

BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter November 2011

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

UPCOMING EVENTS

Diabetes Support Group

Open to the Community

November 1st at 2pm at the New Medical Office Building

Speakers: Tammy Compasso, RN, CDE

Topic: Back to the Basics: What is diabetes?

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Diabetes Self Management Classes for November 2011

November 8th at 2 pm

Introduction to Self Management of Diabetes

November 15th at 2 pm

Prevention of Diabetes Complications and Medications.

November 22nd at 2 pm

Meal Planning and Carbohydrate Counting

November 29th at 2 pm

Update and review self Management and Meal Planning

Saturday Class November 12 at 10 am
Comprehensive Full Day DSME
Hospital 1st Floor Cafeteria Conference Room

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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November is American Diabetes Month

Diabetes currently affects 26 million people in this country and 79 million are at risk for developing Type II Diabetes.

According to statistics released by the Center for Disease Control:

- ❖ Every 17 seconds someone is diagnosed with diabetes
- ❖ Diabetes kills more people each year than breast cancer and AIDS combined.
- ❖ Recent estimated projection shows that as many as 1 in 3 American adults will have diabetes in the year 2050.

Bon Secours Community hospital is doing its part by providing services to the community. Our program, recognized by American Diabetes Association provides up- to-date information to the community. We provide a multitude of services including a monthly Support group as well as group and individual counseling.

Announcement:

Bon Secours Charity Health System is pleased to announce the opening on an expansion site of our Center for Diabetes Education. This site is also recognized by the American Diabetes Association and will open on November 7, 2011 to provide services to the community.

The center is located at The Kohl Building
233 Lafayette Ave, Suffern NY
Phone: 845-368-5935
Fax: 845-368-5799

Physician referrals are required

Recipe...

Crockpot Italian Wedding Soup

Ingredients:

- 1 Large Onion
- 1 Egg, slightly beaten
- ¼ Cup whole wheat breadcrumbs
- 3 piece tomatoes, sun dried chopped
- 2 tsp Italian seasoning
- 1 lb lean ground
- 2 tsp olive oil
- 1 fennel bulb
- 8 cups low sodium chicken broth
- ½ tsp white pepper
- 6 medium garlic cloves, dry
- 5 cups fresh chopped spinach, shredded

- ½ orzo pasta, dry

Directions: In medium bowl, combine chopped onion, egg, bread crumbs, dried tomatoes, 1 tspn Italian seasoning and ground beef. Mix well. Shape into 12 meatballs. In a large skillet add oil and heat over medium. Brown meatballs. Drain and discard fat. Transfer meatballs to 4 1/2 to 5 1/2 quart slow cooker. Add sliced onion. Cut off and discard upper stalks of fennel. Save some of the feathery leaves for garnish (optional). Remove wilted outer layers, remove thin slice form fennel base. Cut fennel into thin wedges. Stir fennel, chicken broth, pepper, garlic and remaining Italian seasoning into slow cooker. Cover and cook on low setting 8 to 10 hours or high heat setting 4 to 5 hours. Gently sir in orzo. Cover and cook about 15 more minutes until orzo in tender. Stir in spinach.

Nutrition facts:

- Amount per serving ½ c**
- Calories 190
- Saturated Fat 3 g
- Sodium 95 mg
- Total Carbohydrate 10 g
 - Dietary Fiber 2 g
 - Sugars 1 g
- Protein 15.6 g

Services provided:

Support Group (1st Monday of the month) 2 pm
Free and Open to the Community

Diabetes self Management Classes
2nd , 3rd and 4th Monday of the Month) 2pm

- ❖ Introduction to Diabetes Management
- ❖ Complications of Diabetes and Medications
- ❖ Meal planning and Carbohydrate counting

Open house scheduled for Monday November 28th at 9 am.

Great success to the Center for Diabetes Education at Good Samaritan Hospital!

The Bon Secours Charity Health System is doing its part to prevent and manage diabetes.

We have Recognized programs throughout The Charity Health System to include St Anthony Community Hospital, Bon Secours Community Hospital and now Good Samaritan Hospital. These sites have a multidisciplinary staff of Certified Diabetes Educators.

For an appointment at any of these sites please call the Concierge Service at 1-866-596-8456

Happy Thanksgiving

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 Diabetes Team Carla Errico, Coordinator Cathy Olmstead, M.S. R.D. C.D.E Tammy Compasso, R.N. C.D.E.