

Mentor Notes

Prepare yourself for the class before everyone gets there.

Facilitate discussion whenever you see this symbol

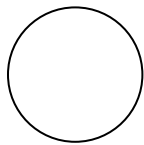


Meeting 1 checklist of items needed:

- ___ Small box of crayons for each participant
- ___ Flip chart
- ___ Markers
- ___ Healthy refreshments (optional)
- ___ Attendance (Sign-In) sheet
- ___ Participant Binders (1st meeting only)
- ___ Pencils

Set up of room: This is great for encouraging group discussion and keeping it informal.

Table arrangement:



OR



When people arrive:

- Give binders to participants
- Have everyone sign in on attendance sheet.
- Welcome everyone and have short introductions from everyone.
- Let them know where the restrooms are located.
- Tell them that today's meeting should last about 1 hour and that you would like them to help keep you on track so that everything can be covered.
- Tell them that questions and discussions are encouraged from everyone.
- Read welcome page and begin meeting 1.

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Review and Set a Goal:

Review the meeting and give participants 5 minutes to set a goal related to glucose balance.

Ideas for a goal are:

1. Monitoring blood sugar more often to see how foods, exercise, and medicine affect glucose levels.
2. Writing down blood sugar readings in a logbook.
3. Talking to their healthcare provider about their glucose control.
4. Exercising more or healthy eating to lower blood sugar.
5. Taking their medications as prescribed by their doctor.

3-item Questionnaire on next page:

After they set their goal, ask the participants to complete the 3 questions on the next page. They do not need to put their names on the questionnaire.

Collect the questionnaires when they finish and give to Ka`imi.

It is important to get their feedback.