

hapitimes



Smoking and Diabetes What's the Connection?

Diabetes is a group of diseases in which glucose levels are higher than normal. The pancreas makes a hormone called insulin that helps glucose enter the body's cells. When you have diabetes, your body either doesn't make enough insulin or can't use the insulin very well. Type 2 is the most common type in adults and accounts for more than 90% of all diabetes cases.

Smokers are 30 to 40% more likely to develop type 2 diabetes, compared with nonsmokers. And people with diabetes who smoke are more likely than nonsmokers to have trouble controlling their disease. Smokers with diabetes also have higher risks for serious complications, including:

- Heart and kidney disease
- Poor blood flow in the legs and feet that can lead to infections, ulcers and possible amputation
- Retinopathy (an eye disease that can cause blindness)
- Peripheral neuropathy (damaged nerves in the arms and legs that can cause numbness, pain, weakness and poor coordination)

If you are a smoker with diabetes, quitting smoking will benefit your health right away. For free help to quit, call 1-800-QUIT NOW (1-800-784-8669).

Source: U.S. Centers for Disease Control and Prevention

Have an Active Lifestyle? Eat Right for More Energy

If you engage in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to an overall healthier lifestyle, too. Here's how.

- Choose nutrient-packed foods. Include whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars and sodium.
- Power up with protein. Protein is essential for building and repairing muscle. You can get it from plant sources and from seafood, lean cuts of beef or pork, and skinless poultry.
- Stay hydrated. Drink water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.
- Energize with grains. Make at least half of your grain food choices whole-grain foods such as whole-wheat bread or pasta and brown rice.

Source: ChooseMyPlate.gov

Inside Villas of Sorrento

At the Table

To shepherd in the holiday season of giving, we're hosting a Thanksgiving Dinner party for kids and their families! Join us November 28 at 4 pm for the feast. The kids in our after-school program are being assigned a dish to make and bring to the potluck, and additional food will be provided by Hapi. We've found one of the best ways for kids to learn about nutrition is to teach them to cook and prepare healthy snacks and meals for themselves.

In the Classroom

We are up and running with our after-school program! Volunteers are lined up to help tutor the students and we have scheduled reading time with the kids. Last month we read "Goosebumps" and we are having the kids vote on each's month's reading selection.

We also focus on nutrition and physical education in the program; healthy snacks are provided to the kids and we lead indoor and outdoor exercises, such as playing kick ball. The exercise of the month for October was dancing to Michael Jackson's "Thriller," to get into the Halloween spirit. Tip: dancing is a fun and easy way to jump-start your metabolism and give your heart a workout!

In the Garden

Hoorah for progress on the community garden! Items recently planted: corn, multiple varieties of beans, cucumbers, and flowers. Big thanks to Krystal, our garden coordinator, who is teaching the kids in our after-school program how to embed the seeds and maintain their plants.



Hapi Meals



Leftover Turkey Kebabs

What to do with all that leftover turkey from Thanksgiving? Soup and sandwiches are popular choices. How about kebobs? Kids can help assemble them on skewers.

Ingredients:

Leftover turkey, cut into bite-sized pieces

Vegetables cut into large pieces (consider cherry tomatoes or large tomatoes, onions, zucchini, peppers of your choice)

Vinaigrette or dressing of your choice

Instructions:

Roast your veggies on a baking sheet at 350 degrees, until softened.

Turn off oven and add turkey to baking sheet, putting it back in the oven to warm for two-three minutes.

Fill skewers with turkey and vegetables.

Drizzle with vinaigrette or your favorite dressing.

Wise Words

"The greatest wealth is health."
—Virgil

Villas of Sorrento Office News:

There are crime watch meetings every third Thursday of the month.