

WYOMING DEEP™ FACILITATOR BULLETIN



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FACILITATOR SPOTLIGHT: SHEELA SCHERMETZLER

Q: What is your background before becoming a DEEP™ facilitator?

A: My first career started as a junior high biology (life science) and earth science teacher for 11 years. After that, I was a real estate broker, college director, grant writer and grants manager, and most recently, I am an executive director at Golden Hour Senior Center in Green River, Wyoming.

Q: What do you like most about being a DEEP facilitator?

A: Not only do I enjoy the material, but I enjoy the interaction with the participants and among the participants.

Q: What are some tips you have learned while facilitating DEEP that you would share with your fellow facilitators?

A: I have prepared a master template of the agenda for the class. Every

class is a little bit different, so I use the master agenda and revise it a bit. In that way, I know I won't forget some important topics.

Q: What do you think is the most effective method for advertising DEEP classes?

A: We advertise the DEEP classes in a variety of ways – senior center newsletter, public service announcements in local paper, flyers and announcing the class at the noon luncheon at the senior center. I don't believe one method is better than the other. They all work to advertise the class. Advertisers say that people have to hear something seven times before they act on it. Collectively, all our methods work together to pique the interest of future participants.

Q: What have you heard from your participants about the DEEP class?

A: Based on the evaluation of past

classes, participants really enjoy the class and learn a lot. We have participants who have taken the program twice. That tells me they like the class, the content, and the class is meaningful to them. They have a lot of fun, too!



**SHEELA
SCHERMETZLER
GREEN RIVER**

FACILITATOR EDUCATION: EXERCISE PRESCRIPTION AND MAINTENANCE



by Naomi Jacobson, Exercise Physiologist

There are three main “points” in the triangle of diabetes management: diet, medication and exercise. Did you know—in addition to the usual benefits of weight, blood pressure, mood and cholesterol control—regular exercise also increases the body’s sensitivity to insulin? But staying motivated to exercise can be tough, and “prescribing” exercise can often raise a lot of questions.

[Learn more about exercise prescription and maintenance in this article](#) by a fellow DEEP™ facilitator and an exercise physiologist at a fitness center.

FOR YOUR TOOLBOX

- Share these [printable brochures](#) about exercise from the American College of Sports Medicine.
- Check out these [fitness recommendations](#) from the American Diabetes Association (ADA).
- [This article](#) offers information about type 2 diabetes and exercise.
- [Get some “fit facts”](#) about wearable technology from ACE, and share [this Mountain-Pacific handout](#) about fitness and blood sugar trackers.
- Staying motivated is a tough part of activity and fitness. Motivate yourself and participants with [these practical tips](#) from Mayo Clinic.

ADMINISTRATIVE TIDBITS

Mountain-Pacific Quality Health in Casper has moved! We are still in Casper, but we now reside at 152 North Durbin, Suite 200. We moved just up the street, and the new office is beautiful. We will be having an open house in June. I will send out invitations. If you are in the Casper area, I hope you’ll join us.

Be on the lookout for new versions of the Everyone with Diabetes Counts pre- and post-tests and the demographic form. I will work with our communications team to finalize the forms. I hope to send them to you in mid-May via email.

Mountain-Pacific purchased America’s Diabetes Health Guides to distribute at health fairs, conferences, etc. We have also decided to send them to all DEEP graduates. These booklets will be mailed out soon with a letter explaining how important their health is to us and our telephone number to obtain clinical data needed to fulfill our contract.

I want to thank every facilitator in Wyoming for doing your part in making Everyone with Diabetes Count!

Enjoy your spring!

Genee Miller, Program Staff Assistant

UPCOMING DEEP CLASSES IN WYOMING

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|--|--|--|
| ■ Golden Hour Senior Center
Apr. 25 – May 11 (Tues. & Thurs.)
Facilitator: Sheela
Phone: (307) 872-3223 | ■ Carbon County Senior Services
June 1 – July 13 (Thurs.)
Facilitator: Lisa
Phone: (307) 328-2863 | ■ Converse County Senior Center
June 21 – July 3 (Mon. & Wed.)
Facilitators: Pat & Bernie
Phone: (307) 436-9376 |
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