

**Cardiovascular Disease &
Diabetes
Resource Directory**

Dear Friends,

Welcome to the Cardiovascular Disease & Diabetes Resource Directory. We've decided to create this directory because cardiovascular (heart) disease and diabetes are closely related. We know if you get resources to prevent and/or care for both of these conditions in one place, you are likely to be more successful in maintaining a healthy life.

We've worked hard on this book; we know that some contact information may change. Be sure to check the phone book if you cannot reach an organization.

This directory is designed to help you find the resources you need to manage your disease and prevent other health concerns. Throughout this directory you'll find letters that explain the significance of each section. Each of these letters is from us, The Partnership. The Partnership stands for the West Michigan Cardiovascular Disease and Diabetes Health Partnership. The members of this group are listed below.

With care,

The Partnership

American Diabetes Association

American Heart Association

Kent County Health Department

Kent County Department of Human Services

Michigan Department of Community Health

National Kidney Foundation of Michigan

Pharmaceutical Research & Manufacturers Association

Spectrum Health– Healthier Communities

TENDON Diabetes Outreach Network

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Health Organizations

Dear Friends,

This section is devoted to organizations that provide help for people like you with many different health issues such as diabetes, arthritis, heart disease and obesity. They are perfect resources for people with more than one health concern or for families with various health needs.

For your convenience we have listed the contact information for these health organizations. Please remember that this information may become outdated. For the most up-to-date information refer to your current phone book or do a quick internet search.

We hope this section is useful to you. If you would like to find organizations that only focus on diabetes, please turn to page 7 for the *Diabetes Organizations* section. If you would like heart focused organizations, turn to page 10.

With care,

The Partnership

This section includes:

Kent County Department of Human Services

Kent County Health Department

United Way

PATH– Senior Neighbors

Try these helpful Web sites for health information:

www.drkoop.com

www.webmd.com

Organizations: Health

Contact Information

Organization	Address	Phone & Fax	Website
Kent County Department of Human Services	121 Franklin SE Grand Rapids, MI 49507	(616) 248.1000 Fax: (616) 248.1059	www.michigan.gov/dhs
Kent County Health Department	700 Fuller Ave. NE Grand Rapids, MI 49503	616.632.7100	www.accesskent.com/health
PATH– Senior Neighbors	820 Monroe Ave. NW Suite 460 Grand Rapids, MI 49503	616.459.6019 Fax: 616.459.6953	www.seniorneighbors.org
United Way	United Way Center 118 Commerce Ave. SW Grand Rapids, MI 49503	616.459.6281	www.waybetterunitedway.org

Kent County Department of Human Services:

Provides many different services for families such as child care, foster care, adoption, food assistance, cash assistance, burial services and medical services.

Kent County Health Department:

Offers help for prevention and treatment of various medical conditions. They offer statistics related to many health issues that may help identify emerging trends. They also offer services for pregnant woman, children, families, mental health, and substance abuse.

PATH– Senior Neighbors:

Personal Action Towards Health (PATH) is a six week course that meets once a week for 2.5 hrs. This class is to help people manage ongoing health conditions such as arthritis, diabetes, asthma, hypertension or paralysis. The class is for people with these health concerns or for caregivers of people with ongoing conditions. Senior Neighbors promotes the health and well-being of Kent County's older adults. They offer many PATH classes and other services to help senior citizens. Call 616.459.6019 for a list of classes.

United Way:

Offers free local community information and referral services hotline available 24 hours a day, 7 days a week to Kent County residents. This hotline provides information about local services and programs available to those in need. This hotline can be reached by phone, 2-1-1 or 616.459.2255 or email, grandrapids211@waybetterunitedway.org.

Diabetes Organizations

Dear Friends,

This section is devoted to organizations that provide help for people with diabetes. There are many different types of organizations, so not all of them may be able to help you. If the first one you contact cannot help you, please do not get discouraged; there are many others out there that can help!

For your convenience we have listed the contact information for these *Diabetes Organizations*. Please remember that this information may become outdated. For the most up-to-date information refer to your current phone book or do a quick internet search.

With care,

The Partnership

This section includes:

American Diabetes Association

American Dietetic Association

Centers for Disease Control and Prevention

Joslin Diabetes Center

Juvenile Diabetes Research Foundation

National Diabetes Information Clearinghouse

National Kidney Foundation

TENDON Diabetes Outreach Network

www.diabetesaction.org

Organizations: Diabetes

Contact Information

Organization	Address	Phone & Fax	Website
American Diabetes Association (ADA) <ul style="list-style-type: none"> • Greater MI ADA 	1701 North Beauregard Alexandria, VA 22311 3940 Broadmoor, Suite 100 Grand Rapids, MI 49512	800.342.2383 616.458.9341 Fax: 616.458.0317	www.diabetes.org askADA@diabetes.com
American Dietetic Association	120 S. Riverside Plaza, Suite 2000 Chicago, IL 60606-6995	800.877.1600 or 312.899.0040	www.eatright.org
Centers for Disease Control and Prevention (CDC)	4770 Buford Hwy. NE Mail Stop K10 Atlanta, GA 30341-3717	877.232.3422	www.cdc.gov/health/diabetes.htm diabetes@cdc.gov
Joslin Diabetes Center	One Joslin Place Boston, MA 02215	617.732.2400	www.joslin.org
Juvenile Diabetes Research Foundation (JDRF) International <ul style="list-style-type: none"> • JDRF of West MI 	120 Wall St. 19th floor New York, NY 10005 5075 Cascade Rd. SE Suite F Grand Rapids, MI 49546	800.533.2873 Fax: 212.785.9595 616.957.1838 Fax: 616.957.1169	www.jdrf.org info@jdrf.org
National Diabetes Information Clearinghouse	1 Information Way Bethesda, MD 20892	800.860.8747 Fax: 301.907.8906	www.diabetes.niddk.nih.gov ndic@info.niddk.nih.gov
National Kidney Foundation (NKF) <ul style="list-style-type: none"> • NKF of MI, GR 	30 East 33rd St., Suite 1100 New York, NY 10016 260 Leonard NW, Suite 2 Grand Rapids, MI 49504	800.622.9010 Fax: 212.689.9261 616.458.9520 Fax: 616.458.9532	www.kidney.org info@kidney.org
TENDON Diabetes Outreach Network	260 Leonard NW, Suite 2 Grand Rapids, MI 49504	616.458.9520 Fax: 616.458.9532	www.diabetesinmichigan.org/HomeTENDON.htm

American Diabetes Association

- Supplies information about diabetes
- Advocates for the rights of people with diabetes
- Has a national call center (1.800.DIABETES) that answers questions about diabetes, events they are sponsoring and diabetes programs
- The Call Center also connects people to local resources

American Dietetic Association

- Supplies dependable nutrition information
- Teaches professional educational programs
- Has information for registered dietitian/dietetic technician

Centers for Disease Control and Prevention

- Supplies information about diabetes, diabetes research, physical activity and health

Joslin Diabetes Center

- Supplies information about diabetes and diabetes research
- Sponsors special programs for people with diabetes
- Shares resources and information to people recently diagnosed with diabetes
- Offers online diabetes classes and discussion boards

Juvenile Diabetes Research Foundation

- Source of diabetes news
- Supplies information about diabetes and diabetes management
- Most information is for children (juveniles)

NDIC

- Supplies information about diabetes including information for children and pregnant mothers
- Provides services to create awareness of diabetes

National Kidney Foundation

- Partners with TENDON (Diabetes Outreach Network) to provide education for people with diabetes.
- Provides many programs to help prevent diabetes specifically with minority populations
- Raises money to support research

Heart Organizations

Dear Friends,

This section is devoted to organizations that provide help for people with heart problems or heart disease. There are many different types of organizations, so not all of them may be able to help you. If the first one you contact cannot help you, please do not get discouraged; there are many others out there that can help!

For your convenience we have listed the contact information for these *Heart Organizations*. Please remember that this information may become outdated. For the most up-to-date information refer to your current phone book or do a quick internet search.

With care,

The Partnership

This section includes:

American Heart Association \ American Stroke Association

Heart Hub

Power to End Stroke

Spectrum Health: Healthier Communities

HeartReach

American Heart Association (AHA)

3940 Peninsular Dr. SE
Suite 180
Grand Rapids, MI 49546

616.285.1888
www.americanheart.org

American Stroke Association (ASA)

The ASA is a division of the AHA that focuses on reducing risk, disability and death from stroke through research, education, fund raising and advocacy. The ASA has educational material and programs for patients or those interested in learning more about stroke; how to prevent it, the warning signs of stroke and for info about life after a stroke. The ASA has specific educational information for family members and caregivers of those who have had a stroke.

Heart Hub: www.hearhub.org

The AHA's patient portal for information, tools and resources on heart disease and stroke. The Web site offers tools to help manage risk factors and treatment options. The site includes videos, presentations, podcasts, downloadable fact sheets, the latest news and articles about heart disease and stroke.

Power to End Stroke

This is an education and awareness campaign designed to unite African Americans to make an impact on the high rate of stroke by becoming Ambassadors for Power to End Stroke. Ambassadors receive tools to assist them in carrying messages of stroke prevention and awareness of warning signs into their communities.

Spectrum Health: Healthier Communities

665 Seward Ave. NW
Suite 110
Grand Rapids, MI 49504

616.391.5000
www.spectrum-health.org

MMPC Center for Diabetes & Endocrinology

4069 Lake Drive
Grand Rapids, MI 49546

Diabetes@MMPC.com

[Services]

Dear Friends,

Diabetes can affect more than just your blood sugar and heart disease affects more than your heart. When you or your loved one is diagnosed with diabetes or cardiovascular disease, you need to get educated. That's why we've created this section; to show you what services are available to you. We hope this will help you take better care of yourself in order to manage your health!

For your convenience we have listed the contact information for these organizations. Please remember that this information may become outdated. For the most up-to-date information refer to your current phone book or do a quick internet search.

With care,

The Partnership

This section includes:

Cholesterol & Blood Pressure Screening

Vision

Dental Care

Diabetes Education Programs

Exercise

Foot Care Services

Nutrition

Pharmaceutical Assistance

Stop Smoking

Cholesterol & Blood Pressure

Dear Friends,

High cholesterol & blood pressure can lead to heart disease. In order to prevent heart problems you should have your cholesterol and blood pressure checked regularly.

For your convenience we have listed some places that have free or low-cost screenings. If possible, you should visit your own doctor. The following places may be offering screenings soon. Please contact them using the phone number provided for more information.

Kent County Health Education Department: 616.632.7290

(Screenings occur the first Thursday of the month, most months of the year; \$25.00 charge)

Baxter Community Center: 616.456.8593, 616-456-8595

935 Baxter SE, Grand Rapids, MI 49503, www.baxtercommunitycenter.org

Wyoming Senior Center: 616.530.3190, 616-261-3599

2389 Derloop SW, Wyoming, MI 49509, www.wyoming.gov

With care,

The Partnership

Try these helpful Web sites to learn more:

www.americanheart.org

www.nhlbi.nih.gov/hbp

www.hypertensionfoundation.org

<http://hp2010.nhlbihin.net/mission/index.htm>

www.nhlbi.nih.gov/chd

www.webmd.com/cholesterol-management/default.htm

Vision

Dear Friends,

For your convenience we have listed the contact information for vision services.

Please remember that this information may become outdated. For the most up-to-date information refer to your current phone book or do a quick internet search.

Association for the Blind and Visually Impaired

456 Cherry SE; Grand Rapids, MI 49503, abvimichigan.org

- **458.1187**
- **1 800 466.8084**
- **fax: 616-458-7113**

(Services to promote independence for blind and visually impaired persons).

Low Vision Clinic: Prescribes magnification devices for specific tasks for persons who have vision problems.

Orientation and Mobility Services: Instruction in getting around safely and efficiently using a white cane.

Vision Rehabilitation Therapy: Daily living skill instruction including personal management, home management and communications.

Aids and Appliance Store: Adaptive equipment for specific tasks to maintain independence such as talking clocks and watches, handwriting aids, adapted games and cooking utensils.

Vision Support Groups: Monthly meetings to deal with vision loss issues.

With care,

The Partnership

Dental Care

Dear Friends,

Diabetes can lead to more bacteria growth in your mouth than normal. These bacteria can cause cavities and gum disease. Regular brushing and flossing can help prevent these conditions. Even with careful tooth care, everyone needs regular check-ups. In this section we have listed some dentists willing to provide low cost dental care.

For your convenience we have listed the contact information for these health organizations. Please remember that this information may become outdated. For the most up-to-date information refer to your current phone book or do a quick internet search.

With care,

The Partnership

This section includes:

Baxter Community Center

Cherry Street Health Services

Clinica Santa Maria of St. Mary's Health Services

Eastern Dental

Grand Rapids Community College Dental Hygiene Clinic

Grand Valley Dental Care

Health Intervention Services (HIS)

Baxter Community Center

Dental Clinic

General dental care for established Baxter patients

There is a sliding fee scale, Medicaid is not accepted

Call 616.456.5310 for dates and times of service and to make an appointment.

935 Baxter SE, Grand Rapids, MI 49506

Cherry Street Health Services

Dental Clinic

Call any of the locations for more information Most insurance and dental plans are accepted. Medicaid is accepted. Discounted fees are available. For details regarding payment call 616.776.2370

Low cost dental services are provided for adults and children, ages 3 and up. Prevention, emergency dentistry and restorations are available. Emergency walk in dental services are available at most locations.

Call each site for specific dates and times of services and urgent dental care hours.

- Cherry Street Health Center, 550 Cherry St. SE—616.235.7289
- Westside Health Center, 669 Stocking NW—616.235.7507
- Salvation Army Booth Clinic, 1215 East Fulton—616.459.9468
- Belknap Commons Health Center, 751 Lafayette NE—616.742.9942
- Burton Health Center, 2135 Buchanan SW (Inside Burton School) - 616.247.3638
- Ferguson Dental Center, 101 Sheldon St. SE—616.776.2340

Clinica Santa Maria

Dental Clinic of St. Mary's Health Services

Low cost dental care for adults and children, 3 and up. Only established patients of St. Mary's clinics are seen including: Clinica Santa Maria, Heartside Clinic, Browning Claytor and Sparta Clinic patients.

Spanish speaking staff is available.

Call 616.685.8400 for dates and times of services and to make an appointment.

There is a sliding fee scale, Medicaid and most insurances are accepted. Call for payment details.

730 Grandville SW, Grand Rapids, MI 49503. www.smhealthlink.org

Eastern Dental

Dental Care Services

General dental care for adults and children.

Call 616.974.0991 for dates and times of services and to make an appointment.

Medicaid is accepted for children 3-18 years of age. For adults, cash and insurance is accepted.

2426 Burton SE, Grand Rapids, MI 49546

Grand Rapids Community College

Dental Hygiene Clinic

Reduced cost dental exams, cleaning, X-Rays and fluoride treatment for adults and children.

Mon. & Wed. 12 pm-9 pm; Tues. & Thurs. 1 pm-5 pm

Call 616.234.4237 for an appointment. New adult patients must go to a pre-screening first to receive services. No summer appointments.

Cost is \$25 for adults and \$20 for children under 17 yrs. Medicaid is not accepted.

143 Bostwick NE, Grand Rapids, MI 49503; Cook Building, Room 301

Grand Valley Dental Care

Dental Care

General dental care for Medicaid patients ages 4 and up.

Call 616.245.2767 for dates and times of services and to make an appointment.

2020 S. Division, Grand Rapids, MI

Health Intervention Services (HIS)

Dental Services

General dental services for adults and children without dental insurance coverage.

Call 616.475.8446 for dates and times of services and to make an appointment.

Must have physical exam before dental care. Fees are based on income and number of people in household. Minimum fee is \$15 per visit. Must bring proof of income and identification.

Medicaid, Medicare and insurance are not accepted.

15 Andre SE, Grand Rapids, MI 49507

Diabetes Education Programs

Dear Friends,

Whether you've just been diagnosed with diabetes or you've had it your whole life, there is always something new to learn. Diabetes research is constantly growing since millions of people are getting diabetes each year. To learn about the newest drugs, the best way to diet or how to care for yourself, take an educational class.

Remember that even if you took a diabetes class once, the information has likely changed. It can't hurt to learn more!

For your convenience we have listed the contact information for these programs. Please remember that this information may become outdated. For the most up-to-date information refer to your current phone book or do a quick internet search.

With care,

The Partnership

This section includes:

Metropolitan Hospital

Spectrum Health

St. Mary's Mercy Medical Center

Try these helpful Web sites to learn more about diabetes:

www.diabetesinmichigan.org

www.diabetesselfmanagement.com

www.diabeteshealth.com

www.niddk.nih.gov

Metropolitan Hospital

Diabetes Self-Management Education Classes

For adults, 18 and over, with Type 1, Type 2 or Gestational Diabetes to learn how to manage diabetes.

Classes are provided by a nurse educator or dietician. The program is offered in 4 class sessions with a fifth follow-up session 4 to 6 weeks after completion of the fourth session.

Call 616.252.8339 to find dates and times, and to pre-register. A signed physician referral is needed. A support group meets Tuesdays.

Scholarships are available and insurance is accepted.

SW Plaza, Cedar Springs and Lowell

2215 44th St. SW, Wyoming, MI 49509

Spectrum Health

Diabetes Self-Management Education Classes

For adults, 18 and up, with Pre-diabetes, Type 1, Type 2 and Gestational Diabetes to learn to manage diabetes.

Group classes, individual counseling, support groups, educational updates and intensive management is provided by nurses and dieticians certified in diabetes education.

Call 616.391.5000 (Select Option 2) for dates and times and to register. A physician referral is required.

Insurance is accepted and financial assistance is available.

- Spectrum Healthier Communities, 665 Seward NW
- West Pavilion, 6105 Wilson Ave. SW
- South Pavilion, 80 68th St. SE
- MMPC, 4100 Lake Dr. or MMPC, 4069 Lake Dr.

St. Mary's Mercy Medical Center

Diabetes Self-Management Education Classes

For adults, 18 and over with diabetes to learn how to manage diabetes. Education for children is also available.

Classes are offered in group and one-on-one settings for adults. The Center for Diabetes also has doctors and nurses that specialize in care for those with diabetes.

Call 616.732.3098 for dates and times of classes and to pre-register. A signed physician referral is needed.

Scholarships are available and insurance is accepted.

Wege Building, 300 Lafayette SE, in the Center for Diabetes

Health Centers

Dear Friends,

If you don't have a regular doctor that you visit, or you are unable to afford your primary doctor, we've found some health centers, clinics, blood glucose testing locations and doctors that are affordable.

Health Centers and Clinics:

Booth Family Clinic: 616.459.9468, 1215 E. Fulton

Browning Claytor: 616.831.7203, 616-685-8300

Cherry Street Health Services: 616.235.7272, 616.454.8611, 550 Cherry SE

Clinica Santa Maria: 616.452.9092, 560 Hall SW

Family Health Center: 616.774.6280, 240 Cherry SE

Health Intervention Services: 616.475.8446, 15 Andre SW

Heart Side Clinic: 616.752.6375, 61 Commerce SW

Lentini Health Center: 616.752.6040, 240 Cherry SE

Oasis of Hope: 616.451.8868, 522 Leonard St. NW

Westside Health Center: 616.235.1480, 669 Stocking NW

Blood Glucose Testing:

Catherine's Health Center: 616.336.8800

Clinica Santa Maria: 616.452.9092

Heartside Clinic: 616.235.2612

Doctors:

Edward Kryshak, MD or Robert Rood, MD: 616.459.0292

Maria Rojas, MD or Greg Tennyson, MD: 616.956.6900

Doctors for children:

Michael Wood: 616.391.1774

James Gutai: 616.752.6310

With care,

The Partnership

Exercise Programs

Dear Friends,

Many people with diabetes have another chronic condition such as arthritis, chronic pain or osteoporosis. Most diseases, including diabetes, can be prevented and managed with exercise. Exercise can help you feel better, lose weight, and have more energy. Please note that you should consult your doctor before starting any exercise program.

For your convenience we have listed the contact information for these exercise programs. Please remember that this information may become outdated. For the most up-to-date information refer to your current phone book or do a quick Internet search.

With care,

The Partnership

This section includes:

Gazelle Sports	Mall Walking
Grand Rapids City Parks and Recreation	Metro Health
Grand Rapids Community College	Rapid Wheelmen
Kent County School Districts	Senior Neighbors/Enhance Fitness
Kent County Parks	Spectrum Health
Local Trails	Wyoming Parks and Recreation
Web sites	YMCA

Try these Web sites for helpful exercise ideas online:

www.empowerme2b.org: for kids (ages 9-13) to help eat healthier and move more

www.leukemia-lymphoma.org: helps train individuals to run marathons, triathlons, nature hikes and bicycling races to raise money for leukemia-lymphoma research.

Activity Related Websites:

- 2008 Physical Activity Guidelines for Americans – describes the types and amounts of physical activity that offer substantial health benefits www.health.gov/PAGuidelines
- Centers for Disease Control and Prevention Physical Activity Site – provides information on the importance of physical activity in maintaining a healthy body www.cdc.gov/physicalactivity
- Your Guide to Physical Activity and Your Heart – www.nhlbi.nih.gov/health/public/heart/obesity/phy_active.htm

Gazelle Sports

Clubs

For anyone to manage diabetes and cardiovascular disease through exercise.

Bicycle, frisbee, rugby, rowing and paddling, running, ski, soccer, speed-skating, triathlon and walking clubs are available.

Visit www.gazellesports.com for more information about clubs. The calendar of events shows local races, events, lectures and clinics available.

City of Grand Rapids

Parks and Recreation

For anyone to manage diabetes through exercise.

There are fitness classes (aerobics, kickboxing, Pilates, yoga, tai chi) for adults and sports for children. Pools are available for swimming lessons and exercise. Many parks and trails, including a dog park, are open seasonally. Ice skating is available during the winter and golfing during the summer.

The parks and trails are usually free. Many of the classes have minimal costs. Scholarships are available.

Call 616.456.3696 for dates and times and locations. www.grand-rapids.mi.us

Grand Rapids Community College

Senior Health Club

For Kent County residents age 60+ to increase personal fitness while socializing.

Offer aerobic exercise, aquatic exercise and strength training. The activities are facilitated and include assessment and monitoring of participants.

Contact Michael Faber by calling 616.234.3483 for more information.

143 Bostwick NE Grand Rapids, MI 49503

This is free through GRCC.

Kent County School Districts

Community Education Departments

For local exercise for the whole family: children, families and seniors. Physical activity programs and facilities may be available.

There is usually a small fee, but some may offer free classes. Scholarships are available.

Contact your local public school district for more information.

Byron Center (616.878.6100)

Grand Rapids (616.819.2000)

Lowell (616.987.2500)

Caledonia (891.8185)

Grandville (616.254.6550)

Northview (616.361.3444)

Cedar Springs (616.696.1204)

Kelloggsville (616.538.7460)

Rockford (616.863.6322)

East Grand Rapids (616.235.3535)

Kenowa Hills (616.784.2511)

Sparta (616.887.7321)

Forest Hills (616.493.8800)

Kent City (616.678.7714)

Thornapple Kellogg (269.795.3394)

Godfrey Lee (616.241.4722)

Kentwood (616.455.4400)

Wyoming (616.530.7550)

Godwin Heights (616.252.2090)

Local Trails

White Pine Trail & Michigan Trails and Greenway Alliance

For local, outdoor exercise for the whole family. Trails are available for walking, biking, in-line skating, wheel chairs, non-motorized recreation and commuting.

Visit www.michigantrails.org for descriptions of trails in Kent County and West Michigan or www.whitepinetrail.com for info about the White Pine Trail State Park.

Most trails are free and open during daylight in Kent County and West Michigan.

Mall Walking

Local Exercise

For indoor exercise at a convenient location, you can walk around the mall any time of the year.

Breton Village– 3 laps around the perimeter, including side courts = 1 mile

Centerpointe Mall– 1 1/4 laps around the perimeter, including side courts = 1 mile

Woodland Mall– 1 lap around perimeter = 1 mile

Metro Health

Diabetes education & joint pain classes

For anyone to manage diabetes and health with exercise.

Diabetes education is available. Participate in local walks such as the Kidney Walk and Heart Walk to raise money for healthy lifestyles. Will soon open a YMCA at Metro village to offer wellness programs to patients as part of recovery. Two-hour pre-diabetes class is available. Please call 616.252.8339 for dates and times.

2215 44th Street SW, Wyoming, MI 49509

Minimal fees are involved, scholarships are available.

5900 Byron Center Ave SW Wyoming MI, 49519

Rapid Wheelmen

Biking club

To use cycling as a fun and healthy activity and as a viable form of transportation. Visit www.lmb.org/rapidwheels/ for more information. Various locations in WM. \$20 per year or \$50 for three years.

Senior Neighbors

Enhance Fitness

For seniors to keep active and stay healthy. One-hour class led by an older adult who is a certified instructor. For best results it is suggested that participants go to class three times per week.

Call 616.459.6019 for dates and times and locations in West Michigan. Six centers located throughout Grand Rapids. 820 Monroe Ave. NW Suite 460 Grand Rapids, MI 49503, The classes are free or low-cost. www.seniorneighbors.org

Spectrum Health

Fitness & Wellness program

For anyone to stay healthy through exercise, Spectrum offers a variety of fitness and wellness programs for people of all ages.

Visit www.spectrum-health.org for an events calendar or call 616.391.5000 Healthier Communities, 665 Seward Ave. NW Suite 110 Grand Rapids, MI 49504, Minimal fees involved.

Wyoming Parks and Recreation

Fitness Classes

For Wyoming residents to stay healthy through exercise; a variety of fitness classes offered for anyone and classes for seniors.

Call 616.530.3164 for information and locations of classes or visit www.ci.wyoming.mi.us 1155 28th St. NW Wyoming, MI 49509
Minimal fees involved.

YMCA

Gyms, Pools & Exercise Programs

For adults and their families to stay fit by using the pool, aquatic instruction, weight resistance and cardiovascular machines, competitive sports and fitness classes.

Call 616.855.9622 for more information and locations in West Michigan. 475 Lake Michigan Dr. NW Grand Rapids, MI 49504
Monthly fees vary based on age and family size, approximately \$20-100 per month. www.gymca.org

Kent County Parks

Kent County Trails

700 Butterworth SW, Grand Rapids MI 49534-7065, 616/336-PARK(7275), www.accesskent.com
The Parks Department is responsible for managing 37 county parks including Kent Trails.

Foot Care Services

Dear Friends,

According to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), more than 60 percent of non-traumatic lower-limb amputations in the United States occur among people with diabetes. This is because diabetes can cause loss of sensation in your feet. For this reason, you **MUST** pay special attention to your feet. Regular doctor's visits can help prevent foot problems.

For foot care services we suggest you visit your doctor and if possible, a podiatrist. You can find local listings in the phone book or online. If you cannot visit a doctor, please remember that our advice cannot replace professional medical attention.

For foot screening in your area, please contact one of the organizations below for the dates, times and location.

Saint Mary's: 616.685.5000

American Diabetes Association: 616.458.9341

With care,

The Partnership

Nutrition

Dear Friends,

Nutrition can benefit your health in multiple ways. Eating nutritiously helps prevent many health problems and helps manage those you already have such as diabetes and cardiovascular disease.

The best way to learn about nutrition is to ask your doctor, talk with a Registered Dietician (RD), or visit a Certified Diabetes Educator (CDE). For help locating an RD or CDE, visit one of these Web sites: **www.diabetes.org** or **www.michigan.gov/diabetes**. For more nutrition information you can also contact the **Kent County Health Department, 616.632.7290**.

One of the most important parts of a healthy diet is eating fresh foods, especially fruits and vegetables. Kent County has many farmer's markets where local farmers sell their produce. Listed on the next page are many of those markets. Stop by and check them out!

With care,

The Partnership

Check out these Web sites for nutrition information:

www.eatright.org

www.mypyramid.gov

www.vrg.org

www.emc.cmich.edu/healthyweight/default.htm

www.fruitsandveggiesmorematters.org

www.kidshealth.org

www.nutritionexplorations.org/index.asp

www.nal.usda.gov/fnic

www.americanheart.org/deliciousdecisions/jsp/home/home.jsp

www.healthierus.gov

www.3aday.org

www.cdc.gov/healthyweight/index.html

Farmer's Markets in Kent County

Farm	Address	City	Phone	Web site
Blok Orchard	6365 4 Mile Rd.	Ada	616-676-1153	www.blokorchard.com
Byron Center Farm Market	8350 Byron Center Ave.	Byron Center		
Circle R Ranch Alpacas	9898 Sunrise Ridge	Caledonia	616-891-5701	www.circleralpacas.com
Country Basket LLC	1185 9 Mile Rd. NW	Sparta	(f)616-785-9896	www.schwallier.com
Dairy Discovery	12188 84th SE	Alto	616-293-0432	www.dairydiscovery.com
Ed Dunneback and Girls Farm	3025 Six Mile Rd.	Grand Rapids	616-784-0058	www.dunnebackfarm.com
Fruit Ridge Hayrides	11966 Fruit Ridge Ave.	Kent City	616-887-5052	www.fruitridgehayrides.com
Fryear's Little Red Market	6778 Fruit Ridge NW	Grand Rapids	616-784-2730	
Fulton Street Farmer's Market	1145 E. Fulton St.	Grand Rapids	616-454-4118	www.fultonstreetmarket.org
H & W Farms	13375 Belding Rd.	Belding	616-691-8802	www.hwfruitforms.com
Hills Brothers Orchards & Cider Mill	6159 Peach Ridge NW	Grand Rapids	616-784-2767	
Klenk Orchards Inc.	3888 10 Mile Rd.	Sparta	616-887-9631	
Krupp Farms	8025 Krupp Ave.	Comstock Park	616-887-8271	www.kruppfarm.com
Orchard Hill Farm	2934 68th Street SE	Caledonia	616-868-7229	
Post Farms	9849 Myers Lake Ave. NE	Rockford	616-874-7569	
Robinette's Apple Haus & Winery	3142 4 Mile Rd. NE	Grand Rapids	616-361-5567	www.robinettes.com
Sandy Bottom Berries	11555 Sandy Bottom Rd.	Rockford	616-225-9376	www.sandybottomberries.homestead.com
Steffens Orchard Market	4344 13 Mile	Sparta	616-887-2404	www.steffensorchardmarket.com

For a list of local Farmers Markets (Fulton Street, Plainfield Township, Rockford, Byron Center, etc) go to Food For Thought www.foodforthoughtgr.com

Prescription Assistance

Dear Friends,

We know medicine can be very expensive. Whether you need help paying for your medical costs, your prescriptions or insulin, there may be some organizations willing to help. Listed below are many organizations that have money and are willing to help. Remember if you contact one organization and they can't help you, keep trying.

With care,

The Partnership

This section includes:

American Red Cross	MDP Warehouse's Prescription Drug
Benefits Check Up RX	michigandrugprices.com
Bristol-Myers Squibb	Michigan Emergency Pharmaceutical Program
Child and Adolescent Health Center	NeedyMeds.org
Children's Special Health Care	Nonprofit Warehouse Prescription Drug Program
Eli Lilly & Company– Lilly Cares	NovoNordisk Patient Assistance
Everyone's RX	Partnership for Prescription Assistance
Great Lakes Diabetic Supply	Pfizer Prescription Assistance
Kent County RX Discount Card	Rxassist.org
MDCH Web site	Rxoutreach.com
The Medicine Program	Together RX Prescription Savings

American Red Cross

www.redcross.org

1050 Fuller Ave. NE, GR MI49503 · 616.456.8661

Call the Greater Grand Rapids branch for availability of limited prescription fund.

Benefits Check Up

National Council on Aging

www.benefitscheckup.org · 202.479.1200

Web-based service to screen seniors for programs to assist with benefits. Offers Medicare Rx Extra Help, info about Medicare (available in Spanish), prescription drug assistance and comprehensive help for drugs, health care and utility bills.

Bristol-Myers Squibb

Patient Assistance Program

1(800) 736-0003 · www.BMSPAF.org

Provides free medication to those who qualify; for patients without any insurance and who are not being covered by Medicaid or other government program.

Child and Adolescent Health Center Program

Michigan Department of Community Health

Capitol View Building 201 Townsend St. Lansing, MI 48913

517-373-3740 · www.michigan.gov/mdch

To visit Web site:

Click– Pregnant Women, Children & Families (L) **Click**– Children & Families (R center)

Click– Healthy Children & Healthy Families (L center) **Click**– Child and Adolescent Health Center Program (top center)

Offers screening, referrals, health education and risk assessment for children and adolescents who are uninsured or underinsured or on Medicaid.

Children's Special Health Care

Michigan Department of Community Health

Capitol View Building 201 Townsend St. Lansing, MI 48913

517-373-3740 · www.michigan.gov/mdch

To visit Web site:

Click– Pregnant Women, Children & Families (L) **Click**– Children & Families (R center)

Click– Children's Special Healthcare Services (L center, 4 down) **Click**– General Info... (center, 2 down)

May cover the cost of medicines and office calls for children under 21 years of age.

Children's Special Health Care Services can also be accessed at the Kent County Health Department, 700 Fuller Ave NE, Grand Rapids MI 49503, 616/632-7066 or 1-800-359-3722

Eli Lilly & Company

Lilly Cares

800.545.6962 · www.lilly.com/responsibility/programs/

Patient Assistance Programs are available for help with insulin, including Humulin and Humalog lines.

Everyone's RX

866.353.3763 · www.everyonesrx.com

Helps provide American Brand Name medications to US residents who qualify. Help is available in **Spanish**.

Great Lakes Diabetic Supply

www.glmsupply.com

23247 Pinewood St. Warren, MI 48091 · 800.774.0788

They will contact your insurance to see what is covered. You pay only your deductible and co-payment after your insurance is billed. They offer free home delivery, no up-front costs, refill reminders and free education.

Kent County RX Discount Card

616.988.5081 · www.accesskent.com

Any resident of Kent County can get this card and use it for discounts on prescriptions, eyeglasses, diabetes testing supplies and other medical needs.

Michigan Department of Community Health

[Free or low cost healthcare](#)

www.michigan.gov/healthcarehelp

Includes help with paying for prescriptions.

The Medicine Program

www.themedicineprogram.com

This Web site offers help to find and apply for free medicine supplied by pharmaceutical companies.

MDP Warehouse

www.mainprogressiveswarehouse.com

5800 Mountain Creek Dr. Atlanta, GA 30328 · 706.781.5897

Offers a drug discount card to any individual regardless of age or income. The free card allows holder to receive discounts on prescriptions at any one of the 50,000 participating pharmacies or through their Mail Order Program.

Michigan Prescription Drug Pricing

www.michigandrugprices.com

Gives consumers the ability to search drug prices by pharmacy name or by zip code.

Michigan Emergency Pharmaceutical Program

MEPPS

For qualifying seniors 65 years of age and older.

ASCET – Latin American Services: (616) 336-4017, Senior Neighbors, Inc.: (616) 459-6019,

United Methodist Community House: (616) 241-1645

NeedyMeds.org

www.needymeds.org

This site finds help for the cost of medicines and glucose strips. It includes coupons for free medicine, discount drug cards, government assistance programs, programs for children, disease based programs and patient assistance programs.

Novo Nordisk Patient Assistance Program

www.novonordisk-us.com

100 College Rd. W Princeton, NJ 08540 · 800.727.6500

Free medicine for those who qualify. If you are approved, you will receive a free 90-day supply of medicine that will be sent to your health care provider's office. After 90 days, Novo Nordisk will contact your health care provider to refill medication.

Partnership for Prescription Assistance

1.888.4PPS.NOW (477-2669)

www.pparx.org

This partnership brings together pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help patients who lack prescription coverage get the medications they need.

Direct Link to Michigan on this website go to www.pparxmi.org

Pfizer Prescription Assistance

www.pfizerhelpfulanswers.com

800.776.3700

Assistance programs are available to people without prescription coverage; please call for more information. Pfizer offers savings on Pfizer medication regardless of age or income and free Pfizer medicine for people with limited income, who qualify.

rxassist.org

[Patient Assistance Program Center](http://www.rxassist.org)

Volunteers in Health Care, 401-729-3284, www.rxassist.org

This site gives you access to information about free and low cost medicine programs and ways to manage your medication costs.

rxoutreach.com

www.rxoutreach.com

1(800) 769-3880

Low-cost prescription savings program.

Together RX Prescription Savings Program

www.TogetherRxAccess.com

PO Box 9426 Wilmington, DE 19809 · 1.800.444.4106

This is a program that provides savings for eligible Medicare enrollees.

Stop Smoking

Dear Friends,

Most people know the dangers of using tobacco. Unfortunately, despite those dangers many people are addicted and need help quitting. We have listed many resources below to help you stop using tobacco. If you begin a program and fail, please do not give up! Try again.

If you have diabetes or heart disease it is especially important that YOU stop using tobacco because tobacco use increases the severity of your disease.

With care,

The Partnership

This section includes:

Michigan Tobacco Quitline

Nicotine Anonymous

The Quitters

Tobacco Free for Good

Check out these Web sites for help to quit tobacco online:

www.cleanbreak.com

www.quitsmoking.com

www.quitnet.org

www.get-quit.com

(GETQUIT works specifically with the recommended 12 weeks of CHANTIX treatment. Even more, it offers continued online and phone support for up to a full year-source: Pfizer).

Michigan Tobacco Quitline

American Cancer Society, www.michigan.gov/tobacco

1.800.784.8669

This is a confidential program that helps callers quit smoking by providing the following resources:

- Free telephone-coaching program
- Self-help materials to quit
- List of stop smoking programs in the caller's area
- Possible nicotine replacement therapy (patches, gum, lozenges) for those without insurance. Low-cost nicotine replacement therapy is available for those with insurance but without prescription insurance.
- Nicotine replacement therapy may be free, at reduced cost, covered by Medicaid or caller's insurance depending upon situation
- Quitline is open 24/7
- Most services are free

Nicotine Anonymous

616.235.1427

This is a free support group for people who need help quitting or staying quit. This support group also helps prevent relapse for those who have already quit smoking.

- Meets every Sat. 11 AM to Noon
- Meets at Kent Community Hospital, Spectrum Health, 750 Fuller NE, GR, MI
- This support group is free, no registration is necessary

The Quitters

Saint Mary's Health Care

616.235.1427

This is a free support group for anyone who needs help quitting or staying quit.

- Meets every 2nd and 4th Monday nights of the month
- Meets at Saint Mary's Health Care, Wege Building-Lower Level, 300 Lafayette SE, Grand Rapids, MI
- This support group is free, no registration is necessary

Tobacco Free for Good

Tobacco Free Partners

616.975.0123

www.tobaccofreepartners.org

This program helps adult tobacco users become and stay tobacco free. The class consists of seven, two-hour sessions assisting participants in finding the tools they need to quit and develop a plan for success. The program is offered at various locations throughout Kent County.

- Check the Web site or call to get a listing of locations and dates
- This program is free
- Call or register online

Products

[Products] **for Diabetes Care**

Blood Glucose Testing, Diabetes Medication, Insulin Delivery, and Ketone Testing

Alphabetical Listing of Companies:

Abbott Laboratories

Accu-Chek

Activa Brand Products, Inc.

AgaMatrix, Inc.

Aimsco/Delta Hi-Tech, Inc.

Animas

Antares Pharma

AOM Healthcare Solutions

Arkray, Inc.

Bayer Corporation

Bionime

Bristol-Myers Squibb Company

Dexcom, Inc.

Disetronic Medical Systems Inc.

Eli Lilly and Co.

Equidyne Systems

Home Diagnostics

LifeScan, Inc.

Medicool, Inc.

Medtronic Diabetes

Merck & Co, Inc.

MiniMed, Inc.

Novartis Pharmaceuticals

Novo Nordisk

Owen Mumford, Inc.

Palcolabs

Pfizer Inc.

Takeda Pharmaceuticals

Smiths Medical MD, Inc.

Products

Types of Products Offered

Company	Blood Glucose Testing	Diabetes Medication	Insulin Delivery Supplies	Ketone Testing Products
Abbott Labs				
Accu-Chek				
Activa				
AgaMatrix				
Aimsco/Delta				
Animas				
Antares Pharma				
AOM				
Arkray				
Bayer				
Bionime				
Bristol-Myers				
Dexcom				
Disetronic				
Eli Lilly and Co.				
Equidyne Systems				
Home Diagnostics				
LifeScan				
Medicool				
Medtronic				
Merck & Co.				
MiniMed				
Novartis				
Novo Nordisk				
Owen Mumford				
Palcolabs				
Pfizer				
Pharmacia				
Takeda				
Smiths Medical				

Products

Abbott Laboratories

100 Abbott Park Rd.
Abbott Park, IL 60064

1.847.937.6100
www.abbott.com

Patient Assistance Program
800.222.6885

Blood Glucose Testing Supplies:

Freestyle
Freestyle Navigator
Freedom Lite
Precision Xtra

Insulin Delivery Supplies:

Precision SureDose syringes

Ketone Self-Testing Supplies:

Precision Xtra monitor and strips

Accu-Chek

9115 Hague Rd.
P.O. Box 500457
Indianapolis, IN 462550

1.800.858.8072
www.accu-chek.com
Sign up for inner circle program online

Blood Glucose Testing Supplies:

Advantage	Voicemate System
Aviva	Softclix
Active	Soft Touch Lancet Devices
Compact	Soft Touch Lancets
Compact Plus	

Ketone Self-Testing Supplies:

Chemstrips (7, 9, 10SG, UGK, K)

Activa Brand Products, Inc.

36 Fourth St.
Charlottetown, PE
Canada C1E 2B3

1.800.991.4464
www.advantajet.com
email: info@advantajet.com

Insulin Delivery Supplies:

AdvantaJet Injectors
GentleJet Injectors
AdvantaJet ES

Products

AgaMatrix, Inc.

10 Manor Parkway
Salem, NH 03079

1.603.328.6000

1.866.906.4197

www.agamatrix.com

Blood Glucose Testing Supplies:

Wave1

Delta Hi-Tech, Inc.

3762 South 150 East
Salt Lake City, UT 84115

1.801.263.0975

www.deltahitechinc.com

Insulin Delivery Supplies:

Maxi-Comfort Syringe

Ultra-Thin II Syringes

Ultra-Thin II Short Needle

Animas

590 Lancaster Ave.
Frazer, PA 19355

1.877.937.7867

www.animascorp.com

Insulin Delivery Supplies:

Animas Pumps and Infusion Sets

Antares Pharmacy

250 Phillips Blv., Suite 290
Ewing, NJ 08618

1.609.359.3020 fax: 609-359-3015

www.antaresharma.com

Insulin Delivery Supplies:

Medi-jector VISION

Pre-filled, disposable Pen Injector

Products

Liberty Medical Supplies

1901 Green Road, Suite A
Deerfield Beach, FL 33064

800.705.5797

www.libertymedical.com

Blood Glucose Testing Supplies:

Glucose Meters and Strips

Insulin Delivery:

Insulin Pumps and Supplies

Arkray, Inc.

5198 W. 76th St.
Edina, MN 55439

1.800.818.8877

www.arkrayusa.co

Ketone Self-Testing Supplies:

DiaScreen (1K, 2GK, 1G, 3-10)

Bayer Corporation

100 Bayer Rd.
Pittsburgh, PA 15205

1.800.348.8100

www.bayerdiabetes.com

Blood Glucose Testing Supplies:

Ascensia

Breeze 2

Contour

Elite

Elite XL

Glucometer Encore Test Strips

DCA 2000 Plus

Microlet 2

Microlet

Vaculance Automatic Lancing Device

Ultra-Fine 33 Gauge Lancets

Ultra-Fine II Lancet

Genie Lancet

Diabetes Medication:

Acarbose

Precose

Glucobay

Ketone Self-Testing Supplies:

Keto-Diastix Reagent Strips

Ketostix Strips

Clinistix

Acetest Reagent Tablets

Products

Bionime

No. 694 Renhua Rd.
Dali City, Taichung County, Taiwan

+886 (4) 2495.1268

www.bionime.com email: info@bionime.COM

Blood Glucose Testing Supplies:

Rightest GM 300

Bristol-Myers Squibb Company

345 Park Ave.
New York, NY 10154

1.212.546.4000

www.bms.com

Diabetes Medication: www.bms.com/products/pages/programs.aspx

Glucophage

Glucophage XR

Glucovance

Metaglip

Dexcom, Inc.

6340 Sequence Dr.
San Diego, CA 92121

1.858.200.0200

1-888-738-3646

www.dexcom.com

Blood Glucose Testing Supplies: www.dexcom.com/dexcommunity/diabetes_resources

Seven System

Roche Insulin Delivery Systems Inc. 1.800.280.7801

11800 Exits Pkwy. Suite 120
Fishers, IN 46037

www.accu-chekpumpstore.com

Insulin Delivery Supplies:

FlexLink

Classic

Tender

Rapid

Rapid D infusion sets

Accu-chek Spirit Insulin Pump

Financial Assistance available through customer service

Products

Eli Lilly and Co.

Lilly Corporate Center
Indianapolis, IN 46285

1.800.545.5979

www.lilly.com

Lilly Cares: www.lilly.com/responsibility/serving_patients/programs

Diabetes Medication:

Byetta
Glucagon
Cymbalta

Insulin Delivery Supplies:

Humulin Pen
Humalog Pen
Humalog 75/25
Humalog 50/50
Turbo
Memoir
Luxura
Quick

Equidyne Systems

1124 E. Valencia Dr.
Fullerton, CA 92831

1.714.447.4474

www.injex.com

Insulin Delivery Supplies:

Injex
Injex 30

Home Diagnostics

2400 NW 55th Ct.
Ft. Lauderdale, FL 33309

1.800.803.6049

www.prestigesmartssystem.com

Ketone Self-Testing Supplies:

Ketone Care Test Strips

Lifescan, Inc.

1000 Gibraltar Dr.
Milpitas, CA 95035

1.800.227.8862

www.lifescan.com

Blood Glucose Testing:

Ultra Mini	Fast Take Systems	UltraSmart
Ultra 2	Penlet	Sure Step
	Lancet Device	FinePoint
	Ultrasoft	Ultralink
	Select	

Products

Medicool, Inc.

204060 Gramercy Pl.
Torrance, CA 90501

1.800.433.2469

www.medicool.com

Insulin Delivery Supplies:

Instaject

Magni-Guide

Insul-Guide

Syringe Loader

RighTest Meter and Strips

Medtronic Diabetes

1800 Devonshire St.
North Ridge, CA 91325

1.866.948.6633

www.medtronic-diabetes.com

Blood Glucose Testing Supplies:

Guardian REAL-Time

MiniMed Paradigm REAL-Time

Insulin Delivery Supplies:

Paradigm 552 and 772

Sure-T Infusion Sets

Merck & Co, Inc.

One Merck Dr.
P.O. Box 100
Whitehouse Station, NJ 08889

1.908.423.1000

www.merck.com

Diabetes Medication:

Januvia

MiniMed, Inc.

18000 Devonshire St.
North Ridge, CA 91325

1.800.646.4633

www.minimed.com

Insulin Delivery Supplies:

MiniMed 508 Pump

Sertable Infusion Sets

MiniMed Paradigm Pump

MiniMed Paradigm REAL-Time Insulin Pump

Products

Novartis Pharmaceuticals, Corp.

One Health Plaza
East Hanover, NJ 07936

1.888.669.6682
www.novartis.com

Diabetes Medication:

Starlix

Novo Nordisk

100 College Nr. W.
Princeton, NJ 08540

1.800.727.6500
www.novonordisk-us.com

Diabetes Medication:

Insulin Delivery Supplies:

Flex Pen	Novolog Mix 70/30
NovoPen Junior	Novolog
Novo pen 3	Levemir
Novolin 70/30 InnoLet	Prandin
NovoFine 32 G Tip	GlucaGen Hypokit
NovoFine Autocover 30 G	Innolet
NovoFine 30, 31, 32	

Owen Mumford, Inc

1755 A West Oak Commons Ct.
Marietta, GA 300062

1.800.421.6936

Blood Glucose Testing Supplies:

ComfortTouch Lancets
Unistik 2

Insulin Delivery Supplies:

Autoject 2
Autopen
Unifine Pentips

Palcolabs

360 El Pueblo Rd, Suite 102
Scotts Valley, CA 95062

www.palcolabs.com

Blood Glucose Testing Supplies:

Auto-Lancet (Classic and Custom)
InjectEase
EZ Lancets

Insulin Delivery Supplies:

Inject-Ease
Autolancets

Products

Pfizer, Inc.

235 East 42nd St.
New York, NY 10017

1.212.733.2323
www.pfizer.com

Diabetes Medication:

Glucotrol
Glucotrol XL
Lyrica
Micronase
Glynase
Glyset
Tolinase

Patient Assistance Medicine Help:

www.pfizerhelpfulanswers.com, 1.866.706.2400

Takeda Pharmaceuticals America, Inc.

One Takeda Pkwy.
Deerfield, IL 60015

1.224.554.6500
www.tpna.com

Diabetes Medication:

Actos
ActoPlus Met
Duetact

Patient Assistance Program:

www.tpna.com/responsibility

Smiths Medical MD, Inc.

1265 Grey Fox Rd.
St. Paul, MN 55112

1.800.826.9703
www.cozmore.com

Insulin Delivery Supplies:

Cleo Infusion Sets and Pump Supplies
CoZ More
Deltec Cozmo 1800
Comfort Infusion Set
IV Prep Wipes