

# Witham Health Services

## Diabetes Self-Management Support Resource Guide

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### **Community Connection**

**diabetes.findhelp.com** Search for diabetes resources in your area (medical care, food, housing, transportation, etc.)

### **Diabetes Recipes / Cooking Resources**

#### **American Diabetes Association**

Diabetes Food Hub [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org) \*

Quick Meal Ideas [www.diabetes.org/healthy-living/recipes-nutrition/meal-planning/quick-meal-ideas](http://www.diabetes.org/healthy-living/recipes-nutrition/meal-planning/quick-meal-ideas) \*

Diabetes Related Cook Books [www.shopdiabetes.org/collections/diabetes-cookbooks](http://www.shopdiabetes.org/collections/diabetes-cookbooks) (from \$6.99 and up)

### **Local Diabetes Educator / Registered Dietitian**

**Lita Nuce, RD, CDCES** [lnuce@witham.org](mailto:lnuce@witham.org), 765-485-8256

Cost depends on insurance providers. \*Free with Medicare.

### **Diabetes Magazines**

Diabetic Living [www.eatingwell.com](http://www.eatingwell.com) \*Free recipes online. (\$5 for 12 months)

Diabetes Self-Management [www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com) \*Free recipes online. (\$15 for 6 issues)

Diabetes Forecast [www.diabetesforecast.org](http://www.diabetesforecast.org) \*Free recipes online. (\$12 for 12 issues)

### **Diabetes Podcasts\***

ADCES's The Huddle

The Juicebox Podcast

Diabetics Doing Things

### **Blood Sugar Tracking Apps\***

Glucose Buddy Diabetes Tracker

MySugr

Tidepool

### **Emotional Support**

**Aspire Indiana Behavioral Health System** 877-574-1254 Cost depends on insurance providers

Location: 1600 W Main Street, Lebanon, IN

**Integrative Wellness, LLC** 765-680-0071 Cost depends on insurance providers

Location: 610 N Lebanon Street, Lebanon, IN

**Suicide and Crisis Lifeline** 988

**National Alliance on Mental Illness** 800-950-6264 or [www.nami.org](http://www.nami.org) \*

**Anxiety and Depression Association of America\***

Find a local support group or individual therapist at [adaa.org](http://adaa.org) or call 240-585-1001

### **\* Free resources**

## **Weight Management**

Weight Watchers 800-621-6000 [www.weightwatchers.com](http://www.weightwatchers.com) or download the app

Health and Nutrition Technology Program 317-489-4817 \*Free 1 hour consultation

Weight Management Apps for Smart Phone\*

MyFitnessPal

CalorieKing (can also be purchased as a book)

## **Exercise / Therapy**

Silver Sneakers Program [www.silversneakers.com](http://www.silversneakers.com) to find gyms that participate in your area

\*Witham's Silver Sneakers Program is free

Witham Rehabilitation Services Lebanon / Frankfort 765-485-8999 Cost depends on insurance providers

Witham Family YMCA Lebanon 765-483-9622

Athletico Physical Therapy Zionsville 317-732-2700 or Whitestown 317-489-0921

\*Free 30 minute assessment

## **Food Assistance**

The Caring Center 765-482-2020 [www.thecaringcenter.net](http://www.thecaringcenter.net) \*Clothing and food distribution  
Location: 1230 Ransdell Court, Lebanon, IN

Division of Family Resources \*Food stamp program 800-403-0864

Meals on Wheels 765-482-0487 [www.mealsonwheelsindy.org](http://www.mealsonwheelsindy.org)

Boone County Senior Mobile Food Pantry \*Age 55+ 3<sup>rd</sup> Tuesday of each month

## **Medical Waste Management / Sharps Disposal**

### **Boone County**

Sharps containers are available free of charge to Boone County residents. Pick up at Health Department located at 116 W Washington Street, Room B-201, Lebanon, IN.

Boone County residents can utilize three free medicine collection bins. Locations: lobby of the Boone County Jail, Zionsville Police Department (open 24/7), and Whitestown Police Department (during normal business hours).

### **Hamilton County**

Household Hazardous Waste Center 1717 Pleasant Street, Suite 200, Noblesville, IN, 46060 317-776-4005  
Hours: Tuesday–Friday 8:00 a.m.–5:00 p.m. and Saturday 8:00 a.m.–1:00 p.m.  
Closed: Sunday and Monday as well as government holidays

## **Additional Resources**

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*\* Free resources*