

# Aboriginal Diabetes Initiative *newsletter*

## Welcome to Frances Desjarlais, Regional Diabetes Coordinator!

We are very happy to welcome Frances Desjarlais as the Regional Diabetes Coordinator- Nurse for the ADI program. Fran is a Registered Nurse with a Bachelor of Nursing degree. She has many years of experience working with First Nation communities and most recently, working with the Diabetes Integration Project.

Should you require support from Fran with your ADI program, you can contact her by phone at 983-1012 or by email at frances.desjarlais@hc-sc.gc.ca. Fran looks forward to meeting each and everyone of you!



### ADI Renewal!

'Have you heard the great news? ADI has been renewed for another two years! Please stay tuned for more details to come in the near future.'

## Contact information:

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## Managing Diabetes

It is estimated that 80-90% of people with type 2 diabetes are overweight or obese. Many studies show that weight loss can help with prevention of type 2 diabetes as well as improving blood sugar and cholesterol levels in those with diabetes.

For obese and overweight people with diabetes, weight loss is a key goal. Even a small weight loss of 5-10% of initial body weight improves blood sugar levels and reduces the need for diabetes medications.

You can lose weight by eating healthy and being more physically active. Eat 3 regular, balanced meals daily, choose appropriate portion sizes; increase intake of fibre-rich foods and vegetables and fruits; decrease intake of pop and fast food and include more physical activity in your life.

Help your clients to lose weight by setting realistic and achievable weight-loss goals and offering on-going support. Remember to work with other community workers to help your client achieve his or her healthy weight.

### Recipe Corner: Potato Salad

2 pounds potatoes peeled  
Water

1 cup chopped green onion  
1 cup chopped celery  
6 eggs, hard boiled, sliced

1 ½ tablespoons (Tbsp) sugar  
1 tablespoons (Tbsp) flour  
½ teaspoons (tsp) dry mustard or 1 tablespoon (Tbsp) prepared mustard  
Salt and pepper to taste  
½ cup milk  
1 ½ tablespoons (Tbsp) vinegar

#### Directions:

1. Boil potatoes in water until soft. Cut in 1 inch pieces and place in a large bowl.
2. Add onions, celery and eggs.
3. In a small sauce pan mix sugar, flour, salt, pepper, mustard, milk and vinegar.
4. Heat and stir until boiling and thickened, pour over potato mixture.
5. Serve cool.

## Physical Activity Corner by *Elizabeth Proskurnik*

We've all heard the saying, "No Pain, No Gain", but the good news is...It's not true!

Exercise should be fun, enjoyable and something that can be done again and again. If a person can't walk properly or lift their arms for a week following exercise, what's the point?

Pain during exercise could mean that an injury is occurring, an existing injury is being aggravated or that the person is just trying to do too much.

Here are a few tips to make sure you and your community members are exercising safely.

1) Warm-up: Just 2-5 minutes of light movement to get your heart pumping, blood circulating and your body ready for more exercise. Example: walking at an easy pace.

2) Stretch while your muscles are warm. This can be done after the warm-up or at the end of your exercise session following your cool-down. Hold each stretch 15-30 seconds.

3) Aim for at least 10 minutes of exercise at a time, but do it at your own pace. Aim to do 60 minutes of light activity, 30 minutes of moderate activity or 20 minutes of vigorous activity daily, although it doesn't need to be done all at one time.

4) Cool down: Just like the warm-up, the cool-down is essential and can help prevent muscle soreness. You can do the same activity for your warm up and cool down.

5) Have fun. The exercise that you choose should be enjoyable so you will feel motivated to do it. Go for a walk, plant a garden or kick a soccer ball. Just as long as you get your body moving.

## Community Success Stories

### The Biggest Loser Challenge in Split Lake

Sheila Kitchekeesik, ADI worker, and the TCN Health Staff have started a 'Biggest Loser Challenge' for community members that have been struggling to lose weight. The challenge is a 6 month weight loss program for individuals who are obese and are at risk of developing diabetes and its complications.

Originally the health team envisioned 20 participants taking part in this challenge. However, to their surprise, this program has been very well received in the community and they currently have 103 participants taking part in the challenge!

The Health team offers monthly incentives such as running shoes, water bottles, arm and ankle weights and bowling passes in Thompson for those that weigh in on the first week of every month. Many activities are offered in the community to assist and support the participants. Such activities include access to the local fitness centre, cooking classes, healthy eating and diabetes bingo sessions, walking club, square dance classes, Martial Arts lessons by a Thompson instructor and monthly consultations by a Registered Dietitian.

Needless to say the program has been very successful and the participants are very committed and working hard to better manage their weight, prevent diabetes and its complications.



## Healthy Schools In Motion

Is your community school a 'Healthy School in motion'? 'Healthy Schools in Motion' should provide each child with an opportunity to participate in at least 30 minutes of physical activity five days a week. In addition, each school receives a resource manual and an activity bin full of great equipment just by registering.

Get your school registered today!

For more information and to register, visit the website: [www.manitobainmotion.ca/schools/](http://www.manitobainmotion.ca/schools/)





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