



# South Central District Health

*Keeping your family & community healthy*  
1020 Washington Street North \* Twin Falls, ID 83301  
208-737-5900

September 29, 2006

## **PRESS RELEASE – For Immediate Release**

Contact: Susie Beem, Diabetes Program Coordinator 737-5946

### **Free Foot and Eye Screenings, Nutrition Education for People with Diabetes Offered During District Health Flu Clinics**

The Magic Valley Diabetes Coalition is offering a special “Head to Toe” opportunity for people with diabetes during some South Central District Health influenza clinics.

Eye screenings, foot exams, and diet education will be offered free of charge to people with diabetes after they receive their influenza and pneumonia vaccinations. There are a limited number of spaces for the diabetes screening, so people are encouraged to call early to reserve their spot. These “Head to Toe” clinics will take place on the following schedule:

<b>TOWN</b>	<b>DATE AND TIME</b>	<b>PLACE</b>	<b>CALL FOR AN APPOINTMENT</b>
<b>Fairfield</b>	Oct. 17 (Tuesday) 9 a.m. – Noon	Fairfield Senior Center 129 West Willow	934-4477
<b>Richfield</b>	Oct. 19 (Thursday) 9 a.m. – Noon	Richfield Senior Center 130 South Main	324-8838
<b>Twin Falls</b>	Oct. 20 (Friday) 8:30 a.m. – Noon	South Central District Health CSI Campus	737-5900

When making an appointment for an influenza shot, please tell the receptionist that you have diabetes and that you are interested in the free screenings. Flu shots are \$19 and pneumonia shots are \$35. If both shots are administered at the same time, the cost is \$46. Both vaccinations are covered by insurance, Medicaid, and Medicare. Medicare, however, will cover only the first pneumonia shot for people over the age of 65.

The American Diabetes Association and the Idaho Diabetes Prevention and Control Program recommend that people with diabetes receive, at least annually, a dilated eye screening, a neurosensory foot examination, and an influenza vaccination. People with diabetes should also receive a pneumonia vaccination. It is safe to have in conjunction with flu vaccine, and for most people, one pneumonia vaccination provides lasting protection.

Also on Oct. 20 in Twin Falls, the national Medicare Bus Tour will stop at the District Health office to introduce its “My Health. My Medicare” campaign to southern Idaho. “My Health. My

Medicare” is the next step in helping the 43 million Americans with Medicare make the most of their benefits, so they can stay healthy and spend less on their medical care. The bus carries Medicare experts to help local beneficiaries learn more about the importance of Medicare’s preventive benefits and affordable prescription drugs. This bus tour will also introduce new tools to assist beneficiaries in the next Medicare Part D enrollment period, which begins Nov. 15.

For more information about diabetes, contact Susie Beem at South Central District Health, 737-5946. For more information about the national Medicare Bus Tour, contact Monie Smith, 737-5978.

###