

# Resources for Living with Diabetes



THE RUSH OAK PARK HOSPITAL  
CENTER FOR DIABETES  
AND ENDOCRINE CARE

520 S. Maple Ave., Third Floor  
Oak Park, Illinois  
(708) 660-5900

 RUSH  
OAK PARK HOSPITAL

## Resources

If you've been diagnosed with diabetes, you've probably had a conversation with your doctor about making big changes to your lifestyle, diet and exercise routine. So much change all at once can feel overwhelming, but you don't have to tackle it alone. We're here to help. The Center for Diabetes and Endocrine Care at Rush Oak Park Hospital offers expert care from nationally recognized specialists — including endocrinologists, certified diabetes educators and registered dietitians — plus a range of resources such as counseling, support and more.

**CALL** Center for Diabetes and Endocrine Care at (708) 660-5900 to do the following:

- Schedule an appointment with one of our endocrinologists
- Join the "Introduction to Diabetes" class
- Sign up for a diabetes refresher course
- Schedule an individual diabetes self-management education and support (DSMES) session.
- Get on the mailing list for Diabetes Support and Education Group events.
- Learn more about Project Lifestyle Change, our wellness program aimed at preventing diabetes in people who have been diagnosed with prediabetes

**VISIT** our website at [roph.org/clinical-services/diabetes-care-and-endocrinology](http://roph.org/clinical-services/diabetes-care-and-endocrinology) to learn more about our offerings.

**CALL** Rush Oak Park Community Health and Outreach at (708) 660-2005 to join the Healthy Motivations community wellness program for screenings, fitness classes, support groups and other tools for getting healthy.

**CALL** Rush Center for Weight Loss and Lifestyle Medicine at (708) 660-INFO (4636) to learn more about weight-loss support and procedures at Rush Oak Park Hospital.



## Eat right



Your doctor, dietitian or support-group leader can talk with you about how to measure your food portions for blood-glucose management. The following resources can help you learn more about healthy shopping, cooking and eating.

- **The Cooking Matters program at Oak Park River Forest Food Pantry** teaches eligible residents about meal planning, budgeting and healthy eating: [oprffoodpantry.org/programs/cooking-matters](http://oprffoodpantry.org/programs/cooking-matters)
- **The Academy of Nutrition and Dietetics** offers food, health and fitness info: [eatright.org](http://eatright.org)
- The **US Department of Agriculture** provides advice about healthy eating and meal planning: [choosemyplate.gov](http://choosemyplate.gov)
- **Healthy cooking at home** is easy and delicious when you have the right recipes. Here are a few of our favorite online recipe collections.
  1. [rush.edu/health-wellness/healthy-recipes](http://rush.edu/health-wellness/healthy-recipes)
  2. [diabetes.org/mfa-recipes](http://diabetes.org/mfa-recipes)
  3. [extension.illinois.edu/diabetesrecipes](http://extension.illinois.edu/diabetesrecipes)
  4. [diabetescare.net/Recipes](http://diabetescare.net/Recipes)

## Get active



Exercising for at least 30 minutes each day makes it easier to control your blood glucose level, and can help you avoid long-term complications like high cholesterol and heart disease. Check with your doctor before you start any exercise program.

**PARK DISTRICT PROGRAMS** are a fun and inexpensive way to get more exercise into your life.

- **Park District of Oak Park:** [pdop.org](http://pdop.org) | (708) 725-2000
- **River Forest Park District:** [rfparks.com](http://rfparks.com) | (708) 366-6660
- **Park District of Forest Park:** [pdofp.org](http://pdofp.org) | (708) 366-7500
- **Chicago Park District:** [chicagoparkdistrict.com](http://chicagoparkdistrict.com) | (312) 742-7529  
(fitness center use is free if you have a doctor's prescription for exercise)

### BIKE

- See Chicago by bike while you get fit with **Divvy**, the city's bike-share program: [divvybikes.com](http://divvybikes.com)
- Take a bike-safety class, a cycling clinic or a neighborhood tour with **Greenline Wheels:** [greenlinewheels.com](http://greenlinewheels.com) | (708) 725-7170
- Join the **Oak Park Cycle Club** for a ride: [oakparkcycleclub.org](http://oakparkcycleclub.org)

### WALK

- Find free walking groups near where you live or work at [meetup.com](http://meetup.com).

# Learn more about diabetes



The following websites, community resources and smartphone apps can all provide tools, information and resources for you and your family.

## WEBSITES

- **American Diabetes Association:** [diabetes.org/in-my-community](https://diabetes.org/in-my-community)
- **Centers for Disease Control and Prevention:** [cdc.gov/diabetes](https://cdc.gov/diabetes)
- **The National Diabetes Education Program:** [niddk.nih.gov/health-information/diabetes](https://niddk.nih.gov/health-information/diabetes)
- **University of Illinois Extension:** [extension.illinois.edu/diabetes2](https://extension.illinois.edu/diabetes2)
- **The diaTribe Foundation:** [diatribe.org](https://diatribe.org)

## RESOURCES FOR SENIORS

- AgeOptions, suburban Cook County's Area Agency on Aging, offers a free **Take Charge of Your Diabetes program:** [ageoptions.org/services\\_takechargediabetes](https://ageoptions.org/services_takechargediabetes) | (708) 383-0258

## RECURSOS EN ESPAÑOL

- **Centro Comunitario Juan Diego** clase de diabetes gratis: [ccjuandiego.org/Programs](https://ccjuandiego.org/Programs) | (773) 731-0109
- **Estudiabetes.org**, una comunidad para personas tocadas por la diabetes: [estudiabetes.org](https://estudiabetes.org)

## MOBILE APPS FOR ANDROID AND APPLE PHONES

- **CalorieKing** incorporates a food and exercise diary, goal-setting tools and an online community.
- **Glucose Buddy** helps you check, log and control blood sugar.
- **Medisafe Pill Reminder & Medication Tracker** reminds you to take medication — you can even manage your whole family's medication regimens from one account.
- **MyFitnessPal** is an easy-to-use calorie counter and diet tracker.
- **MySugr** has apps that include a daily logbook, a scanner app for your glucose meter and an app just for kids.



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