

## Resources and Services

(free and open to the public)

**Diabetes Boot Camp –**  
a free introductory program

### Services

- Personal assistance
- Monitoring
- Care giver assistance
- Health and wellness counseling
- Support groups

**Educational library including books, brochures, and articles on:**

- Type I Diabetes
- Type II Diabetes
- Diabetes in children  
(including books for children)
- Gestational diabetes
- Depression and diabetes
- Nutrition and diet
- Alcohol and smoking
- Exercise

(Many books are available for lending and facilities are available for printing articles.)

**Computer access for research with recommended sites including those on:**

- Cutting edge diabetes care
- Current research articles
- Depression & chronic illness support groups
- Diabetes programs in the area
- Vetted medical journals
- General wellness care
- Nutritional information

### Community Events

- **Living with Diabetes** – coming this summer, a day of support for diabetics and their families
- **World Diabetes Day** – coming Fall of 2017, learn about current trends of risk management and treatments



YMCA Cape Cod  
2245 Iyannough Road  
West Barnstable, MA 02668



# RESOURCES and SUPPORT

## THE WHOLE PERSON APPROACH

Education and Guidance for  
Diabetics and Prediabetics and  
Their Caregivers

Our services are free  
and available to all

Call us at  
**508-362-6500**

## A Personal Story



Roger Ludwig and his late wife experienced firsthand the frustrations and emotional isolation as parents of a young child diagnosed with Type I Diabetes when their seven-year-old son received that life-changing diagnosis thirty-five years ago. Those experiences strongly impacted their lives and the lives of their family members, leaving Mr. Ludwig with an intense desire to help other families in similar situations.

The opportunity to make a significant difference in the lives of those with diabetes and prediabetes and their caregiving families arose when Mr. Ludwig was appointed Trustee of the Weny Charitable Trust, founded by Frank X. Weny, a client of Mr. Ludwig and also the father of a Type I diabetic son. The idea of a free and accessible center with resources and programming for the education and support of diabetics and their families was developed. With the advice and help of Dr. Kenneth Quickel, the former CEO of Joslin Diabetes Center in Boston, the plan was fleshed out and the Diabetes Education Center of Cape Cod (DECCC) was established in 2003.

In 2008, Mr. Ludwig and Dr. Quickel, both members of the Board of Directors of YMCA Cape Cod, saw an opportunity to bring the vision of DECCC to a more accessible and sustainable location when DECCC merged with and was relocated to YMCA Cape Cod in Hyannis. In 2011 the name of the center was changed to the Diabetes Resource Center (DRC) to avoid confusion with a program run by Cape Cod Healthcare.

The new location at the front entrance of YMCA Cape Cod is an indication of the importance being placed on this service as diabetes has become a national epidemic. The new resource center addresses Type I and Type II diabetes and, through a collaboration with NAMI CC&I, also addresses the issue of depression which often occurs while coping with and living with a chronic illness such as diabetes.

A second Weny Charitable Trust Diabetes Center has been established at the YMCA in Naples, Florida where Mr. Ludwig has a winter home.

# helping you live healthier

## Our Mission

The mission of the Diabetes Resource Center (DRC), a not-for-profit entity first established in 2003, is to function as a professional and dedicated hub delivering a range of resources to diabetics, pre-diabetics, and their caregivers, including educational support and prevention guidance. The menu of services offered at DRC is specifically aimed at assisting those struggling with diabetes and prediabetes to more effectively cope with the disease and its life-altering physical and emotional consequences.



Photos by Judith I. Selleck



## Our Vision

The vision of the Diabetes Resource Center is to ensure that all people with diabetes or pre-diabetes and their caregivers on Cape Cod, regardless of economic background, have a place to assist them and truly focus on all aspects of their disease in a professional and supportive environment. The vision of the Center is to provide access to the latest information on research, as well as to teach techniques for coping with the physical symptoms and mental stress of diabetes, including the alteration and optimization of dietary, exercise, and sleeping regimens.

## diabetes facts:

26  
MILLION

have diabetes

79  
MILLION

are pre-diabetic