



**Diabetes  
Resource  
Manual  
Northeast  
Pennsylvania**



# TAKING CARE OF YOURSELF

## Table of Contents

Page number:

Goals TEST    Know your numbers	DATE OF VISIT			
TEST    Know your numbers				
<b>Blood Pressure</b> (Every visit)				
<b>Weight</b> (Every visit)				
<b>Foot Exam</b> (Every visit)				
<b>Hemoglobin A1c</b> (Every 3-6 months)				
<b>Dental Exam</b> (Every 6 months)				
<b>Total Cholesterol</b> (Yearly)				
<b>LDL Cholesterol</b> (Yearly)				
<b>HDL Cholesterol</b> (Yearly)				
<b>Triglycerides</b> (Yearly)				
<b>Microalbumin</b> (Yearly)				
<b>Dilated Eye exam</b> (Yearly)				
<b>Flu shot</b> (Yearly)				
<b>Pneumonia shot</b>				

### Introduction

Education and Information.....	1
Alternate Resources.....	2
Health Care.....	5
Eyes/Vision.....	6
Dental.....	8
Foot Care.....	9
Orthotics.....	9
Wound Care.....	10
Kidney.....	11
Impotence.....	12
Health Insurance.....	13
Nutrition/Food.....	14
Supplies and Medications.....	15
Other Supporting Organizations.....	17
Transportation.....	19
Support Groups.....	19
Glucose Monitors.....	20
Aids for visually impaired.....	21
Insulin Pumps.....	22
Insulin Delivery Systems.....	22
Medical Identification.....	23
Safe Disposal.....	24
Smoking.....	24
Children services.....	25
Coping.....	26
Physical Activity Resources.....	27
Health Chart.....	28

## INTRODUCTION

The Diabetes Educators sponsored the development of this Resource Guide as part of their efforts to increase the knowledge of people diagnosed with diabetes in all aspects of diabetes management.

This directory is designed to provide the person with diabetes a list of available resources to help better manage their disease. This is not a complete guide but can serve as a starting point.

Additional copies of this manual can be obtained by calling the PA. Dept. of Health, NE District office at (570) 826-2062.

## Physical Activity

### **Benefits of Physical activity include:**

- Lowers blood glucose levels
- Aids in weight loss
- Helps avoid complications of diabetes
- Increases strength and flexibility
- Improves your sex life
- Makes you feel proud of yourself

30-60 minutes a day is recommended. Choose activities you enjoy so that you make exercise a habit. Set small short-term goals that lead to your long-term goals.

- **Talk to your health care provider before starting any exercise program.**

## Resources

### **Pennsylvania Department of Conservation and Natural Resources (DCNR).**

For a complete list of State Parks, Forestry, Greenery & trails.

**Web site: [www.dcnr.state.pa.us](http://www.dcnr.state.pa.us)**

### **Rails to Trails**

Public use trails in Pennsylvania

**Web site: [www.gis.dcnr.state.pa.us/railtrails](http://www.gis.dcnr.state.pa.us/railtrails)**

**YMCA, Pittston.....(570) 655-2255**

**YMCA, Wilkes-Barre.....(570) 208-9622**

**Catholic Social Services.....(570) 829-3489**

**COPING**

**Inner Harmony WELLNESS CENTER®.....(570) 346-4621**

**Web site: www.innerharmonywellness.com**

Provides traditional and complementary services to improve total wellness. Programs and services are dedicated to assessing and treating the medical, nutritional, physical, emotional, and spiritual needs of patients. Counselors, board certified physicians, nurse practitioners, registered dietitians, certified massage therapists and licensed acupuncturists are available.

**Catholic Social Services.....(570) 822-7118**

**Community Counseling**

**Services of Northeastern PA.....(570) 552-6000**

**Web site: www.wvhcs.org**

**The Family Center for Behavioral Health.....(570) 491-4117**

**TESTING NOTES**

**HbA1c** (H-B-A-one-C) Gives you the average amount of sugar in your blood over the past 2-3 months.

**Lipid test:** Blood is drawn to measure the fats in your blood. Fats include Cholesterol, (total cholesterol, HDL cholesterol and LDL cholesterol) and triglycerides. Abnormal levels of these can raise your risk of heart problems.

**Blood Pressure:** Lowering your blood pressure reduces your risk of heart problems, stroke, and kidney disease.

**The following agencies contributed resources and information:**

- Area Agency on Aging**
- Area Health Education Center**
- American Diabetes Association**
- Blue Cross of Northeast Pennsylvania**
- Gateway Health Plan**
- Geisinger Health Plan**
- Healthy Northeast Access Program**
- Healthy Northeast Initiative**
- Inner Harmony WELLNESS CENTER®**
- Mercy Health Partners (HealthSPAN)**
- Northeast Association of Diabetes Educators (NEADE)**
- Penn State Cooperative Extension**
- Pennsylvania Department of Health**
- Pennsylvania Dietetic Association**
- Quality Insights of Pennsylvania**
- Rural Health Corporation of Northeast Pa.**
- Steps to a HealthierPA Luzerne County**
- Wilkes-Barre City Health Department**
- Wyoming Valley Health Care System**

**DIABETES EDUCATION**

The following is a list of providers that offer diabetes education programs in Luzerne, Lackawanna, Pike, Wayne and surrounding counties. They have been recognized by the American Diabetes Association as meeting National Standards for Diabetes Self Management Education. For specific schedules, fees and location, call the site of your choice. Many insurance companies offer Diabetes self management education. Ask for the diabetes education department.

- Community Medical Center (Scranton)..... (570) 969-7272**
- Department of Veterans Affairs (Wilkes-Barre). (570) 824-3521**
- Diabetes Management & Nutrition Center..... (800) 387-1649**
- Hazleton General Hospital**
- (Health & Wellness Center)..... (570) 501-4624**
- Mercy Scranton..... (570) 348-7255**
- Mid-Valley Hospital (Peckville)..... (570) 383-5518**
- Moses Taylor Hospital (Scranton)..... (570) 340-2140**
- PrimeMed (Scranton)..... (570) 969-6327**
- Triangle Pharmacy (Mountaintop)..... (570) 474-6590**

A Certified Diabetes Educator (CDE) is health care professional who teaches people with diabetes how to manage their disease. For information about working with a (CDE) in your area and to learn more about diabetes self-care, call or visit the following web sites:

**American Association of Diabetes Educators**  
**1-800-TEAMUP4**  
**1-800-338-3633**  
**Web site: [www.diabeteseducator.org](http://www.diabeteseducator.org)**

**Luzerne/Wyoming Counties**  
**Drug & Alcohol Program.....(570) 826-8790**

**Pennsylvania Department of Health Northeast District Office**  
**Tobacco Prevention Consultant .....(570) 826-2062**  
**Pennsylvania’s Free Quitline.....1-800-784-8669**  
**Web site: [www.health.state.pa.us](http://www.health.state.pa.us)**  
 Provides resources for health professional and community members regarding tobacco prevention, cessation and referral.

**CHILDREN’S SERVICES/CAMPS**

**American Diabetes Association.....(800) 342-2383**  
**Web site: [www.diabetes.org/wisdom](http://www.diabetes.org/wisdom)**  
 Wisdom is an interactive educational program for children newly diagnosed with diabetes and their parents or guardian (s).

**Children with Diabetes**  
**Web site: [www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)**

**Setebaid Services Inc.....(570) 524-9090**  
**Web site: [www.setebaidservices.org](http://www.setebaidservices.org)**  
 Provides diabetes education and social support programs for children, adolescents, and their families. Programs include weekly summer camp for children ages 8-15, teen weekend recreation programs, and a Diabetes Family Retreat Weekend which is held twice a year.

**Juvenile Diabetes Organization of NEPA**  
 Patty McDade .....(570) 824-4864  
 Reenie McGavin.....(570) 829-5010  
**Website: [www.jdonepa.freesevers.com](http://www.jdonepa.freesevers.com)**

\*Note: Please see “Alternate Resources” on page 2 for additional information.

## SAFE DISPOSAL TIPS OF MEDICAL WASTE

For comfort and safety, never use an insulin needle twice. When needles are used more than once the tip may dull or bend and may cause bleeding, bruising or scarring and the needle may break off in the skin. You can help prevent injury, illness and pollution by following some simple steps when you dispose of sharp objects. Medical waste should never be thrown in the trash. Check with local township municipality.

**Environmental Protection Agency**.....(800) 438-2474  
**Web site:** [www.epa.gov/osw](http://www.epa.gov/osw)

**Pennsylvania Department of Environmental Protection**  
Safe Disposal of Home Medical Waste.....(570) 826-2511  
**Web site:** [www.depweb.state.pa.us](http://www.depweb.state.pa.us)

## ENDOCRINOLOGIST

An **endocrinologist** (en-do-cri- nol-o-gist) is a doctor who treats people who have problems with their endocrine glands. Diabetes is an endocrine disorder. Ask your health care provider to refer you to an endocrinologist if you are having difficulty controlling your blood glucose levels. Your phone book will have a listing of endocrinologists in your area under physician, specialty.

## SMOKING

Quitting tobacco use now can prevent complications, especially those related to circulation.

**Lackawanna County Commission**  
**on Alcohol and Drug Abuse**.....(570) 963-6820

## ALTERNATE RESOURCES

**Allied Services Home Health**.....(570) 348-2205  
**(Diabetes Nurse Consultant)**

**American Heart Association**.....(800) 242-8721  
**Web site:** [www.americanheart.org](http://www.americanheart.org)

**AmeriHealth Mercy Health Plan**.....(877) 693-8271

**Endless Mountains Health Systems** .....(570) 278-3801 ext. 221

**Geisinger Wyoming Valley (Plains)**.....(570) 825-1000  
Education is provided for Geisinger patients only.

**Greater Hazleton Health Alliance**.....(570) 501-4624

**Medicine Shoppe**.....(570) 674-5577

**Northeast Chapter (ADA)**.....(570) 823-3355  
**Web site:** [www.diabetes.org](http://www.diabetes.org)

They provide direct links to approved diabetes education programs and agencies in your county.

### **Pennsylvania Department of Health**

**Northeast District office**

**Diabetes Nurse Consultant**.....(570) 826-2062

**Web site:** [www.health.state.pa.us](http://www.health.state.pa.us)

Resource for health professionals and community members regarding diabetes information and referrals. Providing written material, diabetes updates, and consultation.

**Tyler Memorial Hospital**.....(570) 836-2161

**Wayne Memorial Hospital (Honesdale)** .....(570) 253-8149

**ALTERNATE RESOURCES**

**American Diabetes Association (ADA).....(800) 342-2383**

**American Dietetic Association.....(800) 877-0877**  
**Web site: [www.eatright.org](http://www.eatright.org)**

**Barbara Davis Center.....(303) 724-2323**  
**Web site: [www.uchsc.edu/misc/diabetes/](http://www.uchsc.edu/misc/diabetes/)**

Information about medical treatment for children with diabetes, education and research.

**Center for Disease Control.....(877) 232-3422**  
**Web site: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)**

Information on surveillance and prevention of diabetes. Provides links to information on frequently asked questions about diabetes, education programs, state based programs, statistics, and research programs.

**International Diabetes Center.....1-888-825-6315**  
**Web site: [www.parknicollet.com/diabetes/](http://www.parknicollet.com/diabetes/)**

Provides information about diabetes clinical care, education and research.

**Joslin Diabetes Center.....(617) 732-2400**  
**Web site: [www.joslin.harvard.edu](http://www.joslin.harvard.edu)**

Information about medical treatment for diabetes and research.

**NovoNordisk Pharmaceuticals Inc.....(800) 727-6500**  
**Web site: [www.novonordisk-us.com/](http://www.novonordisk-us.com/)**

**OmniPod Insulin Management System.....(800) 551-2475**

**Owen Mumford Inc.....(800) 421-6936**  
**Web site: [www.owenmumford.com](http://www.owenmumford.com)**

**MEDICAL IDENTIFICATION**

Identification can save your life!

Emergency situations can occur at any time of the day. A person with diabetes should have some form of medical identification. A bracelet, necklace or wallet card are some examples of medical identification. Your local pharmacy may carry these items.

**American Medical ID.....(800) 363-5985**  
**Web site: [www.americanmedical-ID.com](http://www.americanmedical-ID.com)**

**Apothecary Products.....(800) 328-2742**  
**Web site: [www.apothecaryproducts.com](http://www.apothecaryproducts.com)**

**Diabetes Research & Wellness Foundation**  
**(Free Diabetes Alert Necklace).....(202) 298-9211**  
**Web site: [www.diabeteswellness.net](http://www.diabeteswellness.net)**

**Lauren’s Hope.....(800) 360-8680**  
**Web site: [www.laurenshope.com](http://www.laurenshope.com)**

**Medic Alert.....(888) 633-4298**  
**Web site: [www.medicalert.org](http://www.medicalert.org)**

## INSULIN PUMPS

An insulin pump may provide greater flexibility in a person's lifestyle. Insulin pumps may be covered by your health insurance plan. Call your insurance company to check for eligibility.

**Animas Corporation**.....(877) 937-7867  
**Web site:** [www.animascorp.com](http://www.animascorp.com)

**Disetronic Medical Systems Inc**.....(800) 280-7801  
**Web site:** [www.disetronic-usa.com](http://www.disetronic-usa.com)

**Medtronic MiniMed Inc** .....(800) 646-4633  
**Web site:** [www.minimed.com](http://www.minimed.com)

**Smiths Medical**.....(800) 826-9703  
**Web site:** [www.delteccozmo.com](http://www.delteccozmo.com)

## INSULIN DELIVERY SYSTEMS

Injection aids assist with delivery and administration of insulin to those with needle phobia or who are visually impaired.

**Accu-Check Insulin Pump**.....(800) 280-7801

**Antares Pharma**.....(800) 328-3077  
**Web site:** [www.mediject.com](http://www.mediject.com)

**Becton Dickinson** .....(800) 232-2737  
**Web site:** [www.bddiabetes.com/us/](http://www.bddiabetes.com/us/)

**Eli Lilly and Company** .....(800) 545-5979  
**Web site:** [www.lilly.com](http://www.lilly.com)

**Juvenile Diabetes Research Foundation International (JDRF)**.....(800) 533-2873  
**Web site:** [www.jdrf.org](http://www.jdrf.org)

Supports diabetes research to find a cure for Type 1 diabetes. On their web site you can find information on JDRF chapters in your area, a subscription to their research newsletter, "Countdown" magazine, and books.

**Medline Plus**  
**Web site:** [www.medlineplus.gov](http://www.medlineplus.gov)

Provides 24-hour health information. This is a service of the National Library of Medicine and the National Institutes of Health.

**National Diabetes Education Program (NDEP)** ... (800) 438-5383  
**Web site:** [www.ndep.nih.gov](http://www.ndep.nih.gov)

An Education program developed by a partnership of more than two hundred public and private organizations. The website also offers information in different languages.

**National Institute of Diabetes & Digestive & Kidney Diseases**.....(800) 860-8747  
**Web site:** [www.niddk.nih.gov](http://www.niddk.nih.gov)

Supports clinical and basic research on diabetes. Provides free information for all reading levels, answers questions, and provides reference materials.

**Your local library is also a source of information. Check the phone book for the library nearest to you.**

## HEALTH CARE

This section contains a listing of resources that provide health care for people with diabetes who are uninsured/underinsured.

Medical services may be free, or a reduced fee for doctor or non-emergency visits. Call the specific site for location and hours of operation and any other questions you may have.

**Back Mountain Free Medical and Legal Clinic.....(570) 696-1144**

65 Davis Street, Shavertown (St. Therese's Annex )

Friday Evenings 6:00 P.M. - 8:00 P.M.

**Care and Concern Free Health Clinic.....(570) 654-9923**

37 William Street, Pittston, PA 18640

Wednesday Evenings 5:00 P.M. - 8:00 P.M.

**Exeter Township Health Center.....(570) 388-6151**

**Hope Center.....(570) 696-1128**

Back Mountain Harvest Assembly

340 Carverton Road, Trucksville, PA 18708

Mondays 6:00 P.M. - 8:00 P.M.

**Leahy Community Health & Family Center..... (570) 941-6112**

**Milford Health and Wellness Center.....(570) 409-8484**

111 East Catherine Street, Milford, PA 18337

**McAuley Clinic.....(570) 826-3100**

Every other Wednesday, 4:30 P.M. until appointments are finished.

By appointment ONLY.

(Geisinger South Wilkes-Barre, 3rd floor)

**McKinney Clinic—Homeless (Wilkes-Barre).....(570) 825-0881**

39 East Jackson Street.

Hours: Tuesdays and Fridays 9:00A.M.-12:00P.M., 1:00 P.M.-4:30P.M.

Thursday 9:00 A.M.-Noon.

Your insurance company may cover certain glucose monitors.

Call your insurance carrier to see which particular meter is covered.

**Abbott Laboratories Inc (Medisense).....(800) 527-3339**

Web site: [www.abbott.com](http://www.abbott.com)

**Abbot Diabetes Care.....(888) 522-5226**

Web site: [www.therasense.com](http://www.therasense.com)

**Bayer Diabetes Care.....(800) 348-8100**

Web site: [www.bayercaresdiabetes.com](http://www.bayercaresdiabetes.com)

**Becton Dickinson (BD) Medical Diabetes Care.....(888) 232-2737**

Web site: [www.bddiabetes.com/us/](http://www.bddiabetes.com/us/)

**Home Diagnostics, Inc.....(800) 342-7226**

Web site: [www.thesmartchoice.com](http://www.thesmartchoice.com)

**LifeScan.....(800) 227-8862**

Web site: [www.lifescan.com](http://www.lifescan.com)

**Roche Diagnostics.....(800) 858-8072**

Web site: [www.accu-chek.com](http://www.accu-chek.com)

## AIDS FOR VISUALLY/PHYSICALLY IMPAIRED

**Becton Dickinson.....(888) 232-2737**

**The Lighthouse Catalog.....(800) 829-0500**

**Palco Laboratories.....(800) 346-4488**

Web site: [www.palcolabs.com](http://www.palcolabs.com)

**Roche Diagnostics.....(800) 858-8072**

Web site: [www.accu-chek.com](http://www.accu-chek.com)

**Science Products.....(800) 888-7400**

Web site: [www.captek.net](http://www.captek.net)

**Greater Wilkes-Barre Association for the Blind.....(570) 693-3555**  
**Web site: www.wilkesbarreblind.com**  
 Adult Support 2nd Thurs of the month – 300 G Laird St. Wilkes-Barre

**Hazleton Support Group.....(570) 501-4624**

**Insulin Pump Support Group.....(570) 825-1000**  
 Gesinger Wyoming Valley

**Mercy Health Partners (Scranton).....(570) 348-7439**

**Moses Taylor Hospital (Scranton) .....(570) 340-2140**

**Triangle Pharmacy (Mountaintop).....(570) 474-6590**

**Tyler Memorial Hospital (Wyoming County).....(570) 836-2161**

**VA Medical Center (Luzerne County).....(570) 824-3521**

**Wayne Memorial Hospital.....(570) 253-8149**

**Wyoming Valley Health Care System.....(570) 552-4444**  
 Adult support group 2nd Tuesday of the month at the TPS Medical  
 Pavillion, 468 Northampton St. Edwardsville, PA

**GLUCOSE MONITORS**

Keeping track of your blood glucose (sugar) levels is necessary for good diabetes control. Every person with diabetes needs two (2) kinds of sugar tests: **HbA1c** (H-B-A-one-C) gives you the average amount of sugar in your blood over the past 2-3 months. A finger stick tells you how much sugar in in your blood each time you test. A **fasting** blood sugar is a finger stick test that is checked first thing in the morning after fasting from the night before. The goal of a fasting blood sugar is 70-120 mg/dl. A **post-prandial** (post-pran-de-al) blood sugar is a finger stick test that is checked 1-2 hours after you have eaten a meal. Because blood sugar levels change minute by minute, it is important to check your blood sugar as directed by your health care provider.

**Mountaintop Free Medical Clinic.....(570) 474-6616**  
 316 S. Mountain Blvd., Mountaintop (St. Paul’s Lutheran Church)  
 Monday evenings, 6:30P.M. - 8:00 P.M.

**Scranton Primary Health Care Center.....(570) 344-9684**

**Volunteers in Medicine.....(570) 970-2864 or (570) 970-2865**  
 190 N. Pennsylvania Ave, Wilkes-Barre  
 Monday thru Friday 9:00 A.M. - 4:00 P.M. \*Call for appointment\*

**Wilkes-Barre City Health Department.....(570) 208-4268**  
**\*Wilkes-Barre City residents only\***  
 71 North Franklin Street  
 Hours: vary, please call

**Wilkes-Barre Free Medical Clinic.....(570) 793-4361**  
 35 South Franklin Street (ST. STEPHEN’S CHURCH)  
 Tuesday evenings 5:00P.M. - 7:00 P.M.  
 Must Register from 5:00 P.M. - 5:30 P.M.

**EYES/VISION**

Changes in blood glucose levels can result in blurred vision. Over time, high blood glucose and high blood pressure can damage the small blood vessels in the eyes.

Diabetic **retinopathy** (ret-i-nop-a-the), cataracts, and glaucoma are the main type of complications related to diabetes, which can lead to blindness. A person with diabetes should have a dilated eye exam every year by a professional eye care specialist.

---

The following is a list of resources that can provide visual services, low cost eyeglasses, adaptive devices, talking books and education about eye care. For specific services and fees call the site of your choice.

**Blind Association of Lackawanna County.....(570) 342-7613**

**Hazleton Blind Association.....(570) 455-0421**

**Homecare Supply of America.....(800) 333-1421**

\* Blind or visually impaired diabetics can trade in the outdated Accu-Check Advantage monitor for the NEW Prodigy Voice blood glucose monitoring system at no charge, if you qualify. They accept most insurances, including Medicare and Medicaid.

**Leahy Community Health and Family Center.....(570) 941-6112**

**Lions Eye Health Program.....(630) 571-5466**

**Web site: [www.lehp.org](http://www.lehp.org)**

Lions club in your area: [www.lionsclubs.org](http://www.lionsclubs.org)

**National Eye Health Education Program.....(301) 496-5248**

**Web site: [www.nei.nih.gov/nehep](http://www.nei.nih.gov/nehep)**

**National Federation of the Blind (NFB).....(866) 504-7300**

(Free telephone newspaper Service; Diabetes Self Management Magazine, AARP Magazine, The Economist, and The New Yorker)

**National Senior Eye Care Program.....(800) 222-3937**

**Web site: [www.eyecareamerica.org](http://www.eyecareamerica.org)**

**Radio Home Visitor (WRKC 88.5 FM)**

Daily news read live from 10:00 a.m.– 12:00 p.m.

**Talking Book Program.....(800) 222-1754**

**Web site: [www.library.phila.gov](http://www.library.phila.gov)**

**Voice of the Diabetic.....(888) 581-4741**

**Web site: [www.nfb.org](http://www.nfb.org)**

(National Magazine in print or cassette for the blind)

**Lackawanna Association For the Blind.....(866) 662-5300**

**Wilkes-Barre Association for the Blind.....(570) 693-3555**

**Web site: [www.wilkesbarreblind.com](http://www.wilkesbarreblind.com)**

## TRANSPORTATION

**Dial-A-Driver, Inc.....(570) 825-5261**

**Web site: [www.VOAPA.org](http://www.VOAPA.org)**

Provides transportation for the disabled/elderly persons who have no other transportation resources. Priorities are medical appointments and grocery shopping. (A wheelchair van is available).

**Lackawanna County**

**Medical Assistance Transportation.....(570) 963-6482**

**Web site: [www.lackawannacounty.org](http://www.lackawannacounty.org)**

Provides reimbursement for transportation costs to medical appointments, pharmacy or provider treatment, medical evaluation or purchasing prescription drugs, or medical equipment. Does not include ambulance, workshop or daycare programs.

**Luzerne/Wyoming County**

**Transportation Department.....(570) 288-8420**

Provides community programs and services through transportation.

## DIABETES SUPPORT GROUPS

Diabetes support groups provide aid, comfort, and education to individuals with diabetes as well as their families and friends. Call the group of your choice for scheduled day and time.

**Allied Services Home Health**

**Lackawanna County Office.....(570) 348-2200**

**Luzerne County Office (John Heinz, Wilkes-Barre)...(570) 830-2070**

**Community Medical Center (Scranton).....(570) 969-7272**

**Web site: [www.cmchealthsys.org](http://www.cmchealthsys.org)**

**Geisinger Teen Support Group (Danville)**

Brings teens together to learn about diabetes self-care, developing a good routine, and coping with stress. Held the second Monday of each month from 6 p.m. to 7:30 p.m. at Geisinger Medical Center, Foss Clinic 2. Call 570-271-6396 to schedule an appointment.

**OTHER SUPPORTING SERVICES**

**Area Agency on Aging (AAA)**  
**Luzerne & Wyoming Counties.....(570) 822-1158**  
**Web site: [www.aginglw.org](http://www.aginglw.org)**

**Lackawanna County (AAA).....(570) 963-6740**  
**Web site: [www.lackawannacounty.org](http://www.lackawannacounty.org)**

**Pike County (AAA).....(570) 775-5550**  
Provides various programs and services for the elderly. Programs include personal care services, home delivered meals, Retired Senior Volunteer, and Foster grandparent.

**Commission on Economic Opportunity.....(800) 822-0359**  
**(CEO) Web site: [www.ceopeoplehelpingpeople.org](http://www.ceopeoplehelpingpeople.org)**

**Hazelton.....(570) 455-4994**

**Tunkhannock.....(570) 836-4090**

**Wilkes-Barre.....(570) 826-0510**

Services provided by the “People Helping People” program include: housing, in-home services, food and nutrition services, weatherization, food bank, employment opportunities, scholarships, summer youth employment, fuel assistance, mortgage assistance, and an on track utility payment program.

**PA. Office of Vocational Rehabilitation.....(570) 826-2011**

**Web site: [www.dli.state.pa.us](http://www.dli.state.pa.us) Click on “disability services”**

Provides assistance to those in need, who are blind or are losing their vision. They also offer support and education to family and friends of those afflicted with some form of disability. Services include employment training, placement services/vocational, adult & children services and counseling.

**Social Security Administration.....(800) 772-1213**

**Web site: [www.ssa.gov](http://www.ssa.gov)**

Provides retirement and disability benefits to those who qualify.

**Special Kids Network.....(800) 986-4550**

Provides information about health care, social services, support and advocacy for children with special needs.

**DENTAL**

If your diabetes is in poor control, your mouth fluids or saliva may contain an increased amount of sugar, which may make you more prone to dental problems such as gingivitis, thrush, damaged blood vessels and plaque buildup. It is recommended that you see your dentist every six months. The following is a list of resources that can provide services for dental care if you do not have a dentist.

**Dental Clinic of Berwick.....(570) 752-8753**

**Dental Hygiene Clinic.....(570) 740-0446**  
**(Luzerne County Community College)**

**Freeland Health Center.....(570) 636-1010**

**Kirby Health Center .....(570) 822-4278**  
Dental care for children only.

**Pennsylvania Dental Association.....(717) 234-5941**  
**Web site: [www.padental.org](http://www.padental.org)**

**FOOT CARE**

It is important to check your feet daily for sores, cracks, blisters, redness and swelling. Diabetic foot disease can occur from poor blood flow and nerve damage. With preventive care you can avoid complications. Inform your health care provider as soon as you notice any problems.

A **podiatrist** (pah-di-ah-trist) is a doctor who treats and takes care of people’s feet. A person with diabetes should have their feet examined at every visit with their primary health care provider. Medicare may cover a foot exam every 6 months by a podiatrist or a physician. Medicare may also cover orthopedic shoes if required. Certain conditions apply. Speak to your health care professional for the nearest podiatrist in your area or consult your local phone book under physician.

**ORTHOTICS & PROSTHETICS**

**Prosthetics** (pras-thet-iks) are adaptive devices that aid those with limited mobility and visual problems. Your pharmacy may have other supplies and equipment you need. Check with your pharmacy to see if they are a participating provider.

- Andrew Brown’s Home Health Care Center.....(570) 343-2442**
- Caterino & Sons**  
**Orthopedic Shoe Specialist.....(570) 342-9352**
- Cooks Medical Care Company.....(570) 283-5238**
- Esposito’s Inc.....(570) 655-2254**  
**Web site: www.espositosshoesinc.com**
- Gino’s Fairview Shoe Store.....(570) 474-6051**

**Rx Outreach.....(800) 769-3880**  
**Web site: www.rxoutreach.com**

Rx Outreach is a patient assistance program that provides select generic medications to treat ongoing health problems such as blood pressure and diabetes. These medications are sent directly to your home from a mail order pharmacy. A three-month supply is \$20 or \$30 per medication. For a list of medications available please call.

**The Medicine Program.....(866) 694-3893**  
**Web site: www.themedicineprogram.com**

Assists individuals of all ages who are regularly required to take prescription medication but lack adequate income to fill their prescriptions each month. There is a processing fee for each medication requested.

**Together Rx Card.....(800) 865-7211**  
**Web site: www.togetherrxaccess.com**

Offers a prescription savings program for eligible Medicare individuals. You may save 20-40% off the amount you usually pay for prescriptions.

**Together Rx AccessCard.....(800) 444-4106**  
**Web site: www.trxaccess.com**

Prescription assistance for people not eligible for Medicare and who don’t have prescription drug coverage.

**Wal-mart/ SAM’S Club \$4 Generic Prescription Program**  
**Web site: www.walmart.com/pharmacy**

Wal-Mart/SAM’S Club and Target pharmacies offer a \$4 generic program for select generic prescriptions available for up to a 30-day supply at commonly prescribed dosages. Anyone is eligible. Brochures with a list of medications offered are available at your local Wal-Mart/ SAM’S Club and Target pharmacies.

**Xubex.....(866) 699-8239**  
**Web site: www.xubex.com**

Xubex is a patient assistance program that provides assistance with select generic medications. These medications are sent directly to your home from a mail order pharmacy. A three-month supply is \$20 per medication, a six-month supply for \$40 per medication or a one-year supply for \$60 per medication. Please call for a list of available Medications and/or an application.

**Merck Patient Assistance Program.....(800) 727-5400**  
**Web site: www.merckhelps.com**

**NeedyMeds**

**Web site: www.needymeds.com**

An information source to learn more about pharmaceutical companies assistance programs and other programs designed to help those who can't afford their prescription medications. Links to many programs applications are available on this web site as well.

**Novartis Patient Assistance Program.....(800) 277-2254**

**Novo Nordisk Pharmaceutical.....(800) 727-6500**

**Web site: www.novonordisk-us.com**

Patients can call the Indigent Patient Program for an application form to take to their doctor. You may qualify for a one time only supply of insulin.

Novo Nordisk has a "Keeping well with Diabetes" program. You will receive an information pack and a quarterly newsletter.

Call 1-800-243-3378 to join.

**PA Assistance Program.....(800) 955-0989**  
(low income and no insurance)

**P.A.C.E.....(800) 225-7223**

**Web site: www.aging.state.pa.us**

(Pennsylvania Pharmaceutical Assistance for the Elderly)

Helps residents who are age 65 or older with payment of their prescriptions.

**Pennsylvania United Way**

**"The Partnership For Prescription Assistance of PA"**

.....(888) 477-2669

**Web site: www.pparx.org**

**Pfizer for Living Share Card.....(800) 459-4156**

Qualified applicants can receive a Living Share Card which can be used at their local pharmacy.

**Hanger Prosthetic & Orthotics.....(570) 822-8064**

**Home Medical Equipment (Avoca).....(570) 457-5251**

**Limbs for Life.....(888) 235-5462**

**Mountain City Prosthetics & Orthotics**

**Hazleton.....(570) 455-7486**

**Kingston.....(570) 331-7295**

**Northeast Medical Equipment (Honesdale).....(800) 889-7700**

**Patient Care (Kingston).....(570) 283-0691**

**Prosthetics/Orthotic Services.....(877) 471-8290**

**Provost Shoes (Hazleton) .....(570) 455-7704**

**Riverview Orthotics & Prosthetics.....(570) 270-6231**

**Wyoming Valley Prosthetics & Orthotics.....(570) 283-3835**

**Wyoming Valley Pedorthic—Footwear Center.....(570) 820-4088**

**WOUND CARE**

**Center for Management of Complex Wounds.....(570) 969-7493**

**Mercy Hospital Wound Management Program.....(570) 941-2780**

**Advanced Centers for Podiatry and Wound Care.....(570) 283-1150**

Evaluates and treats patients with wounds or ulcers of the lower extremity that might lead to amputation.

**The Wound Healing Center.....(570) 552-2750**

**KIDNEY**

Early detection is essential to preserve kidney function. It is recommended that a person with diabetes have a yearly urine test for protein (microalbumin test). When the kidney’s filtering processes become impaired, small amounts of protein (microalbumin) begin to spill in the urine, which is an early sign of kidney disease.

**American Kidney Fund Help Line.....(800) 638-8299**  
Offers free publications and referrals. Eligible patients can receive aid after referral from a treatment center. Financial assistance for drugs, travel, donor travel, dialysis on travel, and oral iron medication may be available.

**National Kidney Foundation (NKF).....(800) 622-9010**  
**Web site: [www.kidney.org](http://www.kidney.org)**  
Offers free publications about kidney disease, diabetes, diet, and other health issues. May also be a resource for finding a local support group.

**Pennsylvania Chronic Renal Program.....(800) 986-4550**  
The operator will answer “Special Kids Network”, ask for the state renal program. A health agent for the program will assess eligibility and coverage for your county.  
*If accessing the site via the PA. Dept. of Health website at [www.health.state.pa.us](http://www.health.state.pa.us), type **renal** in the search box and then scroll down to **chronic renal disease**.*

**American Medical Supplies, Inc.....(800) 992-5720**  
**Web site: [www.amsdiabetic.com](http://www.amsdiabetic.com)**

**Diabetic Care Center.....(800) 633-7167**  
**Web site: [www.diabeticcareservices.com](http://www.diabeticcareservices.com)**

**CCS Medical .....(800) 928-8220**  
**Web site: [CCSmed.com](http://CCSmed.com)**

**Eli Lilly and Company.....(800) 545-5979**  
**Web site: [www.lilly.com](http://www.lilly.com)**  
Provides low cost or free prescription medications to qualified individuals. Have your doctor call for the Indigent Patient Program for an application. You provide income information and on approval a three-month insulin supply is sent to your doctor. It may be renewed.

**Everyone’s Rx.....(866) 353-3763**  
**Web site: [www.everyonesrx.com](http://www.everyonesrx.com)**  
This program is designed to assist patients, doctors, medical staff, pharmacists and others to utilize patient assistance programs set up by prescription drug manufacturers throughout the United States. There is a minimal application fee and a fee for each prescription. Every 3 months the person needs to repeat the application process.

**Kmart Pharmacy**  
**Web site: <https://pharmacy.kmartcorp.com/index.jsp>**  
Kmart pharmacies offer a 90 Day Generic Program for certain generic prescription medications. Anyone is eligible. The cost for each 90-day supply of medication is \$15. A list of the medications offered on this program are available at your local Kmart.

**Liberty.....(800) 762-8026**  
**Web site: [www.libertymedical.com](http://www.libertymedical.com)**

**Medicaid for Employed People with Disabilities (MEPD)**  
MEPD is for persons who are disabled *and* working. You must be under 65 years of age and receiving earned income from employment or self-employment. Your monthly net income must be less than 250% of the federal poverty level. Individuals should apply for this program at their local Department of Human Services office.

**American Dietetic Association.....(800) 366-1655**

**Web site: [www.eatright.org](http://www.eatright.org)**

Consumer hotline to locate a nutritionist, listen to recorded educational messages, or to request publications on healthy eating, food shopping, nutrition, cooking and health.

**Meals on Wheels Wyoming Valley.....(570) 288-1023**

**Scranton.....(570) 346-2421**

**Pittston.....(570) 655-0135**

**Pike .....(570) 775-5550**

Delivers nutritious and affordable meals five days a week to home bound seniors on a fixed income.

**Penn State Cooperative Extension**

and Outreach.....(570) 825-1701

**Web site: [www.extension.psu.edu](http://www.extension.psu.edu)**

Helps individuals and families improve nutrition, health and food safety. Provides educational materials for diet, weight management, exercise, and fitness.

## SUPPLIES AND MEDICATION

Everyone with diabetes is eligible for blood glucose monitoring equipment/supplies and are to have access to outpatient diabetes self-management education as a result of Act 98 which was signed into law on Oct 16,1998. Insurance benefits vary widely in what they do and do not cover. Supplies may be covered under a prescription plan or under durable medical equipment (DME). Call your insurance carrier to find out what is covered. It is important to obtain supplies from a participating provider.

Some people can save money by ordering their diabetes supplies through mail order companies. Check your local directory for a complete list of providers.

**American Association of Retired Persons.....(800) 289-8849**

**Web site: [www.aarp.org](http://www.aarp.org)**

Call for information regarding their mail-order pharmacy program.

## IMPOTENCE

The first step in addressing erectile dysfunction (ED) is to understand the condition and acknowledge its existence. Speaking to your doctor maybe the best thing you can do to improve your health and quality of life.

A **urologist** (yu-rol-o-jist) is a specialist who commonly treats erectile dysfunction and other urinary problems.

**Eli Lilly and Company.....(800) 545-5979**

**Web site: [www.lilly.com](http://www.lilly.com)**

**Owen Mumford Inc.....(800) 421-6936**

**Web site: [www.owenmumford.com](http://www.owenmumford.com)**

**Pfizer.....(866) 706-2400**

**Web site: [www.pfizer.com](http://www.pfizer.com)**

**Mission Pharmacal Company.....(877) 833-8587**

**Vivus Inc. ....(888) 367-6873**

**Web site: [www.vivus.com](http://www.vivus.com)**

**HEALTH INSURANCE**

Health insurance companies may provide education and information on diabetes management. Benefits and coverage vary among insurance companies. Contact your insurance company for more information.

**Hill Burton  
Uncompensated Services Program.....(800) 638-0742**

**Web site: [www.hrsa.gov](http://www.hrsa.gov)**  
Provides medical services to individuals at participating facilities.  
Eligibility for this program is based on family size and income.

**Medicare.....(800) 633-4227**  
**Web site: [www.medicare.gov](http://www.medicare.gov)**

Provides information about Medicare eligibility and billing.

**Pennsylvania Adult Basic Coverage.....(800) 462-2742**  
**Web site: [www.compass.state.pa.us](http://www.compass.state.pa.us)**

The adult insurance program is designed to provide basic insurance benefits, including preventive care, physician and/or primary health care services, diagnosis and treatment of illness or injury, inpatient hospitalization, outpatient hospital services and emergency accident and medical care. Applicants must meet certain eligibility requirements. For online applications visit their web site.

**Pennsylvania Children’s Health  
Insurance Program (CHIP).....(800) 986-5437**

Free and low cost health insurance for children of families with income in a specified range.

**Pennsylvania Department of Welfare  
(Medicaid).....(800) 692-7462**

**Web site: [www.dpw.state.pa.us/omap/dpwomap.asp](http://www.dpw.state.pa.us/omap/dpwomap.asp)**  
Provides information about healthcare services to persons with low incomes.

- Veterans Benefit Programs and Services**
- The Veterans Emergency Assistance Program**
- The Educational Gratuity Program**
- The Paralyzed Veterans’ Pension Program**
- The Blind Veterans’ Pension Program**
- The Disabled Veterans’ Real Estate Tax Exemption Program**
- The Persian Gulf Conflict Veterans’ Benefit Program**
- The Military Family Relief Assistance Program**
- The State Veterans Homes System**
- The Scotland School for Veterans’ Children**

A complete listing of eligibility requirements for each program, as well as the appropriate applications and forms, are available through the Department of Military and Veterans Affairs website at:  
**[www.paveterans.state.pa.us](http://www.paveterans.state.pa.us)**

**Department of Veterans Affairs.....(800) 827-1000**

**VA Benefits.....(877) 222-8387**

If you are a veteran or military retiree, you may be able to get prescription and/or health care benefits through the VA.  
**Web site: [www.va.gov](http://www.va.gov)** under benefits

**NUTRITION/FOOD**

People with diabetes have identified “diet” as one of the most difficult parts of managing their disorder. Many positive changes have taken place in nutrition science as it relates to diabetes. There is no “diabetic diet” there is only healthy meal planning. A dietitian/**nutritionist** (nu-trish-un-ist) is a health care professional who helps people with diabetes and other health problems choose the amount and types of foods that are necessary to help manage their disease. To find a nutritionist in your area please contact the American Dietetic Association or visit their website.

**American Dietetic Association.....(800) 877-0877**  
**Web site: [www.eatright.org](http://www.eatright.org)**