

FAYETTE COUNTY
DIABETES
RESOURCE GUIDE



YOUR GUIDE TO...

- Programs & classes
- Support groups
- Exercise
- Healthcare
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- Other community resources

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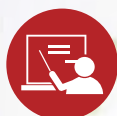
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Important Acronyms:

T1DM: *Type 1 Diabetes*

T2DM: *Type 2 Diabetes*

GDM: *Gestational Diabetes*



DIABETES EDUCATION PROGRAMS

BAPTIST HEALTH LEXINGTON

Services: Diabetes Self-Management Education: Both individual and group classes available with day and evening options.

Diabetes Prevention Program: A one-year program which meets monthly the first six months and one to two times per month the remaining six months. Informational sessions are offered monthly.

Contact: Kathleen Stanley, kstanley@bhsl.com or (859) 260-5122 for program dates, times, locations, and cost. May register for Diabetes Prevention Program online at

www.baptisthealth.com/services/diabetes-care

Cost: Call or email for information.

KROGER PHARMACY

Services: Diabetes Self-Management Education. Diabetes Prevention Program meets weekly for 16 weeks, then monthly.

Address: 3175 Beaumont Centre Circle (Kroger-Beaumont)

Contact: Brooke Hudspeth at brooke.hudspeth@kroger.com or (859) 373-0841; or Kroger-Beaumont Pharmacy at (859) 219-1842 for date, time, location, and cost.

Cost: Call or email for information.

LEXINGTON CLINIC

Services: Diabetes Self-Management Education.

Contact: Bethany Borders at bbord@lexclin.com or (859) 258-4032

Address: 1221 South Broadway, Lexington, KY 40504

Cost: Call for information.



LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT

Services: A variety of free programs are available. See below.

• **Diabetes Self-Management Education & Support (DSMES):**

Nationally accredited by the American Diabetes Association and the Association of Diabetes Care and Education Specialists. This ten-hour program is provided over four weeks in a group setting. Online and day/evening options available. Led by a Certified Diabetes Care and Education Specialist.

Contact: Nancy Hiner at diabetes@lfchd.org or call (859) 288-2344 for date, time, and location information.

Cost: Free

• **Diabetes Prevention Program (DPP):** Year-long program providing lifestyle change education and support for individuals with pre-diabetes. Meets weekly first four months, biweekly for two months and monthly for the final six months. Led by a Registered Dietitian.

Contact: Melissa Smith at (859) 288-2473 or MelissaR.Smith@lfchd.org

Cost: Free (insurance may be billed)

• **Diabetes Basics:** This is a shorter program designed for community groups of 10 or more. We cover the most essential topics in diabetes care such as healthy eating, physical activity, monitoring and emergency care. Workbooks are provided.

Contact: Nancy Hiner at (859) 288-2344 or diabetes@lfchd.org

Cost: Free

UK BARNSTABLE BROWN DIABETES CENTER

Services: We provide consultations with expert diabetes specialists, coordination of care for diabetes complications, screening and management, and comprehensive patient education.

Address: UK HealthCare – Turfland; 2195 Harrodsburg Road, Suite 125, Lexington, KY 40504

Contact: Call 859-323-BBDC (2232). Select option 1 for the adult clinic; option 2 for the pediatric clinic; or option 3 for diabetes education services.

Cost: Call for information.

YMCA OF CENTRAL KENTUCKY

Services: Diabetes Prevention Program meets weekly for 16 weeks, then monthly.

Location: High Street YMCA, C.M. Gatton Beaumont Family YMCA, North Lexington YMCA, Whitaker Family YMCA

Contact: Rosie Miklavcic at rmiklavcic@ymcackey.org

Cost: \$429. Scholarships available. Insurance covers for UHC members and Anthem KEHP employees (includes 12-month YMCA household membership \$1,000 value).



DIABETES SUPPORT GROUPS

Due to the pandemic, and those with diabetes being at a higher-risk of having severe complications from COVID-19, in-person groups may still be on hold at some organizations.

Current in-person support groups in Lexington:

- Lexington Senior Center (195 Life Lane) on the first Tuesday of each month, from 10-11am. Contact Nancy at (859) 288-2344 or email diabetes@lfchd.org for questions.

Current online support groups in Lexington:

- "Type 2 Diabetes Support Group Central Kentucky" on Facebook. This is facilitated by the Fayette County Diabetes Coalition and is a closed group, meaning your other Facebook friends won't see your posts in this group.
- Two zoom groups: meet on the third Wednesday of each month at 12pm and/or 6:30pm, you can choose the time that meets your schedule. Facilitated by the Lexington-Fayette County Health Department staff. For more information or to obtain the link to join; please call (859) 288-2344 or email us at diabetes@lfchd.org.



EXERCISE

LEXINGTON PARKS AND RECREATION

Services: Vary by location.

Contact: Call Parks & Rec at 859-425-2255.

Website: www.lexingtonky.gov/communitycenters for a complete list and contact information for each location.

LEXINGTON SENIOR CENTER

Services: A variety of exercise classes and equipment is available.

Contact: (859) 278-6072

Website: www.lexingtonky.gov/fitness

Eligibility criteria:

- Age 60 and older, or spouse of a person that is 60 or older.
- Fayette County resident.
- Independent*, meaning: Physically able to participate in programs and activities without supervision or assistance, and are oriented to time and place. *If you are not independent, you must be accompanied by a caregiver or friend at all times.

YMCA OF CENTRAL KENTUCKY

Services: Variety of exercise facilities, programs and activities. Scholarships available to those in need.

Contact: Call the location convenient to you.

Lexington Locations:

C.M. Gatton YMCA
3251 Beaumont Centre Circle
(859) 219-9622

High Street YMCA
239 E. High St.
(859) 254-9622

North Lexington YMCA
381 West Loudon Avenue
(859) 258-9622

Whitaker Family YMCA
2681 Old Rosebud Rd.
(859) 543-9622

Website: www.ymcacky.org



HEALTHCARE

BAPTIST HEALTH LEXINGTON

Address: Diabetes Education Department, 1740 Nicholasville Rd.

Website: www.baptisthealthlexington.com

Contact: Kathleen Stanley, KStanley@BHSI.com or (859) 260-6674

BCTC DENTAL HYGIENE CLINIC

Provides dental cleanings by first and second year dental students at a reduced cost. Appointments for the general public are \$35 with a second-year student (children under 12 and adults over 60 pay \$25) and \$10 with a first-year student. Appointment required.

Address: 470 Cooper Dr., Room 250

Contact: (859) 246-6857

BLUEGRASS COMMUNITY HEALTH CENTER

A non-profit Federally Qualified Health Center (FQHC) and patient-centered medical home providing care to Kentucky families. Has Spanish-speaking providers.

Address: 1306 Versailles Rd., Suite 120; and

151 N. Eagle Creek Dr., Suite 220

Contact: www.bchcky.com or (859) 259-2635

HEALTHFIRST BLUEGRASS

A non-profit Federally Qualified Health Center (FQHC) that provides affordable healthcare for everyone, regardless of ability to pay.

Addresses:

- Bryan Station Medical, 1640 Bryan Station #1
- Southland Medical and Dental, 496 Southland Dr.
- Newtown Pike Dental, 650 Newtown Pike
- Hope Center's Dr. Gordon Hyde Hope Health Clinic, 360 W. Loudon Ave.

Contact: Visit www.healthfirstlex.com. (859) 288-2425; after hours (859) 335-7200

Cost: Sliding fee schedule

LEXINGTON CLINIC ENDOCRINOLOGY

Specializes in the treatment of diabetes as well as other thyroid and parathyroid disorders.

Address: 1221 South Broadway

Contact: (859)258- 4401 or (877)232-3533

Website: Visit www.lexingtonclinic.com/endocrinology.html.

LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT

Services: Healthcare services offered includes diabetes education, COVID-19 immunizations, Harm Reduction program, HIV/STD, TB clinic, and WIC.

Address: 650 Newtown Pike

Contact: Call (859) 252-2371 for the switchboard, or (859) 288-2344 for the diabetes program.

Website: www.lfchd.org for more information

LEXINGTON VA MEDICAL CENTER

Address: Cooper Division, 1101 Veterans Dr.;

Contact: (859) 233-4511

Address: Leestown Division, 2250 Leestown Rd.;

Contact: (859) 233-4511

NATHANIEL MISSION HEALTH CLINIC

A wide variety of clinics and classes are offered to alleviate issues of health in the community including vision clinic, podiatry clinic and diabetes support.

Address: 1109 Versailles Rd., Suite 250

Contact: info@nathanielmission.com, or (859) 255-0062

Website: www.nathanielmission.com

THE REFUGE CLINIC

Provides comprehensive primary medical care, oral surgery, eye care, gynecological care, psychiatric care, and counseling to both the uninsured and underinsured.

Address: 2349 Richmond Rd., Suite 220

Contact: (859) 225-4325

Website: www.refugeclinic.org



UK BARNSTABLE BROWN DIABETES CENTER

Multidisciplinary center designed to provide medical management in every area of diabetes, as well as educational support to assist in implementing lifestyle changes.

Address: UK HealthCare Turfland, 2195 Harrodsburg Rd., Suite 125

Contact: Adult line (859) 323-2232; Pediatric line (859) 323-5404;

Website: <https://ukhealthcare.uky.edu/services/diabetes-treatment>

UK POLK-DALTON CLINIC

Providing health care with compassion for Lexington's Northside and urban community. Offers convenient family medical services for the entire family. Accepts most insurance plans including Medicaid and Medicare.

Address: 217 Elm Tree Ln.

Contact: (859) 257-8801

Website: <https://ukhealthcare.uky.edu/polk-dalton-clinic>

UK SALVATION ARMY CLINIC

Free clinic run by medical students from the University of Kentucky. Provides free medical services to the uninsured in Lexington.

Address: 736 West Main St.

Contact: (859) 488-1223

Website: www.uksac.org



DIABETES COALITIONS

FAYETTE COUNTY DIABETES COALITION

Membership is open to anyone concerned about diabetes and making an impact in the community.

Meetings: Fourth Thursday of the month from 12-1:30 p.m. Call to confirm meeting time/date.

Contact: www.facebook.com/FayetteCountyDiabetesCoalition, diabetes@lfchd.org, Nancy Hiner: 859-288-2344.

Cost: Free

KENTUCKY DIABETES NETWORK (KDN)

Nonprofit statewide diabetes coalition that provides diabetes improvement tools, resources, best practices, networking opportunities and the latest information for health care teams, individuals with diabetes, employers, public and private health plans, community coalitions and other organization or individuals passionate about diabetes. Membership is free and open to anyone concerned about diabetes and making an impact in Kentucky.

Meetings: Quarterly. Check website for meeting dates, locations, and times.

Contact: www.kydiabetes.net, info@kydiabetes.net, or (502) 564-7996 ext. 4444. Connect on Facebook, Twitter, and LinkedIn.

Cost: Free



OTHER COMMUNITY RESOURCES

AMERICAN DIABETES ASSOCIATION

Mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Contact: www.diabetes.org

BENEFITS CHECK-UP

A service of the National Council on Aging that provides information on a number of benefits programs that can assist older adults.

Website: www.benefitscheckup.org

BLUEGRASS COUNCIL OF THE BLIND

The Bluegrass Council of the Blind (BCB) is the only non-profit exclusively serving the needs of adults who are blind or visually impaired in Central Kentucky. BCB services are free of charge and available to anyone affected by vision loss, including family, friends and professionals working with people with low to no vision. Some of the services provided through these two programs include:


- support group meetings
- peer group mentoring
- demonstrations and hands-on trials of technology items and devices
- group and individual training on assistive technology such as accessibility features on smart phones and tablets
- educational seminars
- community outings
- a technology lending / distribution program

Website: www.bcbky.org

CAMP HENDON

Camp Hendon is a non-profit camp providing life-altering experiences to children with diabetes, without the promise of a cure, but with the guarantee of an experience that makes diabetes manageable until that cure is found.

Our programs support youth with diabetes at different ages and



stages, as well as parents, other caregivers, and the family as a whole.

Website: www.camphendon.org

COMMUNITY ACTION COUNCIL

Mission is to end poverty in our communities. Services include a mix of emergency services as well as those that promote self-sufficiency, including utility assistance, food access, food pantry through a collaboration with God's Pantry Food Bank, youth programming, weatherization, supportive housing, workforce training, and more.

Main address: 710 West High Street, Lexington, KY 40508

Contact: www.commaction.org, or call (859) 233-4600

FAYETTE COUNTY COOPERATIVE EXTENSION

Services: Helps people improve their lives through an educational process focusing on their issues and needs. Provides a variety of free or low-cost programming and events.

Address: 1140 Harry Sykes Way

Contact: <https://fayette.ca.uky.edu/>, (859) 257-5582

FRIEDEL DIABETES AWARENESS COMMITTEE

Works to prevent the development of diabetes.

Contact: <http://s586682931.onlinehome.us/Friedell/> or JD Miller at jdmill01@uky.edu

GET HELP LEXINGTON

A resource locator for anyone in search of substance abuse facilities and services.

Website: www.gethelpplex.org

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)-KENTUCKY AND SOUTHERN INDIANA CHAPTER

Accelerating life-changing breakthroughs to cure, prevent and treat type 1 diabetes and its complications.

Contact: www.jdrf.org/kentucky/, kentucky@jdrf.org, or (502) 485-9397

KENTUCKY DIABETES RESOURCE DIRECTORY

Online directory to locate diabetes health care professionals, resources, programs, and events by county throughout Kentucky.

Contact: <https://prd.chfs.ky.gov/KYDiabetesResources/> or Google Kentucky Diabetes Resource Directory

KENTUCKY HEALTH BENEFIT EXCHANGE

Find free, in-person assistance from trained and certified people to help with health insurance plans, Medicaid, and KCHIP.

Contact: www.kynect.ky.gov, (855) 459-6328

LEGAL AID OF THE BLUEGRASS

Legal representation for Medicaid and Medicare.

Contact: www.lablaw.org, (859) 233-4556

LEXINGTON LIONS CLUB

Services: Provides assistance with vision concerns, eye exams, eye glasses, and eye surgeries. Also has an A1C testing program.

Contact: <https://bluegrasslionsdiabetesproject.com>

NEW EYES: GLASSES FOR THOSE IN NEED

Obtain basic prescription eyeglasses through a well-established voucher program.

Contact: www.new-eyes.org

SALVATION ARMY

Can help with the purchase of prescription medications and medically necessary equipment such as hearing aids, diabetes test strips, or a wheelchair for low-income individuals. Also emergency assistance food pantry, clothing, personal care kits, diapers, household items and school supplies.

Contact: <https://ky.salvationarmy.org>, (859) 252-7706

SANDERS-BROWN CENTER ON AGING

UK ALZHEIMER'S DISEASE RESEARCH CENTER

Diabetes raises the risk for cognitive decline. People with Type 1 diabetes are at greater risk of dementia than people without diabetes. Scientists are finding more evidence that could link Type 2 diabetes with Alzheimer's disease, the most common cause of dementia. FREE Memory Screening at multiple locations including UK POLK-DALTON CLINIC, 217 Elm Tree Ln. Lexington, KY 40507. To schedule a screening, check our website until Covid restrictions have fully relaxed.

Contact: Website: <https://sbcoa.med.uky.edu> or call 859-323-5550.



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