The Diabetes Education Programs at Montefiore Nyack

Contact us for more information.
845-348-2004 | montefiorenyack.org
Our Mission

To provide quality diabetes self-management education to persons with diabetes in the community.

To learn more about our programs, please call us today.

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Services

Our Outpatient Education program, recognized by the American Association of Diabetes Educators for Quality Self-Management Education, enables individuals with diabetes to maintain the delicate balance between diet, exercise and medication.

Individual and group sessions are conducted by certified diabetes educators, which includes registered dietitians and registered nurses. Our services are tailored to meet your specific needs.

The comprehensive program is offered to people who are newly diagnosed with diabetes or those who have decided to take control of their condition.

Our Diabetes Self-Management Program focuses on the participant’s ability to make informed decisions about his or her diabetes care. Our instructors create a caring and professional environment to enhance learning. The program offers expert recommendations for diabetes management, confidentiality and support. It complies with the National Standards set forth by the American Diabetes Association and the American Association of Diabetes Educators.

Individual and group sessions are conducted by certified diabetes educators, which includes registered dietitians and registered nurses.
Program Highlights

Our Diabetes program is designed to work in partnership with your physicians to make sure that your individual needs are met. Our supportive team can help you best manage your condition.

- **Our Diabetes Staff Includes:**
  - Certified Diabetes Educators
  - Registered Nurses
  - Registered Dietitians
  - Wound Care Specialists

- **Our Self-Management Education Program Covers the Following Topics:**
  - Pathology of Diabetes
  - Medications
  - Insulin Administration
  - Insulin Pump Training
  - Blood Glucose Monitoring
  - Nutritional Counseling
  - Exercise
  - Psychosocial Issues
  - Sick Day Rules
  - Stress Management
  - Acute and Chronic Complications

Children With Diabetes

We understand the challenges facing a family having a child with diabetes. Our team will work with you and your child to make diabetes a normal part of your lives.
Our Advisory Committee members include a physician specializing in diabetes, social workers, dietitians, certified diabetes educators and community members who oversee and monitor all of the programs and services provided.

**Diabetes Individual Self-Management Counseling**

Individual counseling related to diabetes is available to individuals who:
- Prefer one-on-one counseling
- Have visual, hearing or communication difficulties
- Pregnant women with gestational diabetes or with pre-existing diabetes

**Nutritional Counseling**

We offer nutritional counseling to meet the special needs of individuals with diabetes, including carbohydrate counting. Blood sugar monitoring and exercise are important components of the nutritional program, and are addressed with great emphasis.

**Support Groups**

Our monthly diabetes support group is a free program designed to provide support to individuals with diabetes. A certified diabetes educator leads this group.

**Referrals and Assistance**

Our American Association of Diabetes Educators recognized program is covered by Medicare, Medicaid and most health insurance plans. Your insurance provider will be contacted regarding your level of coverage. A physician referral or prescription may be required. Services will not be denied due to financial concerns.

**Community**

Our educators are available to speak to your organization about diabetes and related topics.

To learn more about our program, please call **845-348-2004** or visit montefiorenyack.org.