



Irma Jean Driver
Cedar St. Baptist Church

November 14, 2019
Missouri Bootheel Regional Consortium
Bootheel Health Alliance
903 South Kingshighway Street, Suite A
Sikeston, MO 63801

Dear Bootheel Health Alliance,
The Power to Prevent Program was a great help to me and my family, because my daughter has Type 2 diabetes so it gave me information on how to help. I really enjoyed the class it was very informative and I have told others as well as my family to participate in the classes. I wrote what I learned in the Poem. Our instructor Teresa Rose was knowledgeable and made the classes enjoyable to come to and learn. I look forward to more participation with the program in the future.
Thanks to all.

Sincerely,
Irma Jean Driver
Power to Prevent Class Graduate
Cedar Street Baptist Church

WE LEARNED

Awareness made simple for God's holy temple.
We learned that diabetes we could defeat depending on what we eat.
We learned A1C numbers, and we learned it's best to eat from farmers.
We learned that when we shop we should check labels,
So we know what goes in God's temples and on our tables.
We learned the "Diabetic Do's and Don'ts," and how to eat what we need and not what we want.
We learned how plenty of fluids could help us win,
And how not to give in to gluttony, for it is a sin.
We learned the importance of exercise and the role it plays in our lives.
We learned, for a diabetic, a small card that would identify
Could determine whether we live or die.
We learned that if we'd continue to make healthy choices, that further down the road,
We wouldn't have to count our losses.

-Irma Jean Driver, Cedar Street Baptist Power to Prevent Class Graduate 2019

Gracie & Archie Robinson
Cedar Street Baptist Church

November 14, 2019

Missouri Bootheel Regional Consortium
Bootheel Health Alliance
903 South Kingshighway Street, Suite A
Sikeston, MO 63801



Dear Bootheel Health Alliance,

The Power to Prevent program has affected my family by providing me with information I can use to help myself and my husband. My husband was diagnosed with type 2 diabetes some years ago and the program gave insight on causes, signs, symptoms, healthy eating lifestyles, and ways to manage diabetes. We learned to check our numbers and how to communicate with our doctor. We are more aware of our health and the importance of exercise. The ABC cards were great to take with us to the doctor's office as well. I love that the instructor was very patient, thoughtful and very close in contact with our church and the program participants. We are and were able to stay in contact with Mrs. Rose, our teacher, who calls us and contacts us with follow ups, the easy access to her is amazing and most important with a program, most times you get a recording. We really want to thank Power to Prevent for helping us as a church and family. We now know so much more.

Sincerely,
Gracie & Archie Robinson
Power to Prevent Class Graduate
Cedar Street Baptist Church
Hayti, MO



The Diabetes class provided an environment of welcoming and learning at the same time. The congregation was put at ease day one of the class and we felt right at home because the format was engaging. We learned about how stress and depression are symptoms of diabetes. It is called "Double Trouble" therefore we must take care of our mental health as well.

Pastor Johnny Advance, Grace Tabernacle



The Power to Prevent classes were well attended and the healthy snacks were great incentives. Our congregation enjoyed learning about healthy foods, exercise and the ABC's. The information was eye-opening as it related to how diabetes affects your body organs. We as a church now know the importance of fighting this chronic disease.

Pastor Arthur Cassell, Mercy Seat Baptist Church



The Power to Prevent class is great for our community as it gives individuals the opportunity to concentrate on an illness that impacts them personally. The Charleston Housing Authority is definitely a partner as this illness impacts many of our tenants. We will continue to provide space and support as you continue to educate our residents.

Paul Page, Executive Director Charleston Housing Authority



The Diabetes education program was a breath of fresh air. The educators were very engaging and very knowledgeable on the subject. Our church was truly blessed with a wealth of information with the understanding that you can live a full life with diabetes, but a change in lifestyle has to occur.

Pastor Paul Johnson, Greer Chapel Baptist Church