



# HHHS Diabetes Education Network



Contact Us:  
 Haliburton: (705) 457-1392  
 ext 2241  
 Minden: (705) 286-2140  
 ext 3296



Winter 2015

Self Referrals Welcome

Volume 5 Issue 2

## Just the Basics Workshop Dates For 2015

### Minden

Tues Feb 3 9am-12pm  
 Tues March 3 9am-12pm  
 Tues April 14 9am-12pm  
 Tues May 5 9am-12pm

### Haliburton

Mon Feb 2 9am-12pm  
 Mon March 2 9am-12pm  
 Mon April 13 9am-12pm  
 Mon May 4 9am-12pm

## Beyond the Basics Workshop Dates For 2015

### Minden

Tues Feb 24 9am-12pm  
 Tues March 31 9am-12pm  
 Tues April 28 9am-12pm  
 Tues May 26 9am-12pm

### Haliburton

Mon Feb 23 9am-12pm  
 Mon March 30 9am-12pm  
 Mon April 27 9am-12pm  
 Mon May 25 9am-12pm

**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.

## MedsCheck

Medication shouldn't be confusing.

**Managing multiple medications or diabetes is no easy task. With all the different instructions and potential side effects it's hard to know if the medications you take on a daily basis are working as well as they should. There's a way to make sure you're getting the most from your medications.**

**MedsCheck is a program that allows you to schedule a 20 to 30 minute one-to-one meeting with your community pharmacist to ensure that you are safely and appropriately using all types of medication. Think of it as a comprehensive medication review. And it's free! Just bring your OHIP card. The MedsCheck appointment is your chance to discuss how your prescription, over-the-counter and alternative medications may be affecting each other.**

**To learn more about MedsCheck talk to your Pharmacist or  
 (contact INFOLINE 1-866-255-6701 or TTY 1-800-387-5599 )**



Diabetes Money Saving Tips, Advice and Programs.  
 A Diabetes Community Resource Fair  
*We all know living with diabetes can be expensive. Make sure you know all the ways that you can make your dollar stretch.*

Date: Tuesday Feb 17th from 1-3pm at the Minden Hospital Fireside Lounge.  
 Some of the Organizations represented include;

- Ontario Disability Support Program
- Community Care
- Ontario Works
- Canadian Diabetes Association
- VON Smart Exercise Program
- SIRCH
- Tax Information by Dawson Gray Accountants
- The Good Food Box
- Plus Others

Visit the booths, hear what is available in our area and ask one to one questions.  
 There will be door prizes and giveaways for all who attend. Everyone Welcome.  
 Call 705-286-2140 Ext 3296 for more Information.

## Butternut Squash and Apple Soup



### Ingredients

- 2 cups water 500 mL
- ½ cup wild rice 125 mL
- ½ cup sliced almonds 125 mL
- 1½ Tbsp canola oil 20 mL
- 1 cup chopped onion 250 mL
- 2 cups low-sodium chicken broth 500 mL
- 2 cups water 500 mL
- 1-3 lb butternut squash, peeled and flesh cut into 1-inch cubes to yield 8 cups 500 g-1.5 kg
- 1 Granny Smith apple, peeled, cored and coarsely chopped
- 1 bay leaf
- 1 cinnamon stick
- ½ tsp salt, optional 2 mL
- ½ tsp nutmeg 2 mL

### Instructions

- In medium saucepan, bring 2 cups (500 mL) water to a boil and add wild rice. Reduce heat, cover and simmer for about 45 minutes or until water is evaporated and rice grains have split open. (Check occasionally to ensure water does not evaporate too quickly causing rice to burn). Drain any excess water and set aside.

In non-stick skillet over medium-high heat, toast almonds to golden brown, about 1-2 minutes. Watch so they don't burn. Remove and set aside.

In large soup pot, heat canola oil over medium-high heat. Add onions, reduce heat to medium and cook for 3-4 minutes or until opaque; do not allow onions to brown. Stir in broth, water, squash, apple, bay leaf and cinnamon stick. Bring to a boil and then reduce heat and simmer for 25-30 minutes or until squash and apples are tender. Remove from heat and remove bay leaf and cinnamon stick.

Purée soup with immersion blender or food processor. Return to low heat and stir in salt (if using) and nutmeg. Stir in wild rice to heat through. Spoon soup into bowls and garnish each bowl with 1 Tbsp (15 mL) toasted almonds.

### Notes

Yield: 12 servings. Serving Size: 1 cup (250 mL).

## Exercise Workshop

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

**Place: Minden Hospital**  
**Date: Tuesday February 10, 2015**  
**Tuesday May 19, 2015**

**Call for Haliburton dates.**

**Call to register**  
**705-286-2140 ext 3296**  
**705-457-1392 ext 2241**



## Public Skating

**Haliburton - \$2.00**  
 Wednesday 11-12:30  
 Thursday 12:00-1:30 (adult Only)  
 Sunday 11-12:30

**Minden - By Donation**  
 Wednesday 12:00-2:00pm  
 Sunday 12:00-2:00pm

**Wilberforce - Free**  
 Sunday 12:30-2:00pm

## Need an Appointment in Wilberforce?

We are in Wilberforce every other month. Call now to book your appointment to see us.

Minden 705-286-2140 ext 3296  
 Haliburton 705-457-1392 ext 2241

## Label Reading Workshop

*Presented quarterly at each site. Learn how to interpret the nutrition facts table and ingredient list. We will also discuss how food is marketed.*

**Call to register**  
**705-286-2140 ext 3296**  
**705-457-1392 ext 2241**

## Staffing

**Catherine Neville, Administration**  
**Stephanie Kuno, Bsc, RN, CDE**  
**Kimberley Hicks, RD, CDE**  
**Trish Byrne, RN, CDE**

## 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.

