

My name is Brandy Haba. I am 26 years old and I am an insulin-dependent diabetic. Before I got my HCS slot and started with Mosaic, my doctor said my diabetes was uncontrollable. My blood sugar stayed in the 300-400 range. I usually ate fast food or frozen dinners. Since I have been with Mosaic, Irma (the nurse) has taught me what foods I should eat and how much I need of each food group. Kathy, the staff at my house, helps me fix food that is on my diet. I still like fast food, but now I know what I foods I should choose when I eat out. My blood sugar now stays between 100-140 and I have lost more than 40 pounds. I also don't have to take as much insulin as I used to. Mosaic has also changed my life in ways to bring up my self esteem, not get so nervous and upset, and to control my anger.

I like the HCS program because I get to make my own choices. When I started with Mosaic I lived with my parents. I fought with my mom a lot because she still thought of me like I was a kid. Since I am an adult I decided I would like to try living somewhere else, so I moved to a group home. After a while I wanted to move back home so I was able to do this. Now I live in a group home again and I hope to live in my own apartment soon. Mosaic helps me to get along with my parents, so we don't get mad at each other. I am learning the things I will need to know in order to live on my own. I am learning about the computer and how to take care of my own bills and do chores around the house so I can be on my own. My mom is proud of me and treats me more like an adult. Mosaic has also changed my life so I was able to get into college.

When I lived at home I mostly just did stuff with my family. I didn't go on dates or do things with friends. Now I have lots of friends that I met at day hab. Mosaic has made a difference; they changed my life. I have gone on dates and have a boyfriend. None of these things were happening before I got my HCS slot. Please don't cut Medicaid funding; it helps change lives like mine through programs like HCS.