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**For Immediate Release**

## **Pair of seminars focus on the emotional impact of Diabetes**

**(Riverside, CA) December 14, 2011** -- Diabetes has many negative physical side effects, but it has many emotional ones as well. Emotional well-being in relation to diabetes management is often pushed to the background by the more immediate physical symptoms of the disease. However, emotional strength is key to successful diabetes management, a message that is emphasized by the Behavioral Diabetes Institute, a nonprofit organization dedicated to helping people with diabetes live long, healthy and happy lives.

In the introduction to their publication entitled "The Emotional Side of Diabetes: 10 Things You Need to Know," the Behavioral Diabetes Institute reminds people that "Staying strong emotionally is the key to keeping stress under control and your blood glucose, blood pressure and cholesterol levels where they belong." Riverside Community Diabetes Collaborative (RCDC) partnered with Riverside Community Health Foundation (RCHF) and Parkview Community Hospital to provide two seminars to Riverside this past week, entitled "Staying Positive: Living a Happy, Healthy Life with Diabetes".

"The message of 'The Emotional Side of Diabetes...' has a positive outlook that is strongly aligned with RCDC's commitment to provide hope, support, and education to those living with diabetes in Riverside," said Ninfa Delgado, RCDC Chair and Vice-President of RCHF. "That was why we decided to use it as the basis for the 'Staying Positive' seminars."

The free seminar, which was specifically for people with diabetes and their caretakers or family members, was held in English on November 29<sup>th</sup> and Spanish on November 30<sup>th</sup>. Each night there was a panel presentation that featured a clinical psychologist, who spoke about how to acknowledge and overcome fear, depression, denial, and guilt; a motivational speaker, who spoke about his/her own experience with diabetes, providing tips and encouragement on how to cope; and a registered dietitian, who provided tips on how to eat healthily for successful diabetes management. Panel presenters included Dr. Karleen Paquette; Myriam Aragón, LMFT; Keith Goshay, CATC; Maria Ureña, MSN, MHA, RN, FNP; Vanh Bender, RD; and Marisol Avila, RD, CDE.

"We've had a lot of positive feedback from seminar participants already," said Delgado, "people left feeling motivated to take control of their diabetes and that's what we wanted."

The seminar also included free blood pressure, foot, BMI, and glucose screenings, as well as a diabetes-related health expo with exhibitors from the American Diabetes Association, Sanofi-Aventis, California Smokers' Helpline, Healthy Living Consulting, Borrego Community Health Foundation, and many more.

"This is an opportunity for people to get information they might not be getting elsewhere," said Jerry Green, a fitness consultant and RCDC member, "this seminar is addressing a different aspect [of diabetes.] Many organizations are talking about how to eat when you're diabetic, but this one is talking about the emotional and mental side – that's a big difference."

RCDC was formed in 2007 out of the Riverside Community Health Foundation's Diabetes Initiative. In many ways, RCDC serves as a hub for information on diabetes-related concerns and programs in the community. RCDC has ties to the San Bernardino Diabetes Collaborative, Inland Quality Collaborative,

and the Desert Sierra Health Network. Through its free diabetes education classes, the organization tries to create safe, judgment-free spaces for people to come together and talk about diabetes.

For more information about RCDC's free monthly diabetes classes, visit [RCHF.org/rcdc](http://RCHF.org/rcdc) or call 951.788.3471.

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***The mission of the Riverside Community Diabetes Collaborative is to strengthen community programs and services for the prevention and management of diabetes in Riverside. The Riverside Community Health Foundation is a 501(c)(3) nonprofit, public charity with a mission to improve the health and well-being of our community. To date, RCHF has provided over 650,000 health services and interventions to Riverside residents.***