



**Diabetes Care
Resource Directory
2007-2008**

<u>Table of Contents</u>	<u>Page #</u>
Purpose.	3
South Orange County Diabetes Collaborative Members	3
How to Use This Directory.. . . .	4
Diabetes Education Classes.	5
Diabetes Support Groups.	7
Diabetes Screenings.	7
Low-Cost Medical Care.	8
Ophthalmology/Optometry	9
Podiatry.	9
Resources for Diabetes Supplies.	10
Resources for Patient Drug Assistance Programs.	11
Community Resources, Organizations and Web Sites.	12

Purpose of the South Orange County Diabetes Collaborative

SOCDC Vision Statement:

To make a positive impact on the lives of people living in south Orange County who are affected by diabetes, through our organizational and collaborative resources.

Purpose/Goals of SOCDC:

To improve access to diabetes education, self-management, treatment, prevention and detection for south Orange County residents, regardless of cultural background or financial resources.

South Orange County Diabetes Collaborative Members

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How to use this directory

This resource manual is being provided by the South Orange County (SOC) Diabetes Collaborative (SOCDC). It is intended for use by healthcare professionals in the SOC area who provide diabetes care and/or education.

This directory is intended to facilitate healthcare professionals in finding diabetes care and education offerings for their patients in South Orange County (the geographical area between Lake Forest, to the north, and San Clemente, to the south.)

Calling for information ahead of attending any class/resource is recommended, as offerings are subject to change.

This directory is offered in PDF format for ease of printing. Information will be updated periodically.

If you are aware of south Orange County diabetes resources that are not listed in this directory, please call Gretchen Perea M.S., R.D., Diabetes Education Coordinator at Mission Hospital: (949) 364-1400 ext. 5595.

Diabetes Education Classes

1. American Diabetes Association(888) DIABETES
1570 Warner Ave. Suite #207, Santa Ana.....(714) 662-7940
www.diabetes.org
Diabetes Advocacy Class series. Spanish. Free. Contact Lilly Mucarsel at ext. 7558 for information.

2. Bristol Park Medical Group.....(949) 437-9488
Mission Viejo office: 26991 Crown Valley Parkway, MV
Irvine office: 250 E. Yale Loop Drive, Irvine
Fountain Valley office: 11420 Warner Ave., FV
www.bristolparkmed.com
Two-part classes: Nutrition and Practical Management of Diabetes: English
Single comprehensive diabetes management class offered in Spanish (Fountain Valley location only.) Gestational Diabetes: Educational session include glucose meter use.
Classes offered to Bristol Park Med. members only- \$15. Call for scheduling and locations.

3. Camino Health Center.....(949) 240-2272
30300 Camino Capistrano, San Juan Capistrano
www.cocc.org/members/CAMINO
12-week diabetes management series offered on Wednesday evenings for clinic patients in conjunction with Latino Health Access. Spanish. Free. Call for details.

4. Kaiser Permanente.....(888) 988-2800
Sand Canyon Medical office – 6670 Alton Parkway, Irvine
Orange Health Pavilion office – 200 N. Lewis Street, Orange
www.kaiserpermanente.org
Classes offered nearest to SOC include “Taking Care of Yourself”, “Testing Your Blood Sugar”, and “Nutrition”. Kaiser members free. \$10 for non-members. English and Spanish. Call for scheduling and locations. (*Classes in Spanish are offered in the Orange office only.*)

5. Laguna Beach Community Clinic.....(949) 494-0761
362 Third St., Laguna Beach
www.lbclinic.org
Offers periodic diabetes management education to clinic patients. Spanish. Free. Call for information.

6. Mission Hospital.....(949) 364-1400
My Health class information line.....(949) 364-1770
www.mission4health.org
 A. Comprehensive diabetes management series (5 classes) \$15/class. English.
 B. Periodic diabetes-related lectures. Free. English.
 C. Registered dietitian consultations. Call the
 Center for Rehab/Sports/Wellness for details.....(949) 364-9636
 D. Diabetes education classes. Spanish. Free. Call for scheduling and for more
 information..... (949) 364-4257
7. PADRE Foundation.....(714) 532-8330
 (Pediatric, Adolescent Diabetes Research and Education Foundation)
 455 S. Main St., Orange
www.padrefoundation.org
 Diabetes management and carbohydrate counting education classes for youth affected by
 Type 1 and Type 2 diabetes (18 years of age and younger) and their families. *Most*
classes meet at CHOC in Orange and occasional classes at CHOC at Mission..)
 English/Spanish. Free. Call for information, and scheduling.
8. Saddleback Memorial Medical Center – Laguna Hills/San Clemente
(949) 837-4500
Class registration line..... (949) 452-7255
 24401 Health Center Dr., Suite 202, Laguna Hills
www.memorialcare.com/saddleback/about
 Call for scheduling and fee information for all below:
 A. Comprehensive diabetes self-management training classes (ADA recognized): four
 2-hour group sessions followed with a 1 hour Advanced Meal Planning class, as well
 as individual nutrition consults with registered dietitians. English. Call for
 information and fees. (Offered in LH location only.)
 B. Diabetes with Pregnancy: 1 hour group education session – overview, and 1-hour
 nutrition class. Includes blood glucose meter. Call for information and fees.
 C. Periodic diabetes-related lectures. Free. English.
9. South Coast Medical Center.....(949) 499-1311
Class/lecture information line.....(949) 499-7202
 31862 Pacific Coast Hwy., Laguna Beach
www.southcoastmedicalcenter.com
 Offers periodic diabetes-related lectures. Call for schedule.
10. Vietnamese resource: *(not located in SOC)*
 Nhan Hoa – Comprehensive Health Care Clinic.....(714) 539-9999
 14221 Euclid Ave., Suite H, Garden Grove
www.nhanhoa.org
 Offers diabetes classes to anyone in OC. Vietnamese. Free.

Diabetes Support Groups

1. Lakeview Senior Center
20 Lake Rd., Irvine (*not located in south Orange County*)
 - A. Diabetes Education/Support Group.....(949) 724-6905
Meets 4th Thursday, monthly. English. Free. Call for more information.
2. Mission Hospital
 - A. Diabetes Support Group.....(949) 364-1770
Meets first Monday, monthly at 7 p.m. Subject to change. Call ahead for location and more information. Free. English.
3. Mothers of Children with Diabetes (M.O.D. Squad)
Mission Lutheran Church, 24360 Laguna Niguel.....(949) 831-8820
 - A. Support group for families who have children with Type 1 diabetes. English. Free. Two meeting times: first Thursday of every month, 8:30-10 a.m., or second Thursday of every month, 7-8:30 p.m.
4. Norman P. Murray Community and Senior Center
24932 Veterans Way, Mission Viejo
Group sponsored by “Preventative Health Care for Adults” – County of Orange
 - A. Diabetes Support Group.....(949) 470-3062
Meets third Thursday, monthly, 12:30-2:00 p.m.
4. Saddleback Hospital
 - A. “Diabetes Challengers” Support Group(949) 452-7255
Meets the fourth Tuesday of every month. 10-11 a.m. Call for location and information. Free. English.
 - B. Evening Diabetes Support Group(949) 452-7255
Meets the fourth Thursday of every month. 6-7:30 p.m. Call for location and information. Free. English.

Diabetes Screenings

1. Camino Health Center..... (949) 240-2272
CHC Mobile Diabetes Van offers periodic free screenings for clinic-eligible patients. Call for information, scheduling and locations.
2. Laguna Beach Community Clinic.....(949) 494-0761
Free walk-in blood glucose checks at clinic for eligible patients. Call for information.
3. Mission Hospital.....(949) 364-1770
Offers free/low cost periodic screenings in the community and church settings. Locations and schedules vary. Call for information.
4. Saddleback Memorial Hospital.....(949) 452-7255
Blood glucose (free) and HgA1c (\$15) screenings offered 3rd Thursday of every month, 2-3 p.m. Call for information.

Medical Care (Low-cost)

1. Camino Health Center.....(949) 240-2272
30300 Camino Capistrano, San Juan Capistrano
Offer low-cost healthcare services based on sliding fee scale. Mobile Diabetes Van also offers this care to clinic's diabetes patients in Lake Forest and San Clemente. Call for information and eligibility.
2. Laguna Beach Community Clinic.....(949) 494-0761
362 Third St., Laguna Beach
Low-cost healthcare services offered based on a sliding fee scale. Call for information.

Specialty Care

Ophthalmology/Optometry

1. Southern California College of Optometry Eye-care Clinic Optometry Center of Fullerton	2575 Yorba Linda Blvd. Fullerton, CA. 92831	(714) 449-7400	Dilated eye exams offered with sliding fee scale. Proof of income required. Call for info.
2. Camino Health Center Puente la Salud – Optometry van	30300 Camino Capistrano, SJC	(949) 240-2272	Low cost/free eye care available at the clinic - 3 rd Wednesday monthly. Call for info.

Podiatry

1. Camino Health Center	30300 Camino Capistrano San Juan Capistrano, CA. 92675	(949) 240-2272	Low cost screenings available for patients of health center.
2. Laguna Beach Community Clinic	362 Third Street Laguna Beach, CA.	(949) 494-0761	Podiatry care available for established patients of clinic.

Resources for Diabetes Supplies

1. Camino Health Center	30300 Camino Capistrano, San Juan Capistrano, CA. 92675	(949) 240-2272	Free glucometers available for patients of the clinic (strips and lancets not included.)
2. Juvenile Diabetes Research Foundation	1451 Quail Street, Suite 108 Newport Beach, CA. 92660	(949) 553-8833	Give-away bag of diabetes-related products for newly diagnosed Type 1 children and adolescents (including glucometers.)
3. Latino Health Access	1717 N. Broadway Santa Ana, CA. 92706	(714) 542-7792	Low-cost glucometer test strips available with financial need. Call for information.
4. Pediatric, Adolescent Diabetes Research Foundation (PADRE)	455 S. Main Street Orange, CA. 92868	(714) 532-8330	Free glucometers for patients under age of 18, with financial need. Call for information.
5. American Diabetes Association	1570 Warner Ave. Suite 207, Santa Ana	(888) DIABETES (714) 662-7940	ADA Wizdom Kit for Type 1 Youth (diabetes education resource kit) Or order online at: www.diabetes.org

Patient Drug Assistance Programs/Resources

1. Camino Health Center	(949) 240-2272	Access to patient drug assistance programs available to established patients of health center. Call for information.
3. Laguna Beach Community Clinic	(949) 494-0761	Access to patient drug assistance programs available to established patients of clinic. Call for information.
3. Needy Meds	www.needymeds.com	Lists companies that offer prescription drug assistance programs for low-income individuals. Also lists drugs by name and category.
4. Pharmaceutical Research and Manufacturers of America	www.phrma.org/searchcurres/dpdpap/pa99.pdf	Directory of prescription drug assistance programs.

***Community Resources, Organizations and Web Sites**

Abbott Diabetes Care	www.abbott.com
American Diabetes Association Western Region 1570 Warner Ave. Suite 207 Santa Ana, 92705	(714) 662-7940 (888) DIABETES www.diabetes.org
California Diabetes Program California Department of Health Services P.O. box 997413, MS 7211 Sacramento, CA. 95889-7413	(916) 552-9888 Diabetes Information Resource Center (DIRC) Web-portal to find information, tools and programs related to diabetes prevention and control. www.caldiabetes.org
Health Prep Jane Hannah MSHS,BSN, RN BC, PHN, FNGNA, CHES, CDE	(714) 531-1843 Resource website for diabetes care/education/support in Orange County. E-mail – hprep@socal.rr.com www.healthprep.com
Juvenile Diabetes Research Foundation (JDRF) Orange County Chapter 1451 Quail Street, Suite 108 Newport Beach, CA. 92660	(949) 553-8833 www.jdrf.org
Lifescan Corporation	www.lifescan.com
Pediatric, Adolescent Diabetes Research and Education (PADRE) 455 S. Main Street Orange, CA. 92868	(714) 532-8330 www.padrefoundation.org
Roche Diagnostics	www.accucheck.com

***For an exhaustive list of online diabetes resources, including non-English Web sites see www.mendosa.com**