



HHHS Diabetes Education Network



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

Basic Workshop Dates For 2013

Minden

Tues Feb 5 9am-12pm
Tues March 5 9am-12pm
Tues April 9 9am-12pm
Tues May 7 9am-12pm

Haliburton

Mon Feb 4 9am-12pm
Mon March 4 9am-12pm
Mon April 8 9am-12pm
Mon May 6 9am-12pm

Beyond the Basics Workshop Dates For 2013

Minden

Tues Feb 26 9am-12pm
Tues March 26 9am-12pm
Tues April 30 9am-12pm
Tues May 28 9am-12pm

Haliburton

Mon Feb 25 9am-12pm
Mon Mar 25 9am-12pm
Mon April 29 9am-12pm
Mon May 27 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.



Winter 2013

Self Referrals Welcome

Volume 5 Issue 1

Presentation by Dr. Heyes to the Community

Date: Thursday March 28th, 2013

Time: 11-2 pm

Location: Haliburton Hospital

Dr. Heyes will be presenting to the community on Diabetes Management as per the revised 2013 CDA Clinical Practice Guidelines. More details to follow or you can call our office at 705-457-1392 ext 241 for inquires or to register.

There will be a free lunch provided!

Recipe Makeover

So you may be looking to shed a few extra pounds, to decrease your blood sugars, blood pressure or cholesterol without changing your eating habits completely. Well, here are a few tips to modify your favorite recipes at home and keep those healthy eating goals in mind.

1. **Reduce the amount of fat, sodium and calories**

- **Fat.** Use half the desired amount of fat (margarine, butter or oil) and replace with unsweetened applesauce, mashed banana or prune puree.
- **Sugar.** Reduce the amount of sugar by one half. Instead, use spices like cinnamon, nutmeg, ginger or flavorings like vanilla or almond extract to boost flavor.
- **Salt.** Reduce salt by one half or eliminate all together. If using yeast use some salt which is necessary for leavening.

2. **Make a healthy substitution**

- Use whole pasta, rice or breads to reduce calories, increase fiber and stabilize blood sugars.
- Use fat free milk and low fat cheese to really reduce calories and fat.
- When making casseroles reduce the amount of meat and increase the amount of vegetables. You'll cut calories and increase vitamins, minerals and fiber.

3. **Cut back some ingredients**

Toppings for appearance (frosting, coconut or sprinkles) can really add up in calories
Condiments such as salt, sugar, ketchup, jellies, butter or mayonnaise can really increase your sodium and calories

Reduce cheese in recipes- if recipe calls for 1 cup of shredded cheese use a half a cup.

Experiment at home and see what you can come up with. There is no need to eliminate foods that you love- just improve them!

**If this topic interests you we will be hosting a "Recipe Makeover" group session March 1st 2013 at the Haliburton Hospital or March 6th 2013 at the Minden Hospital. Please call (705) 286-2140 ext. 296 to register.



Recipe of the Month

Improved Mac & Cheese

Ingredients

- 3 tablespoons plain dry breadcrumbs,
- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon paprika
- 1 16-ounce or 10-ounce package frozen spinach, thawed
- 1 3/4 cups low-fat milk, divided
- 3 tablespoons all-purpose flour
- 2 cups shredded extra-sharp Light Cheddar cheese
- 1 cup low-fat cottage cheese
- 1/8 teaspoon ground nutmeg
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 8 ounces (2 cups) whole-wheat elbow macaroni, or penne

Preparation

1. Put a large pot of water on to boil. Preheat oven to 450°F. Coat an 8-inch-square (2-quart) baking dish with cooking spray.
2. Mix breadcrumbs, oil and paprika in a small bowl. Place spinach in a fine-mesh strainer and press out excess moisture.
3. Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.
4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.

Bake the casserole until bubbly and golden, 25 to 30 minutes

Nutrition

Per **serving (1/4 the recipe)**: 576 calories; 22 g fat (11 g sat , 2 g mono); 69 mg cholesterol; 63 g carbohydrates; 37 g protein; 9 g fiber; 917 mg sodium; 403 mg potassium.

****Serve with a side garden salad to boost fiber, vitamins and nutrients**

Insulin Presentation– Find out How NOT Scary Insulin Therapy Can Be!

Date: Monday March 25 2013

Location: Haliburton Hospital Time: 2-4pm

Join Trish Byrne , Registered Nurse and Certified Diabetes Educator for an educational hands on approach to better understanding the details of adding insulin therapy to your diabetes management. This is a great session for anyone who may be thinking about starting insulin or for those people who are looking to maximize the benefits of using insulin. See up close what it really means to "inject" insulin and find out how NOT scary the idea of using insulin can really be!
 Call to register 705-457-1392 ext 241

Exercise Presentation

Learn how exercise can be an everyday part of your life and how to set personal goals. Learn what to do with an exercise band.

Date: Wednesday

January 23, 2013

Place: Minden Hospital

Place: Haliburton Hospital

Date: March 21, 2013

Place: Haliburton Hospital



Diabetes Burnout

Date: Wed January 30, 2013

Time: 1:30pm

Location: Minden Hospital Boardroom

Join Judy Webb RN,CDE for a discussion about what drives you crazy about managing your blood sugars 24 hours of every-day.

Staffing

Catherine Neville, Administration

Judy Webb, RN, CDE

Kimberly Hicks, RD, CDE

Trish Byrne, RN, CDE

As of April 1, 2013 we will sadly say good-bye to Judy Webb as she will be retiring. Her replacement is TBA.

Too Wet Outside To Go For A Walk?

Both Haliburton and Minden Sites offer a warm, dry environment to keep you safe 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.

