



Care At Home Times

Volume 4, Issue 2

July—September
2007

The Dangerous Diabetes/Obesity Connection

Condensed from Vibrant Life July—August 2007

65% of Americans are overweight and at increased risk for diabetes. The location of our fat stores is important. The fat inside the abdomen makes the body resistant to insulin which it produces to control blood sugar levels. Chemicals that the abdominal fat secretes cause the body to produce higher insulin levels in order to process the food that we eat. As this process continues over time, the body's blood sugars begin to rise because the insulin isn't working as well as before — and we can develop diabetes. Insulin is a growth hormone which means that we will gain more weight, and as we gain more weight we need more insulin and we become more insulin resistant. A vicious cycle!

Time for a Change!

1. If we choose foods that are high in complex carbohydrates and low in fat (fruits, vegetables and whole grains), we can actually eat more than ever and still lose weight! Plus, all that good fiber will keep blood sugar levels even and stabilize energy levels.
2. Combine diet with exercise. Exercise boosts our metabolic rate so we burn more calories. Get 60 minutes of moderate intensity activity most days of the week. Walking is the best exercise so lace up those walking shoes!

Calendar of Events:

In-services:

July—It's Not Too Late to quit smoking

August—Document, Document

September—Range of Motion

Blood Pressure and Blood Glucose screenings @ area Senior Citizen Centers

- **Payette:** 08/01, 09/05
- **Nyssa:** 07/11, 08/08, 09/12
- **Weiser:** 07/10, 08/14, 09/11
- **New Plymouth:** 07/19, 08/16, 09/20
- **Cambridge:** 07/25, 08/22, 09/26

Recipe from Home

Corn and Black Bean Salad

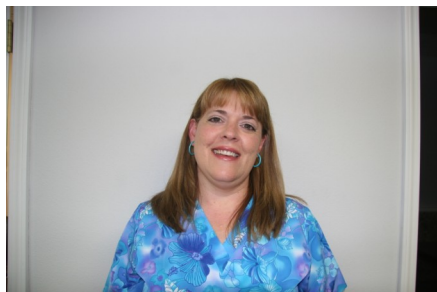
- 1-15oz. Can cut corn
- 1-15oz. Can black beans
- 2-green onions, sliced
- 1/2 red bell pepper chopped
- Juice of 1 fresh lime
- 1/2 bunch cilantro chopped
- 1 Tablespoon olive oil

Drain corn and beans. Combine with the remaining ingredients and chill. **Serves 4**

Vicki Salerno, Registered Dietitian

Staff Highlight Lorraine Drake, C.N.A.

Lorraine Drake is a certified nursing assistant, who has worked with Care At Home clients since 1997. Happy 10 year anniversary! Lorraine loves spending time with her family, especially her husband Craig, and her 23 year old son Brock. She enjoys attending sporting events and participating in church activities. Lorraine also works with Debra Alexander, FNP, in Ontario.



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About Us

Care At Home opened in 1993 to a full range of services in the Home. We serve all ages and our goal is to meet each need individually, and keep you safe and independent in your home. Everything from housekeeping, sitters, transportation and shopping to skilled nurses and therapists. We can even help you take your pet to the Vet., or care for loved ones, pets or plants while you go on vacation. Every staff member has a criminal background check and is directly supervised. Our team is the best! We work in 7 counties in both Idaho and Oregon, and have someone to take your call 24 hours a day. Never a machine!

U.S. Postage

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We are here to help you!

Whether you need a little help or a lot, we are ready to assist you. Here are some of the things we can do for you, and maybe you have other ideas to add to this list.

- ▶ Errands
- ▶ Meal Preparation
- ▶ Housekeeping
- ▶ Exercise
- ▶ Shopping
- ▶ Doctor's appointments
- ▶ Special Events
- ▶ Companionship
- ▶ Personal Care
- ▶ Medication assistance
- ▶ Transportation
- ▶ Transfer assistance
- ▶ Respite care
- ▶ Help taking your pet to the veterinarian
- ▶ Bathing

Just give us a call at 208-642-1838 or 208-253-4207 for more information.

Quotable Quotes

"No one is useless in this world, who lightens the burdens of another."

Charles Dickens