American Diabetes Month

We often talk about preventing type 2 diabetes, but do you know what causes it? Your pancreas makes a hormone called insulin that allows cells to turn glucose from the food you eat into energy. People with type 2 diabetes make insulin, but their cells don’t use it like they should. This is insulin resistance. At first, the pancreas makes more insulin to get glucose into the cells. But eventually it can’t keep up, and the sugar builds up in your blood instead. This can be due to genes, extra weight, overproduction of glucose by the liver, and damaged cells.

You may be at risk of diabetes if:
- You are overweight (BMI is over 25)
- You have been diagnosed with prediabetes by a health care provider
- Your A1c = 5.7% - 6.4%
- Your fasting plasma glucose = 100-125 mg/dL
- You have been diagnosed with Gestational Diabetes during previous pregnancies

You may also be at risk if your score a 9 or higher on this quiz:

Are you a woman who has had a baby weighing more than 9 pounds at birth?  1  0
Do you have a parent with diabetes?  1  0
Do you have a brother or sister with diabetes?  1  0
Find your height and weight on the chart to the right. Do you weigh as much as or more than the weight listed for your height?  5  0
Are you younger than 65 years of age and get little or no physical activity in a typical day?  5  0
Are you between 45 and 64 years of age?  5  0
Are you 65 years of age or older?  9  0

Total points for all “YES” responses: ___

If you are at risk, the YMCA’s FREE Diabetes Prevention Program can help! Contact Julia Wilkins or Mary Kate Owens at 413-534-5631.
Employee Shout Out!

Check out what Holyoke employees are doing to stay well!

Congratulations to the **Walk Across Holyoke** winners! Each received a cash gift card.

1st - Zaida Cutler, Community Development
2nd - Sgt. David O’Connell, Holyoke PD
3rd - Loriann Flynn, HG&E

Left: Zaida Cutler and Mayor Alex Morse with the winner’s plaque to be hung at City Hall.

Nutrition 101 class at the Police Department had 7 amazing graduates who earned coupons to the Holyoke Farmer’s Market!

**Fire Department:** Are you interested in having a nutrition class brought to you?

**Contact Julia Wilkins or Dale Glenn with preferred dates and times.**

Don’t forget: There is still time to hand in your Acts of Kindness check list and be entered into a raffle!

**Please return to Julia Wilkins by Friday, November 13th.**

Attend a FREE Relaxation and Stress Reduction Workshop! Learn coping strategies, make goals, and participate in a raffle! Snacks will be provided. **This class will be in Spanish only!**

Tuesday, November 10 from 10:00-11:30 am • Holyoke Health Center, Room A28
To sign up, contact Olga Gardner - 413-420-6251
Thanksgiving isn’t all about food and football. Consider your mind, spirit, AND body throughout the day.

1. The basic idea of Thanksgiving is to find things to be grateful for. Be specific and share details with family and friends. There can be a special bond among a group who show an attitude of gratitude.

2. Consider good dining, laughter and family bonding as occasions for the celebration of well-being and make the most of it. Arrange meals that are lower in fat, be moderate with alcohol, practice food safety, protect against ill-advised driving, and look out for the best interests of your guests.

3. Prepare for the day by rising early, stretching and going for a run or brisk walk. Fire up that metabolism in preparation for the food you will enjoy!

4. Reach out to someone else, perhaps a less fortunate stranger. Think of additional reasons and ways to help those a bit less fortunate.

5. Think about giving a little performance at the dinner table. Guests may enjoy a poetry reading, an excerpt from a favorite book, a story, or reminiscing about loved ones, anything that allows you to reflect.

Maintain Don’t Gain: Holiday Challenge
November 22nd - January 2nd

Sign up for this 6-week program that will help you maintain your weight during the holidays with provided challenges, resources, and motivation!

What can you expect?

- Ways to earn points towards the prize of a 1 year magazine subscription!
- Weight tracker
- Weekly challenges of your choice. Pick just one or choose to do them all!
- Educational information supporting that week’s challenge
- Email every Monday with healthy recipes, physical activity suggestions, and encouragement

Sign up with Julia Wilkins by Monday, November 16th
wilkinsj@holyoke.org • 322-5595
Wellness Warrior of the Month
Juana Massa - Code Enforcement Inspector

Working out of the Board of Health, Juana has enjoyed her job because she loves helping people, whether solving housing issues or just listening to concerns. But 28 years and 30 pounds later, she realized she needed to help herself. She was feeling depressed about her weight, struggled to lose anything, and lacked energy to change.

Last summer a co-worker encouraged Juana to walk with him during lunchtime and it was the push she needed. The stairs became easier and motivation increased. When spring came, she realized she needed to do more. In April she learned how to change her diet at the City’s Nutrition 101 class. Over the summer she took part in Walk Across Holyoke, learned strength exercises to do at home, and used resistance bands at her desk.

Juana still eats but decreased portion sizes, using a small plate to feel satisfied while eating less. She thinks ahead about eating snacks instead of waiting until she is and famished and eating more. As a result, she has lost 10 pounds and the most importantly, has kept it off.

But the biggest change has been her self esteem. Just a few years ago, she really let weight gain bother her and would give in to tiredness. But now, Juana has seen she is capable of making healthy choices. Focus at work is clearer and her motivated during and after work has soared. It also helps to have grandchildren that she wants to spend quality time with.

“You can do anything you want if you put your mind to it...the thing is wanting to do it.” So find what you WANT to do and let this be the time to make small changes and accomplish it!

Maple-Roasted Sweet Potatoes

Roasting sweet potatoes for Thanksgiving is easier than boiling & mashing. Use maple syrup instead of brown sugar and less butter to save calories and fat!

Ingredients:
- 2 1/2 lbs sweet potatoes, peeled & cut into 1 1/2-in pieces (about 8 c)
- 1/3 c pure maple syrup
- 2 tbsp butter, melted
- 1 tbsp lemon juice
- 1/2 tsp salt
- Freshly ground pepper, to taste

Makes 12 servings
Nutrition per serving: 96 cal; 2 g fat (1 g sat, 0 g mono); 5 mg chol; 19 g carb; 1 g pro; 2 g fiber; 118 mg sodium; 189 mg potassium.

Directions:
1. Preheat oven to 400°F.
2. Arrange sweet potatoes evenly in a 9 x 13-in glass baking dish. Combine maple syrup, butter, lemon juice, salt & pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover & bake the sweet potatoes for 15 min Uncover, stir & cook, stirring every 15 min, until tender and starting to brown, 45 to 50 min more.

http://www.eatingwell.com/recipes/maple_roasted_sweet_potatoes.html