

# BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter July 2011

A Publication of the Diabetes Education Department at the New Medical Office Building

## **UPCOMING EVENTS** **Diabetes Support Group**

### ***Open to the Community***

July 5<sup>th</sup> at 2pm at the  
New Medical Office Building  
Speakers: Phillipa McAfee  
Topic: Diabetes and Depression

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## **Diabetes Self Management** **Classes for June 2011**

July 7<sup>th</sup> at 3:30 pm  
Introduction to Self Management of Diabetes

July 14<sup>th</sup> at 3:30 pm  
Prevention of Diabetes Complications

July 21<sup>st</sup> at 3:30pm  
Meal Planning and Carbohydrate Counting

July 28<sup>th</sup> at 3:30pm  
Update and review self Management and  
Meal Planning

All Thursday classes will held at the MOB

Saturday July 23<sup>rd</sup> 10 am (all day class)  
1<sup>st</sup> floor Conference Room in BSCH cafeteria

**Please Note:** An MD referral is needed.  
Classes offered by:  
Tammy Compasso, R.N. C.D.E.  
Cathy Olmstead, M.S. R.D. C.D.E.

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## **Spice up your summer**

Herbs and spices have strong disease frightening properties that boost health and promote well being. By flavoring food more with herbs and spices we not only decrease the amount of sodium we use for flavoring but also adding strong antioxidants into our diet. Spices are the perfect way to add flavor to your meal. However, by sprinkling spices on top of your food, you may be benefiting your health without knowing it. Each spice possesses its own unique property but now it has been scientifically proven that many spices offer many health benefits too.

### **Cinnamon**

- Anti-inflammatory
- Anti-clotting actions
- Antimicrobial
- Regulates blood sugar

### **Ginger**

- Helps with motion sickness, nausea, vomiting
- Anti-inflammatory properties
- Boosts immune system

### **Red Pepper**

- Fights inflammation
- Ingredient Capsaicin creates heat
  - \* Clears congestion
  - \* Controls Appetite
  - \* May boost metabolism

### **Turmeric**

- Anti-inflammatory properties
- May inhibit cell caner growth
- May protect the brain

### **Oregano**

- Strong antibacterial agent
- High in antioxidants

<p><b>McCormick Recipe...</b></p> <p><b>Broccoli and Potato Frittata</b></p> <p>1 1/2 cups cubed potatoes</p> <p>2 cups coarsely chopped broccoli florets</p> <p>1 tablespoon olive oil</p> <p>1/2 cup coarsely chopped onion</p> <p>1 teaspoon McCormick® Oregano Leaves</p> <p>1 teaspoon McCormick® Rosemary Leaves, finely crushed</p> <p>1 teaspoon McCormick® Thyme Leaves</p> <p>3/4 teaspoon Sea Salt from McCormick® Sea Salt Grinder, divided</p> <p>1/4 teaspoon McCormick® Black Pepper, Ground</p> <p>6 eggs</p> <p>1/4 cup milk</p> <p>3 medium plum tomatoes, thinly sliced</p> <p>1/4 cup grated Asiago cheese</p> <p>1. Bring water to boil in medium saucepan. Add potatoes; cook 7 minutes or just until tender. Add broccoli; cook 1 minute longer. Drain well. Set aside.</p> <p>2. Heat oil in large ovenproof nonstick skillet on medium heat. Add onion; cook and stir 5 minutes or until softened. Stir in potatoes and broccoli. Reduce heat to medium-low</p> <p>3. Mix oregano, rosemary, thyme, 1/2 teaspoon of the sea salt and pepper in medium bowl. Add eggs and milk; beat with wire whisk until well blended. Pour mixture into skillet. Cook without stirring 5 minutes or until eggs are just set on bottom. Arrange sliced tomatoes on top of egg mixture. Sprinkle with cheese and remaining 1/4 teaspoon sea salt</p> <p>4. Broil 4 to 5 minutes until eggs are set and cheese is lightly browned.</p>	<p><b><u>Basil</u></b></p> <ul style="list-style-type: none"> <li>-Fights inflammation</li> <li>-Promotes heart health</li> <li>-Good Source of Vitamin K</li> <li>-Strong antibacterial agent</li> </ul> <p><b><u>Thyme</u></b></p> <ul style="list-style-type: none"> <li>-Ingredient thymol relieves cough and congestion</li> <li>-Powerful antimicrobial agent</li> <li>-anti fungal agent</li> <li>-Natural food preservative</li> <li>-Source of Vitamin K</li> </ul> <p><b><u>Rosemary</u></b></p> <ul style="list-style-type: none"> <li>-Fights free radical damage in the brain</li> <li>-Improves digestion and circulation</li> <li>-May kill cancer cells</li> <li>-Stimulates the immune system</li> <li>-Good source of calcium, fiber and iron</li> </ul> <p>Many of these herbs and spices can be used in many meat, chicken and fish dishes. Use in casseroles, omelets, frittatas, stews, soups and with many vegetable recipes.</p> <p>(Morrison Management)</p> <p><b><i>Nutrition Information for Recipe:</i></b></p> <p>Calories: 169</p> <p>Fat: 9 g</p> <p>Carbohydrates: 12 g</p> <p>Cholesterol: 217 mg</p> <p>Sodium: 344 mg</p> <p>Fiber: 2 g</p> <p>Protein: 10 g</p>
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**Support Group & Classes are given at The New Medical Office Building located at 161 East Main Street, Port Jervis, NY by Tammy Compasso, R.N. C.D.E. and Cathy Olmstead, M.S. R.D. C.D.E.**  
**Telephone Number: 845-858-7795**