Mentor Notes

Prepare yourself for the class before everyone gets there.

Remember the room arrangement for better group discussion.

Facilitate discussion whenever you see this symbol ?

Meeting 12 checklist of items needed:

___ Sign-In Sheet (Attendance Sheet)
___ Meeting 12 for every participant
___ Flip Chart
___ Markers
___ Incentives (Optional)
___ Healthy snacks/food (Optional)

When people arrive:

• Give Meeting 12 to participants

• Have everyone sign in on attendance sheet

• Tell them that today's meeting should last about 1 hour.

• Tell them that questions and discussions are encouraged.
Ask participants to set realistic goals for A1c, blood pressure, and cholesterol for the next 3-6 months

Ask participants to identify at least 2 top self-care priorities – Examples of priorities could be:

- to lower A1c,
- to lower blood pressure,
- to lower cholesterol,
- to lower stress
- keep track of blood sugar results from home self-testing, or
- to ask family and/or friends for support with healthy eating and exercise.

The things they will do during the next 3-6 months to reach their self-care goals/address their priorities for change could be:

- Eat more fiber, fruits, and vegetables,
- Eat less fat and sugar,
- Practice a stress lowering exercise/activity,
- to monitor blood sugar 2 times per day,
- to record blood sugar results in a logbook, or
- plan to be more physically active.