

Diabetic Monthly

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Gunnison Valley Diabetes Self-Management Education Program
45 East 100 North Gunnison, Utah 84634

February Support Group: Understanding the Processes of Diabetes.

This month I would like to focus on some basics. Why does diabetes occur? What are the signs and symptoms that may signal a problem? What organs or systems in my body can be affected by this condition?

Understanding how or why diabetes occurs, and the reactions within your body can give us knowledge and confidence to deal with our own health. This may be a way for family members and friends to understand what is taking place, and why we must sometimes change lifestyles or habits.

As always, this support group is **free** of charge and **everyone** is welcome to attend. Family and friends are also welcome, as they can offer a lot of support and encouragement when it comes to understanding Diabetes.

I look forward to meeting you!

Raelyn Christensen, RN

Support Group Schedules

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

February 15, 2011 at 3:00 – 4:00pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

February 22, at 11:00am – 12:00pm

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Having courage to set goals for change

Diabetes Wellness News Vol 17 #1,pg 5,and Vol 15 #3, pg 5

With a new year underway, many of us are thinking of what we would like to achieve or accomplish in 2011. Changing habits and behavior, or setting meaningful goals is not always easy, and may require planning. Once you have decided what you want to do different, then you can plan how to implement these goals. It is important to make small changes over time. Breaking up challenging goals into small steps can help you be successful. You may want to set a small goal for each month to reach your ultimate goal by the end of the year.

*"If you think
you can,
you're right.
If you think
you can't,
you're also
right."*

*---Henry
Ford*

Write your goals down. Be specific, and include measurable activities so you can actually track your progress. This will help you feel a sense of accomplishment, and keep you motivated.

Believe it or not, our minds don't always keep our best interests in mind! Most of us naturally resist change. We need to avoid these "Habit-changing Myths."

1. *"I have so many bad habits, why bother changing."*

Doing a little can make all the difference! No matter how many unhealthy habits we have collected, only two or three of the most unhealthy are the cause of our problems, for example, smoking, overeating, or inactivity. What one or two habits, that if you were to change them, would have the biggest positive impact on you health?

2. *"You can't teach an old dog new tricks."*

First off... We are NOT dogs! Research shows anyone can learn something new. With habits, we must learn to *do* one thing, and *not do* another. Eliminate temptations around you, and get support from friends and family.

3. *"I must not want to change badly enough."*

Forgive yourself for "blowing it" and recommit just as many times as you failed. The U.S. space missions to and around the moon were only on target 8% of the time. The rest of each mission was spent correcting and re-correcting course. Isn't that how diabetes "control" seems to work, too?

4. *"I failed before and I will fail again."*

Remember, we don't have to be perfect. We change in spite of our guilt, not because of it. Keep ingraining the behavior you want to possess. You haven't failed if you haven't stopped trying!

5. *"I just don't have the motivation or self-discipline to change."*

Self-discipline is not a matter of genes or talent. Simply clear one little milestone, and then another, and over time self-discipline AND self-confidence will soar! The mind begins to learn who is boss each time we exercise our will, and the benefits carry over into every goal and commitment we set.

Ultimately, discipline gives us power over the complaints of our small mind. It actually creates choice and freedom.

MIND OVER DIABETES!

Tip of the Month...

Taken from "My Carbohydrate Guide" Eli Lilly Co.

How can I follow my diet when eating out?

Most fast food restaurants provide nutrition facts brochure or nutrition information can be found on their Web sites. Practice measuring foods at home to learn how to estimate portion sizes in a restaurant.

Try different restaurants. Look over the whole menu and then select items that best meet your needs.

Remember when eating out that portion sizes are often large. You may get more fat and sodium than you need. You may not get many fruits or vegetables, and you usually do not get much fiber.

Here are some tips that may help:

Look for healthier methods of cooking, such as steamed, grilled, roasted, boiled, baked, poached, lightly sautéed.

Don't be afraid to ASK for what YOU want. For example, how was the food cooked, salad dressings on the side, smaller or half portions available, less sauce in general, extra veggies on the side.

There may be things you can skip altogether, like appetizers, bread & butter.

A Quick Introduction...

Let me introduce myself. I am Raelyn Christensen, a registered nurse with Gunnison Valley Home Care. I am excited to be working with Angie and learning about the Diabetic Program. (There is a lot to learn!)

Our plan is to continue teaching through support groups, health fairs, and on an individual basis. I look forward to meeting our Diabetic clients, their families, and friends that attend the monthly support groups.

Please feel free to contact me at Gunnison Valley Home Care with any question, concerns, or comments.

Recipe of the Month: Pumpkin Raisin Bars

Makes 12 servings. Serving size: 1 bar

Ingredients:

2 eggs
1 ½ cups bran cereal
2 tsp baking powder
1 tsp pumpkin pie spice
¼ cup (1/2 cube) butter or margarine, softened
½ cup firmly packed brown sugar
½ cup canned pumpkin
½ cup raisins

1. Beat eggs in small bowl. Stir in Bran cereal, let stand 5 minutes.
2. Mix flour, baking powder and pumpkin pie spice in another small bowl.
3. Beat butter and sugar in large bowl with electric mixer on medium speed until light & fluffy. Beat in cereal mixture and pumpkin. Stir in flour mixture and raisins until well blended. Spread batter in greased & floured 9 inch square pan.
4. Bake at 350 degrees for 25-30 minutes, or until toothpick inserted in center comes out clean. Cool in pan on wire rack. Sprinkle with dash of powdered sugar, if desired. Cut into squares.

Nutrition information per serving.

Calories 130
Total fat 5 g
Saturated Fat 1 g
Cholesterol 35 mg
Sodium 140 mg
Total Carbs 20 g
Dietary fiber 2 g
Sugars 15 g
Protien 2 g

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