

Minnesota Area Diabetes Support Groups 2011

City	Type of Audience	Location of Meetings	Contact Person	Phone Number	Email
Aitkin	Primarily type 2 but all are welcome including children, family members and friends	Riverwood Healthcare Center 610 Bunker Hill Drive 2 nd Thurs 5 -6 PM	Renee Fliss	218- 927-8281	rfliss@sisunet.org
Albert Lea	People with diabetes and anyone interested in diabetes	Albert Lea Medical Center 404 W. Fountain St. HealthReach Meeting Room 3 rd Wed (quarterly)	Kay Christianson, RN, CDE Gala Kubat, RN, CDE	Kay 507- 377-4711 Gala 507- 379-2039	Christianson.kay@mayo.edu Kubat.gala@mayo.edu
Alexandria	General	Douglas County Hospital 111 17 th Ave E.		320-762-1511	www.dchospital.com
Bemidji	General adult	North Country Regional Hospital 1300 Anne St NW Conference Rm B 2 nd Thurs 5 PM	Sue Davis	218-333-5976	sdavis@mchs.com
Brainerd	type 1 and 2	Central Lakes College 501 W. College Drive 2 nd Tues 11:30 Mar, Apr, May, Sept, Oct & Nov	Florence and Dick Keller	218- 829-4501	fkeller@brainerd.net
Buffalo	General, friends and family	Meets at Cub Foods, Deli Eatery 1008 E. Highway 55 3 rd Wed 6:30-7:30 PM	Julie Starke, RD, CDE	Cell 612-508-3396	rjstarke@lkdlldlink.net
Burnsville	General Adult and Caregivers	Gentiva Home Health Meets at Burnsville Senior Center 200 W Burnsville Pkwy Suite 102 3 rd Tues 10 AM	Michelle Starkey	952- 707-4120	mstarkey@burnsville.k12.mn.us

Cottage Grove	type 1 and 2	HealthEast Diabetes Center Meets at Senior Citizen Center 8400 E. Point Douglas Rd S. 3 rd Tues 6:30-8 PM	Connie Allen, RN, CDE	651- 232-7057	callen@healtheast.org
Crosby	People with diabetes, type 1 & 2 and parents of children with diabetes	Heartwood Senior Living Center 1 st Mon 11:30-1 PM	Mindy Pool	507-676-2342 or 218-833-2205	Mpool79@gmail.com
Duluth	For people with diabetes & their families	St. Luke's Hospital 1011 East First St 2 nd FL Meets monthly at various times. Call for schedule	St Luke's Diabetes Care	218- 249-5231	pbursch@slhduluth.com
Duluth	type 1 for children under 18 and their parents	St. Mary's Duluth Clinic Diabetes Center 400 E. 3 rd St Call for schedule	Contact schedulers- Cindy or Patty	218-786-3421	
Duluth	General Adult-mostly type 2	St. Mary's	Contact schedulers- Cindy or Patty	218-786-3421	
Duluth	Pump Support	St. Mary's	Contact schedulers- Cindy or Patty	218-786-3421	
Elbow Lake	General	ELEAH Medical Center 930 1 st St. NE 2 nd Tues 6-7 PM	Laurie Berg	320-589-4008	www.eleahmed.org
Farmington	type 2	Farmington Allina Medical Clinic 3500 213 th St. West Meets last Thurs of month 6:30-7:30 PM. Sept thru May.	Sharon Mathews	651-492-0741	Sharon.Mathews@allina.com
Fergus Falls	Anyone with diabetes & family members	Mill Street Residence 802 S. Mill St. 2 nd Thurs 3:00 PM	Janice Spies, RD, LD, CDE Julie Hamre, RD, LD	Janice 218-739-2228 Julie 218-736-8101	
Fosston	Adults type 1 & 2 anyone welcome	First Care Medical Services 900 Hilligoss Blvd SE 2 nd Thurs Educational topics and discussion	Ruby Sistad Candy Keller	218- 435-7610 218-435-7656	

Fridley	General Adult	Fairview Health Svcs Columbia Park 6401 University Ave NE 1 st Floor 2 nd Tues 1-2 PM	Peg Salonek-Petrie, RN, CDE	763-502-4877	psalone1@fairview.org
Hastings	Veterans with diabetes	Minnesota Veterans Home Diabetes Fair held yearly in November	Dottie Chamberlain	651-438-8585	
Hastings	type 2	Regina Medical Center Conference Room A 1 st Tues 7 PM September. thru June	Sharon Mathews	651-492-0741	Sharon.Mathews@allina.com
Hibbing	Adults-type 2	Fairview Univ Medical Ctr.- Mesabi 750 E. 34 th Street 3 rd Wed at 6 PM	Jan Knuti, RN, CDE	218-362-6224	jknuti1@range.fairview.org
Hudson	Seniors	Hudson Physician Clinic 2 nd Tues 4- 5:30 PM	Susan Kurtz, RN, CDE	715-531-6800 x4394	skurtz@wwma.org
Hutchinson	Educational Group General adult - type 2	Hutchinson Health Care 1095 Highway 15 South 2 ND Thurs 1:30 -3 Does not meet in months that start with "J"	Merrilea Kylo	320-234-5058	mkylo@hahc-mn.org
Litchfield	General adult-type 1 & 2	Meeker Memorial Hospital 612 So. Sibley Avenue, Cafeteria 2nd Tues. 6:30 PM September-May	Joanne D. Searl, RD, LD	320- 693-4558	jsearl@meekermemorial.org
Mankato	Adults, type 1 & 2	Immanuel St. Joseph's Hospital 1025 Marsh Street, lower level Meetings alternate between 4th Mon at 7 PM and 4th Wed at 2 PM	Sheryl Peterson	507- 385-5943	Peterson.Sheryl2@mayo.edu
Maplewood	type 1 and 2	HealthEast Diabetes Center Meets at Arlington Hills United Meth Church, 759 E County Road B 2 nd Wed 2:00-3:30 PM September. thru May	Gene Anderson	651- 459-3143	

McGregor	Primarily type 2 but all are welcome including children, family members and friends	Riverwood Healthcare Center McGregor Clinic 2 East Center Avenue 3 rd Wed 3-4 PM	Renee Fliss	218-927-8281	rfliss@sisunet.org
Minneapolis	Adult type 1 & type 2- Friends and Family welcome	Nokomis Diabetes Support Group Minnehaha United Methodist Church 3701 E. 50 th Street 2 nd Wed 6-8:30 PM September thru June 1 st 30 min- Education then discussion	Facilitator- Carol Engelhart, RN, CDE Volunteer Leaders- Anita Martinez or Mary Ann Crolley	612-721-6231	carolengelhart@gmail.com Check church website for program information: www.minnehaha.org
Minneapolis	General Adult	NorthPoint Health & Wellness Ctr, Inc. 1315 Penn Ave N 1 st Fri Noon-1:30 PM	Karen Blanchard	612-543-2600	
Minneapolis	Hmong people with diabetes & family members	Community Univ Health Care Clinic 2001 Bloomington Ave S. Fridays, 9:30-10:30 AM Call for schedule	Sarah Langford	612-638-0700 x191	
Minneapolis	Cambodian people with diabetes & family members	Community Univ Health Care Clinic 2001 Bloomington Ave S. Fridays, 9:30-10:30 AM Call for schedule	Sarah Langford	612-638-0700 x191	
Minneapolis	Vietnamese people with diabetes & family members	Community Univ Health Care Clinic 2001 Bloomington Ave S. 55404 Fridays, 9:30-10:30 AM Call for schedule	Sarah Langford	612- 638-0700 x191	
Minneapolis	General - people with diabetes & family members	Community Univ Health Care Clinic 2001 Bloomington Ave S. 55404 Fridays, 9:30-10:30 AM	Sarah Langford	612-638-0700 x191 Call for Schedule	
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Minneapolis	General Adult	Hennepin County Medical Center Center for Diabetes & Endocrinology 900 So 8 th St., 1 st floor Shapiro Bldg. 2 nd Tues 10-11:30 AM	Kathy Reimer	612-873-6800	Kathleen.reimer@hcmcd.org
Minneapolis	General	Indian Health Board 1315 E. 24 th St 2nd Wed of month	Sarah Craig	612-436-2676	
Minneapolis	Seniors with diabetes	Meets at Webber Community Center 4141 Webber Pkwy.	Dorothy Hase	612-521-1182	
Minneapolis	Native American Community Clinic patients and anyone interested in learning more about diabetes	Meets at Minneapolis American Indian Center 1530 E Franklin Ave Diabetes Monthly Breakfasts NACC- 1213 East Franklin Diabetes Basics - Call for schedule.	Connie Norman	612-872-8086 X116	cnorman@nacc-healthcare.org
Minneapolis	Adults (18+) with diabetes and vision loss	Vision Loss Resources 1936 Lyndale Ave S 3 rd Tues 12:30-2:00 PM	Paul Demming	612-362-8454	pauld@dbsm.org
Mora	Adults and family members of people living with type 1 and type 2	First Light Health System 301 S. Highway 65 1 st Thurs 1:30 PM & 6:30 PM	Julie Miller, RN, BSN, CDE	320-225-3531	jmiller@kanabehospital.org
Morris	General adult-family members welcome	SCMC Diabetes Ed and Support Stevens Community Medical Center 400 E 1 st St. Meets quarterly at 2:30 PM. Call for dates.	Donna Anderson or Susie Eklund	320-589-1313 ext 726	www.scmsmorris.com
Mountain Lake	General Adult-Educational	Meets at Mountain Lake Library 1054 4 th Ave. 1 st Tues 6:45-8:30 PM Feb, Apr, June, Oct, Dec. Meets in Windom other months	Jody Harder Mountain Lake Medical Clinic	507-427-3332	Website: http://windomareahospital.com

New Richmond, WI	Adult, type 2	HealthPartners Westfields Meets at The Deerfield 1127 W. 8 th Street 3 rd Wed 6:30 PM-7:30 PM	Linda Stefonek	715-243-2866	linda.d.stefonek@westfieldshospital.com
Park Rapids	General Adult type 1 & 2 Seniors/ Elders	St. Joseph's Area Health Services 600 Pleasant Avenue Lower level A Conference Room 2 nd Tues 9:00-10:00 AM	Tia Kocka, RN, CDE	218-255-3684	tiakocka@catholichealth.net
Perham	General	Meets at Briarwood Assisted Living 630 5 th St. SW 1 st Fri 1-2 PM Does not meet during summer	Dick Freeman	218-346-2460	
Pine City	Adults and family members of people living with type 1 and type 2	First Light Health System Meets at VFW last Wed of month at 1 PM Call for location	Julie Miller, RN, BSN, CDE	320-225-3531	jmiller@kanabehospital.org
Red Lake	Native Americans with diabetes	Red Lake Hospital 24760 Hospital Drive Many activities through the year. Call for information.	Eileen Sumner	218-679-3316	
Robbinsdale	General adult	North Memorial Medical Center 3300 Oakdale Ave N 2 nd Mon 3:00-4:00 PM	Deb Vevea	763-520-7388	Deb.vevea@northmemeorial.com
Shakopee	Adults of all ages with all types of diabetes and their significant others	St. Francis Regional Medical Center 1455 St. Francis Ave Joy Justice Conference Room 1 st Mon 7:00-8:30PM Does not meet , Jun, July, Aug, Dec	Colleen Roethke, RN, CDE	952-428-3324	Colleen.roethke@allina.com
St. Cloud	People with diabetes and their families- All ages	CentraCare Diabetes Center 1900 CentraCare Cir, 2 nd FL at Plaza September-May, not in December, 6:30-7:30 PM	Sue	320-202-7759	http://www.centracare.com for class schedule
St. Louis Park	Women with type 1 or 2	International Diabetes Ctr – 6 th Floor 3800 Park Nicollet Blvd 2 nd & 4 th Tues 5 – 6:15 PM	Kristin Kunzman, PsyD- Presentations & discussions- Cost of this group is covered by most health insurance	952-993-1921	kunzmk@parknicollet.com

St. Louis Park	Men with type 1 or 2	International Diabetes Ctr– 6 th Floor 3800 Park Nicollet Blvd 2 nd & 4 th Wed 4:30 -5:45 PM.	Presentations and discussions- Cost of this group is covered by most health insurance plans	952-993-4221	
St. Louis Park	Children (ages 6-12) and parents	Park Nicollet Clinic – 7 th Floor North 3800 Park Nicollet Blvd 2nd Tues. 6:30-8:00 PM Feb-Apr., June, & Oct. –Nov	Ruthann Wood	952-993-3194	woodre@parknicollet.com
St. Louis Park	13-18 year olds	Park Nicollet Clinic – 7 th Floor North 3800 Park Nicollet Blvd Call for information	John or Karen Loheit		Loheits- typeoneteens@gmail.com
St. Paul	Children Groups- K -2 nd grade 3-6 th grade 7-12 th grade	Children's Hospital 345 North Smith Ave. 2 nd Tue 6:30-8:00 PM. Oct. – April	Lori Wondra	651-220-6624	lori.wondra@childrensmn.org
St Paul	Parents of Children with diabetes	Children's Hospital 345 North Smith Ave. 2 nd Tue 6:30-8:00 PM. Oct. – April	Lori Wondra	651-220-5238	lori.wondra@childrensmn.org
St. Paul	General adult-type 1 & 2	Open Cities Health Center 409 Dunlap St N Every 3 rd Thurs at Noon	Edna Scott	651-290-9200 ext. 1037	Edna.scott@ohealthcenter.com
St. Paul	General adult-type 1 & 2	Open Cities Health Center North End Clinic 135 Manitoba Avenue Every 3 rd Thurs 12-1 PM	Jean or Paula	651- 489-8021	Paula.Brown@ohealthcenter.com
Stillwater	Adults with type 2	Stillwater Medical Group Specialty Clinic 1500 Curve Crest Blvd. 2 nd Tues 6 PM	Kris Orton	651-430-8715	Kriso@lakeview.org
Tracy	General – Anyone is welcome including family members	Sanford Tracy Hospital 251 5 th St E 56175 Meets 3-4 times a year. Dates are announced in Tracy Headlight Herald or on KMAL Radio Call for dates and times.	Desneige Gervais, RN	507-212-4212	gervaisd@sanfordhealth.org

Virginia	Maintenance Exercise Program for type 1 & 2 Adults, Children, Teens, Seniors, Pump Users	Virginia Regional Medical Center 901 9 th Street N Rm 217 Maintenance Exercise Program Mon-Fri, differing times, 4 hrs/day	Heather Parenteau	(218) 749-9409	heatherp@vrmc.org
Wadena	General Adults type 2	Tri-County Hospital 415 North Jefferson St 2 nd Mon 6 PM	Pam Doebbeling, RN	218-631-3510	Pam.doebbeling@tricountyhospital.org
Waseca	General adult	Waseca Med Center – Mayo Health System 501 N State Street 3 rd Wed 6:30-7:30 PM Jan, March, May, July, Sept, Nov	Sue Seykora, RD	507-781-8267	Seykora.susan@mayo.edu
Windom	General Adult-Educational	Windom Area Hospital 1 st Tues 6:45-8:30 PM Jan, Mar, May, Nov, Meets in Mt. Lake other months	Jennie Geertsema	507-831-2400	Website: http://windomareahospital.com
Woodbury	People with insulin pumps or considering getting a pump	HealthEast Diabetes Center Woodwinds Hospital, 1875 Woodwinds Dr, 4 th Mon 6:00-7:30 PM September-May	Diane Hanson	651-232-6322	dmhanson@healtheast.org
Wyoming	General	Fairview Lakes Regional Medical Center 5200 Fairview Blvd. 4 th Tues 3:30-7:30 PM September-May	Teresa	651-982-7787	

UPDATED February 2011

This diabetes support group listing is a joint effort between the American Diabetes Association – Minnesota Area, the Minnesota State Diabetes Educators and the Minnesota Department of Health.