



**Paul Riffle**  
Football Coach,  
Substitute Teacher  
Mapleton, Iowa.  
Type 2

**Favorite food:** Ice cream.

**Eating:** I don't eat dessert and usually

don't eat the whole portion at a restaurant.

**Exercise:** Walking two miles, coaching sports and farming.

**My support person:** My wife.

**Medication:** Actos.

**Feel healthy?** Yes!



**Cheryl Hardersen**  
Administrative  
Assistant at  
Westendorf  
Onawa, Iowa. Type 1

**Favorite food:** Wedding cake, Chinese food, microwave popcorn.

**Eating:** Many restaurants provide a carb count which is great. You can plan to eat what you want and take the correct amount of insulin for it. Buffets are more difficult because the portions are not controlled, so I have to watch it.

**Exercise:** Golf, walking up and down stairs at home, fishing, playing with grandkids.

**My support persons:** I've received strong support from the doctors and PAs at Onawa Family Medicine

Clinics for many years. They have referred me to specialists, but I always come back to our Onawa clinic.

**Medications:** Lantus, Humalog insulins.

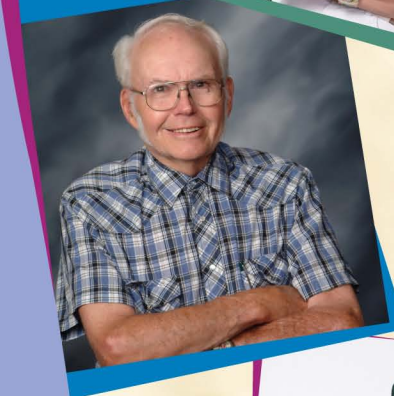
**Difficult to manage?** I meet regularly with my doctors and have regular exams for my eyes, feet and teeth. Glucose testing machines, pumps and other new products are updated routinely which is helpful.

**Feel healthy?** I feel very healthy. I taught business classes for 34 years and am currently administrative assistant at Westendorf Manufacturing Company. I have seldom missed any work because of sickness or complications with my diabetes.

# Meet the Faces of Diabetes

Real People with Diabetes Educating Others

A project funded by Burgess Health Center and Wellmark Foundation



**Matt Minnihan**  
Attorney  
Onawa, Iowa. Type 1

**Favorite food:** Chocolate. (In fact, I am writing this with a piece of dark chocolate in my mouth.)

**Eating:** I eat smaller portions and no desserts.

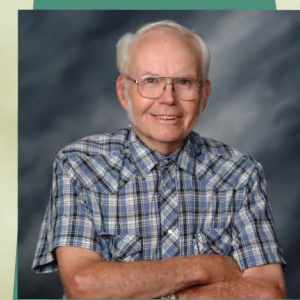
**Exercise:** Weight training, golf, softball and bike riding.

**My support persons:** My wife, Kara.

**Medication:** I wear an insulin pump every day.

**Difficult to manage?** Not with training and discipline. I manage my diabetes by counting carbs, exercising, checking my meter, and receive great family support.

**Feel healthy?** Almost more now than prior to my diagnosis two years ago.



**Charles Persinger**  
Onawa, Iowa. Type 2

**Favorite food:** Chocolate. I think sucking on one M&M will give as much pleasure as a handful.

**Eating:** I limit bread and potatoes and eat a lot of salads.

**Exercise:** Walking, gardening, mowing lawn with walking mower.

**My support persons:** My three diabetes classes at Burgess helped educate me.

**Medications:** None.

**Difficult to manage?** No. Just use your head. I get blood tests, and regular eye, heart and cholesterol tests. I also watch my feet.

**Feel healthy?** Yes!

## Burgess Diabetes Education Services

Education for Type 1, Type 2 diabetes and Gestational diabetes

- Individual consultation
- Group classes
- Diabetes support group
- Community library programs
- Exercise program
- Monitoring
- Nutrition and meal planning

### Burgess Diabetes Team

The Burgess team includes a registered nurse and dietitian who are certified diabetes educators. We also interact closely with health care providers on each person's efforts and progress.

For more information call: 712.423.9268



**BURGESS Health Center**

1600 Diamond Street • Onawa, IA 51040

[www.burgesshc.org](http://www.burgesshc.org)



**BURGESS Health Center**  
Onawa, Iowa



## What is Diabetes?

An estimated 200,000 people in Iowa are affected by diabetes — a chronic disease that has no cure. Thousands of these people live in western Iowa.

Diabetes affects the way our bodies use food and nutrients which produce the energy we need to live. Both type 1 and type 2 diabetes require healthy eating, exercise and management of blood sugar levels.

Since more people are developing diabetes and learning to make lifestyle changes, we're working to educate everyone about it.

## Wellmark Foundation Helps Fund Project

Wellmark Foundation has awarded Burgess Health Center Diabetes Education Program a grant for "Faces of Diabetes," an educational project that shows area residents with diabetes how to live healthier lives.

Thanks to the grant, area libraries are receiving all new books, videos, magazines, resource kits and cookbooks about diabetes.

In addition, the seven individuals highlighted in this brochure are joining our staff in presenting helpful tips at area library programs about how they manage their diabetes.

## Meet Our "Faces"

We are pleased to introduce you to these area residents who have diabetes and lead happy and healthy lives. They eat nutritious foods, exercise, and count the carbohydrates in foods to control their blood sugar levels.

These individuals also worked with the diabetes health professionals at Burgess to learn how to manage their disease. They attended classes and support groups, and helped others newly diagnosed with diabetes.

They inspire all of us in their determination to be the best they can be. We hope their personal accounts will also encourage you to live a healthier life.

We urge you to attend our educational programs and check out the new materials donated in the libraries. You will learn more about preventing and managing diabetes, so you, too, can enjoy a healthier and longer life.



**Adair Kaehlar**  
Musician and Gospel  
Singer

Whiting, Iowa. Type 2

**Favorite food:**

Desserts, ice creams, potatoes, some vegetables.

**Eating:** Knowing what I can and cannot have and ordering portions accordingly.

**Exercise:** Walk, ride exercise bike daily.

**My support persons:** Family, doctors, Burgess Health Center classes and friends.

**Medication:** Glipizide.

**Difficult to manage?** At times.

**Feel healthy?** Yes. I take better care of myself now. My diabetes has influenced my family to live healthier, and I now read food labels all the time.



**Colton Henschen**

Fourth grader  
Onawa, Iowa. Type 1

**Favorite food:** Candy bars. My mom lets me have one every now and then.

**Eating:** I now have a pump, so I eat what I want, when I want!

**Exercise:** Ride bikes, swim and play baseball, football and wrestle.

**My support persons:** Mom and Dad.

**Medication:** Insulin is just routine.

**Difficult to manage?** Yes.

**Quality of life:** I can do anything other kids do.

**Feel healthy?** Yes!



**Emily Moser**

West Monona High  
School Senior  
Onawa, Iowa. Type 1

**Favorite food:** I love cookies and cake! I can enjoy them on special occasions as long as I take enough insulin for it.

**Eating:** I count how many carbs I eat and then give insulin accordingly, then check my blood in two hours to see what it is, and if I need to, give extra insulin.

**Exercise:** I work just about everyday, and I cheerlead during the school year. I keep pretty busy!

**My support persons:** My parents help the most! Even though most of the time it seems like they are nagging at me, they do help. My friends help a lot, too. They make sure I'm not eating the wrong foods.

**Medications:** I take Lantus two times a day, and Novolog with every meal and for corrections if I need it. Sometimes it seems like it's a hassle, but it becomes routine.

**Difficult to manage?** It can be. It's hard being a teenager and not being able to eat what I want when I want.

**Can you do anything other teens do?** In school I feel like I can. When it comes to eating, it's kind of different being around a lot of people and having to think for a few minutes on how many carbs I have, and then giving myself insulin shots for my food. For the most part all of my friends are used to watching me do this, so it isn't bad.