



Contact Us:
Haliburton: 457-1392 ext 241
Minden: 286-2140 ext 296



Summer 2012

Self Referrals Welcome

Volume 4, Issue 3

Basic Workshop Dates For 2012

Minden

Tues Aug 14 9am-12pm
Tues Sept 11 9am-12pm
Tues Oct 2 9am-12pm
Tues Nov 6 9am-12pm

Haliburton

Mon Aug 13 9am-12pm
Mon Sept 10 9am-12pm
Mon Oct 1 9am-12pm
Mon Nov 5 9am-12pm

Beyond the Basics Workshop Dates For 2012

Minden

Tues Aug 28 9am-12pm
Tues Sept 25 9am-12pm
Tues Oct 30 9am-12pm
Tues Nov 27 9am-12pm

Haliburton

Mon Aug 27 9am-12pm
Mon Sept 24 9am-12pm
Mon Oct 29 9am-12pm
Mon Nov 26 9am-12pm

**Call Us to Book
Everyone Welcome**

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 August 17 2012-Minden
Friday September 21, 2012-Haliburton
Time: 1pm-3pm
Learn how to read food labels with our Registered Dietitian. Find out how the foods you are eating affect your health and blood sugars and empower yourself to make the right choices

Using your Glucose Meter Effectively
See what is new and make it work for you
Date: Thursday Aug 9, 2012
Time: 2:00pm
Place: Haliburton Hospital Ruth Parks Room
Call to register
705-286-2140 ext 296
705-457-1392 ext 241

Sodium Presentation
Where is it hiding in your diet??
Date: Wednesday Aug 29, 2012
Time: 1:00pm
Place: Minden Hospital
Call to register
705-286-2140 ext 296



Recipe of the Month



Double Berry Pie Squares

- 1/3 cup sugar or sugar substitute* equivalent to 1/3 cup sugar
- 1 envelope unflavored gelatin
- 1 pound fresh strawberries, hulled and diced
- 1 12 ounce package frozen raspberries, thawed
- Nonstick cooking spray

- 2/3 cup finely crushed graham crackers
- 2 tablespoons sugar or sugar substitute* equivalent to 2 tablespoons sugar
- 2 tablespoons butter, melted

1/3 cup frozen sugar-free whipped dessert topping, thawed

For filling: 1. In a large saucepan, combine the 1/3 cup sugar and the gelatin; add strawberries and raspberries. Cook and stir over medium-high heat until gelatin is dissolved and mixture is simmering.

2. Transfer berry mixture to a shallow bowl. Chill about 45 minutes or until mixture begins to set up around the edges, stirring occasionally.

For crust: 3. Lightly coat a 2-quart square baking dish with cooking spray. In a medium bowl, stir together finely crushed graham crackers, the 2 tablespoons sugar, and the melted butter. Press graham cracker mixture evenly over the bottom of the prepared baking dish. Place in freezer while chilling filling.

4. Carefully pour filling over the crust. Chill about 3 hours or until filling is completely set.

5. Cut into squares to serve. Top with whipped dessert topping. Makes 9 servings (1 square and 1/2 tablespoon dessert topping per serving)

Tip

***Sugar Substitute:** Choose from Splenda® Granular or Sweet'N Low® bulk or packets. Follow package directions to use product amount equivalent to 1/3 cup and 2 tablespoons sugar.
 PER SERVING WITH SUBSTITUTE: same as above, except 103 cal., 16 g carb. other carb. Carb Choices: 1.

Nutrition Facts Per Serving:

- Servings Per Recipe: 9
- Calories: 138
- Protein(gm): 2
- Carbohydrate(gm): 25
- Fat, total(gm): 4
- Cholesterol(mg): 7
- Saturated fat(gm): 2
- Monosaturated fat(gm): 1



Exercise Presentation

Learn how exercise can be an everyday part of your life and how to set personal goals

**Date: Wednesday
September 26, 2012**

Place: Minden Hospital

**Date: Friday
September 28, 2012**

Place: Haliburton Hospital

**Call to register
705-286-2140 ext 296
705-457-1392 ext 241**



Living with Chronic Disease

Join us for a 1 hour presentation discussing chronic disease including diabetes.

Date: Tuesday September 11, 2012

Time: 1pm-2pm

Location: Minden Hospital

Call to Register 705-286-2140 ext 296

Staffing

- Catherine Neville, Administration
- Judy Webb, RN, CDE
- Kimberley Hicks, RD, CDE
- Trish Byrne, RN, CDE
- Stephanie Kuno, B.Sc., RN

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.

