

Nutrition and Wellness Newsletter
November/December 2023



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Happy Thanksgiving!

November is

Diabetes Awareness Month



November is National Diabetes Awareness Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there's also good news: Taking charge of your health may help you prevent diabetes health problems.

View the video: Take Charge of Tomorrow
from niddk.nih.gov

[Preventing Diabetes Health Problems](#)

Control your ABCs!

A= Hgb A1C level

B=Blood Pressure

C = Cholesterol Level

Diabetes Prevention Tips

People at risk of type 2 diabetes can delay and even prevent the condition by:

- Maintaining a healthy weight
- Getting regular physical activity
- Making healthy food choices
- Managing blood pressure
- Managing cholesterol levels
- Not smoking

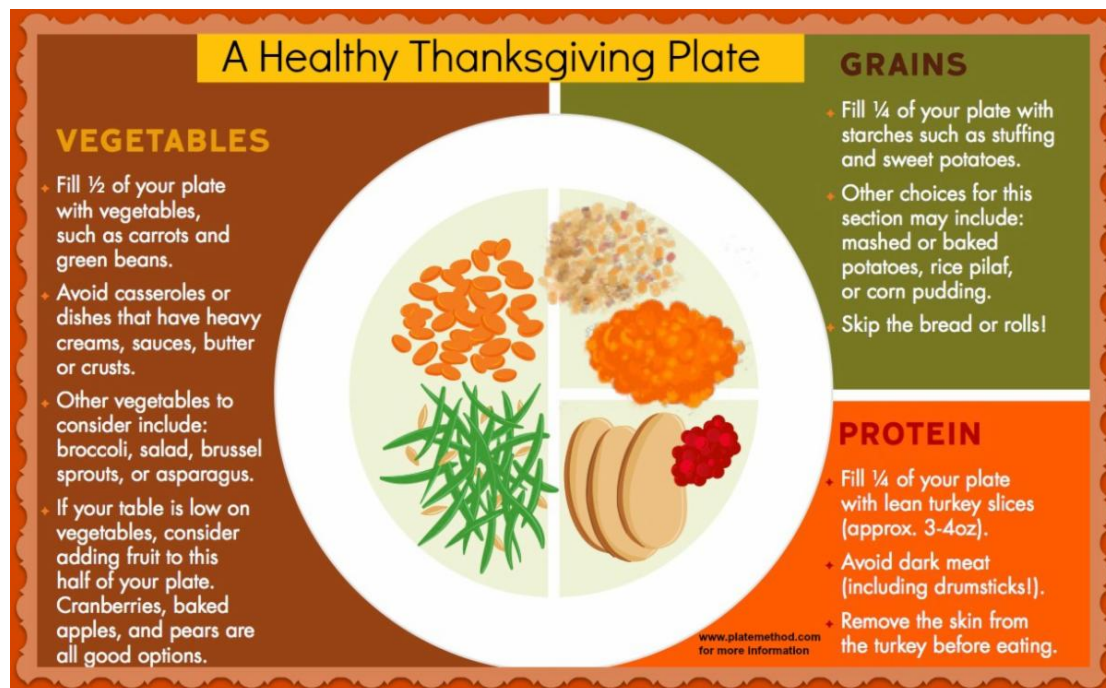
How do you know if you are at risk for developing Type 2 diabetes? Take the Prediabetes [Risk Test](#) from the American

Click [American Association of Diabetes Educators Holiday Toolkit](http://www.diabeteseducator.org) (www.diabeteseducator.org) to get some helpful holiday tips and recipes to help keep your blood sugar levels within normal range during the holiday season. For some helpful tips eating healthy during the holidays when you have diabetes click here: [5 Healthy Eating Tips for the Holidays \(cdc.gov\)](http://cdc.gov)

Diabetes in Illinois

Each year, 1.5 million new cases of diabetes are diagnosed. In Illinois, approximately 1.3 million (12.5% of the population) adults have diabetes, but roughly 341,000 of those don't know they have diabetes. It is estimated that 84 million Americans have prediabetes, of which 3.6 million live in Illinois. Learn more by clicking [Diabetes in Illinois](#) from Illinois Department of Public Health.

Please see below for recommendations for a healthy thanksgiving dinner plate. Go to www.platemethod.com for more information.





December brings cold weather, holiday meals and gathering with family and friends. Take charge of your health and wellness goals during the holiday season by making exercise and healthy eating a priority. Make time for exercise and plan ahead for healthy eating. You will be glad you did!

Physical activity Ideas

Walking at the mall or indoor track

Dancing

Yoga

Tai chi

Balance exercises

Strength training

5 Functional Exercises to Start Today

from Australian Fitness Academy.

Exercise Benefits from National Institute on Aging

Maintain a healthy weight.

Manage your blood sugars.

Manage your blood pressure.

Manage your cholesterol.

Support mental health.

Support emotional health.

Improve your sleep.

Reduce stress.

Reduce depression.

Increase your energy level.

Improve your wellbeing.
Improve your mood.

The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.



Healthy Holiday Eating Tips

[Holiday Meal Makeover](#)

from United States Department of Agriculture

[10 Healthy Holiday Nutrition Tips](#) from Mayo Clinic

Holiday Activities

[Winter Mittens](#)

www.Coloring-Page.net

[Word Search](#)

www.ecdn.teacherspayteachers.com

[Crossword Puzzle](#)

www.images.wordmint.com

Healthy Holiday Recipes



Recipe Box

Enjoy these holiday recipes in the upcoming months:

[Beef Broccoli Stir Fry](http://www.eatingwell.com)

www.eatingwell.com

[Gingerbread Cookies](http://www.readersdigest.ca) (above)

www.readersdigest.ca

[The Best Holiday Salads](http://www.theclevermeal.com)

www.theclevermeal.com

[Ultra Tasty Spanish Vegetable Soup](http://RecipeTinEats.com)

from Recipe Tin Eats



Nutrition Program Spotlight Egyptian Area Agency on Aging



PSA 11 Congregate Dining Site(above)

Egyptian Area Agency on Aging in Carterville, Illinois along with Illinois Department on Aging, provides older adult services in 13 counties which are Perry, Franklin, Jackson, Williamson, Saline, Gallatin, Union, Johnson, Pope, Hardin, Alexander, Pulaski, and Massac. These counties are located in the southernmost part of Illinois.

Egyptian Area Agency on Aging Nutrition Providers

Franklin County Senior Services

Gold Plate Program for Perry County

Golden Circle Senior Citizens Council

Southern Pride Senior Program

Senior Adult Services

Williamson County Programs on Aging

Egyptian Area Agency on Aging provides 11,870 congregate meals and 29,161 home delivered meals per month through their nutrition service providers. Some of the providers offer additional frozen meals as needed, especially if clients are at high nutritional risk. These extra meals are provided as an evening meal, weekend meals, holiday meals, or during emergency closures.

The area's congregate participation has increased significantly from this time last year due to Covid restrictions being lifted. Nutrition providers in Egyptian Area Agency on Aging counties have increased the number of congregate meals served from 93,725 congregate meals at the end of July 2022 to 118,701 congregate meals at the end of July 2023.

The agency is working to increase the number of meal sites offered in large geographic counties. Franklin County just added an additional site, with another site in the works to offer a congregate meal site closer to home for many of the older adults.

The senior centers are offering more programming, focusing on services and activities, maintaining a more stable workforce, and improving the senior center environments.

One of the Egyptian Area Agency on Aging's senior centers has renovated the center with new appliances, furniture, and also purchased vehicles through the federal and state surplus programs. The dining room has a fresh look, with a new ice maker, ice-cream machine, and freezer. The program has allowed the center to completely transform the environment to be more appealing without much out-of-pocket cost.

For more information on the programs in Egyptian Area Agency on Aging, go [Here](#)



PSA 11 Participants Enjoying a Group Activity (above).



PSA 11 Newly renovated dining area(above).

Information/Events

For additional information on assistance programs
for older adults go to:

[Assistance Programs for Older Adults](#)

For a handy resource to find food
assistance in Illinois click [Find Food IL Map](#)

Nutrition Advisory Council Meetings

January 11, 2024

April 11, 2024

9:30-11:00 am

Save the Dates

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with any questions you may have regarding a medical condition.*

Visit our Website



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