



Diabetes Groups

Cloquet

MNAW McKnight Room

Door #5

12-1:00 pm

Wednesday 4/13/16

The second Wednesday of each month

Duluth

Washington Center

Room #106

12-1:00 pm

Thursday 4/21/16

The third Thursday of each month

Please note: there will NOT be a Diabetes Noon Group in March

*Lunch is provided if you RSVP to Stacy at 878-2111

Please RSVP 3 days in advance so we can be sure we have enough lunches & seats for everyone!



Diabetes & Depression
WHAT'S THE CONNECTION?

PRESENTATIONS:

- Diabetes & Depression – What's the Connection?
- Medications for Depression
- Brain Wave Optimization
- Gratitude
- Nutrition and Physical Activity to help Depression

Min No Aya Win

Tuesday, March 15

8:30 am — 12:15 pm

To register call:

Amanda @ 878-3772, Jenn @ 878-2146

or Stacy @ 878-2111

Registration deadline - Friday, March 11

Must have a diagnosis of pre-diabetes or diabetes & be eligible for services at FDL.

It's a bit like walking down a long, dark corridor, never knowing when the light will go on.
-Neil Lennon



Living In Balance Newsletter

Fond du Lac Human Services

Jennifer Hall—Medical
927 Trettel Lane
Cloquet, MN 55720



Depression and Diet

Eating nutrient-rich foods may improve depression. Try including the foods listed below in your diet each day.

Folate: Liver · Mushrooms · Green, leafy vegetables · Lean beef · Potatoes · Whole-wheat bread · Citrus fruits · Peanuts · Dried beans · Wheat germ · Peas · Strawberries

Omega-3 Fatty Acids: Salmon · Herring Anchovies · Canola oil · Soy nuts · Walnuts

Vitamin D: Fish-liver oils · Fortified milk · Herring · Salmon · Canned sardines · Fortified orange juice · Fortified cereal

Magnesium: Seeds · Nuts, especially cashews & peanuts · Legumes · Cereal · Dark-green vegetables · Milk · Wheat germ

Diabetes and Depression

People with diabetes are more likely to have depression than people without diabetes. This may be due to:

- The strain of managing diabetes on a daily basis
- Feeling alone and “different” from family and friends
- Feeling out of control if you are having trouble keeping your blood sugar in target range.

If you have been feeling sad or down in the dumps for several days, ask yourself if you’re also feeling:

- Loss of pleasure in doing things you used to enjoy
- Difficulty sleeping, or sleeping more than usual
- Eating more or less than you used to, resulting in a fast weight gain or loss
- Trouble paying attention
- Lack of energy
- Nervousness
- Feeling guilty and like you are a burden to others
- Feeling worse in the morning than you do later in the day
- Feeling like you want to die or take your own life

Treatment is available. Talk to your medical provider.