



Monthly News

Chronic care Active Management & Prevention

"Empowering people and communities to promote healthy lifestyles and improve the quality of life for people with chronic illnesses."

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Check it out!

www.mylastdip.com

Healthy Quote

"Every man is the architect of his own fortune." -

Sallus

Announcements

Check out DLife Sundays on Ch 65!

PA John Salmon is currently the Diabetes provider - please contact Susie if you have any questions!

NOME Activities

Tues & Thurs Winter Walking Club

Weds Snowshoe/Ski Club

Meet @ 12pm @ CAMP



Healthy, Safe, and Happy!

Words of Farewell from Shanna Moeder, RD, LD, DPP Coordinator

It is hard to believe how fast time can go by until you look back and try to remember how long you have been somewhere. My time however, can not compare to many who have joined this great community of Nome and the Norton Sound region, but my experiences and growth that I have gained while I have been here might stand a good chance!

I travelled to Nome in the summer of 2004 to work at the NSHC-CAMP department's Summercise program. At the time Angie Gorn and Chip Leeper chose me to be one of the seven interns. Today we are still bringing interns up for the summers which are by far one of the best experiences that one can experience. I was proud to be apart of an office who is able to do something as amazing as that. I also find myself proud to be apart of a group of ladies who puts everything they have into everything we do. Providing services for the community and to patients of the region has been a great joy.

My summer of 2004 is the reason I returned to Alaska after college and back to Nome. During my years, I continued to find out how wonderful of a place the Norton Sound region is. I have met many talented, supportive and astonishing people. While here I also had many incredibly professional career opportunities. I not only grew as a person in my personal life, but I achieve many career goals which have helped set me up for many more wonderful things in my life.

In my ways of preparation to leave this great place, I have found that this is not a good bye forever, but a see you again soon. I hope for you all that you have days filled with happiness and good health. I also hope that you all continue to drink water, enjoy all of the wonderful traditional foods that bless our land and make at least half of your plate vegetables. I would like to thank the community of Nome, the people of NSHC and the region of Norton Sound for giving me a chance here and for also being so welcoming and supportive during my chapter here in Nome.



Shanna Moeder, CAMP DPP Coordinator is moving to work at KANA in Kodiak, AK.

HEALTHY RECIPE

Sweet Spice Rubbed Chicken retrieved from www.diabetes.org recipes

Combining brown sugar with savory spices gives a rich, deep coloring to the chicken in this dish. Oh, and it tastes divine!

Serves: 4; Serving size: 1 1/4cup

Ingredients

- 4 boneless, skinless chicken breast halves (4 oz each), rinsed patted dry, and pounded to 1/4-inch thickness
- 1 Tbsp packed dark brown sugar
- 1 tsp ground coriander
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1/4 tsp salt
- 1/4 tsp ground cumin
- 1 Tbsp canola oil
- 1 tsp Louisiana-style hot sauce, or to taste
- 1 lime cut into wedges (optional)

Preparation

1. Place chicken on a platter. Stir together all remaining ingredients, except lime, in a small bowl. Spoon half of spice mixture on top of chicken pieces; spread evenly

with the back of a spoon. Let stand 15 minutes in the refrigerator.

2. Coat a grill pan with cooking spray, and heat over medium-high heat. Add chicken, seasoned side down, and cook 4 minutes. Spoon remaining spice mixture over chicken, turn, and cook 3-4 minutes or until no longer pink in the center and juices run clear. Serve with lime wedges.

Flavorful tip: The canola oil ties all of the ingredients together and spreads them evenly over the chicken while keeping the spices from burning.

Nutrition Information

Exchanges/Choices

3 Lean Meat

1/2 Fat

Calories: 175, Calories from Fat: 55, Total Fat: 6 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 65 mg, Sodium: 215 mg, Total Carbohydrate: 4 g, Dietary Fiber: 0 g, Sugars: 3 g, Pro-



Real Age Tip of The Day Neutralize LDL with This Party Snack www.realage.com

Cholesterol. You know it's bad for your heart and arteries. But you could make it *less* bad with this crunchy party snack: almonds.

Turns out almonds not only improve cholesterol levels but also help make LDL -- the bad cholesterol -- less likely to oxidize. Which is great, because LDL can do scary things when it's oxidized, like block arteries and cut blood flow to the heart.

Almond Joy

Because oxidized LDL is even more likely to gunk-up your arteries than the unoxidized kind, recent study results on almonds and LDL oxidation helped secure the nut's position in a heart-healthy diet. When older adults with high cholesterol ate a daily handful of almonds as part of a 4-week cholesterol-friendly diet, not only did the nut eaters suffer less bad-for-the-arteries LDL oxidation, but their LDL levels took a nosedive as well. Pass the almonds, please!

Dance of the Antioxidants

Other good news for the almond eaters: The study subjects' healthy (HDL) cholesterol rose. How do almonds do it? Researchers suspect that the vast array of flavonoids and phenols in the skins play a role -- so be sure to buy whole almonds with the skins on. Those skin-based nutrients may react synergistically with other antioxidants in your body to produce the cholesterol-controlling effects. Shield your heart and arteries with these other disease-busting strategies, too:

- See the humor. **A little laughter can do a whole lot for your heart and arteries.**
- Enjoy the quiet. **A bit of silence now and then may help keep your blood pressure in check.**
- Go fishing. **Regular fish eaters may be less likely to experience heart arrhythmias.**

Benefit

Lowering your bad (LDL) cholesterol can make your RealAge 3.3 years younger if you are a man and 0.6 years younger if you are a woman.

References

[Almonds reduce biomarkers of lipid peroxidation in older hyperlipidemic subjects.](#) Jenkins, D. J. et al., *Journal of Nutrition* 2008 May;138(5):908-913.

Find this article at: <http://www.realage.com/tips/neutralize-ldl-with-this-party-snack>

RealAge[®]
Live Life
to the Youngest[®]

Diabetes Corner

Tips To Make Healthy and Inexpensive Resolutions from www.diabetes.org

Diet and exercise goals always rank high on New Year's Resolution lists. But rising food prices and the uncertain state of post-holiday bank accounts leave many to wonder if they can afford to make resolutions this year, let alone stick to them. So if you or a loved one has diabetes, or is at risk for developing type 2 diabetes, how can you afford a healthy lifestyle in (2010)?

"The common misconception is that New Year's resolutions to improve health and wellness require a financial investment, such as a gym membership or a new meal plan," commented Sue McLaughlin, President, Health Care & Education, American Diabetes Association. "So it is easy to think 'Why bother making New Year's resolutions?' especially in this current economy. But simple — and inexpensive — lifestyle changes can make a big impact in preventing diabetes-related complications and improving health and wellness to prevent disease."

Weight gain is a major risk factor for pre-diabetes and type 2 diabetes, which affect nearly one in four Americans. In addition, people with diabetes and those at risk for diabetes need to work toward achieving a healthy weight to prevent deadly diabetes complications, such as heart disease and stroke.

The American Diabetes Association offers cost-saving tips to help you adhere to your New Year's Resolutions:

- **Investment advice** — Invest 15 minutes a week to plan your grocery shopping and menus. Studies show you pay more at the store when you are not organized. When planning for the week, also invest time for physical activity.
- **Bad timing** — Fresh produce purchased out of season is more expensive. Winter offers a variety of fresh fruits and vegetables, including apples, pears, citrus fruits, squash, carrots, and broccoli. If you crave summer produce, buy frozen or canned varieties.
- **Embrace leftovers** — Instead of making one large chicken casserole to last the week, turn the chicken into two or three meals. You will waste less food and enjoy dinnertime more.
- **Small steps. Big rewards.** — Going gung-ho on resolutions can make you spend more money and lead to quicker burn out. Set smaller, attainable goals for your nutrition and physical activity resolutions. Eat an extra serving of vegetables three times a week or take a ten-minute walk during your day.

"...simple — and inexpensive — lifestyle changes can make a big impact in preventing diabetes-related complications and improving health and wellness to prevent disease."

The American Diabetes Association's nutrition and physical activity guidelines for people with diabetes or those at risk for type 2 diabetes include:

- **Nutrition** — People with diabetes have the same nutritional needs as everyone else around the dinner table. Eat a diet high in fruits and vegetables in a variety of colors. Choose whole grain foods over processed grain foods. Eat lean meats, fish, and non-fat dairy. In addition, be sure to watch your portions.
- **Physical Activity** — People with pre-diabetes, diabetes or the general adult public should aim for a minimum of 30 minutes of physical activity most days. Do things that increase your heart rate and help you break a light sweat, such as walking, doing yard work, swimming, or cleaning house.

The American Diabetes Association offers free tools to help you stick to your New Year's Resolutions:

- **MyFoodAdvisor** — This new, interactive calorie and carbohydrate counting tool helps you track what you eat, learn about different types of food and plan meals wisely. Use it to browse and save recipes, add up the carbs, fat and other nutrients you eat each day, or find healthier alternatives to snacks you like. Visit www.diabetes.org/myfoodadvisor.
- **What Can I Eat?** — This free, 32-page diabetes guide outlines healthy food choices, step-by-step. The booklet offers information on carbohydrate counting, eating out, and sample menus. Call 1-800-DIABETES for your copy.
- **ClubPed** — This online tracker allows you to log your walking steps. It provides tips and message board support as well. Visit www.diabetes.org/clubped.



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www.myspace.com/nshc_camp



See Progress, Not Failure By Rahnia Parker, CAMP Director

As a volleyball coach, one of the first and most important things I learned was to encourage players to use each “mistake” as a learning opportunity. What was done wrong that needs to be done better and how will it be done better next time? The same thing was taught through the tobacco treatment specialist training I attended - if someone has attempted to quit before, each quit attempt should be seen as a learning experience. I find it helpful when talking with people about their eating and exercise goals to use their past experiences to figure out what works or doesn't work for them. It's important to figure out what it was that stopped success and how to reach it the next time. Opportunities to make changes are always available but sometimes can be hard to accom-

plish. Things like quitting smoking, losing weight, eating healthier, exercising more. Each person is different and what he or she is going through is not going to be exactly the same as another. If your working towards a goal, I encourage you to stay positive. Give yourself credit for how far you've come in that goal and stick with it. It may be tough for awhile, but eventually it should get easier and you'll feel better. Take things one day at a time and keep moving forward. And look for support if you need it, there are a variety of resources available that can be extremely helpful. Find what works for you and that progress will help you on your path to success!



SUDOKU

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