

# Diabetic Monthly

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

## Merry Christmas and Happy New Year!!!

I want to wish each of you a wonderful holiday season. It has been so nice getting to know each of you, and look forward to the New Year. Now is a great time to let me know of any suggestions you may have for Support Group topics for next year. Just give me a call, write a short note, or stop by the office if you're in the area. I would love to hear from you.

The month of December is such a busy time that we aren't going to have Diabetic Support Group this month. I want you to have all the time you need to be with your family, and enjoy the season. January Support Group will be the reduced cost A1C tests. We will have them available in Gunnison and Monroe. The tests only cost \$5.00, which is an amazing price. I will send you more information in January about the date and times. Remember that everyone is invited to attend, even those that have never been diagnosed with diabetes can benefit. Most people have diabetes for months or years before they are diagnosed, so feel free to bring your family and friends.

I just want you to know that I appreciate the support that you give me personally, and the Diabetic Program. Without your support this program would never work. I consider each one of you friends, and look forward to seeing you each month. If you haven't attended support group yet, know that you are always welcome. We learn a lot, but we also have a lot of fun. Have a Merry Christmas and Happy New Year.

Sincerely,  
Angie Merchant, RN, Diabetic Educator

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## Party and Holiday Survival

By Peggy Pletcher, RD

Social outings and holidays can make it hard for even the most committed person to stick to their health goals. See the tips below for suggestions to help keep yourself on track. One of the most important things: **Visualize yourself being successful.** Think about what you plan to do at the party or holiday event, and walk yourself through it in your mind.

### Holiday/Party Do's

**Do EXERCISE:** Nothing is more important, so make sure to fit it in. If nothing else, walk fast when shopping.

**Do bring a dish that you can enjoy and that is healthy.** Bring colorful veggies and fruits that everyone can enjoy.

**Do put leftovers away** and send them home with your guests.

**Do make of list of your goals and carry them with you.** Better yet, carry a picture related to your goal and refer to it often.

**Do savor special foods.** Pick a few favorites, then eat them slowly and enjoy them fully.

**Do be realistic:** Try to maintain weight and fitness instead of pressuring yourself to lose weight.

**Do make a plan:** It helps to visualize how you will deal with certain situations.

**Do cut the fat out of recipes.**

**Do spice up foods** to add flavor without adding calories.

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*Do enjoy the holiday for what it is- a chance to be with friends and family, to celebrate a religious event or to express love and thanks.*

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### Holiday/Party Do Not's

**Don't be on a diet.** You will surely go off our diet at some point and lose control.

**Don't save up for a party.** Restricting too much before a party can easily lead to starvation and overeating later. Eat; just make it a smaller amount.

**Don't let others push food on you.** Question people's motives if they are always trying to get you to eat, skip exercising, etc.

**Don't stand around the food tables!!**

**Don't drink too much alcohol, eggnog, or other high calorie beverages.** Focus on non-caloric drinks such as water, diet sodas, flavored teas and coffee.

**Don't plan on losing weight once the New Year rings in.** It can lead you to eat much more than you would if you weren't planning on starting a diet soon.

**Don't stress:** Learn relaxation techniques to help you cope with the holidays.

**Don't forget to stop and enjoy the holidays!** They fly by- be sure to take time for yourself and loved ones.

## Tip of the Month

### **Question:**

I have one diabetic complication and feel like lots more will follow. Does having one complication mean I will develop others?

### **Answer:**

Not necessarily. It is true that higher blood glucose levels make all complications more likely, so if high glucose levels have led to one complication, they may very well lead to others. But everyone is different, and some people may develop one severe complication but have no sign of another. But since you know you run the risk of additional complications, use this knowledge to your advantage. Let it motivate you to keep your blood glucose levels in a healthy range, to lower your chances of getting another complication. Not only that, but getting your glucose levels down is one of the best ways to keep the complication you already have from getting worse. Doing your best to stay healthy is hard because it takes so much time and effort. Keeping in mind why you try to hard can help maintain your motivation. Some people say that getting a complication made them see their lives with diabetes differently; the complication was both a blow and a wake up call. It hurts and it makes them take a hard look at how they were managing their diabetes. Talk to your health care provider about things you can do to increase your chances of living the rest of your life with no more complications.

**Remember... Relieving Stress is a Good Thing!**

## Recipe of the Month... Easy Pumpkin Mousse

*Pumpkin is a wonderful source of Vitamin A. Be sure to include this nutritious vegetable in desserts throughout the year, not just during the holidays. (Great alternative to Pumpkin pie.)*

### Ingredients:

- 2 cups canned pumpkin (not pumpkin pie filling)
- 1 Tbsp honey
- 2 tsp cinnamon
- 2 tsp grated lemon peel
- 1 cup fat-free ricotta cheese

**Exchanges:** ½  
Carbohydrate

**Calories:** 57  
Calories from fat: 0g

**Total Fat:** 0g

Saturated Fat: 0.1 g

**Cholesterol:** 13 mg

**Sodium:** 36 mg

**Total Carbohydrate:** 9 g

Dietary Fiber: 2 g

**Sugars:** 6 g

**Protein:** 6 g

### Directions:

In a medium bowl, combine the pumpkin, honey, cinnamon, and lemon peel. Mix well. Fold in the ricotta cheese. Refrigerate for 1 hour and serve.

## Thought of the Month:

*“You give but little when you give of your possessions. It is when you give of yourself that you truly give.”* Kahlil Gibran

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