

# Diabetic Monthly

May 10, 2011  
Volume 4, Issue 5

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

## May Support Groups

This Month there will be two different things happening. Hope I can keep up!

In Gunnison on Tues. May 17, we have been invited to attend a Diabetic Day at Super Drug (inside Gunnison Market). We will have a table set up with information about our program, and there will be other vendors there to assist and instruct anyone who is interested. This is scheduled for 11 am to 4 pm. Hope to see you there!

Then, in Monroe (at the Senior Center) on Tues May 24, I have arranged for a special guest speaker to talk to us. Dr. Brent Parker from CTR Eye Care will talk to us about the effects of diabetes on eyes, things to watch for, and how to care for your eyes.

Should be lots of good information for anyone who can attend.

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## Support Group Schedules

### Gunnison Support Group

THIS MONTH ONLY>>>Super Drug (Gunnison Market)

520 South Main Street, Gunnison

May 17, 2011 any time from 11:00am – 4:00pm

### Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

May 24, 11:00am – 12:00pm

## **TIP of the Month: Warming Up, Cooling Down**

(Not Talking about the Weather...)

Information taken from Diabetes Wellness News, May 2011, pg 3.  
And, American Diabetes Assoc. "Tip of the Day"

“Everyone  
who got  
where he is  
had to begin  
where he  
was.”

---Pope John Paul II

Prior to doing exercise, it's a good idea to "warm up." Start your exercise at a slower level or pace, less intense. If your exercise is walking, start at a slower pace, and increase gradually. This important step will help the blood flow increase to your muscles, and can help reduce injury. It's also recommended to stretch those muscles before you use them with a more intense work out. Stretching should be smooth, fluid movements. Avoid jerking, sudden movements, or bouncing when stretching.

After your exercise, it's equally important to "cool down." This process allows your heart rate to slow gradually, and helps your muscles and joints return to a less active state. Rather than stopping your exercise abruptly, you should slow your pace for 5-10 minutes at the end of your exercise.

Just like the warm up, stretching should be included with your cool down. Stretching can include neck rotations, shoulder rolls, arm swings, gentle knee bends, and ankle rotations. Using these recommendations before and after your exercise will help reduce the chance of injury and sore muscles.

Even if you are unable to perform more vigorous exercises, stretching is always a good idea. This can help improve flexibility, and increase the range of motion for your joints. As we age, our joints lose elasticity. Stretching may not stop this change, but it can slow it down. Maintaining flexibility is important at all ages to partake in life's daily activities, and maintain a better quality of life. Stretching helps us keep our joints moving!

## News from our Office...

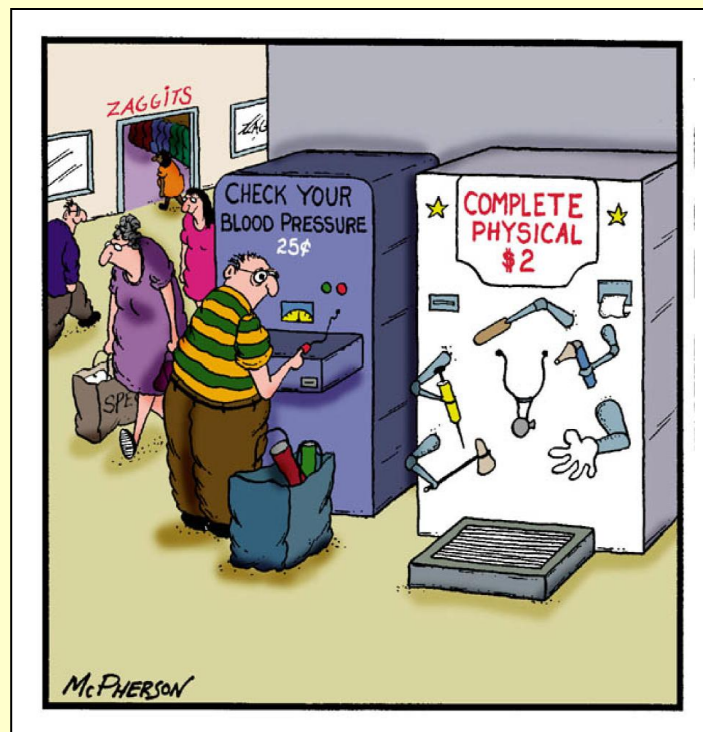
*Raelyn Christensen, RN*

Thanks to those who were willing to share an email address with me to receive this newsletter. Please let us know if there are ever any problems for you. For those of you who do not use email, please look for this letter in your mail box.

Looking forward to our annual Diabetic Health Fair on Tues. June 21<sup>st</sup>. Mark this on your calendars! Lots of good information will be available for you and any one you know who is affected by Diabetes. This year it will be held at the new Gunnison Valley Elementary School.

I have enjoyed meeting so many new people through our support groups. I learn from you while we discuss issues that affect our lives. Thank you for sharing with us, and thank you for making me feel welcome! I look forward to getting to know you better, and please do not hesitate to call me with any questions or concerns.

## For Your Smile....



**RECIPE OF THE MONTH:  
SOUTHWESTERN CHICKEN SALAD**

*ADA, Diabetic Meals in 30 Minutes -Of Less! 2<sup>nd</sup> Edition*

Makes 6 servings. Serving size: 1 cup.

1 cup canned or frozen (thawed) corn  
1 cup diced fresh tomatoes  
1 cup frozen (thawed) green peas  
½ cup sliced red bell peppers  
½ cup sliced green bell peppers  
1/3 cup canned black beans, drained  
2 cups cooked, cubed chicken breast

**Dressing:**

1 Tbs olive oil  
¼ cup lime juice  
2 tsp cumin  
1 Tbs chopped cilantro  
2 tsp chili powder  
1 tsp oregano

Combine all salad ingredients. In a blender or food processor, blend all dressing ingredients. Toss the dressing with the salad and serve.

**Per Serving:**

Calories- 181  
Total Fat- 6 gm  
Cholesterol- 42 mg  
Sodium- 94 mg  
Total Carbohydrates- 16 gm  
Dietary Fiber- 4 gm  
Protein- 17 gm

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