

LIVING HEALTHIER



Carolinus HealthCare System



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA | WELLNESS NEWS

November 2016

PARTNERS FOR A STRONGER COMMUNITY

>> NOVEMBER IS DIABETES AWARENESS MONTH

Taking Care of Your Diabetes Means Taking Care of Your Heart.

For people with diabetes, heart disease can be a serious health problem. Many people don't know that having diabetes means that you have a greater chance of having heart problems such as a heart attack or stroke. Taking care of your diabetes can also help you take care of your heart.

Use the tools in this tip sheet to help. They are: A list of things you can do such as eating healthy foods and getting more active. A form to write down and track your A1C, blood pressure, and cholesterol numbers.

Ask your health care team these questions:

- What can I do to lower my chances of getting heart disease?
- What should my goals be for A1C, blood pressure, and cholesterol?
- What can I do to reach these goals?
- Should I take medicine that can protect my heart, such as aspirin or a statin?

Eat well.

- *Eat foods that are high in fiber such as whole grain breads and cereals, brown rice, lentils, beans, fruits, and vegetables. Eat foods with heart-healthy fats such as fish, nuts, seeds, and avocado.
- *Eat foods low in saturated and trans fats such as lean meat, chicken without the skin, fish, and non-fat or low-fat milk, yogurt, and cheese.
- *Use oils when cooking food instead of butter, cream, shortening, lard, or stick margarine.
- *Limit desserts such as cookies and ice cream to only 1 or 2 times a week.
- *Eat smaller amounts of foods that are high in fat, sugar, or salt. For example, if you want french fries, order the kid-sized portion.
- *Bake, broil, or grill food instead of frying.
- *Do not add salt to food.

Stop smoking.

- *Ask for help or call 1-800-784-8669 (1-800-QUIT-NOW).

Be active.

- *Be active for 30 minutes or more each day. It's okay to be active for 10 minutes at a time, 3 times a day.
- *Walk, dance, swim, or ride a bike.

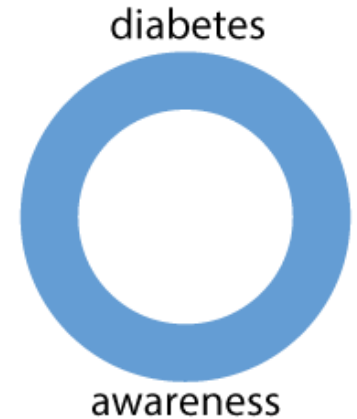
Take your medicine.

- *Take medicines the way your doctor or health care team instructs you to.
- *Do not stop taking your medicines until you talk to your doctor.
- *Ask your pharmacist or doctor any questions you have about your medicines.

Cope with stress as best you can.

- *Ask for help if you feel down. Talk to a mental health counselor, member of the clergy, friend, or family member who will listen to your concerns.
- *Tell your family members and friends how they can best help and support you.

Taken from: <https://www.niddk.nih.gov/health-information/diabetes/preventing-diabetes-problems/heart-disease-stroke/taking-care-diabetes-means-taking-care-your-heart>



>> TRY SOMETHING NEW

Chicken, Mushroom and Barley Soup

With our tips for bulk cooking barley in advance, this soup can be a quick and easy weeknight meal. If you're tight on time, pick up a pre-chopped blend of onion, carrots and celery.

Prep Time: 15 minutes **Cook Time:** 30 minutes

This Recipe Serves 8.



Ingredients:

- 2 tsp olive oil
- 1 medium onion, diced
- 2 carrots, diced
- 3 celery stalks, diced
- 1 lb sliced mushrooms
- 32 oz low-sodium, fat-free chicken broth
- 1 sprig fresh thyme
- 2 bay leaves
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 cup cooked barley (see Note)
- 2 cups cooked, shredded chicken

Instructions:

1. Add oil to a soup pot over medium heat. Add the onion, carrots, celery and mushrooms. Sauté for 5 minutes.
2. Add broth, thyme, bay leaves, salt and pepper. Bring to a boil then reduce to a simmer, covered for 20 minutes.
3. Remove bay leaves and thyme stem. Add the barley and chicken and heat through for 2-3 minutes.

Note: To bulk cook barley, add 1 1/2 cups dry pearled (quick-cooking) barley to a pot of 4 cups boiling water. Cover, then reduce to a simmer for 10-12 minutes. Remove from heat, keep covered off the heat for 5 minutes. Makes 6 cups cooked barley. This barley can be used in any recipe calling for cooked barley. Store in an airtight container in the refrigerator for 7 days or package in freezer bags in one cup increments for up to 6 months.

Chef Tip: This is a great recipe for leftover chicken or the meat from a store-bought rotisserie chicken.

Recipe Cost: \$9.59

Choices: 1/2 Starch, 1 Non-starchy Vegetable, 2 Lean Protein

Serving Size: 1 cup

Calories 130, Carbohydrate 12 g, Protein 15 g, Fat 3 g, Saturated Fat 0.6 g, Sugars 4 g, Dietary Fiber 2 g, Cholesterol 30 mg, Sodium 260 mg, Potassium 520 mg

See more at: <http://www.diabetes.org/mfa-recipes/recipes/2016-1-chicken-mushroom-and-barley.html#sthash.dKGZqMzS.dpuf>

>> WELLNESS EVENTS

DIABETES AWARENESS TALK

1 in 3 adults have prediabetes, but only 10% know they have it. As part of Diabetes Awareness Month, CHS's Registered Dietitian, Alicia Knetsche will share with us the signs and symptoms of prediabetes and diabetes, as well as ways to control blood sugar.

KANNAPOLIS YMCA

WHEN

Tuesday, November 1
11am-12pm

WHERE

Multi Purpose Room

COST

Free for Members and Non-Members

WEST CABARRUS

WHEN

Thursday, November 3
6:30-7:30pm

WHERE

Williams Room

COST

Free for Members and Non-Members

HELPING YOU CREATE A STRESS-FREE MEAL THIS SEASON!

Join us in the kitchen as Alicia Knetsche, Registered Dietitian with CHS teaches us how to cook a stress free and heart healthy Thanksgiving meal. *Maximum 12 participants due to limited kitchen space.

SESSION DATES

Wednesday, November 9 at 10-11am or
Monday, November 14 at 6:30-7:30pm

REGISTER

Members Only

Sign up at the 2nd Floor Courtesy Counter

LOCATION

Williams Room
West Cabarrus YMCA

COST

FREE

CONTACT

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>> ASK OUR EXPERTS

Stop by and see Erin Coggins, Registered Nurse and Alicia Knetsche, Registered Dietitian with Carolinas HealthCare System to discuss any health related questions and to learn more about the wellness services offered through the Cannon Memorial YMCA and CHS partnership. This is a FREE event.

MEET WITH THE RN

Harrisburg:

November 2 | 9-11am

Kannapolis:

November 14 | 9-11am

West Cabarrus:

November 17 | 9-11am

MEET WITH THE RD

Harrisburg:

November 8 | 9-11am

Kannapolis:

November 15 | 9-11am

West Cabarrus:

November 16 | 9-11am