



Wellness Newsletter

November's Health Focus: Diabetes & Lung Disease

Our next **Healthy Eating Class: *Healthy Fats*** is Nov. 19th 5-6 PM at **Rutgers Extension Center**—registration required!

Did you know

Issue: November 6, 2013

DIABETES is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. There are 25.8 million people in the US with diabetes. If unmanaged, diabetes can lead to serious complications & premature death. *Diabetes is the leading cause of blindness & kidney failure among adults.* People with diabetes can take steps to control the disease and lower their risk of complications. Having a family history of diabetes puts you at greater risk for develop-

ing type 2 diabetes, but *you can take steps to delay or prevent onset.*
(source: ndep.org; ADA.org)

WHAT CAN YOU DO?

About 9 in 10 cases of diabetes can be avoided by taking several simple steps: keep your weight under control, exercise more, eat a healthy diet, and don't smoke. *These behavioral & lifestyle factors can change your life!*

CONTROL YOUR WEIGHT —
Excess weight is the single most important cause of Type 2 diabetes.



Get moving and turn off the TV - Working your muscles improves their ability to use insulin & absorb glucose.

Tune Up Your Diet -

These changes have a *big impact* on your risk for type 2 diabetes:

1. Choose whole grain products over highly processed carbs.
 2. Skip the sugary drinks; choose water, coffee or tea instead.
 3. Choose **healthy fats** instead of bad.
 4. Limit red meat & avoid processed meat; choose nuts, whole grains, poultry, or fish.
- (source: Harvard School of Public Health & Nutrition)

What's Happening?

Welcome to our new Yoga Instructor Kathryn Ridge!

New Contest

The "GET HEALTHY CHALLENGE"

Send in your 2013 success story for a chance to win a Visa gift card. Contest ends 12/20/13. *More to come!*

The Social Services building is holding a **Coat Drive to aid local residents.** Please bring in your clean, gently used (bagged) coats. The goal for this season is to exceed 250 donations.

Contact Chris Nicolau at 886-6200 ext 274 to make pick up arrangements. **WE CAN DO IT!**

☺ Check out Darlene's Veggie Soup recipe (attached pdf). Darlene shops on the produce truck & wanted to share this healthy recipe. Thanks, Darlene!

Do you have a Healthy Living or Fitness Tip to share in the Newsletter?

CMCWellness@co.cape-may.nj.us

Dare to dream . . .

"Logic will get you from A to B. Imagination will take you everywhere."

~ Albert Einstein ~

Our automatic Blood Pressure Machines will be traveling around to different locations for your convenience to privately monitor your BP. Does your office want to host it? Call to schedule: 465-1087.

Visit the Wellness Website at:
www.CMCWellness.org

Lung Disease

COPD (Chronic Obstructive Pulmonary Disease) is a lung disease that can limit your airflow. It is caused by long term exposure to lung irritants such as smoking, second-hand smoke, environmental irritants, or pollution. Ninety percent of people with COPD are current or former smokers; and symptoms usually appear after age 40. Common day to day COPD symptoms include cough, difficult breathing, shortness of breath, wheezing & chest tightness. If you have these symptoms it's important to see your Health Care Provider for diagnosis and treatment. Delaying care may result in a loss of lung function and other complications. (source: COPD.com, webmd.com)

***** The GREAT AMERICAN SMOKE-OUT is Thursday Nov 21st *****
Make an investment in your health ~ support a friend or family member!

2013

The Diabetes Center

American Diabetes Association Certified Diabetes Education & Management Series

A comprehensive 10-hour class on Diabetes Management techniques including: Education, Meal Planning, Medications, Exercise and Blood-Glucose Monitoring. Includes two individual sessions; an initial and follow-up visit.

FEE & REGISTRATION REQUIRED. Most insurance cover the fee for this program.

ALL CLASSES BEING HELD IN CLASSROOMS A&B

(Wednesdays) January 2, 9, 16, 23 (10:00 am-12:00 noon)

(Wednesdays) February 6, 13, 20, 27 (1:00 pm-3:00 pm)

(Mondays) February 25, March 4, 11, 18 (6:00 pm-8:00 pm)

(Tuesdays) April 9, 16, 23, 30 (9:00 am-11:00 am)

(Wednesdays) May 1, 8, 15, 22 (1:00 pm- 3:00 pm)

(Wednesdays) May 29, June 5, 12, 19 (6:00 pm-8:00 pm)

(Tuesdays) July 9, 16, 23, 30 (9:00 am-11:00 am)

(Wednesdays) July 31, August 7, 14, 21 (1:00 pm- 3:00 pm)

(Wednesdays) September 4, 11, 18, 25 (6:00 pm- 8:00 pm)

(Fridays) October 4, 11, 18, 25 (10:00 am-12:00 noon)

(Wednesdays) October 30, November 6, 13, 20 (1:00 pm-3:00 pm)

(Mondays) November 25, December 2, 9, 16 (6:00 pm-8:00pm)

Diabetes Lecture Series & Support Group

A monthly meeting with changing diabetes related topics. Meets one Thursday of each month.

NO FEE/ NO REGISTRATION REQUIRED

ALL BEING HELD IN CLASSROOMS A&B

Thursday, January 10th (6:00 pm- 7:00 pm)

Thursday, February 14th (2:00 pm-3:00 pm)

Thursday, March 14th (6:00 pm-7:00 pm)

Thursday, April 18th (2:00 pm- 3:00 pm)

Thursday, May 9th (6:00 pm-7:00 pm)

Thursday, June 13th (2:00 pm- 3:00 pm)

Thursday, July 11th (6:00 pm- 7:00 pm)

Thursday, August 15th (2:00 pm- 3:00 pm)

Thursday, September 12th (6:00 pm-7:00 pm)

Thursday, October 10th (2:00 pm- 3:00 pm)

Wednesday, November 6th (8:00 am-12:00 noon) DIABETES UPDATE (Substitutes for Support Group)

Thursday, December 12th (12:00 noon – 1:00 pm) Holiday party/luncheon



Exceptional Care
Exceptional People

Diabetes Update

An open forum that provides education on diabetes related topics, medications, exercise, and diet. **NO FEE/ NO REGISTRATION REQUIRED.**

November 6th (8:00 am- 12:00 noon) Being held in Classrooms A&B

***For more information and to register, please contact
The Diabetes Center at 609-463-2547***

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