

Living in Balance

Spring/Summer
2019

Fond du Lac Human Services *Diabetes Newsletter*

Lunch & Learn Schedule

Diabetes Noon Group
12pm - 1pm

Light lunch provided

Bring your own water bottle!
RSVP to Amanda
at 878-2122

Play Diabetes Bingo
May 14 @ MNAW
May 16 @ CAIR

YOGA

Wednesdays, 12pm - 1pm
Bring your own mat

MNAW: Dottie Tibbetts Room
CAIR: Lake Superior Room

For more information,
call 878-3795.

The BASICS of Mindful Eating

FREE EVENT

Tuesday, May 21
4pm - 7:30pm

Black Bear Casino Resort
Creek Hall

Dinner served at 4pm
Presentation starts at 5pm

[see next page
for more information]

May is Healthy Vision Month

It's important to take care of your eyes – just like you take care of the rest of your body! Whether you're looking forward to watching your grandchildren grow up or setting your sights on the Grand Canyon – you can take simple steps now to make sure you're seeing your best when that day comes.

Diabetes and Your Eyes



95% of severe vision loss from diabetic retinopathy can be prevented by early detection, timely treatment, and appropriate follow-up.

What Is Diabetic Eye Disease?

Diabetic eye disease refers to a group of eye problems people with diabetes may face as a complication of this disease, which can lead to vision loss and blindness. These include—

- **Cataract:** Clouding of the lens of the eye
- **Diabetic retinopathy:** Damage to the blood vessels in the retina, the light-sensitive tissue in the back of the eye
- **Glaucoma:** Increase in fluid pressure inside the eye that leads to optic nerve damage and loss of vision

To help prevent vision loss and blindness, it's important for people with diabetes to have a comprehensive dilated eye exam at least once a year to detect diabetic eye disease early and to keep their diabetes under control.

Call Optical at 218-878-2170 to schedule your dilated eye exam today.

Normal Vision



Vision with Diabetic Retinopathy



Diabetes Care Checklist

Complete 5 of the 7 activities and earn a \$20 gift certificate for fresh fruit and vegetables!

1. Diabetes appointment with your provider
2. A1C
3. Annual diabetes lab work
4. Dilated eye exam
5. Flu shot
6. Complete foot exam
7. Completing a *Living Well Workshop* or a diabetes education appointment

Contact Barb at 218-878-2141 once you've completed at least 5 of the above to claim your gift certificate.

Services Available to Help You Take Charge of Your Health

- **Nutrition Counseling:** A registered dietitian, or RD, provides nutrition counseling for a variety of medical conditions including diabetes. An RD can help you understand how the foods you eat affect blood sugar. They work with clients of all ages to create an eating plan that has the nutrients needed. RD's can also help you design a personalized weight loss plan. After learning about your health history, favorite foods, and eating habits, an RD will help you develop a safe and realistic eating plan that you can stick with. *Call 878-2190 to schedule an appointment at MNAW or CAIR.*
- **Real Solutions Weight Management Support Group:** This group meets weekly for one hour and includes group discussion, food demonstrations, and time to share ideas. Participants explore their habits, gain skills to overcome barriers to weight loss and get tools for changing diet and lifestyle. Groups are currently held at CAIR on Mondays at 12pm in the Lake Superior Room and at MNAW on Wednesdays at 3pm in the Lower Level Conference Room. *Call Barb at 218-878-2141 for more information and to sign up.*
- **Diabetes Education:** If you have diabetes, you know how challenging it can be to manage. As a member of your healthcare team, a diabetes educator makes managing your diabetes easier. Your diabetes educator will help you learn about all the things in your day-to-day life that can help control the disease – like exercise, nutrition, medications, and checking your blood sugar. *Call 878-2190 to schedule an appointment at MNAW or CAIR.*
- **Living Well with Chronic Conditions and Diabetes:** If you live with diabetes and would like to improve your health and sense of well-being, this class is for you. Participants make weekly action plans, share experiences and help each other solve problems as they carry out their self-management program. *For more information, contact Barb at 2318-878-2141.*
- **Foot Care:** Clinic nurses with advanced training provide foot care services at both clinic sites. Foot risk assessments are provided for all patients with diabetes at least yearly and more often if needed. *Call 878-2190 to schedule an appointment at MNAW or CAIR.*
- **Diabetes & Dental Program:** There is a connection between your oral health and diabetes. Periodontal disease is the most common dental disease affecting those living with diabetes. The good news is that controlling your diabetes will go a long way to protecting your teeth and gums. *Call 218-878-2163 and ask about the Diabetes & Dental Program.*
- **On the Move Program:** This program provides exercise classes, food preparation classes and health information to promote awareness. Classes are fun and active. Fitness classes Include Yoga, Get Fit, PiYo and Water Exercise. *Call 218-878-3795 for more information.*
- **Personal Trainer:** Certified personal trainers help individuals and groups increase their knowledge of exercise, fitness, and physical health. The personal trainers will help clients find a program that fits their needs and activity levels. *Ask your primary provider for a personal trainer referral.*



The BASICS of Mindful Eating

FREE EVENT- Community Focused event Tuesday evening.

Tired of dieting? Find yourself eating when you're stressed, bored, or unhappy? Confused by messages about what to eat and what not to eat? Learn practices and skills to support your ability to have a healthy relationship to your food and your body. Dr. Lynn Rossy, Health Psychologist and Author of *The Mindfulness-Based Eating Solution*, will offer tips from her successful ten week class called "Eat for Life". Learn the BASICS of mindful eating, discover the secrets of the *Three Food Wisdoms*, find out how to make "healthy fast food," and much more in this introduction to mindful eating.

Who is Lynn Rossy?

Dr. Lynn Rossy is a health psychologist and expert in mindfulness-based interventions for eating, stress, and workplace wellness. She is the Executive Director of Tasting Mindfulness, LLC and a Kripalu Yoga Teacher. She developed and researched a ten-week mindful eating class called Eat for Life and wrote the book, *The Mindfulness-Based Eating Solution*—named one of the top ten books of 2016 by Mindful.org. She is President of the Center for Mindful Eating, a non-profit international organization that trains professionals in the area of mindful eating and offers education to the general public. She travels the world teaching mindfulness and yoga for happiness and health.