



## **PURCHASE AREA DIABETES RESOURCE GUIDE**



Are you turning 65  
or new to Medicare?

I can help you get  
Medicare ready.



**Call a licensed Humana sales agent.**



**Bridgitt Oswalt**  
**270-206-1949 (TTY: 711)**  
Monday – Friday,  
8 a.m. – 5 p.m.  
[boswalt@humana.com](mailto:boswalt@humana.com)

**Humana®**

# Who We Are



**Purchase Area Diabetes Connection** is a coalition of health professionals and community members whose goal is to increase diabetes awareness and promote Diabetes Self-Management Education & Support and Diabetes Prevention Programs. Our Vision is to reduce the burden of diabetes in our community. If you are interested in being involved, please contact DeAnna Leonard at 270-444-9625, ext. 107 or [dleonard@purchasehealth.org](mailto:dleonard@purchasehealth.org)

Thank you to our partners who support this publication and events sponsored by the Purchase Area Diabetes Connection.

Aetna • Anthem Medicare • Baptist Health • Humana  
Mercy Health • McCracken County Cooperative Extension  
Passport by Molina Healthcare • United Healthcare • Wellcare

This resource was developed to assist people with diabetes or pre-diabetes and connect them to local resources for education and support. This may not be a complete listing of all services available. If you provide or are aware of other services not listed in this guide, please send information to DeAnna Leonard at 270-444-9625, ext. 107 or [dleonard@purchasehealth.org](mailto:dleonard@purchasehealth.org).

# Area Resources

## HART-SUPPORTED LIVING GRANT

help individuals with a disability who may want to apply for assistance. Support for personal care, housekeeping, lawn Care, or anything the person may need monthly occurring. Also Onetime support is available that would include specialty equipment such as hearing aids, diabetic shoes, wheelchairs, lifts for your vehicle or any equipment the person may need, that their insurances will not pay for. Home modifications, such as ramps, walk in showers, and such are one time supports that can be requested also. If interested in applying, call 502-229-9110 or download application from the website below. All applications are due to the regional coordinator by April first to be eligible for scoring. <https://chfs.ky.gov/agencies/dail/Pages/hslp.aspx>

## 1-800 QUIT NOW

Free resource for Kentucky residents for help and counseling to quit smoking.



# MERCYHEALTH

Mercy Health Physicians has partnered with University of Kentucky Barnstable Brown Diabetes Center to provide specialty tele-health diabetes consultation and diabetes education. This service is available by referral from Mercy Health Primary Care Providers. If not currently established with a Mercy Health Primary Care Provider call 270-538-5777 for appointment.

400 N. 7th St.  
P.O. Box 736  
Mayfield, KY 42066



Phone (270) 247-4046  
Fax (270) 247-2158  
Toll Free 1-800-294-2731

## West Kentucky Allied Services, Inc.



Brought to you by



**GET**   
**COVERED**  
**2021**  
**STAY HEALTHY**  
**GET INSURED**

kynectors are here to help you with Presumptive Eligibility Medicaid, Traditional Medicaid, or the Federal Marketplace (Healthcare.gov). We have assistance in all eight Purchase Area counties (Ballard, Carlisle, Calloway, Fulton, Graves, Hickman, Marshall, and McCracken). Our assistance is free. We will be your advocate for answering questions, uploading documentations, solving problems, and giving referrals.

<b>Ballard</b>	Sheena Wilson	270-983-1213
<b>Calloway</b>	Pam Gray	270-978-4392
<b>Carlisle</b>	Sheena Wilson	270-983-1213
<b>Fulton</b>	Samantha Penrod	270-727-0047
<b>Graves</b>	Gregg Knight	270-214-0735
<b>Hickman</b>	Samantha Penrod	270-727-0047
<b>Marshall</b>	Sandy White	270-970-4875
<b>Marshall</b>	Tia Hughes	270-727-0918
<b>McCracken</b>	Brenda Cooper	270-331-6123
<b>McCracken</b>	Jeff Lindsey	270-970-4860

# Ballard County Resources

## DIABETES & NUTRITION EDUCATION

**Kentucky Care, Inc.** – offers individual diabetes & nutrition education with a Registered Dietitian.

120 N. 4th Street, Barlow, KY 42024 | Ph: 270-349-6208

**Purchase District Health Department** – offers Healthy Living with Diabetes classes. Accredited with Association of Diabetes Care & Education Specialist and American Diabetes Association. For class schedule and more information, contact 270-444-9625, ext. 107.

**Ballard County Cooperative Extension Service** – offers classes, information and recipes. Contact them at 270-665-9118.



**MEDCARE**  
PHARMACY & HOME MEDICAL

*"Neighbors Caring for Neighbors"*



Arlington  
270-655-6151

Hickman  
270-236-2588

Wickliffe  
270-335-3172

Fill your DIABETES  
monthly medications  
with us and receive



**FREE**  
**LANCETS**  
&  
**STRIPS**





# Ballard County Resources

## FOOD/FINANCIAL ASSISTANCE

**St. Mary Food Pantry** – 624 Broadway, LaCenter, KY;  
270-665-5551 M-W-F- 9:00a-12:00 noon

**The Lighthouse** – 754 Court Street; Wickliffe, KY 270-335-3662

**West KY Allied Services** – 270-665-5238

## LOW-COST FITNESS CLASSES

**Ballard County Senior Center** – has fitness equipment for Seniors to use during their regular business hours. Contact them at 270-334-3115.

**Kentucky Care Inc.** – 120 N. 4th Street, Barlow, KY has a fitness center for their patients to use. Contact them at 270-334-3131



# Calloway County Resources

## DIABETES EDUCATION

**Calloway County Health Department** – can facilitate virtual diabetes education through collaboration with Purchase District Health Department's Healthy Living with Diabetes education series. Contact Calloway County Health Department to learn more. 270-753-3381.

## MEDICAL NUTRITION THERAPY

**Kentucky Care FQHC** – 312 S. 8th Street. Call 270-753-2395 for more information

**Murray-Calloway County Hospital** – offers Medical Nutrition Therapy with a Registered Dietitian. Call 270-762-1100 for an appointment. – 803 Poplar Street

## NUTRITION EDUCATION & HEALTHY MEAL IDEAS

**Calloway County Cooperative Extension Service** – offers Nutrition education and Healthy Recipes.  
93 Extension Way, Murray, KY 42071 | Phone: (270) 753-1452

## PHYSICAL ACTIVITY CLASSES

**The Murray-Calloway County Senior Citizens Center** – has a FREE fitness area for those 60 and older. Classes offered Armchair Aerobics, Fitness Aerobics, Beginning Line Dance, Advanced Line Dance, Strength & Stretch, Basketball, Yoga, Ping Pong, Tai Chi, Zumba Gold Toning, and Corn Hole Tournaments.  
607 Poplar St., Murray, KY 42071 | Phone: (270)753-0929



# Carlisle County Resources

## DIABETES & NUTRITION EDUCATION

**Kentucky Care** – Will accept, Medicaid, insured and uninsured (sliding scale). Fill out referral form (signed by MD or APRN). Call 270-349-6208 for an appointment. May fax form to 270-628-3334. Clinic located at 75 East Court Street, Bardwell, KY 42023, Phone: 270-628-3333

**Purchase District Health Department** – offers Healthy Living with Diabetes classes. Accredited with Association of Diabetes Care & Education Specialist and American Diabetes Association. For class schedule and more information, contact 270-444-9625, ext. 107.

**Carlisle County Cooperative Extension Service** – offers healthy meal planning, gardening resources, recipes and so much more! Contact them at John Roberts Drive #B, Bardwell, KY; phone: 270-628-5458.

## PHARMACY AND MEDICAL EQUIPMENT

### **Medcare Pharmacy & Home Medical**

165 Walnut Street; Arlington | 270-655-6151. See Ad.

## LEARN TIPS TO REDUCE YOUR RISK FOR DIABETES COMPLICATIONS



**Plan** meals and  
**make** healthy  
food choices



**Monitor** yourself:  
it's more than just  
your blood sugar

# Carlisle County Resources

## FOOD/FINANCIAL ASSISTANCE

**Bethlehem Baptist Church** – 7361 US Hwy 62; Cunningham; 270-642-2320; 3rd Saturday 9:00 am until all clients receive a box.

**Carlisle County Senior Citizens** – 261 Front Street, Bardwell; 270-628-5474

**Milburn United Methodist Church** – 440 State Route 80 East; 270-207-8382; Every Wednesday 5-7pm

**West KY Allied Services** – 300 Front Street, Bardwell; 270-628-3941 Monday-Friday 9a-2p

# Fulton County Resources

## DIABETES & NUTRITION EDUCATION

**Fulton County Extension Office** – offers classes, information and recipes. Contact them at 270-236-2351.

**Purchase District Health Department** – offers Healthy Living with Diabetes classes. Accredited with Association of Diabetes Care & Education Specialist and American Diabetes Association. For class schedule and more information, contact 270-444-9625, ext. 107.

## PHARMACY AND MEDICAL EQUIPMENT

**Medcare Pharmacy & Home Medical**

2009 S. 7th Street, Hickman | 270-236-2588. See Ad.

# Fulton County Resources

## LOW/NO COST HEALTHCARE

**Good Samaritan** – 209 West State Line, South Fulton, TN 731-479-2112, Primary Care, medication, laboratory tests, dental services, wellness education & activities. Serving the working uninsured. Suggested donation on sliding scale depending on income. Tuesdays 5:30 – 8:00 p.m. and Wednesday 9:00 a.m. – 12:00 p.m.



## DID YOU KNOW YOU CAN REDUCE YOUR RISK FOR TYPE 2 DIABETES?

Type 2 Diabetes does not occur overnight. High blood sugars can progress over many years until you reach diagnosed levels. Prediabetes occurs when blood sugars are high but not at the diagnosed levels of type 2 diabetes. The good news is if caught early, small steps can help reduce your risk or delay type 2 diabetes. Diabetes Prevention Program can help you take those small steps to healthy lifestyle changes. Participants get support with 16 weekly meetings, then 6 monthly follow up meetings. One out of three American adults have prediabetes and many are unaware. See your healthcare provider for a screening.

Visit [www.DidIHaveDiabetes.org](http://www.DidIHaveDiabetes.org) and take the Prediabetes risk test.

Fulton United Methodist Church  
**Willingham Center**

200 Carr Street, Fulton, KY • 270-472-3510

**Open Monday - Friday**  
**7:30 a.m. – 12:00 p.m.**

**Coffee Shop**

Monday & Thursday  
8:00 a.m. - 10:00 a.m.

**Yoga**

Tuesday & Thursday  
1:00 p.m.  
(\$7.00 a class)

**Karate**

Monday & Thursday  
6:30 p.m. - 7:30 p.m.  
(\$5.00 a class)

**Taekwondo**

Tuesday  
6:00 p.m. - 8:00 p.m.

**Gym Membership**

\$15.00 per month

**Walking Pass**

\$1.00 a day

**Day passes**

\$3.00 per day  
(includes Basketball)

**Gym Passes**

\$2.00 per day (includes  
walking & equipment)

**Gym Rentals**

\$75.00 for 2 hours (includes kitchen)  
\$20.00 each additional hour.  
\$75.00 deposit required

***WE ACCEPT SILVER SNEAKERS and SILVER & FIT***



Arlington  
270-655-6151

Hickman  
270-236-2588

Wickliffe  
270-335-3172

**MEDCARE**  
PHARMACY & HOME MEDICAL

*"Neighbors Caring for Neighbors"*



## WE OFFER PILL PACK

You don't have to worry about a thing!

**We package your medication by time of day in a convenient weekly package!**

**GO FROM  
THIS**



We coordinate  
with your doctors  
and insurance to  
gather your prescriptions  
so all your refills  
come due at the  
same time!

**TO THIS**



- ✓ Customizable labels with your name, and medication
- ✓ Packaging for morning, noon, evening, and bedtime
- ✓ Perforated blister packs allow for specific intake times or taking medication on the go
- ✓ Color-coded by time of day so you know when to take your medicine
- ✓ Filled by your pharmacist so it eliminates worry of mixing up medications

# Graves County Resources

## DIABETES & NUTRITION EDUCATION

**Graves County Health Department** – offers the following

- Lifestyle change program – A nationally recognized program that offers an exciting series of 1 hour classes assisting individuals with making healthier lifestyle changes to prevent Type 2 diabetes.
- F.E.E.T. Program, a series of education sessions and home visits offered in collaboration with Licensed Diabetes Educator and Community Health Worker aiding in diabetes self-management awareness. Helps to manage life easier.
- Nutrition Education and Cooking Classes with a Registered Dietitian

Call Mary Ann Bradbury at 270-247-3553 Ext. 242 for information or go online at [www.GravesCountyHealthDepartment.com](http://www.GravesCountyHealthDepartment.com)

**Jackson Purchase Medical Center, Diabetes Care Center** – offers group classes and individual appointments with a physician referral. Cost is fee-for-service basis and may be covered by insurance. Call 270-251-4372 for more information. Accredited by the American Diabetes Association. (see our Ad)

**Kentucky Care, Inc.** – offers individual Nutrition & Diabetes Education. Call for appointment or more information 270-804-7710. Mayfield: 211 S. 8th Street, Mayfield, KY 42066

## INSURANCE ASSISTANCE

**West KY Allied Services, Inc.** – Gregg Knight, Health Benefit Assister Call 270-247-4046 for more information.



# Graves County Resources

## NUTRITION EDUCATION & HEALTHY MEAL IDEAS

**Graves County Cooperative Extension Service** – Healthy Meal ideas, Plate it Up! Kentucky Proud recipes, Farmers' Market shopping guides and more. 251 W. Housman St, Mayfield, KY 42066 | Phone: (270) 247-2334



## Let us help you manage your Diabetes

At the Diabetes Center at Jackson Purchase Medical Center, our goal is to help you and your family understand and control your diabetes with education and treatment. Our specially-trained providers will make sure you know how your medications work, assist you in making lifestyle changes you can live with and explain what the numbers mean. We help you understand how important it is to:

- Eat healthy
- Stay active
- Lose weight
- Maintain a healthy blood pressure

As an American Diabetes Association recognized program, we are proud to have received certification for inpatient diabetes care by the Joint Commission – recognizing our efforts to help our community.

Let us help you  
with your diabetes  
care. Contact us  
at **270.251.4372**



**Jackson Purchase  
Medical Center**

**[JacksonPurchase.com](http://JacksonPurchase.com)**

1099 Medical Center Circle | Mayfield, KY 42066-1099



# Graves County Resources

## VETERAN'S PROGRAM

Medical Nutrition Therapy is provided by Registered Dietitians at the Department of Veterans Affairs for Veterans enrolled in the VA Healthcare System. Registered Dietitians are located at the Mayfield and Paducah Community Based Outpatient Clinics. Home Based Primary Care (HBPC) is a program also available through the VA if the Veteran meets the criteria for the program. The VA has Certified Diabetes Care and Education Specialists (CDCES) to help people that have diabetes. Other Clinical Nutrition Services are also available at the VA. Please contact your local Community Outpatient Clinic for further information related to these services and programs. (VA Mayfield 270-247-2455, VA Paducah 270-444-8465)

Graves – 270-247-2455

McCracken – 1 866-274-5761 or 270-444-8465

## FOOD ASSISTANCE

**Mayfield-Graves County Needline and Food Pantry** –  
424 South 9th Street; Mayfield | 270-247-6333



# DUNCAN

## PRESCRIPTION CENTER

**FREE IN-TOWN DELIVERY!**

315 WEST BROADWAY • MAYFIELD, KY 42066 • 270-247-3345

# Graves County Resources

## WHY ATTEND DIABETES EDUCATION CLASSES?

Diabetes Education classes teach you how to manage your blood sugar, blood pressure, and cholesterol. Diabetes Educators can help you learn ways to reduce your risk for complications and support you in your diabetes management.

### When do you need to see a diabetes educator?

- Newly diagnosed
- Annually
- Complications
- Changes in doctors
- Change in Medications

Want to learn more? Contact one of the diabetes education providers in this resource!

***".. it was a lifesaver!" "It is a disease, but you can take control of it with knowledge, and I'm not scared about it now that I understand it."***

***- Linda, class participant***



**Stone's Drug Store**

**Health Mart<sup>®</sup>**  
PHARMACY

**414 South 9<sup>th</sup> Street • Mayfield, KY 42066**  
**Phone: 270-247-3232 • Fax: 270-247-4285**

**Retail Pharmacy • Oxygen**  
**Full Line of Medical Equipment**  
**Delivery Services**

# Hickman County Resources

## NUTRITION EDUCATION & HEALTHY MEAL IDEAS

**Hickman County Cooperative Extension Service** has recipes, healthy living information and life skill classes for all ages! 329 James H. Phillips Drive, Clinton. Contact them at 270-628-5458.

## DIABETES & NUTRITION EDUCATION

**Purchase District Health Department** – offers Healthy Living with Diabetes classes. Accredited with Association of Diabetes Care & Education Specialist and American Diabetes Association. For class schedule and more information, contact 270-444-9625, ext. 107.



## DIABETES SIGNS AND SYMPTOMS

Diabetes is an epidemic affecting 1 in 4 Americans. Some risk factors include family history, being overweight and inactive and gestational diabetes.

Symptoms of diabetes can many times go unnoticed. Watch for:

- increased thirst and hunger
- unexplained tiredness,
- going to the bathroom often
- sores that won't heal
- tingling/numbness in hands and feet.
- Blurry eyesight

See your healthcare provider if you have concerns.

# Marshall County Resources

## NUTRITION & HEALTH INFORMATION

**Marshall County Cooperative Extension Service** offers recipes, healthy lifestyle information and a variety of life skills classes and activities for the whole family. Contact them at (270) 527-3285.

**Marshall County Health Department** provides various community resources and services. Individual Nutrition Visits with Registered Dietitian. Call 270-527-1496 for more information/to schedule an appointment. [www.MarshallCoHealthDepartment.com](http://www.MarshallCoHealthDepartment.com)

## SPECIALTY HEALTHCARE SERVICES

**Marshall County Hospital Wound Clinic** treats all wounds but specializes in slow or difficult to heal wounds. Patients can self-refer or have Healthcare Provider refer. Will see patients from surrounding counties. Contact: 270-906-9975 for more information.

## LOW COST DENTAL EXAMS

**The UK Dentistry West Regional Clinic** - at Marshall County Health Department: 267 Slickback Rd, Benton, KY , is part of UK Dentistry, which provides expert comprehensive general and specialized dental treatment. For appt. 270-527-8441

## LEARN TIPS TO REDUCE YOUR RISK FOR DIABETES COMPLICATIONS



**Stay**  
active



**Take** your  
medications



**Quit**  
smoking

# McCracken County Resources

## DIABETES EDUCATION

**Baptist Health Paducah** provides classes monthly. Your healthcare provider can send a referral. Call 1-270-575-2282 for more information and to sign up.

**Kentucky Care** provides group and individual diabetes education with Registered dietitian. Call 270-349-6208 for appointment.

**Purchase District Health Department** has Healthy Living with Diabetes classes in fall and spring. Accredited with Association of Diabetes Care & Education Specialist and American Diabetes Association. **NOW Offering Online** classes and in-person. For class schedule and more information, contact 270-444-9625, ext. 107.

## GENERAL ASSISTANCE

**Family Service Society** - McCracken County Residents, (270-443-4838) to help with services needed.

## NUTRITION EDUCATION

**Baptist Health** will accept with a healthcare provider referral and will accept Medicaid. Call 1-270-575-2662, extension 2639 for appointment and details.

**Cheri Ford, RD, LD, CDE**, accepts private and Medicare insurance. Call 270-205-0562. Primary Care Provider can fax referral to 1-866-729-0453.

# McCracken County Resources

## NUTRITION EDUCATION CONT.

**Kentucky Care** - Will accept, Medicaid, insured and uninsured (sliding scale). Fill out referral form (signed by MD or APRN). Call 270-349-6208 for an appointment. May fax form to 270-628-3334. Multiple locations available:

Paducah: 125 S. 20th St., Paducah, KY 42001 (Kentucky Ave.)  
270-408-1584

Paducah: 3240 Irvin Cobb Drive, Paducah, KY (Southside)  
270-443-9474

## DID YOU KNOW?

 **9 OUT OF 10** people with prediabetes do not know they have it



# BAPTIST HEALTH®

## PADUCAH

LIFE WITH DIABETES EDUCATION CLASSES  
CERTIFIED DIABETES CARE & EDUCATION SPECIALIST

270-575-2282

# McCracken County Resources

## EVERY DAY:



- 1 Wash your feet thoroughly
- 2 Dry your feet thoroughly (between the toes)
- 3 Apply moisturizer to your feet (not between the toes)
- 4 Wear moisture resistant socks
- 5 Never walk barefoot
- 6 Wear shoes that fit well

## ALSO:

- Check your feet for sores, cuts, blisters, corns and redness
- DO NOT soak your feet
- DO NOT smoke

**Stop Diabetes®  
from Knocking  
You Off  
Your Feet**

## WESTERN KY THERAPEUTICS

PRIVATE PRACTICE SINCE 1998

**THERESA CRISLER**  
ND, LMT, CLT

**PHONE (270) 559 4443**

**CRISLER1430@GMAIL.COM**  
**585 LEBANON CHURCH RD**  
**PADUCAH, KY 42003**

**Theresa is a U.S. Army Veteran and lung cancer survivor striving to restore the weak.**

### SERVICES & CERTIFICATIONS

Board Certified in Therapeutic Massage and Bodywork

Member of the American Massage Therapy Association (AMTA) since 1998

Hold Bachelor of Applied Science in Massage Therapy with a Minor in Healthcare Management

Certified Lymphedema Therapist (CLT), Manual Lymph Drainage (Vodder, and Complete Decongestive Therapy

Certified in Therapeutic Cupping for Lymph Drainage and Scar Tissue

Hospital Based Medical Massage specializing in Oncology, Fibromyalgia, Pain Management, and Grief





# Building healthy communities

Right here in Kentucky



[uhcommunityplan.com/KY](https://uhcommunityplan.com/KY)

CST33260 6/21

United  
Healthcare  
Community Plan

# McCracken County Resources

## PRESCRIPTION AND MEDICAL EQUIPMENT

**Davis Drugs** offers pharmacy, durable medical equipment, home health aids, vaccinations and friendly customer service with a smile! Located at 250 Lone Oak Road, Paducah, KY, ph 270-442-1442. (See our ad)

**Medcare Home Medical** offers medical equipment and diabetic shoes, 2800 Clark Street, 270-448-2273

## PRESCRIPTION AND MEDICAL NEEDS ASSISTANCE

**Heart USA** - part of the Prescription Assistance Program, volunteers can help complete forms necessary for medication assistance and durable medical equipment. Serves all counties. Open Monday – Friday behind Lourdes Hospital Hospice Building. Call before you come. 270-538-5828.

## LOW COST DENTAL EXAMS

**University of Louisville Clinic** - at West Kentucky Community & Technical College; Sees Adults and children, cleanings, x rays and extractions. For appointments 270-534-3437 (Call early for appointments. They book up quickly.)

**DAVIS  
DRUGS**  
HEALTH | WELLNESS | MOBILITY

Medication  
Durable Medical Equipment  
Home Health Aids  
Vaccinations

Friendly Customer Service  
with a Smile!

250 Lone Oak Rd. • Paducah, KY 42001 • 270-443-1442

# McCracken County Resources

## NUTRITION EDUCATION & HEALTHY MEAL IDEAS

**McCracken County Cooperative Extension** - Family and Consumer Sciences Extension improves the quality of individual and family life through education, research, and outreach. A focus of the programming includes nutrition and health related classes and programs offered throughout the year. The FCS programs are varied with something new being offered frequently. A volunteer base of Master Food Volunteers broaden the reach of cooking, nutrition and health across the community. To reach the FCS program or the Master Food Volunteers call 270-554-9520.

## VETERAN'S PROGRAM - SEE GRAVES COUNTY

*Conveniently located one block from Baptist Health, Paducah*



**MEDCARE**  
**H O M E M E D I C A L**

2800 Clark St.  
270-448-2273

**"Neighbors Caring for Neighbors"**

8:30 - 5:00 Mon - Fri

**STYLE, COMFORT and QUALITY**  
in the therapeutic/diabetic shoe industry



 Medicare & Insurance Covered



**VISIT OUR CERTIFIED FITTERS**

# Caldwell County Resources

## NUTRITION EDUCATION AND HEALTHY MEAL IDEAS

**Caldwell County Cooperative Extension Services** - offers classes, information and recipes. Contact them at 270-365-2787.

## DIABETES EDUCATION

**Pennyrile District Health Department** - has Healthy Living with Diabetes classes in fall and spring. Accredited with Association of Diabetes Care & Education Specialist & American Diabetes Association. For class schedule and more information, contact 270-522-8121 Ext. 212.

## FOOD BANKS

**Northside Church** - 101 Dawson Road, Princeton, KY 42445. Monday-Friday 8:00 a.m. - 4:00 p.m. Call 270-365-6062.

**Southside Church** - 205 Nichols Street, Princeton, KY 42444. Every Wednesday by appointment beginning at 1:00 p.m. Call 270-365-5510.

**Caldwell/Lyon Baptist Association** - 45 Old Connector Road, Princeton, KY 42445. Monday, Tuesday, Thursday and Friday 8:00 a.m. – 3:30 p.m. By appointment only. Call 270-365-5510.

## SENIOR CITIZEN CENTER

**Caldwell County Senior Citizens Center** - 200 N. Eagle Street, Princeton, KY 42445. Monday – Friday 8:00 a.m. – 12:00 p.m. Call 270-365-7446.

# Caldwell County Resources

## FEDERAL QUALIFIED HEALTH CARE (FQHC)

**Community Care Clinic** - 310 Hawthorne Street, Princeton, KY 42445. Monday – Friday 7:30 a.m. – 5:30 p.m. Call 270-365-0227.

**Health First** - 31100 S. Jefferson Street Princeton, KY 42445. Monday, Tuesday, Thursday 8:00 a.m. – 5:00 p.m. Wednesday 7:00 a.m. – 6:00 p.m. Friday 8:00 a.m. – 3:00 p.m. Call 270-365-9455.

## MENTAL SERVICES

**Pennyroyal Health Care Services** - 1350 Highway 62 W., Princeton, KY 42445. Call 270-365-2008.

## TRANSPORTATION

**Pennyrile Allied Community Services (PACS)** - 200 E. Eagle Street Princeton KY 42445. Monday – Friday 8:00 a.m. – 4:00 p.m. Call 270-365-7446.

## PRESCRIPTION ASSISTANCE

**KPAP (Kentucky Prescription Assistance Program) - Health Care Access Branch** - Kentucky State Department for Public Health 275 E. Main, HS2W-B, Frankfort, KY 4061. Call 1-800-633-8100.

**Good RX Prescription Savings Card** - Call 1-855-213-1275.

# Caldwell County Resources

## WALKING TRAILS

**Dotson Park** - Corner of North Donnivan and Calvert Streets.  
Open to Public Daily 7:00 a.m. – 10:00 p.m.

# Livingston County Resources

## NUTRITION EDUCATION AND HEALTHY MEAL IDEAS

**Livingston County Cooperative Extension Services** - offers classes, information and recipes. Contact them at 270-928-2168.

## DIABETES EDUCATION

**Pennyryle District Health Department** - has Healthy Living with Diabetes classes in fall and spring. Accredited with Association of Diabetes Care & Education Specialist & American Diabetes Association. For class schedule and more information, contact 270-522-8121 Ext. 212. 124 State Street, Smithland, KY 42081. Call 270-928-2193.

## FOOD BANKS

**Livingston County Food Bank** - Smithland KY 42081.  
Tuesday, Wednesday, and Friday 8:00 a.m. – 12:00 p.m.  
Call 270-928-3383.

# Livingston County Resources

## SENIOR CITIZENS CENTER

**Livingston County Senior Citizens Center** - 3508 Rudd St., Smithland, KY 42081. Monday – Friday 8:00 a.m. – 12:00 p.m. Call 270-928-2611.

## MENTAL SERVICES

**Four Rivers Behavioral Health** - 425 Broadway. Paducah, KY 42001. Call 270-442-7121.

## TRANSPORTATION

**Pennyrile Allied Community Services (PACS)** - 508 Rudd Street Smithland, KY 42081. Monday – Friday 8:00 a.m. – 2:00 p.m. Call 270-928-2811.

## PRESCRIPTION ASSISTANCE

**KPAP (Kentucky Prescription Assistance Program) - Health Care Access Branch** - Kentucky State Department for Public Health 275 E. Main, HS2W-B, Frankfort, KY 4061. Call 1-800-633-8100.

**Good RX Prescription Savings Card** - Call 1-855-213-1275.

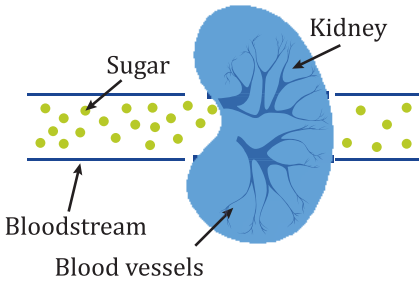
## WALKING TRAILS

**Livingston County Ball Park** - Brumitte Road, Smithland, KY 42081

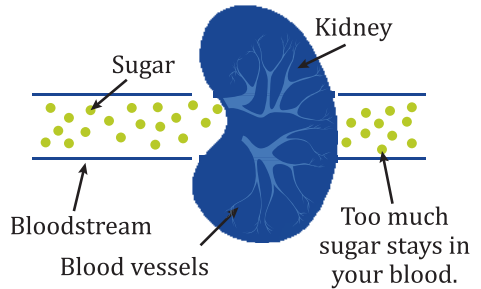


# Diabetes is the most common cause of kidney disease.

## Healthy kidney



## Diabetic kidney



In a person with diabetes, insulin is not used the right way, and too much sugar stays in your blood. Over time, having too much sugar in your blood can damage the small blood vessels in your kidneys and can lead to kidney disease.

Special Thanks

wellcare

TM



Our free, nationally accredited and recognized diabetes education\* workshops are now available online. You can join us from your own home using a phone, tablet or computer.

Get the latest information on taking care of your diabetes. Develop a healthy eating and activity plan that works for you. Also, get tips on taking medication and reducing your risks for short and long-term complications.

### **Call to register or for more information:**

**Kelly Dawes, RN, CDCES, MLDE | Pennyriple District Health Dept.**  
**270-522-8121 ext. 112 -OR-**

**DeAnna Leonard, RN, BSN, LDE | Purchase District Health Dept.**  
**270-444-9625 ext. 107**



**SPONSORED BY: PENNYRILE DIABETES COALITION**

# Lyon County Resources

## NUTRITION EDUCATION AND HEALTHY MEAL IDEAS

**Lyon County Cooperative Extension Services** - offers classes, information and recipes. Contact them at 270-388-2341.

## DIABETES EDUCATION

**Pennyrile District Health Department** - has Healthy Living with Diabetes classes in fall and spring. Accredited with Association of Diabetes Care & Education Specialist & American Diabetes Association. For class schedule and more information, contact 270-522-8121 Ext. 212. 211 West Fairview Ave., Eddyville, KY 42038. Call 270-388-9763.

## FOOD BANKS

**Lyon County Food Bank** - Eddyville, KY 42038. Wednesday 8:30 a.m. – 12:00 p.m., Tuesday and Thursday 1:00 p.m. – 4:00 p.m. Friday 1:00 p.m. – 3:00 p.m. Call 270-388-1015.

## SENIOR CITIZENS CENTER

**Lyon County Senior Citizens Center** - 631 W. Dale Ave., Eddyville, KY 42038. Monday – Friday 8:00 a.m. – 2:00 p.m. Call 270-388-2171.

## TRANSPORTATION

**Pennyrile Allied Community Services (PACS)** - 631 W. Dale Avenue, Eddyville, KY 42038. Monday – Friday 8:00 a.m. – 2:00 p.m. Call 270-388-2811.

# Lyon County Resources

## **PRESCRIPTION ASSISTANCE**

**KPAP (Kentucky Prescription Assistance Program) - Health Care Access Branch** - Kentucky State Department for Public Health  
275 E. Main, HS2W-B, Frankfort, KY 4061. Call 1-800-633-8100.

**Good RX Prescription Savings Card** - Call 1-855-213-1275.

## **WALKING TRAILS**

**Eddyville City Park** - Mulberry Street, Eddyville, KY 42038

**Lee S. Jones Park** - 172 Lee S. Jones Road, Eddyville, KY 42038.  
Call 270-388-7311.

---

***SPECIAL THANKS TO:***

**Humana**

---

**Healthy Horizons™**

***FOR HELPING FUND THE PRINTING  
OF THIS RESOURCE GUIDE!***

# Trigg County Resources

## NUTRITION EDUCATION AND HEALTHY MEAL IDEAS

**Trigg County Cooperative Extension Services** - offers classes, information and recipes. Contact them at 270-522-9192.

## DIABETES EDUCATION

**Pennyrile District Health Department** - has Healthy Living with Diabetes classes in fall and spring. Accredited with Association of Diabetes Care & Education Specialist & American Diabetes Association. For class schedule and more information, contact 270-522-8121 Ext. 212. 196 East Main Street, Cadiz, KY 42211. Call 270-522-8121.

## FOOD BANKS

**Helping Hands of Trigg County** - 21 Line Street Cadiz, KY 42211. Every Monday and Friday 10:00 a.m. – 1:00 p.m. Call 270-522-1001.

**Simply Blessing** - 82 Main St. Cadiz, KY 42211. Third Saturday of the month 10:00 a.m. – 11:00 a.m.

## SENIOR CITIZENS CENTER

**Trigg County Senior Citizens Center** - 127 Joy Dr., Cadiz, KY 42211 Monday – Friday 8:00 a.m. – 4:00 p.m. Call 270-522-8341.

# Trigg County Resources

## MENTAL SERVICES

**Pennyroyal Health Care Services** - 735 North Drive, Hopkinsville, KY 42440. Monday – Friday 8:30 a.m. – 11:00 a.m. Call 270-886-5163.

## TRANSPORTATION

**Trigg County Senior Citizens Center** - 127 Joy Lane, Cadiz, KY 42211. Monday – Friday 8:00 a.m. – 4:00 p.m. Call 270-522-8311.

## PRESCRIPTION ASSISTANCE

**KPAP (Kentucky Prescription Assistance Program) - Health Care Access Branch** - Kentucky State Department for Public Health 275 E. Main, HS2W-B, Frankfort, KY 4061. Call 1-800-633-8100.

**Good RX Prescription Savings Card** - Call 1-855-213-1275.

## WALKING GROUPS & TRAILS

**Walk with Ease Program** - Trigg County Senior Citizens, 127 Joy Lane, Cadiz, KY 42211. Every Monday and Wednesday at 10:00 a.m. Call 270-522-8311.

**Lake Barkley State Resort Park** - 3500 State Park Road Cadiz, KY 42211. Call 270-924-1131.



## LOYD JOBE

*Authorized Agent*

**812-470-0285**

**Loyd.Job@Anthem.com**

**Mon. – Sat.: 8AM – 6PM**

**<https://agentsite.anthem.com/agentsite/agent/ljobe>**

### **Service Areas**

**Paducah, Bowling Green, & Western Kentucky**



## BUILDING A DIABETES DISASTER SUPPLY KIT

*Supplies should last for 2 weeks*

### Basic Supplies

- ☐ Water
- ☐ Food
- ☐ First Aid supplies
- ☐ Clothing and bedding
- ☐ Battery powered weather radio & flashlight
- ☐ Extra batteries
- ☐ Important documents
- ☐ Cash/Credit Cards

### Diabetes Supplies

- ☐ Fanny pack for medications/testing supplies — insulated bag (if no refrigerator available)
- ☐ Blood glucose meter with extra lancets and test strips
- ☐ Medications including insulin/supplies in original containers or the prescriptions.
- ☐ Glucagon Emergency Kit
- ☐ Foods to treat hypoglycemia — Glucose tabs/gels, juice, hard candies, regular sodas
- ☐ Comfortable footwear



# Additional Resources

## ARE YOU AT RISK FOR TYPE 2 DIABETES?

1. How old are you?

Less than 40 years (0 points)

40–49 years (1 point)

50–59 years (2 points)

60 years or older (3 points)

2. Are you a man or a woman?

Man (1 point)

Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point)

No (0 points)

4. Do you have a mother, father, sister or brother with diabetes?

Yes (1 point)

No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point)

No (0 points)

6. Are you physically active?

Yes (0 points)

No (1 point)

7. What is your weight category?

See chart at right.

WRITE YOUR SCORE IN THE BOX.

Height	Weight (lbs.)		
4' 10"	119–142	143–190	191+
4' 11"	124–147	148–197	198+
5' 0"	128–152	153–203	204+
5' 1"	132–157	158–210	211+
5' 2"	136–163	164–217	218+
5' 3"	141–168	169–224	225+
5' 4"	145–173	174–231	232+
5' 5"	150–179	180–239	240+
5' 6"	155–185	186–246	247+
5' 7"	159–190	191–254	255+
5' 8"	164–196	197–261	262+
5' 9"	169–202	203–269	270+
5' 10"	174–208	209–277	278+
5' 11"	179–214	215–285	286+
6' 0"	184–220	221–293	294+
6' 1"	189–226	227–301	302+
6' 2"	194–232	233–310	311+
6' 3"	200–239	240–318	319+
6' 4"	205–245	246–327	328+

### If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

ADD UP  
YOUR SCORE.

1 point	2 points	3 points
If you weigh less than the amount in the left column: 0 points		

Adapted from Bang et al., Ann Intern Med 151:775–783, 2009.  
Original algorithm was validated without gestational diabetes as part of the model.

The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at [diabetes.org/risktest](https://diabetes.org/risktest) or call 1-800-DIABETES (800-342-2383).



# Additional Resources

## **Aetna Better Health of Kentucky**

1-855-300-5528 (TTY 711) or TDD: 1-800-627-4702  
[www.aetnabetterhealth.com/kentucky](http://www.aetnabetterhealth.com/kentucky)

## **Anthem Medicaid**

1-855-690-7784 (TTY 711) | <https://mss.anthem.com/ky>

**Humana Healthy Horizons™** proudly serves Kentucky Medicaid members in the Commonwealth

## **Passport Health Plan**

Diabetes Support program for members 1-877-903-0082  
[www.passorthealthplan.com](http://www.passorthealthplan.com)

## **Wellcare**

1-877-389-9457 (TTY 1-877-247-6272) Care/disease management programs, Healthy rewards program, and the new Wellcare Works program.  
[www.wellcare.com/Kentucky](http://www.wellcare.com/Kentucky)

## **American Diabetes Association**

diabetes risk test, information on managing diabetes with sample menus and resources.  
[www.diabetes.org](http://www.diabetes.org)

## ***Need a Diabetes Resource?***

**Kentucky Diabetes Resource Directory**  
<https://prd.chfs.ky.gov/KYDiabetesResources/>

The MolinaCares Accord, in collaboration with Passport Health Plan by Molina Healthcare, is proud to support the Purchase District Health Department's 2021 Diabetes Expo.

**Thanks for the endless work you do.**

