

# ABORIGINAL

## Diabetes

### Initiative

# Newsletter



Mark your calendars, WinterActive will take place from January 15 to February 27, 2009.

The winter months are an ideal time to do more of the healthy activities you already enjoy, and even try out some new ones!

Here's your chance to win one of 129 'cool' WinterActive prize packages.

Just visit the website at:

[www.winteractive.ca](http://www.winteractive.ca). and record your participation in either a healthy living event or activity for a chance to win a prize.



*Get Up, Go Out! Be WinterActive!*

## UPCOMING EVENTS

Geographical Training for KTC communities  
January 27-30, 2009 in Thompson

Geographical Training for SERDC communities  
February 10 -13, 2009 in Winnipeg

Chronic Disease Education Network Workshop  
February 19-20, 2009 in Winnipeg

Geographical Training for IRTC communities  
March 3-6, 2009 in Fairford

Geographical Training for WRTC communities  
March 17-20, 2009 in Dauphin

### Diabetes 201

March 24-26, 2009 in Winnipeg for advanced ADI workers and ADI community nurses. Call Jordan Levine at 984-1646 if you are interested in attending.

For more information on these events, please contact Karen or Brigitte.

**JOKE - WHAT IS THE DIFFERENCE BETWEEN A FISH AND A PIANO?  
YOU CAN'T TUNA FISH!**



## Have You Heard of The Diabetes Integration Project?

The Diabetes Integration Project is a mobile diabetes care and treatment service model which will address the needs of First Nations people diagnosed with diabetes by providing services to help monitor diabetes, screen for and prevent complications, and to provide client diabetes education. The Diabetes Integration Project is currently being piloted in six First Nation communities in the South and six First Nation communities in the North.

Sites: Hollow Water, Peguis, Long Plain, Dakota Tipi, Dakota Plains, Swan Lake, Chemawawin, Nelson House, Split Lake, God's River, God's Lake and Oxford House

For more information about the Diabetes Integration Project, contact the office at: (204) 956-7174 or visit the website at: [www.diabetesintegrationproject.ca](http://www.diabetesintegrationproject.ca). Please check the website for dates that the Diabetes Integration Project will be visiting the 12 pilot sites.

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# EASY PITA PIZZAS

## INGREDIENTS:

- 4 whole wheat pita pockets
- 1 tablespoons vegetable oil
- 1 clove garlic, minced
- 1 cup salsa, or pizza sauce
- 1 cup chopped lean ham
- 1/2 cup onions
- 1/2 cup mushrooms
- 1/2 green pepper, chopped
- 2 cups light mozzarella cheese, grated



## DIRECTIONS:

1. Preheat oven to 350°F.
2. Slice each pita pocket in half, making eight open pita pockets.
3. In a small bowl, mix the oil with the minced garlic. Brush lightly on each pita pocket. Place pockets on cookie sheet.
4. Bake in the oven for about 7-10 minutes until pita pockets are golden.
5. Divide the salsa or pizza sauce equally between all pockets.
6. Layer the pita pockets with onions, ham, mushrooms and green peppers.
7. Bake in oven for about 5 minutes.
8. Add grated cheese to each pita pocket and bake for another 5-10 minutes, or until cheese is golden.

## Community Success Story

### Berens River First Nation

The First Nations of Berens River enjoyed a very joyous and healthy Christmas. The ADI and Home Care team prepared and served a healthy Christmas lunch to the students of the Berens River school. Melanie Boyd, ADI worker, felt that seeing the children's faces light up was reward enough for her and the Home Care team. Perimeter aviation generously donated eight turkeys to the cause. The remaining of the food was purchased through the ADI budget. With such a successful dinner, the ADI and Home Care team are already making plans to host monthly lunches at the school. They have even started planning for next year's Christmas dinner!

Congratulations on your achievements!

- Have your own success story? Let Karen or Brigitte know about it. We'd love to print it in the next ADI Newsletter!

## Congratulations to...

- ◆ Daisy Monkman, ADI worker from Berens River, for winning the 2008 Golden Carrot Award through the Manitoba Food Charter for her efforts to reduce and control diabetes in her community.
- ◆ Helen Adamson, ADI worker from Dauphin River, for being the 2008 ADI worker of the year. Helen was also valedictorian of her Yellowquill Graduating class.

### Regional Diabetes Conference

Once again the West Region Tribal Council did an excellent job hosting the Regional Diabetes Conference that took place from November 25-27, 2008 in Winnipeg. There were 41 ADI workers who attended this conference named: 'Tackling Diabetes Through Secondary Prevention'. Guest speakers included Elder Harold Flett from Ebb & Flow, Mr. Dave Courchene from Sagkeeng and Carl Swan from Lake Manitoba, just to name a few.



*The single common denominator of people who achieve great things is a sense of destiny - Author Unknown*

