

# ABORIGINAL

# DIABETES

# INITIATIVE

# Newsletter

## ATTENTION ALL ADI WORKERS!

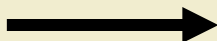
Are you looking for fun nutrition and physical activity ideas to do with the children at the school? Well, look no further! HBHM (Healthy Bodies, Healthy Minds) is a great program that promotes healthy eating and physical activity. Did you know that the best way to prevent diabetes is to prevent it in children? Yes, also when children eat healthy and are active this also promotes overall health and better concentration and improved learning at school and home.

HBHM provides the schools with a free resource kit that contains a "how-to" manual and many teaching tools & interactive games that teachers can use. Don't forget, YOU too can use the resources in the kit at the school.

For more information or to find out if your community's school attended a HBHM training and received the kit, please call Jessica Cordeiro @ (204) 984-3092.

Wait, there's more! Jessica can also come visit the school to do a ½ day PD workshop to train school staff (and you) about the HBHM program and the kit activities.

Here's a picture of the kit and all the resources included in the kit!



## UPCOMING EVENTS

### Diabetes 101 workshop

July 13-17, 2009 in Winnipeg

This is a great training opportunity for all new ADI workers and ADI workers who have never received any diabetes training.

### Tribal Council Training for DOTC communities

Week of August 17, 2009

Topic: Physical Activity

Mark your calendar for the Regional Diabetes Conference hosted by West Region Tribal Council in Winnipeg November 3, 4 and 5, 2009.

**JOKE** - What do you call cheese that does not belong to you?  
Nacho Cheese!



**Karen Connors**  
Regional Diabetes Coordinator  
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ADI Outreach Nutritionist  
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## RECIPE CORNER...

### Colorful Black Bean Salad

#### Ingredients:

- 1-14 oz can black beans, rinsed and drained
- 2 cups frozen corn kernels
- 1-14 oz can red kidney beans, rinsed and drained
- 1/2 red onion chopped
- 1 green pepper chopped
- 2 tablespoon lime juice
- Salt and pepper
- Hotsauce to taste (optional)

#### Directions:

1. Combine all ingredients in a bowl.
2. Let stand for at least 15 minutes for corn to fully defrost and flavors to combine.
3. Toss and serve.

## COMMUNITY SUCCESS STORY!

The Opaskweyak Cree Nation (OCN) and the Nor-Man Regional Health Authority's Primary Health Care community nutritionist have successfully partnered to offer educational menu planning and cooking demonstrations to their community members. OCN does not have their own community nutritionist, therefore this partnership allows them to receive that service for their community members. To date they have offered three wonderful sessions.

Keep up the great work with your partners!

Do you have your own success story? Let Karen or Brigitte know about it!

## @ YOUR SIDE COLLEAGUE

Did you know there is a professional development tool available at no cost to all health service providers working in First Nation communities in Manitoba? The program is called @Your Side Colleague (@YSC) and is provided by St. Elizabeth Health Care. The program has been used by Manitoba First Nations since 2000. It is a secure web-based program that offers around the clock access to a virtual support network of peers and experts, as well as e-learning courses in 14 topics. You can join at any time and can learn at your own pace or join a study group.

To learn more about @YSC or to gain an account please go to [www.atyourside.ca](http://www.atyourside.ca) or contact Jodie Dupas at 204-632-6103.

## CHECK OUT THIS WEBSITE!

The Canadian Diabetes Association's website is a one-stop-shop for information on diabetes. You can download important and useful handouts on almost everything you need to know about diabetes including type 2 diabetes, gestational diabetes, prediabetes, nutrition, physical activity, living well with diabetes and complications to name a few. Don't have a printer? Order your resources online and have them delivered to your community. The website offers other interesting information such as upcoming workshops and conferences, how to become part of Team Diabetes Canada and much more. Check it out!

[www.diabetes.ca](http://www.diabetes.ca)