



# HHHS Diabetes Education Network



Contact Us:

Haliburton: 457-1392 ext 241

Minden: 286-2140 ext 296



Autumn 2011

Self Referrals Welcome

Volume 4, Issue 2

## Basic Workshop Dates

### Haliburton

Tues Dec 7, 10 9am-12pm

Tues Jan 4, 2010 9am-12pm

Tues Feb 8, 2010 9am-12pm

Tues Mar 15, 2010 9am-12pm

### Minden

Mon Dec 6, 2010 9am-12pm

Mon Jan 3, 2010 9am-12pm

Mon Feb 7, 2010 9am-12pm

Mon Mar 14, 2010 9am-12pm

## Beyond the Basics Workshop Dates

### Haliburton

Tues Nov 23, 2010 9am-12pm

Tues Jan 25, 2010 9am-12pm

### Minden

Mon Nov 29, 2010 9am-12pm

Mon Jan 24, 2010 9am-12pm

There will be No Beyond the Basics workshop held at either site in December due to the holidays.

**Call Us to Book**

Don't forget about

## Weighing in For Health

Benefit from a 15 minute appointment once a month to weigh-in, be measured and discuss with our staff how to achieve your weight loss goals! Self referrals welcome. Available in both sites.

## Label Reading Presentation

*Date: Friday December 16, 2011-Minden*

*Friday February 17, 2012-Haliburton*

*Time: 1pm-3pm*

*Learn how to properly read food labels by our Registered Dietitian. Find out how the foods you are eating affect your health and blood sugars and*

*Please call to book. Space is limited!*

## November is Diabetes Month

*Did you know that World Diabetes Day is November 14<sup>th</sup>, 2011. Sir Frederick Banting's Birthday!*

*Sir Frederick Banting the main discoverer of insulin would be 120 years old this year .*

*1.9 million new cases of diabetes were diagnosed in people aged 20 years and older in 2010.*

2011 is the 90th Anniversary of Insulin

Presentation

Complications of Diabetes-Why Numbers Matter

Date: Tuesday November 22, 2011

Time: 2pm

Location: Minden Hospital

Presented By: Judy Webb

*Welcome Stephanie Kumo to the Diabetes Education department.*

*Stephanie is an RN and will be working out of both sites to cover Trish's maternity leave.*



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## Zesty White Bean and Turkey Chili

- 2 Tbsp canola oil 25 ml
- 2 2/3 Cups chopped onion
- 4 Garlic cloves, finely minced
- 1/3 cup seeded and minced jalapeno pepper 75 ml
- 6 Cups fat-free reduced sodium chicken broth 1.5L
- 3 cans of beans drained and rinsed
- 2 cups diced, cooked turkey breast 500ml
- 1 1/2 cups frozen sweet corn kernels 375ml
- 2 tsp ground cumin 10ml
- 1 tsp chile peppers 5 ml
- 1 1/2 fresh lime juice 7 ml
- 2 tsp finely minced fresh cilantro 10 ml

### Instructions

1. In a large Dutch oven, heat canola oil over medium-high heat. Add onion and garlic and sauté for 5 minutes. Add jalapeno pepper and sauté until onions are tender.
2. Add chicken broth, beans, turkey and corn. Bring to a boil.
3. Reduce heat to medium-low. Add cumin and chile peppers. Simmer 35 minutes.
4. Stir in lime juice and simmer additional 5 minutes.
5. Stir in cilantro immediately before serving. Serve

Yield: 12 servings

Serving Size: 1 Cup

Calories 245

Total Fat 3g

Saturated Fat .3g

Cholesterol 43mg

Sodium 250mg

Carbohydrate 29g

Fiber 9g

Protein 26g

Choices: 1 1/2 carbohydrates: 3 meat and alternative



### Staffing

Catherine Neville, Administration

Judy Webb, RN, CDE

Kimberley Hicks, RD, CDE

Trish Byrne, RN, CDE

Stephanie Kuno, B.Sc., RN

## Fighting the Financial Foes of Diabetes

Sometimes the financial burden of a chronic disease, such as Diabetes, can be overwhelming. We were very fortunate to have had 2 insightful and informative guest speakers recently join us for a discussion on "Financial Assistance for People with Diabetes". Amy Mansfield, Pharmacist from Shoppers Drug Mart and Jen Bergman, Social Worker from the Family Health Team. Here are some highlights from the presentation:

### Financial Assistance for Blood Glucose Testing/Insulin Supplies and Medications:

- **ODB (Ontario Drug Benefit)**- covers the cost of glucometer strips and most medications for everyone over the age of 65 years, those on disability and those on Ontario Works. Speak to your local Pharmacist for details.

- **Trillium**- government drug plan for people of any age (i.e. Self-employed). Covers the cost of strips and most medications. For more information or to apply contact 1-800-575-5386 or www.gov.on.ca/health

**Private Insurance Plans**- usually set-up through your workplace or something you pay into privately. Usually covers the cost of strips and most medications (sometimes only partial coverage).

Lancets (single use needles used to poke finger to test blood sugars), Insulin Pen Needle Tips and Insulin Syringes/Needles are **NOT COVERED** by most drug plans (including ODB/Trillium). Private Plans may cover.

- **CDA Monitoring for Health Program**- Some coverage for lancets and strips for people who take insulin or have gestational diabetes and have no other coverage. Apply by contacting your Diabetes Education Center or by contacting 1-800-361-0796.

**Syringes for Seniors Program**- Anyone over the age of 65 years and injects insulin. An annual payment of \$170 for those who successfully apply. Get your application from your Diabetes Education Center or by contacting 1-800-268-6021.

### Other Financial Aid Resources:

- Contact the manufacturer of your Glucose Meter (1-800 # found on the back of your meter) for replacement batteries, control solution, replacement meters and information.

Contact your Pharmacy and/or Diabetes Education Center- we often have needle tip samples, lancet samples, coupons and have access to compassion insulin/medications. **It never hurts to ask!!**

**Tip: Ask your local pharmacy for any promotions or Senior's Day you can get great discounts.**

**All needles are intended for single use only! Contact the Diabetes Education Network if you want more information / assistance on how to get some help covering the costs of lancets and/or needle tips.**

### Where to Find Low Cost Food in Your Community

**The Good Food Box:** Available to anyone who wants to stretch their food budget. Receive a monthly large bag/box of fresh fruits & vegetables for \$15. For more information call Mary @ (705) 448-1128.

**Local Food Banks:** Minden: (705) 286-6838

Haliburton: (705) 457-3331

Cardiff: (613) 339-2397

Wilberforce: (705) 448-9707

**Community Garden:** Available to all. Contact the Health Unit @ (705) 457-1391

**Meals on Wheels:** Delicious, frozen meals that are delivered to your home for \$4.25/meal. Subsidy available if required. Contact Ida @ (705) 457-2941, ext.226.

For more information on additional services please contact the Diabetes Education Network

## Too Wet Outside To Go For A Walk?

Both Haliburton and Minden Sites offer an air conditioned, dry environment to keep you cool while you go for your daily walk. Follow the footsteps around the building with our walking club. Please sign in. Sign in books are located in the front office in Haliburton and on the wall of windows facing the cafeteria in Minden. Hours are Monday to Friday 9:00am to 4:00 pm.

Congratulations to the Byrne Family who welcomed a Baby boy into their family on November 3, 2011

**Welcome  
Quinn Patrick**