

MEMORANDUM

MENDING Poverty

MARCH 2012: MEND'S DIABETES SPECIALTY CLINIC



MEND Diabetes Specialty Clinic started in 1998 to address the growing need for diabetic treatment and care in the community. Over 200 clients are currently being served, with the number rising each year. MEND's Medical Clinic takes a holistic approach toward health care, offering a wide array of services—hypertension specialty, acupuncture, chiropractic, vision, female, laboratory, health education, bone density, and yoga—that also benefit our diabetic patients. In addition, MEND has collaborated with UCLA to find alternative solutions for improved diabetes self-care. The UCLA Mood And Diabetes Empowerment & Improvement Training (MADE IT) allowed 27 patients to participate in the study for the last two years. Participating patients were provided comprehensive diabetes and mood improvement education. It combined Cognitive Behavioral Therapy with Empowerment to encourage patients to overcome

their low mood and adopt better diabetes self-care skills.

The final results will be shared at a conference hosted by UCLA on April 16th.

A Better Plan for Ms. Elvira Palos

Elvira Palos developed gestational diabetes during her second pregnancy 22 years ago and has been dependent on insulin ever since. Poor eating habits and lifestyle choices made her condition worse until she started attending the UCLA MADE IT workshop offered at MEND. Now she is 47 lbs lighter and knows how to manage her diabetes better with the knowledge and resources she received. Through the classes and support groups, Elvira understands that she is not alone in the fight. She knows she can rely on MEND not just for the medical care and medication, but for a “safe place” where fear and intimidation disappear. She is looking forward to taking advantage of the exercise class, vision care, and dental service in addition to many resources she currently receives.



Delio Perez Wants You!

Delio Perez sends a powerful message to the diabetic patients he serves: “You are in control!” He explains that the sense of empowerment helps clients in the most positive way. A volunteer of 15 years at the Medical Clinic, he first learned about MEND through a volunteer doctor he worked with when he was a nurse. He learned that bilingual help is critical in the clinic, especially for diabetes patients who need to obtain a wide range of information. He has seen the growth of the Diabetes Specialty Clinic and attributes its success to MEND's commitment to education and prevention that gives people the tools to be their healthiest possible selves. Delio is in charge of quality control, making sure every client receives high quality service as well as respect and dignity throughout their care. He asks that more volunteers join him and continue the effort to improve patient outcomes.

Wanted: Volunteers to Fill Greatest Needs!

MEND's volunteer-driven clinic counts on dedicated volunteers to maintain its holistic approach to health care. We are currently recruiting the “greatest need” volunteers, which include pharmacists, optometrists, and physicians. For more information, please contact Victor Estrada, Medical Clinic Manager, at (818) 686-7333 or victor@mendpoverty.org.



Thanks to our volunteers and staff, Young-Ji Lee, Victor Estrada, and Andrea Banuelos, for developing this update!

MEND - Meet Each Need with Dignity is a non-profit 501(c)3 organization.
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