <p>Wednesday: 11/17/2010 Time: 4:00 pm–5:00 pm <b>En Espanol</b></p>	<p>Diana Johnson, MA, CHES</p>	<p>To register, please call <b>Diana Johnson</b> <b>718-405-8066</b></p>

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## DIABETES CONVERSATION MAP (continued)

Activity	Location	Date & Time	Speaker	Notes
<b>Diabetes Conversation Map</b>	Montefiore Medical Group <b>Family Health Center</b> 3rd Floor Conference Room 360 East 193rd Street Bronx, New York 10458	Thursday: 11/4/2010 Time: 10:00 am – 12:00 pm <b>En Espanol</b>  Thursday: 11/18/2010 Time: 10:00 am – 12:00 pm	Alfonsina Perez, MPH, CHES Ibis Castro-Katzmann, BS	To register, please call <b>Alfonsina Perez</b> <b>718-933-2400 x 4143</b>
	Montefiore Medical Group <b>Comprehensive Health Care Center</b> Conference Room 305 East 161st Street Bronx, New York 10451	Tuesday: 11/9/2010 Time: 11:00 am – 12:30 pm  Tuesday: 11/16/2010 Time: 11:00 am – 12:30 pm <b>En Espanol</b>	Tami Williams, MA, CHES	To register, please call <b>Tami Williams</b> <b>718-410-3604</b>
<b>Diabetes Conversation Map: Gestational Diabetes</b>	Montefiore Medical Group <b>Family Health Center</b> 3rd Floor Conference Room 360 East 193rd Street Bronx, New York 10458	Thursday: 11/18/2010 Time: 2:00 pm – 3:00 pm	Alfonsina Perez, MPH, CHES Ibis Castro-Katzmann, BS	To register, please call <b>Alfonsina Perez</b> <b>718-933-2400 x 4143</b>
<b>Diabetes Conversation Map: Healthy Eating</b>	<b>Family Care Center</b> Schiff Conference Room 3444 Kossuth Avenue Bronx, New York 10467	Friday: 11/5/2010 and 11/12/2010 Time: 10:00 am – 11:30 am <b>En Espanol</b>	Dietlinde Wolter-Nitta, RD CDE	To register, please call <b>718-920-7331</b>
		Monday 11/1/2010 10:00am-11:30am  Monday 11/15/2010 2:00pm-3:30pm	Laurie Grabisch MA, RD, CDN	

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## DEMONSTRATIONS AND SCREENINGS

Activity	Location	Date & Time	Speaker	Notes
<b>Podiatry Screening</b>	<b>The North Ambulatory Care Center</b> Subspecialty Area 4234 Bronx Boulevard Bronx, New York 10466	Friday: 11/19/2010 Time: 9:30 am – 11:30 pm	Frank Bayerbach, MD	For more information, please call <b>Bridget Donaghy</b> 347-341-4353
<b>Dental Screening</b>	<b>The North Ambulatory Care Center</b> Department of Dentistry / 2nd Floor 4234 Bronx Boulevard Bronx, New York 10466	Tuesday: 11/16/2010 Time: 1:00 pm	Roger Desroches, MD	For more information, call <b>Bridget Donaghy</b> at 347-341-4353
<b>Brown Bag Day</b> Get your questions answered! Bring all your medications, vitamins and over-the counter remedies for review by a pharmacist.	Montefiore Medical Group <b>Bronx East</b> 2300 Westchester Avenue Bronx, New York 10462	Thursday: 11/18/2010 Time: 12:00 pm – 2:00 pm	CMO Pharmacy Speaker to be announced	To register, please call <b>1-800-MD-MONTE (1-800-636-6683)</b>
	<b>Yonkers Public Library</b> 3rd Floor Meeting Room 1500 Central Park Avenue Yonkers, New York 10708	Tuesday: 11/9/2010 Time: 1:00 pm – 3:00 pm	CMO Pharmacy Speaker to be announced	To register, please call <b>1-800-MD-MONTE (1-800-636-6683)</b>
	Montefiore Medical Group <b>Bronx East</b> 2300 Westchester Avenue Bronx, New York 10462	Thursday: 11/18/2010 Time: 5:00 pm – 5:30 pm	CMO Pharmacy Speaker to be announced	To register, please call <b>1-800-MD-MONTE (1-800-636-6683)</b>

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## EXERCISE ACTIVITIES

Activity	Location	Date & Time	Speaker	Notes
<b>Zumba</b>  Zumba is a fun, total body workout that fuses Latin rhythm and salsa dance moves. No partner or experience necessary.	<b>Hunts Point Library</b> 877 Southern Boulevard (at Tiffany Street) Bronx, New York 10459	Mondays: 11/1/2010, 11/8/2010 and 11/15/2010 Time: 4:15 pm–5:15 pm	Johanna Rivera, MA, CHES	To register, please call <b>Johanna Rivera</b> <b>718-842-8040</b>
	Montefiore Medical Group <b>Family Health Center</b> 3rd Floor Conference Room 360 East 193rd Street Bronx, New York 10458	Wednesdays: 11/3/2010, 11/10/2010 and 11/17/2010 Time: 5:00 pm–5:45 pm	Alfonsina Perez, MPH, CHES Ibis Castro-Katzmann, BS	To register, please call <b>Alfonsina Perez</b> <b>718-933-2400 x 4143</b>
	<b>Montefiore Medical Group Millennium Dance Company</b> 3251 East 163rd Street 3rd Floor (buzzer #4) Cross street: 3rd Ave Bronx, New York 10456	Wednesdays: 11/3/2010, 11/10/2010 and 11/17/2010 Time: 5:30 pm–6:15 pm	Tami Williams, MA, CHES	To register, please call <b>Tami Williams</b> <b>718-410-3604</b>
	Montefiore Medical Group <b>Comprehensive Family Care Center</b> Mezzanine Conference Room 1621 Eastchester Road Bronx, New York 10461	Tuesdays: 11/9/2010 and 11/23/2010 Time: 4:00 pm–5:00 pm	Diana Johnson, MA, CHES	To register, please call <b>Diana Johnson</b> <b>718-405-8066</b>
<b>Walking Down Your Blood Sugar</b>	Montefiore Medical Group <b>Comprehensive Family Care Center</b> Mezzanine Conference Room 1621 Eastchester Road Bronx, New York 10461	Tuesday 11/16/2010 Time: 10:00 am–11:00 am	Diana Johnson, MA, CHES	To register, please call <b>Diana Johnson</b> <b>718-405-8066</b>

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## NUTRITION

Activity	Location	Date & Time	Speaker	Notes
<b>Nutrition Workshop: Holiday Eating with Diabetes</b>	Montefiore Medical Group <b>Comprehensive Health Care Center</b> Conference Room 305 East 161st Street Bronx, New York 10451	Friday: 11/12/2010 Time: 11:00 am – 12:30 pm	Tami Williams, MA, CHES Helen Persovsky, MS, RD, CDN	To register, please call <b>Tami Williams</b> <b>718-410-3604</b>
<b>Food Demonstration: Healthy Snacks for People with Diabetes</b>	Montefiore Medical Group <b>Comprehensive Health Care Center</b> Conference Room 305 East 161st Street Bronx, New York 10451	Thursday: 11/4/2010 Time: 2:30 pm	Tami Williams, MA, CHES	For more information, please call <b>Tami Williams</b> <b>718-410-3604</b>
<b>Food Demonstration: Nutrition Plate Planner</b>	Montefiore Medical Group <b>Comprehensive Family Care Center</b> Adult Medicine 1621 Eastchester Road Bronx, New York 10461	Fridays: 11/05/2010 and 11/19/2010 Time: 10:00 am – 11:00 am	Diana Johnson, MA, CHES Erin Merritt, RD	For more information, please call <b>Diana Johnson</b> <b>718-405-8066</b>
<b>Food Demonstration: Reduce your risk for Diabetes- Eat Well</b>	<b>Family Care Center</b> Pediatric Waiting Areas 3444 Kossuth Avenue Bronx, New York 10467	Tuesdays: 11/2/2010, 11/9/2010, 11/16/2010 and 11/23/2010 Time: 2:00 pm – 3:00 pm	Maribel Familia-Guzman	For more information, please call, <b>Maribel Familia-Guzman</b> <b>646-831-7771</b>

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## HOLIDAY NUTRITION

Activity	Location	Date & Time	Speaker	Notes
<b>Reception Area Presentation: Holiday Eating</b>	Montefiore Medical Group <b>Comprehensive Family Care Center</b> 1621 Eastchester Road Bronx, New York 10461	Fridays: 11/12/2010 and 11/26/2010 Throughout the day on all 3 units	Diana Johnson, MA, CHES Erin Merritt, RD	For more information , please call <b>Diana Johnson</b> <b>718-405-8066</b>
<b>Food Demonstration: Healthy Recipes for the Holidays</b>	Montefiore Medical Group <b>Family Health Center</b> 360 East 193rd Street Bronx, New York 10458	Fridays: 11/5/2010, 11/12/2010 and 11/19/2010 Throughout the day on both floors 2 & 3.	Alfonsina Perez, MPH, CHES Ibis Castro-Katzmann, BS	For more information, please call <b>Alfonsina Perez</b> <b>718-933-2400 x 4143</b>
<b>Nutrition Workshop: Healthy Recipes for the Holidays</b>	Montefiore Medical Group <b>West Farms Family Practice</b> 1055 East Tremont Reception Area Bronx, New York 10460	Fridays: 11/5/2010, 11/12/2010, 11/19/2010 and 11/26/2010	Johanna Rivera, MA, CHES	For more information, please call <b>Johanna Rivera</b> <b>718-842-8040</b>
	<b>Family Care Center</b> 3444 Kossuth Avenue Schiff 2 Classroom Bronx, New York 10467	Day: 11/10/2010 Time: 10:00 am – 11:00 am  Day: 11/18/2010 Time: 2:00 pm – 3:00 pm	Laurie Grabisch MA, RD, CDN	To register, please call <b>1-800-MD-MONTE</b> <b>(1-800-636-6683)</b>

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## DIABETES PRESENTATIONS

Activity	Location	Date & Time	Speaker	Notes
<b>Reception Area Presentations: Diabetes Q&amp;A and Prizes</b>	Montefiore Medical Group <b>Comprehensive Family Care Center</b> 1621 Eastchester Road Bronx, New York 10461	Wednesday: 11/3/2010 and 11/24/2010 Throughout the day on all 3 units	Diana Johnson, MA, CHES	For more information, please call <b>Diana Johnson</b> <b>718-405-8066</b>
<b>Reception Area Presentations: Diabetes</b>	Montefiore Medical Group <b>Comprehensive Health Care Center</b> 305 East 161st Street Bronx, New York 10451	Mondays: 11/1/2010, 11/8/2010, 11/22/2010 and 11/29/2010 Through out the day.	Tami Williams, MA, CHES	For more information, please call <b>Tami Williams</b> <b>718-410-3604</b>
	Montefiore Medical Group <b>University Avenue Family Practice</b> 105 West 188th Street Bronx, New York 10468	Tuesdays: 11/2/2010 , 11/9/2010, 11/16/2010 and 11/23/2010 Time: 2:00pm	Johanna Rivera, MA, CHES	For more information, please call <b>Johanna Rivera</b> <b>718-842-8040</b>
<b>Reception Area Presentations: ABCS of Diabetes</b>	Montefiore Medical Group <b>Family Health Center</b> 3rd Floor Conference Room 360 East 193rd Street Bronx, New York 10458	Throughout the day on both floors 2 & 3.	Alfonsina Perez, MPH, CHES Ibis Castro-Katzmann, BS	For more information, please call <b>Alfonsina Perez</b> <b>718-933-2400 x 4143</b>
<b>Reception Area Presentations: Great American Smoke Out, Tobacco &amp; Diabetes</b>	Montefiore Medical Group <b>Comprehensive Health Care Center</b> 305 East 161st Street Bronx, New York 10451	Thursday: 11/18/2010	Tami Williams, MA, CHES	For more information, please call <b>Tami Williams</b> <b>718-410-3604</b>

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## DIABETES WORKSHOPS

Activity	Location	Date & Time	Speaker	Notes
<b>Diabetes: What You Should Know</b>	<b>Kingsbridge Heights Community Center</b> Concourse Level 3101 Kingsbridge Terrace Bronx, New York 10463	Thursday: 11/11/2010 Time: 9:00 am	Geraldine O'Connell, RN	To register, please call <b>1-800-MD-MONTE</b> <b>(1-800-636-6683)</b>
	<b>Bronx Library Center</b> Concourse Level 310 East Kingsbridge Road Bronx, New York 10458	Thursday: 11/4/2010 Time: 11:00 am	Geraldine O'Connell, RN	To register, please call <b>1-800-MD-MONTE</b> <b>(1-800-636-6683)</b>
	<b>Wakefield Library</b> Lower Level 4100 Lowerre Place Bronx, New York 10466	Monday: 11/22/2010 Time: 6:30 pm	Geraldine O'Connell, RN	To register, please call <b>1-800-MD-MONTE</b> <b>(1-800-636-6683)</b>
<b>Reduce your Risk for Diabetes</b>	<b>Family Care Center</b> 3444 Kossuth Avenue Schiff 2 Classroom Bronx, New York 10467	Wednesday: 11/3/2010 and 11/17/2010 Time: 10:30 am – 11:30 am	Maribel Familia-Guzman	To register, please call <b>Maribel Familia-Guzman</b> <b>646-831-7771</b>

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## DIABETES EDUCATION

Activity	Location	Date & Time	Speaker	Notes
<b>Informational Table:</b> Pick up information about Diabetes	<b>Family Care Center</b> 3444 Kossuth Avenue Lobby Area Bronx, New York 10467	Tuesdays: 11/2/2010, 11/9/2010 and 11/16/2010 Time: 2:00 pm–4:00 pm  Thursdays: 11/4/2010 and 11/11/2010 Time: 10:00 am–11:30 am		For more information, please call <b>Maribel Familia-Guzman</b> <b>646-831-7771</b>
	<b>The Suzanne Pincus Family Learning Place</b> <b>Children’s Hospital at Montefiore</b> 3415 Bainbridge Avenue Bronx, New York 10467	Wednesday: 11/3/2010 Time: 3:00 pm  Tuesdays: 11/9/2010 and 11/16/2010 Time: 10:00 am		For more information please call <b>Crysta Jones</b> <b>718-741-2FLP (2357)</b>
	<b>The North Ambulatory Care Center</b> Upper Lobby / Adult Medicine 4234 Bronx Boulevard Bronx, New York 10466	Wednesday: 11/10/2010 Time: 9:30 am–11:30 am		For more information, please call <b>Bridget Donaghy</b> <b>347-341-4353</b>
<b>Learn About Diabetes:</b> Creative arts activities, games and contests	<b>Children’s Hospital at Montefiore</b> CHAM 6 Teen Lounge 3415 Bainbridge Avenue Bronx, New York 10467	Thursdays: 11/4/2010, 11/11/2010, 11/18/2010 and 11/25/2010 Time: 3:00 pm	Susan Franks MS Child Life Specialist	Inpatient only
<b>Speakers Bureau</b> Topic: Diabetes	<b>The North Ambulatory Care Center</b> Waiting Room / Adult Medicine 4234 Bronx Boulevard Bronx, New York 10466	Tuesday: 11/2/2010 Time: 1:00 pm	Mathew Leone, MD	For more information, call <b>Bridget Donaghy</b> <b>347-341-4353</b>

The Clinical Diabetes Center at Montefiore Medical Center provides treatment, education and support to patients with diabetes and is dedicated to helping them live the healthiest and fullest lives possible. With the instance of diabetes on the rise at an alarming rate in the U.S, we are a leader in research to expand available treatment options.

For more information, please contact:

Moses: 718-920-7247

Weiler: 718-904-2883

Learn more by visiting our website:

[www.montefiore.org/services/diabetes](http://www.montefiore.org/services/diabetes)



The University Hospital for the  
Albert Einstein College of Medicine

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