


**BLACK HILLS DIABETES  
ASSOCIATION, INC.**



*Our mission is to provide education,  
increase public awareness, and support all  
with diabetes in the Black Hills.*

**2011-2012**




PO Box 9653                      ADA & BHDA Office  
Rapid City, SD 57709        429 Kansas City, Rm 5  
605-923-4682                      Rapid City, SD 57701

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



**BLACK HILLS DIABETES ASSOCIATION, INC.**

*Congratulations!*                      *25th Anniversary*



In January 1987, three families gathered at the house of Connie Tice with the germ of an idea, stimulated by Dr. Steven Haas—the creation of a support group for people and families with diabetes, held at Rapid City Regional Hospital...

The first meeting of the Black Hills Diabetes Support Group was held in March of 1987. From this embryo meeting of about 10 people the group grew with monthly meetings which involved from 20 to 250 people. We became a nonprofit corporation in 1994.

We became much more than a support group for individual relationships. Over the years the efforts of BHDA has engaged in a multitude of efforts including: individual education, to public education, to legislative activism, encouraging other diabetes efforts and support groups, to fund raising, and most importantly to FUN raising. We believe that diabetes does not control us, but, rather, we control it! ★

Education was always first and foremost. With our non-paid volunteer staff we were fortunate to obtain the participation of extremely knowledgeable local professionals without compensation. Over the years the presenters have been physicians from the Center for Disease Control, endocrinology clinic of Washington University, Stetson University, Barbara Davis Center in Denver, local endocrinologists, the research Director at the International Diabetes Center, a physician from the Kansas School of Medicine, a Dietician and Pediatric Endocrinologist from Denver, a physician from the Mayo Clinic, a Professor of Endocrinology from the University of Chicago school of Medicine, a physician and clinical assistant from the SD school of Medicine and indeed an entire kidney transplant team from Colorado. In addition we were graced with, Diabetes Educators, a Psychologist from the International Diabetes Center, a diabetes Education consultant, a number of Local Psychologists, and local and out of state Dietitians. In the course of these we have set up video presentations to the Group as well as making the professionals available to the Hospital through Grand Rounds.

Networking has been a fundamental part of our efforts. We have; assisted the creation of other support groups in South Dakota and on our reservations, worked with Rapid City Regional Hospital, Sioux San Hospital, The Aberdeen Indian Health Service, the National Federation of the Blind, the SD Dental Hygienist Association, Alpha Beta Sorority, Lions and Cosmopolitans and the South Dakota Pork Council, among many others. We have maintained a close relationship with our schools, delivering packets, videos and other materials on diabetes to all of the local schools.

We have participated in fund-raising on behalf of local and national organizations which help diabetics with very little coming to ourselves. Our initial effort began with a Roast of Senator Tom Daschle, and Senator Jim Abnorr followed by a number of other roasts of local personalities, began the Century Ride for Diabetes, a geranium sale, bake and craft sales, motorcycle fund raising rides, developed the Taco John's Nachos Navida, Kiss a Pig Contests, "Lets Mug Diabetes", and a Little Caesar's contribution during Alert Day, Carpenters Union Solaridy Motorcycle Ride for diabetes. ★

Community efforts involved; numerous PSA's developed by us with the assistance of a local TV Station on diabetes warning signs and gestational diabetes, informational billboards through Derby Sign Co., participated in over a hundred Health Fairs, arranged to put the warning signs of diabetes on milk cartons, shopping bags, grocery store receipts, and city water bills, annual distributions of 10's of thousands Alert Day quizzes as well as publication of those quizzes in many Newspapers, monthly diabetic recipes in Newspapers, creation of the Diabetes Expo Interactive Health Fair, establishment of Cooking Classes, a Hot Line for Diabetics, obtained advertising in the Rapid City Journal and the Argus Leader, and established numerous screenings throughout the Black Hills.

We have a constantly growing lending library of over 100 books, provided emergency supplies to needy diabetics, developed a parent support group in 1990, developed a camp for diabetic children and their families at Outlaw Ranch transportation to medical care, worked with the legislature for a diabetic BHDA Website provided by the Cosmopolitan Club arrangements to supply blood glucose monitors on Reservations, for our local emergency medical technicians and the Cornerstone Rescue Mission.

For fun; roller skating parties, hay rides, summer picnics, Easter and Christmas parties, and a Funsizersize Shape Up Party.

As a result of these and many other efforts the Association and its members have been recognized; by the JC Penny Golden rule Award, the Rapid City Journal West River Notable Award, Governor Mickelson's Neighbor Helping Neighbor Award; Youth and Family Services volunteer award, Honor role of Who's Who of American Women, The public Awareness award of The South Dakota American Diabetes Association; Rapid City Chamber of Commerce Wind Beneath Our Wings Award, Outstanding Volunteer Award for the South Dakota American Diabetes Association, the Mid-America Region National Award for the American Diabetes Association Volunteer of the Year, as well as being among thirteen people nationally to receive the American Diabetes Association Outstanding Community Service in Reaching People Award, and many other awards from the American Diabetes Association.

All who have helped accomplish these valued efforts share in the awards received and the satisfaction of helping others. ★ ★ ★

**Thank you for 25 Wonderful Years!!**

September 25, Sunday, 1:30-3:00 p.m.

RCRH - West Auditorium

Jennifer B. Ryder, DPM  
Rapid City Medical Center



Having diabetes increases your risk of foot problems.

Dr. Ryder will discuss how diabetes affects your feet, common foot problems, risk factors, proper foot care, shoe selection.

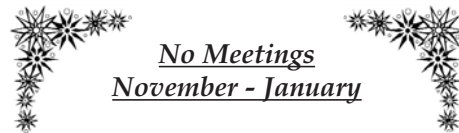
October 30, Sunday, 1:30-3:00 p.m.

RCRH - West Auditorium

John M. Palmer, DO/Endocrinology  
Regional Medical Clinic-Endocrinology & Diabetes Education



Dr. Palmer's received his DO degree in 2004 at the University of Health sciences, College of Osteopathic Medicine, Kansas City, MO. He completed his residency; Internal Medicine - University of Missouri, 2004-2008. Dr. Palmer also completed a Fellowship in Endocrinology - University of Missouri, 2006-2009. Dr. Palmer is a nationally acclaimed speaker on diabetes. His specialty is Endocrinology, Internal Medicine. He is Board Certified in Internal Medication.



No Meetings

November - January

NO MEMBERSHIP FEES

February 26, Sunday, 1:30-3:00 p.m.

RCRH - West Auditorium

The Cardiac Rehabilitation Staff  
Heart & Vascular Care / Treatment & Recovery



"Embrace Your Heart"

The Cardiac Rehabilitation program helps individuals with heart disease maintain a state of physical and mental well-being. The professional staff (comprised of physicians, nurses, dietitians, exercise physiologists and specialists, and pharmacists) helps guide patients through the process of developing a healthy lifestyle one step at a time. They also help to inspire individuals to follow a new way of life with health approaches for them and their families by providing education, exercise and eating tips, and more. There are three phases to the Cardiac Rehabilitation program, Inpatient, Outpatient, Maintenance.



No meetings scheduled in  
November- December - January -  
March - June - July - August

Thank you!

Rapid City Regional Hospital for their assistance with programs and this brochure.

A special thanks to our dedicated VOLUNTEERS!

TARGET AUDIENCE:

This is a self-help group that can provide educational, social, and emotional support for people affected by diabetes.

BHDA IS STAFFED  
ENTIRELY BY VOLUNTEERS

CONFIDENTIAL

Members must be assured that whatever they say or hear in the group will be held in confidence by all who attend.

Group Meetings, No Substitute for Doctor Visits

Members must understand that support group meetings are not a substitute for regular medical care from their healthcare team. Members should realize that there are many ways to treat diabetes and that information that they get from the support group should be reviewed by their healthcare team before any changes are made in their established treatment plan.



We need your help!

Please contact us if you would like to:

- Be added to our mailing list
- Assist with Health Fairs:  
November: American Diabetes Month - Medicap Pharmacy  
November: ADA Diabetes Month Activities

Special Thanks  
to American Diabetes Association  
& Taco Johns - Nachos Navidad



Rapid City Public Library  
Homebound Delivery Service

610 Quincy Street, Rapid City, SD 57701  
www.rapidcitylibrary.org ♦ 605-394-6139 Ext. 223

This service is for people who do not have reliable transportation to and from the library. Contact Stephanie Jenner at the number above for more information about the Homebound Delivery Service and Library Card registration.

A variety of books are available to assist you in managing your diabetes.



AREA RESOURCES

Emergency	911
Rapid City Regional Hospital	605-719-1000
Sioux San Hospital	605-355-2500
American Diabetes Association	1-800-342-2383
www.diabetes.org	Email: askada@diabetes.org
Juvenile Diabetes Association	1-800-223-1138
National Federation of the Blind	1-800-558-8418
Rapid City Community Health Center	605-394-6666
SD Dept. of Health Diabetes Control Program	605-773-7046
Regional Medical Clinic-Endocrinology & Diabetes Education - Aspen Center	605-718-3388

OTHER RESOURCES

American Diabetes Association, Inc. / 1-800-342-2383 - www.diabetes.org

Information on:

- Books for Healthy Living
- All About Diabetes
- Weight Loss and Exercise
- General Membership - includes subscription to Diabetes Forecast
- Diabetes Prevention
- Diabetes Research
- Government Affairs and - Advocacy
- Shop for Books & Gifts
- Nutrition and Recipes

International Diabetes

Center at Park Nicollet  
Park Nicollet Clinic-St. Louis Park  
3800 Park Nicollet Boulevard  
St. Louis Park, MN 55416  
1-888-825-6315 (Toll Free)

Barbara Davis Center

for Childhood Diabetes  
4200 East Ninth Avenue, Box B-140  
Denver, Colorado 80262  
(303) 315-8976

Medtronic Diabetes

Diabetes Management Consultant  
John Schroeder  
119 Daly Avenue, Missoula, MT 59801  
(406) 360-3066

Joslin Diabetes Center

One Joslin Place  
Boston, MA 02215  
(617) 732-2400

- Insulin Pump Therapy
- Continuous Glucose Monitoring

The Diabetes Mall

For Log Books, Diabetes Materials, and Equipment  
1-800-988-4772

Lauren's Hope  
Medical ID Bracelets  
1-800-360-8680



SUPPORT GROUP OFFICERS

Connie L. Tice, R.T. Executive Director

Staff-Volunteer Founder, Black Hills Diabetes Association, Inc. 1987  
www.blackhillsdiabetesassociation.org

Co-Presidents:

Jim Miller 605-341-1299  
Patricia Weber 605-716-4291

Diabetes Info/Action Line:

605-923-4682

Support Will Follow All Meetings!

(3:00 p.m. - 4:00 p.m. for those interested)

Door prize drawings and diabetes literature at all meetings!