

Minnesota Diabetes Support Groups 2010

City	Type of Audience	Location of Meetings	Contact Person	Phone Number	Email
Aitkin	Primarily type 2 but all are welcome including family members	Riverwood Healthcare Center Riverwood Outpatient Service Building 610 Bunker Hill Drive Meets 2 nd Thursday of month, 5 PM	Renee Fliss	(218) 927-8281	rfliss@sisunet.org
Albert Lea	People with diabetes & family members	Albert Lea Medical Center 404 W. Fountain St. HealthReach Meeting Room Meets 3 rd Wednesday of month (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
Bemidji	General adult Open to those living with diabetes and their Families & Friends	North Country Regional Hospital 1300 Anne St NW 56601 Meets 3 rd or 4 th Thurs of month at 5 PM Call hospital for schedule	Sue Davis	(218) 333-5976	alewis@nchs.com (Andrea Lewis)
Brainerd	Type 1 and 2	Central Lakes College 501 W. College Drive 56401 Meets 2 nd Tuesday of month (during school year, not in December)	Mary Paine	(218) 828-1981	
Buffalo	General, friends and family	Meets at Cub Foods, Deli Eatery 1008 E. Highway 55 3 rd Wednesday of month, 6:30-7:30 PM	Julie Starke, RD, CDE	Cell 612-508-3396	rjstarke@lkdlldlink.net
Burnsville	General adult- Primarily Seniors and Boomers	Gentiva Home Health Meets at Burnsville Senior Center 200 W Burnsville Pkwy Suite 102 3 rd Tuesday of month, 10-11:30 AM	Michelle Starkey	(952) 707-4121	mstarkey@burnsville.k12.mn.us
Cokato	Type 2, adult, general	Meets at Market Place Foods - Cafe 310 Cokato St. W. 3 rd Wednesday of month, 3:00-4:00 PM	Julie Starke, RD, CDE	Cell 612-508-3396	rjstarke@lkdlldlink.net

Cottage Grove	Type 1 and 2	HealthEast Diabetes Center Meets at Park Grove Library 7900 Hemmingway Ave. So. 3 rd Tues of month from 6:30-8:30 PM	Connie Allen, RN, CDE	(651) 232-7057	callen@healtheast.org
Duluth	For people with diabetes & their families	St. Luke's Hospital 915 East 1 st Street Meets monthly at various times. Call for schedule.	Donna Bergsten	(218) 249-5231	pbursch@sihduluth.com
Duluth	Type 1 for parents and children under 18	St. Mary's Duluth Clinic 400 E. 3 rd St (Diabetes Center) 55805 Call for schedule	Lisa Thomas	(218) 786-3421	diabetes@smdc.org
Elbow Lake	Diabetic Patients & Family Members	ELEAH Medical Center 930 1 st St NE 56531 Meet 3 rd Tuesday of month at 4 PM	Sue Wevley	(320) 589-4008	swevely@eleahmed.org
Farmington	General adult	Farmington Allina Medical Clinic 3500 213 th St. West Meets last Thursday of month 6:30-7:30 PM. Call to confirm.	Sharon Mathews	(651) 438-1815	Sharon.Mathews@allina.com
Fergus Falls	Anyone with diabetes & family members	Mill Street Residence 802 S. Mill St. 2 nd Thursday of month, 3:00 PM	Amy Sievert, RN (Diabetes Ed. Fergus Falls Medical Group) Roy and Sheila Graham –Battle Lake Group	Amy- (218) 739-6648 Roy- (218) 864-5119	ffmgamys@prtcl.com
Fosston	Adults type 1 & 2, anyone welcome	First Care Hospital 900 Hilligoss Blvd SE Call for schedule	Candy Keller	(218) 435-7009	
Fridley	General Adult	Fairview Health Services Columbia Park 6401 University Ave NE 1 st Floor Fridley 55432 Meets 05-11, 08-10 and 11-09 from 1-2 PM	Peg Salonek-Petrie, RN, CDE	(763) 502-4877	PSALONE1@fiarview.org

Garrison	Primarily type 2 but all are welcome including family members	Riverwood Healthcare Center Garrison City Hall Meets 2 nd Monday of month, 11AM-12PM	Renee Fliss	(218) 927-8281	rfliss@sisunet.org
Grand Rapids	Anyone welcome	Grand Itasca Clinic & Hospital Meeting room C 1601 Golfcourse Road Meets 3 rd Wednesday of month, 7-8 PM	Suzette Childs	(218) 259-9368	
Hastings	Veterans with diabetes	Minnesota Veterans Home Diabetes Fair held yearly in November	Dottie Chamberlain	(651) 438-8585	
Hastings	Type 1 and 2, Pump users	Regina Medical Center Conference Room A Meets monthly. Call for dates and times.	Sharon Mathews	(651) 438-1815	Sharon.Mathews@allina.com
Hibbing	Adults-type 1 and 2	Fairview University Medical Ctr.- Mesabi 750 E. 34 th Street Meets 3 rd Wednesday of month at 6 PM	Jan Knuti, RN, CDE	(218) 362-6224	jknuti1@range.fairview.org
Hudson	General adult - type 2	Hudson Hospital Call for schedule, topics and location.	Sue Kurtz	(715) 531-6800	skurtz@wwma.org
Hutchinson	Educational Group General adult - type 2	Hutchinson Health Care 1095 Highway 15 South 55350 Call for dates and times.	MerriLea Kylo	(320) 234-5058	
Litchfield	General adult- type 1 & 2	Meeker Memorial Hospital 612 So. Sibley Avenue, Cafeteria Meet 2 nd Tues. of month (September-May), 6:30 PM	Joanne D. Searl, RD, LD	(320) 693-4558	jsearl@meekermemorial.org

Mankato	General, type 2, some type 1, friends and family welcome	Immanuel St. Joseph's Hospital 1025 Marsh Street, lower level conference room (0308 or 0310) Meetings alternate between 4th Monday at 7 PM and 4th Wednesday at 2 PM	Sheryl Peterson	(507) 385-5943 or 1-800-327-3721 ext. 2607	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 Wednesday of month 2:00-3:30 PM	Gene Anderson	(651) 459-3143	
McGregor	Primarily type 2 but all are welcome including family members	Riverwood Healthcare Center McGregor Clinic 2 East Center Avenue	Renee Fliss	(218) 927-8281	rfliss@sisunet.org
Minneapolis	General Adult	NorthPoint Health & Wellness Ctr, Inc. 1315 Penn Ave N Mpls, 55411 Meets monthly on Fri Noon-1:30 PM		(612) 543-2607	
Minneapolis	Hmong people with diabetes & family members	Community University Health Care Clinic 2001 Bloomington Ave S. 55404 Meets on Fridays, 9:30-10:30 AM Call for schedule.	Sarah Langford	(612) 638-0700 x191	
Minneapolis	Cambodian people with diabetes & family members	Community University Health Care Clinic 2001 Bloomington Ave S. 55404 Meets on Fridays, 9:30-10:30 AM Call for schedule.	Sarah Langford	(612) 638-0700 x191	
Minneapolis	Vietnamese people with diabetes & family members	Community University Health Care Clinic 2001 Bloomington Ave S. 55404 Meets on Fridays, 9:30-10:30 AM Call for schedule.	Sarah Langford	(612) 638-0700 x191	
Minneapolis	General - people with diabetes & family members	Community University Health Care Clinic 2001 Bloomington Ave S. 55404 Meets on Fridays, 9:30-10:30 AM Call for schedule.	Sarah Langford	(612) 638-0700 x191	

Minneapolis	Lao people with diabetes & family members	Community Univer Health Care Clinic 2001 Bloomington Ave S. 55404 Meets on Fridays, 9:30-10:30 AM Call for schedule.	Sarah Langford	(612) 638-0700 x191	
Minneapolis	Somali people with diabetes & family members	Community University Health Care Clinic 2001 Bloomington Ave S. 55404 Meets on Fridays 9:30-10:30 AM Call for schedule.	Sarah Langford	(612) 638-0700 x191	
Minneapolis	General Adult	Hennepin County Medical Center Center for Diabetes & Endocrinology 900 So 8 th St., 1 st floor Shapiro Bldg. Meets 2 nd Tuesday of month, 10-11:30 AM	Kathy Reimer	(612) 873-6800	Kathleen.reimer@hcmcd.org
Minneapolis	General	Indian Health Board 1315 E. 24 th St 55404 Meets 2nd Wednesday of month – Diabetes Bingo, 10:30 AM with brunch	Sarah Craig	(612) 436-2676	
Minneapolis	Seniors with diabetes	Meets at Webber Community Center 4141 Webber Pkwy.	Dorothy Hase	(612) 521-1182	
Minneapolis	The 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 55403 2 nd Tuesday of month, 12:30-2:00 PM	Paul Demming	(612) 32454	pauld@dbsm.org
Mora	Adult type 1 and type 2, people with Pre-diabetes, Pump Users, Racially Diverse- All are welcome	Kanabec Hospital 301 Highway 65 Meets 1 st Thurs of month, 1:30 PM & 6:30	Jana Lilyerd, BSN, RN	(320) 225-3640 Ask for Jana, Mike or Melissa	jlilyerd@kanabechospital.org

Morris	Diabetic Patients & Family Members	Prairie Medical Center / ELEAH 24 E 7 th St. 56267 Meets 2 nd Tuesday of month at 2:00 PM	Sue Wevley	(320) 589-4008	swevley@eleahmed.org
Morris	General adult- family members welcome	SCMC Diabetes Education and Support Stevens Community Medical Center 400 E 1 st St 56267 Meets quarterly at 2:30 PM. Call for dates.	Sue Dudding	(320) 589-1313 ext 726	sdudding@scmsinc.org
Mountain Lake	General Adult-Educational	Meets at Mountain Lake Library 1054 4 th Ave. 1 st Tuesday of month- Feb, Apr, June, Oct, Dec. Meets in Windom other months 6:45-8:30 PM	Jody Harder Mountain Lake Medical Clinic	(507) 427-3332	Website: http://windomareahospital.com
New Richmond, WI	Adult, mostly type 2	HealthPartners Westfields Meets at The Deerfield 1127 W. 8 th Street 3 rd Wednesday of month, 6:30 PM-7:30 PM	Linda Stefonek	(715) 243-7202	Linda.D.Stefonek@westfieldshospital.com
Park Rapids	General Adult but children are welcome	St. Joseph's Area Health Services 600 Pleasant Avenue Conference Room A, lower level Meets 2 nd Tuesday of month (January-September), 10:00-11:00 AM	Tia Kocka, RN, CDE	(218) 255-3684	tiakocka@catholichealth.net
Perham	General	Meets at Briarwood Assisted Living 630 5 th St. SW Meets 1 st Friday of the month, except during summer 1-2 PM	Dick Freeman	(218) 346-2460	
Pine City	Adult type 1 and type 2, people with Pre-diabetes, Pump Users, Racially Diverse- All are welcome	Kanabec Hospital Meets last Wed of month at 1 PM Call for location	Jana Lilyerd, BSN, RN	(320) 225-3640 Ask for Jana, Mike or Melissa	jlilyerd@kanabechospital.org

Red Lake	Native Americans with diabetes	Red Lake Hospital 24760 Hospital Drive 56671 Many activities through the year. Call for information.	Eileen Sumner	(218) 679-3316	
Robbinsdale	General adult	North Memorial Out-Patient Center 3435 West Broadway, Education Center Classroom 2 nd Mon of month, 3:00-4:00 PM	Deb Vevea, RD, LD, CDE	(763) 520-7388	deb.vevea@northmemorial.com
Shakopee	General adult and spouses	St. Francis Regional Medical Center 1455 St. Francis Ave Joy/Justice Conference Room Meets 1 st Monday of month 7:00-8:30PM Does not meet Dec, Jun, July, Aug	Colleen Roethke, RN, CDE	(952) 403-3324	Colleen.roethke@allina.com
Slayton	General adult	Murray County Hospital 2042 Juniper Ave 56172 Call for times and information.	Betsy Plotz	(507) 836-1245	
St. Cloud	People with diabetes and their families- All ages	CentraCare Diabetes Center 1900 CentraCare Circle, 2 nd floor at Plaza Meets September-May, not in December, 6:30-7:30 PM	Bev Wiehoff	(320) 202-7759	http://www.centracare.com for class schedule
St. Louis Park	Women with type 2	International Diabetes Center – 6 th Floor 3800 Park Nicollet Blvd Meets 1 st & 3 rd Tuesdays of month, 6:00-7:30 PM	Kristin Kunzman, PsyD	(952-) 993-1921	kunzmk@parknicollet.com
St. Louis Park	Women with type 1	International Diabetes Center – 6 th Floor 3800 Park Nicollet Blvd Meets 2 nd Tuesday of month, 6-7:30 PM	Kristin Kunzman, PsyD	(952-) 993-1921	kunzmk@parknicollet.com

St. Louis Park	Men with type 1 or 2 are welcome	COMING SOON International Diabetes Center – 6 th Floor 3800 Park Nicollet Blvd ON HOLD - Will resume when enough members join. Email for information.	Fred Stechmann		Fredstechmann.com
St. Louis Park	Children (ages 6-12) and parents	Park Nicollet Clinic – 7 th Floor North 3800 Park Nicollet Blvd Meets 2nd Tues. of month (Feb-Apr., June, & Oct. –Nov.) from 6:30-8:00 PM	Marcia Meier Ruthann Wood	Marcia (952) 993-2032 RuthAnn (952)993-3194	meierm@parknicollet.com 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 Beth Olson	Beth (952) 992-1958	Loheits- typeoneteens@gmail.com Beth- olsonbe@parknicollet.com
St. Paul	Children Groups- K -2 nd grade 3-6 th grade 7-12 th grade	Children's Hospital 345 North Smith Ave. Meets 2 nd Tuesday of month (Oct. – April) 6:30-8:00 PM.	Lori Wondra	(651) 220-5238	lori.wondra@childrensmn.org
St Paul	Parents of Children with diabetes	Children's Hospital 345 North Smith Ave. Meets 2 nd Tuesday of month (Oct. – April) 6:30-8:00 PM.	Lori Wondra	(651) 220-5238	lori.wondra@childrensmn.org
St. Paul	Type 2	HealthEast Diabetes Center Meets at Davanni's 310 White Bear Ave N (near I-94) 1 st Monday of month at 6 PM	Marie Cravens	(651) 426-3956	
St. Paul	General adult- Type 1 and 2 & Families	Open Cities Health Center 409 Dunlap 55104 Every 3 rd Thursday of month, 12:00-1:30 PM	Edna or Martha	(651) 290-9200	Edna.scott@ohealthcenter.com

St. Paul	General adult- Type 1 and 2 & Families	Open Cities Health Center North End Clinic, 135 Manitoba Ave 55117 Call for schedule	Paula or Jean	(651) 489-8021	
Stillwater	Type 2 but type 1 are welcome	Stillwater Medical Group Specialty Clinic 1500 Curve Crest Blvd. Call for meeting times	Kris Orton	(651) 430-8717	Kriso@lakeview.org
Tracy	General	Sanford Tracy Hospital 251 5 th St E 56175 Meets 3-4 times a year. Call hospital for dates and times.	Desneige Gervais, RN	(507) 212-4212	gervaisd@sanfordhealth.org
Virginia	General Pre-Diabetes, type 1 & 2 & Adult Exercise Program	Virginia Regional Medical Center 901 9 th Street N Rm 217 Maintenance Exercise Program Monday-Friday, differing times, 4 hrs/day	Heather Parenteau	(218) 749-9409	heatherp@vrmc.org
Wadena	General Adult	Tri-County Hospital 415 North Jefferson St 56482 Meets 2 nd Mon of month at 6:30 PM	Pam Doebbeling, RN	(218) 631-3510 ext. 5376	Pam.doebbeling@tricityhospital.org
Wadena	Seniors / Elders	Tri-County Hospital 415 North Jefferson St 56482	Pam Doebbeling, RN	(218) 631-3510 ext. 5376	Pam.doebbeling@tricityhospital.org
Waseca	General adult -type 2, family & friends, Anyone is welcome	Waseca Med Center – Mayo Health System 501 N State Street Meets 3 rd Wednesday of month (Jan, March, May, July, Sept, Nov) 6:30-7:30 PM	Sue Seykora, RD	(507) 781-8267	Seykora.susan@mayo.edu
Windom	General Adult-Educational	Meets at Windom Area Hospital 1 st Tuesday of month- Jan, Mar, May, Nov, Meets in Mt. Lake other months 6:45-8:30 PM	Jennie Geertsema	(507) 831-2400	Website: http://windomareahospital.com
Woodbury	Insulin pumpers	HealthEast Diabetes Center Meets at Woodwinds Campus, 1925 Woodwinds Dr, Oak Conference Center 4 th Monday of month (September-May), 6:00-7:30 PM	Diane Hanson	(651) 232-6322	dmhanson@healtheast.org

Wyoming	General	Fairview Lakes Regional Medical Center 5200 Fairview Blvd. 55092 Meets 2 nd Tuesday of month, 5:30-7 PM (September-May)	Diabetes Educator	(651) 982-7787	
---------	---------	--	-------------------	----------------	--

UPDATED February 2010

This diabetes support group listing is a joint effort between the American Diabetes Association – Minnesota Area, the Minneapolis – St. Paul Diabetes Educators, The Minnesota Department of Health, the Northern MN Chapter of AADE and the Southern MN Chapter of AADE.