

Care Coordination Resources for Working with Individuals with Diabetes

October 2021

This document is a supplement to the Stratis Health presentation on October 26, 2021 by Dr. T. Von Sternberg, J. Hughes, & B. Simpson: *The Challenges of Achieving Optimal Diabetes Results - Barriers, Disparities and Strategies for Care Coordination Success.*

Literacy and Communication

Sensitive Diabetes-Specific Language Guidance:

<https://www.diabeteseducator.org/practice/practice-tools/app-resources/diabetes-language-paper>

Cultural and Health Literacy

<https://www.diabeteseducator.org/docs/default-source/practice/practice-documents/practice-papers/adces-cultural-and-health-literacy-considerations-with-diabetes-final-4-1-20.pdf?sfvrsn=4>

Literacy Assessment Tools:

- <https://www.diabeteseducator.org/practice/practice-tools/app-resources/cultural-competency-health-literacy-and-numeracy>

Minnesota Health Literacy Partnership

<https://healthliteracymn.org/resources/presentations-and-training>

Assessing Diabetes Management

A selection of open-ended questions to consider during assessment and planning interventions. Some of these questions will point to real or potential barriers to optimal diabetes management. (NOTE: these questions are examples; other questions may be considered as well.)

- *Who is your primary provider for your diabetes? When did you see them last? When is your next appointment with them?*
 - Access to healthcare, transportation
- *What medications are you taking? Tell me about when you take them.*
 - Affordability of and access to medications, health literacy
- *What was your last A1C? Tell me about how you check and keep track of your blood glucose.*
 - Health literacy, access to healthcare
- *What has your blood pressure been? Tell me about how you check and keep track of your blood pressure.*
 - Health literacy, access to health literacy
- *What do you typically eat for each meal?*
 - Food security, access, health literacy
- *What activities do you do for exercise?*
 - Physical environment, ability, safety
- Other topics to consider - tobacco use, the D5 topics, etc.

Health and Human Services

MinnesotaHelp.info

<https://www.minnesotahelp.info/Index>

United Way of MN

<https://www.211unitedway.org/>

Medications & Prescriptions

American Association of Clinical Endocrinologists and American College of Endocrinology (AACE) – Prescription Affordability Resource Center

<http://prescriptionhelp.aace.com/>

American Association of Diabetes Educators – Access and Affordability Resources

<https://www.diabeteseducator.org/practice/practice-tools/app-resources/affordability-resources>

CGM and Pump Cost Savings

<https://www.diabeteseducator.org/docs/default-source/practice/educator-tools/cgm-and-pump-cost-savings-resource.pdf?sfvrsn=4>

Non-Insulin Agents Cost Saving

<https://www.diabeteseducator.org/docs/default-source/practice/educator-tools/non-insulin-agents-cost-saving-resource-7-29-19.pdf?sfvrsn=2>

Insulin Cost Saving

<https://www.diabeteseducator.org/docs/default-source/practice/educator-tools/insulin-cost-saving-resources-3-4-19.pdf?sfvrsn=2>

Financial Assistance

- <https://mn.gov/covid19/for-minnesotans/get-help/financial.jsp>

Housing & Homeless Resources

- <https://mn.gov/dhs/partners-and-providers/policies-procedures/housing-and-homelessness/housing-stabilization-services/housing-stabilization-services.jsp>
- <https://www.mnhousing.gov/sites/Satellite?c=Page&cid=1358904931809&d=Touch&pagename=External%2FPage%2FEXTStandardLayout>
- https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_180133
- http://www.tccvm.org/partners_03.html
- <https://www.renthelpmn.org/>
- <https://ststephensmpls.org/our-programs>
- <https://www.hearthconnection.org/>
- <https://nhchc.org/>
- <https://www.cctwincities.org/locations/>

Food and Healthy Eating

Nutrition Resources

- Grocery shopping tips:
<https://www.eatright.org/food/planning-and-prep/smart-shopping/creating-a-grocery-list>
- Meal planning:
<https://www.eatright.org/food/planning-and-prep/smart-shopping/3-strategies-for-successful-meal-planning>
- Healthy eating and lifestyle habits for a healthy immune system:
<https://www.eatright.org/health/wellness/preventing-illness/how-to-keep-your-immune-system-healthy>
- Healthy eating to help manage diabetes:
<https://www.eatright.org/health/diseases-and-conditions/diabetes/eating-right-with-diabetes>
- Recipes:
<https://www.eatright.org/search-results?keyword=recipes>
- My Plate Food Plan:
<https://www.choosemyplate.gov/resources/MyPlatePlan>
- Culturally Specific Dietary Planning:
 - <https://www.diabeteseducator.org/docs/default-source/practice/educator-tools/african-american-heritage-food.pdf?sfvrsn=2>
 - <https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/lifestyle-resources/ramadan---pwd-final.pdf>

Better Beverage Choices

Choose Most Often	Choose Sometimes
<ul style="list-style-type: none"> • Plain water, sparkling water, plain tea (hot or iced), black coffee (hot or iced) • Sparkling waters: LaCroix, Simply Balanced (Target brand), Bubbly Sparkling Water, Perrier 	<ul style="list-style-type: none"> • Adding flavor to water: Crystal Light, Slender Sticks, Mio Liquid Water Enhancer, Sweet Leaf Water Drops, Stur Liquid Water Enhancer, • Flavored drinks: Spindrift, Fruit 2O, Powerade Zero, Gatorade Zero, Vitamin Water Zero, Propel Zero, Sparkling ICE, Hint Flavored Water, Nestle Pure Life, Zevia Sparkling Water • Soft drinks/soda: Any diet soda, Coke Zero, Pepsi Max Zero Sugar • Diet, zero and low sugar juice: Minute Maid Zero Sugar, Minute Maid Just 10 or Just 15 Calories, Ocean Spray Diet, V8 Splash Diet, Old Orchard Healthy Balance • Diet sodas without aspartame: Diet Hansen's, Diet Rite, Zevia Soda • Coffee creamers: Any sugar-free creamer, Equal Cafe Creamers
Avoid	
<ul style="list-style-type: none"> -Regular soda -Regular sports drinks (Gatorade or Powerade) or Kool Aid -Fruit flavored beverages (Lemonade, Sunny Delight, Hawaiian Punch or Hi-C) 	

Food Sources

Hunger Solutions - Minnesota Food Helpline

<https://www.hungersolutions.org/programs/mn-food-helpline/>

Phone: 1-888-711-1151 (Monday-Friday, 10a – 5p)

SNAP (Supplemental Nutrition Assistance Program, previously called *food stamps*). <https://www.hungersolutions.org/programs/mn-food-helpline/>

Organization Name	Description of Services	Contact Information
Food Group	Find local food shelves in the Twin Cities area.	Phone: (763) 450-3860 https://thefoodgroupmn.org/
Fare For All	Monthly packages of food available for purchase at discounted prices. No income or other qualifications. EBT accepted. Various locations	Phone: (763) 450-3880 http://www.fareforall.org/
Hunger Solutions	Assistance locating local food shelf or meal resources. Assesses individual situation, assists with enrolling in food support program.	Phone: (651) 486-9860 http://www.hungersolutions.org/

Loaves and Fishes	Healthy free meals at various locations throughout MN	https://www.loavesandfishesmn.org/dining_sites.html	
Mothers and Children (MAC) Program by Second Harvest Heartland	Supplemental food program through for women 6-12 months' post-partum and not breastfeeding, children age 5-6. Distribution at various sites	Phone: (651) 484-8241 http://www.2harvest.org	
Nutrition Assistance Program for Seniors by Second Harvest Heartland	Monthly supplemental food program for seniors 60+ years. Eligibility based on income. Distribution at various sites.	Phone: (651) 484-8241 http://www.2harvest.org	
Open Arms of MN	Delivers meals to MN residents living with life-threatening illnesses including HIV, MS, cancer and others.	Phone (612) 872-1152 http://www.openarmsmn.org	
Society of St. Vincent De Paul's	Helps families in poverty. Has food shelves, thrift stores and Vinnie's Hope. Do not need to be of any faith/religion, all welcome.	Society of St. Vincent De Paul's Minneapolis, St. Paul, St. Michael	
Supplemental Nutrition Assistance Program (SNAP)	Federal food support program administered by individual counties. Eligibility based on income and assets. Apply at local county office in person, by mail or online.	SNAP help line: (651) 431-4050 https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap	
Women, Infants and Children (WIC) Program	Supplemental nutrition program for women who are pregnant, post-partum 0-6 m, breastfeeding. Infants and children. Contact local WIC agency for a certification appointment	Phone: 1-800-942-4030 http://www.health.state.mn.us/wic	
Area Served	Organization Name	Description of Services	Contact Information
Twin Cities Metro Located in Minneapolis	Center for Asian and Pacific Islanders (CAPI)	Food shelf, cultural support, Hmong-speaking staff, assistance with community resources	Phone: (612) 721-0122 http://www.capiusa.org/
Twin Cities Metro Located in Minneapolis	Centro Latino Food Shelf	Latino food shelf, by appointment only	Phone: (612) 874-1412 http://www.centromn.org/
Twin Cities Metro Located in Fridley	Islamic Center of Minnesota	Nutrition support for Muslim families, open the 3 rd Sunday of the month	Phone: (763) 571-5604 http://www.islamiccentermn.org
Twin Cities Metro Located in Minneapolis	Love Power Ministries	Food shelf Sundays and Wednesdays	Phone: (763) 784-4466 http://www.lovepowerministries.org/
Twin Cities Metro Located in Minneapolis	Sharing and Caring Hands	Hot meals daily except Friday, bags of food to families with children given M-Th	Phone: (612) 338-4640 http://sharingandcaringhands.org/
Apple Valley	Our Daily Bread Food Shelf	Food shelf open Tuesdays and Thursdays	Phone: (651) 322-5133 http://www.sotv.org/
Burnsville	Burnsville Family Resource Center	Food shelf open M-F, 9-4.	Phone: (952) 985-5300 http://www.360communities.org
Golden Valley, New Hope, Robbinsdale, south of 42 nd Ave in Crystal, east of 494 in Plymouth	PRISM	Food shelf, case work, community resource information. 10-15 day supply of food.	Phone: (763) 529-1350 http://prismmpls.org/
Lakeville	Lakeville Resource Center	Food shelf, family advocates, gardening sites,	Phone: (952) 469-3444 https://theopendoorpantry.org/

		mobile pantry. Appointment needed	
Minneapolis – Phillips Community	Waite House (Pillsbury United Communities)	Food shelf Mon, Tue, Thur, Fri. Registration required.	Phone: (612) 721-1681 http://puc-mn.org/
Minneapolis - South of Lake Street, North of 50th Street, East of I-35W and West of Cedar Avenue	Cavalry Lutheran Church	Food shelf Saturday AMs, no appointment needed.	Phone: (612) 827-2504 http://clchurch.org/
Minneapolis – South of Lake Street, East of Cedar Ave.	Minnehaha United Methodist Church	Food shelf every Tuesday, no appointment needed, ID required	Phone: (612) 721-6231 http://www.minnehaha.org/
Minneapolis – South of Lake Street, West of Cedar, East of Nicollet	Sabathani Community Center	Food shelf and clothing closet Monday – Thursday.	Phone: (612) 821-2396 http://www.sabathani.org/
Minneapolis – South of Franklin, North of Lake, East of Lyndale, West of Portland	Simpson Food Shelf	Food shelf Tuesday – Friday.	Phone: (612) 874-7741
Minneapolis – South Minneapolis	Urban Ventures/Peoples Exchange	Food shelf Tuesday and Thursday AM.	Phone: (612) 822-1634
Rogers, Champlin (west), Corcoran, Dayton, Maple Grove, Osseo	Cross Food Shelf	Monday: 9:00 AM – 4:00 PM Tuesday: closed Wednesday: 9:00 AM – 7:30 PM Thursday: 9:00 AM – 4:00 PM Friday: 9:00 AM – 1:00 PM	Phone: 763-425-1050 http://crossservices.org/contact Rogers
Rosemount	Rosemount Family Resource Center	Contact 360 Communities for hours.	Phone: (651) 322-5113 http://www.360communities.org
Savage	Ruby's Pantry	Every 3 rd Monday of each month Glendale's sanctuary & fellowship hall are turned into distribution site. Registration begins 4:30 PM til 6:00 PM. Bring \$20 cash donation. Open to everyone no matter your income or where you live.	http://glendalechurchumc.org/index.php/ruby-pantry/
St. Louis Park	STEP	Food shelf, clothes closet, back to school program, holiday program, social worker assistance with community resources. Appointment needed.	Phone: (952) 925-4899 http://www.stepslp.org/
St. Paul/Ramsey County	Neighbors, Inc.	Food shelf for Ramsey county residents on a first-come first-serve basis.	Phone: (651) 455-1508 http://www.neighborsmn.org
Wayzata, Plymouth, Orono, Minnetonka, Medina	Interfaith Outreach & Community Partners (IOCP)	Food shelf open M, T, W, F. Must schedule an appointment with a case manager to access.	Phone: (763) 489-7500 http://www.iocp.org

Food Delivery Options

Organization Name	Description of Services	Contact Information
Cross	Nutritious, hot meals are delivered to elderly, disabled and homebound individuals Monday through Friday (a small fee is charged). Meals are delivered each weekday between 11:00 AM and 12:30 PM.	https://crossservices.org/meals-on-wheels/
DARTS	Grocery shopping and errand assistance for Dakota County residents	https://dartsconnects.org/services/
Jewish Family Services	Senior consultation and case management including services such as hot delivered kosher meals.	https://www.jfcsmpls.org/our-services/senior-services/ https://jfssp.org/services/aging-disability-services
Meals on Wheels	Weekday hot meal or frozen meal delivery for elderly, homebound, or disabled unable to prepare a nutritious meal. Long-term or short-term. Minimal fees apply or coverage through waiver programs.	Phone: (612) 623-3363 https://meals-on-wheels.com/
Minnesota Food Helpline by Minnesota Hunger Partners	Assistance locating local food shelf or meal resources. Assesses individual situation, assists with enrolling in food support program.	Phone: 1-888-711-1151 http://www.hungersolutions.org/
Mom's Meals	High-quality meals and uncompromising food safety for seniors, patients and those with disabilities.	http://www.momsmeals.com/
Open Arms of MN	Delivers meals to MN residents living with life-threatening illnesses including HIV, MS, cancer and others.	Phone (612) 872-1152 http://www.openarmsmn.org
Optage Senior Dining Choices	Order an entrée alone or a full meal that can include a beverage, fruit, dinner roll and dessert. These meals are ordered and delivered weekly, available throughout the Twin Cities 7-county area.	Phone: 651-746-8280 http://www.optage.org/senior-dining-services/mn/dining-home-delivered-meals/
Volunteers of America	Home-delivered meals are offered to more fragile individuals who need hot meals delivered to their door. Many of these meals are delivered directly from our dining sites and others are delivered through community-based programs such as CEAP, CES, Trust, North Mpls MOW, Northeast Dinnerbell, and JFCS.	https://www.voamnwi.org/community-services-for-seniors Nancy Christianson — Program Director Phone: 952-945-4156 nchristianson@voamn.org
Leech Lake Band of Ojibwe	Elderly nutrition program serving Leech Lake Reservation, Cass County, Beltrami County, Hubbard County & Itasca County	https://www.llojibwe.org/health/enp.html
MinnesotaHelp.info	Database and search engine to locate multiple types of resources	https://www.minnesotahelp.info/Index

Transportation

Metro Mobility

<https://metro council.org/Transportation/Services/Metro-Mobility-Home.aspx>

MetroTransit

<https://www.metrotransit.org/tap-riders>

MinnesotaHelp - Transportation

<https://www.minnesotahelp.info/SpecialTopics/Transportation>

Weight Management and Exercise Tools

American Diabetes Association

<https://www.diabetes.org/healthy-living/fitness>

National Institute on Aging Website

<https://www.nia.nih.gov/health/exercise-physical-activity>

Beyond Type 2

<https://beyonddiabetes.org/diabetes-and-exercise/>

Diabetes Forecast

<http://archives.diabetesforecast.org/landing-pages/lp-fitness.html>

Diabetes Self-Management

<https://www.diabetesselfmanagement.com/healthy-living/nutrition-exercise/>

Weight Watchers

<https://www.weightwatchers.com/us/>

Overeaters Anonymous

<https://oa.org/>

YMCA

<https://www.ymcanorth.org/>

24 Hour Fitness

<https://www.24hourfitness.com/>

Curves

<https://www.curves.com/>

Matter of Balance

<https://www.ncoa.org/article/evidence-based-program-a-matter-of-balance>

Silver & Fit – benefit for MSHO, not SNBC

<https://www.silverandfit.com/>

Juniper: Your Health, Your Community

<https://yourjuniper.org/>

Mental & Emotional Health

National Alliance on Mental Illness (NAMI):

(800) 950-6264

<https://nami.org/Home>

National Suicide Prevention:

(800) 273-8255

<https://suicidepreventionlifeline.org/>

Depression & Bipolar Support Alliance:

(800) 826-3632 <https://www.dbsalliance.org/>

Anxiety & Depression Association of America

<https://adaa.org/>

Organizations and Website Resources

Academy of Nutrition and Dietetics

<https://www.eatright.org/>

Association of Diabetes Care & Education Specialists

<https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources>

American Diabetes Association (ADA)

<https://www.diabetes.org/>

American Heart Association (AHA)

<https://www.heart.org/>

Behavioral Diabetes Institute (BDI)

<https://behavioraldiabetes.org/>

Center for Mindful Eating

<https://www.thecenterformindfuleating.org/>

Centers of Disease Control and Prevention (CDC) - Healthy Weight

<https://www.cdc.gov/healthyweight/index.html>

HealthPartners International Diabetes Center

<https://www.healthpartners.com/institute/about/research-education-centers/international-diabetes-center/>

National Diabetes Education Program

<https://www.niddk.nih.gov/health-information/diabetes>

United States Department of Agriculture (USDA) – MyPlate

<https://www.myplate.gov/>

Diabetes Life Website

<https://dlife.com/>