

Diabetic Monthly

February, 2014

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

February Support Groups: Living Well

By Heidi Ison RN

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Thank you to all of you who attended the A1c clinic last month. We had a great turn out! For February's support group I will have Tina Johnson come and talk to us about Living Well a new class we are offering in the Sanpete and Sevier areas.

Living Well with Chronic Conditions Self-Management Program is a workshop given two and a half hours, once a week, for six weeks, in groups of 10-15 individuals at community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic diseases themselves. Workshops are FREE.

I encourage you to bring your family and friends with you, as they can be a great support to you if they have a better understanding of diabetes. These support groups are free of charge and everyone is welcome to attend.

Support Group Schedules

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

February 18, 2014 from 3:00 – 4:00 pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

February 25, 2014 from 1100-1200 pm

Arthritis Help

Taken from the Health Utah.gov

Physical Activity

Regular exercise is important to keep you moving and independent. Exercise helps lessen pain, increase movement, reduce fatigue and helps you feel better.

Range of Motion Exercises

Range of motion exercises reduces stiffness. They keep your joints flexible by moving them to their full extent. Do these exercises daily.

Strengthening Exercises

Strengthening exercises increase or maintain muscle strength. Strong muscles help keep your joints stable and make it easier to move. Do these exercises daily or even every other day

Endurance Exercises Build Fitness

Endurance exercises help keep your heart healthy and control your weight. You should exercise for a total of 20-30 minutes, three times a week, at a pace that raises or sustains your heart rate. You can build your endurance by exercising for shorter periods of time.

Living Well with Chronic Conditions



A FREE six-week workshop for people with long-term health concerns

During weekly 2½ hour classes you'll learn how to:

- Manage symptoms
- Use medication as directed
- Work with your health care team
- Set weekly goals
- Problem-solve effectively
- Relax & handle difficult emotions

Friends and family are welcome!



Better Choices, Better Health

To Sign Up For A Workshop Call:
1-435-528-3955
Heidi Ison, RN



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Arthritis 101

Taken from the Health Utah.gov

Arthritis is a chronic joint pain that affects many different types of people. It occurs when cartilage is worn away or becomes damaged, resulting in bone rubbing against bone.

The word "arthritis" means inflammation of the joint, and the most common symptoms are: pain, swelling, and/or heat in or around a joint. The most common types of arthritis are [osteoarthritis](#), [rheumatoid arthritis](#) and fibromyalgia.

While arthritis can affect anyone, it is more likely to occur if you are past the age of 45, have had a joint injury, if you are female, overweight or is due to genetics.

Early Diagnosis

Get the right diagnosis for the right treatment. Early diagnosis can help delay the progression of arthritis.

Knowledge

Learn about pain management, physical activity, nutrition, stress management and how to communicate effectively with your doctor.

Physical Activity

Regular physical activity can lessen arthritis pain and stiffness and improve flexibility, muscle strength, cardiac fitness, and overall endurance. The Living Well Program and other classes are proven to decrease arthritis pain, increase flexibility, and improve quality of life.

Weight Management

Decrease risks for arthritis, heart disease, stroke, and some cancers by maintaining a healthy weight. Losing 10 pounds reduces the stress on each knee by 40 to 80 pounds and the stress on each hip by 30 pounds.

Black Bean Brownies

Ingredients

1 cup canned black beans, rinsed and drained
 1/2 cup Domino® Light Sugar & Stevia Blend
 1/4 cup canola oil
 1/4 cup unsweetened applesauce
 1/3 cup unsweetened cocoa powder
 2 large eggs
 1 teaspoon vanilla extract
 1/4 teaspoon salt
 1/4 cup semi-sweet chocolate chips



Nutrition Facts

Serving Size: 1 brownie (1/16th of recipe)

Calories **100**

Carbohydrate **12**

Protein **2**

Fat **5**

Saturated Fat **1**

Sugar **8**

Dietary Fiber **1**

Cholesterol **25**

Sodium **95**

Potassium **10**

Instructions

Preheat oven to 350°F. Grease an 8x8-inch baking pan with cooking spray and line with parchment paper. Grease top of parchment. Set aside.

In a bowl, beat black beans using an electric mixer until smooth. Add Domino® Light Sugar and Stevia Blend and remaining ingredients, except for the chocolate chips. (Do not over mix.) Scrape down sides of the bowl. Fold in chocolate chips. Pour batter into the pan and bake 30 – 35 minutes until the brownies begin to pull away from the side of the pan. Cool and cut into 16 squares.

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