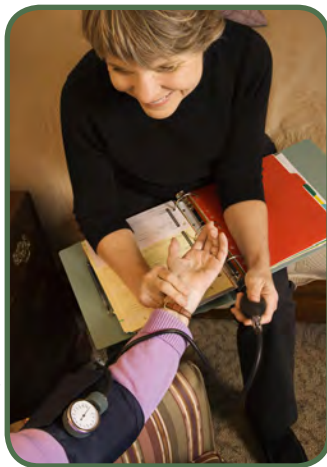


Holiday Travel and Diabetes

Wherever you go, your diabetes comes along with you. Having diabetes shouldn't stop you from enjoying holiday celebrations and travel. With some planning, and a little work, you can stay healthy on the road and at holiday gatherings.

Plan ahead:

- ✦ Discuss your trip with your doctor. Make sure your ABCs: A1C, Blood Pressure, and Cholesterol are under control and in a healthy range before you leave.
- ✦ Talk to your doctor about an action plan if you become sick or your blood glucose levels are out of your target range.
- ✦ Carry a list of your medications, allergies, doctor and emergency contact information.
- ✦ Wear identification that explains you have diabetes.
- ✦ Make sure you have enough medication and blood glucose testing supplies with you.
- ✦ Leave a copy of your prescriptions at home with a friend or relative.



Travel Safely:

- ✦ Keep your medications and supplies with you, not in the trunk of the car or in the luggage compartment on a bus or airplane. They need to be with you if you need them and they should not get too hot or too cold.
- ✦ Bring extra food in case you can't find a restaurant.
- ✦ Have regular meal times and eat consistent amounts of food.
- ✦ Reduce your risk for blood clots by moving around every hour or two.
- ✦ Protect your feet. Never go barefoot in the shower or pool.
- ✦ Check your blood sugar often. Changes in diet, activity, and time zones can affect your blood sugar in unexpected ways.
- ✦ Stick with your exercise routine.
- ✦ Wash hands often with soap and water.
- ✦ Always tell at least one person traveling with you about your diabetes.



Pack Properly:

- ✦ If you use insulin, keep it at the right temperature by packing it in an insulated bag with refrigerated gel packs if needed.
- ✦ Keep snacks, glucose gel, or tablets with you in case your blood glucose drops.
- ✦ If you use insulin, make sure you also pack a glucagon emergency kit.
- ✦ Take along your medical insurance card and emergency phone numbers.
- ✦ Pack a first aid kit.

Check out these resources for more Diabetes information:

[American Diabetes Assn.](http://www.diabetes.org)

**www.diabetes.org
1-800-342-2383**

Making a Quit-Smoking Plan

Many smokers and tobacco users know they should quit but just aren't sure how to do it. Making a quit-smoking plan may improve the chances of quitting for good. Having a quit-smoking plan helps you cope with the physical and emotional issues that often come up when you stop, like nicotine withdrawal and strong urges to smoke. The more resources you have in place upfront, the more likely you are to quit and stay quit.

Deciding to quit smoking

Make a list of the reasons to stop smoking. These may include health concerns, expense, pressure from friends and family, and social pressure. Only you can decide when you are ready to stop smoking.

Pick a quit day

Pick a specific day within the next month to quit smoking. Have a plan in place. Having a day in mind can help you prepare for what to expect and to line up helpful support. You may want to pick a day that has special meaning for you (a birthday or holiday). Pick a day that is usually less stressful for you.

Preparing for your quit day

Planning can help you overcome the hurdles you are likely to face.

- ✦ **Mark the day** on your calendar. It is an important day in your life.
- ✦ **Talk to your health care provider.** Ask about stop-smoking counseling and medications. This can improve your odds of success.
- ✦ **Tell people.** Let family, friends and co-workers know about your quit day. They can provide a lot of support. Tell them how they can help you.
- ✦ **Clean house.** Get rid of your smoking supplies in your home, car, work and other places where you smoke. Don't keep any cigarettes on hand—you might not be able to resist the temptation.
- ✦ **Stock up** on items that can substitute for the cigarette you are used to having in your mouth, such as sugarless gum, hard candy, cinnamon sticks and crunchy vegetables.
- ✦ **Join up.** The more support you have the more likely you are going to be successful. Find local quit-smoking support groups (often at hospitals and clinics). There are online groups or programs. There are even cell phone apps.
- ✦ **Reflect.** If you have quit before, think about what challenges you faced and why you started again. What worked and what didn't? Think about what you can do differently this time. Make a list of your triggers and how you will deal with them. Keeping a journal about your efforts, feelings and situations that trigger your smoking urges may be helpful.

Handling quit day

- ✦ Don't smoke, not even: "just one".
- ✦ Use nicotine replacement if you have chosen this method.
- ✦ Remind yourself of your reasons to stop smoking.
- ✦ Drink plenty of water and keep physically active.
- ✦ Avoid situations and people that trigger your urge to smoke.
- ✦ Attend a support group, counseling session or stop-smoking class.
- ✦ Practice stress management and relaxation techniques.
- ✦ Keep your hands busy by typing, writing, squeezing a ball or knitting.

Source: Mayo Clinic

To Grandmother's House We Go . . .

Winter Travel Car Safety Be Prepared

Winter travel can be tough on car and driver, to prepare:

- ✦ Check your tires and tire pressure.
- ✦ Get a vehicle winter maintenance check-up. Check the oil, battery, belts, hoses, radiator, lights, brakes, heater/defroster and wipers.
- ✦ Let others know your route, arrival times and destinations.
- ✦ Keep the fuel tank full in case you are stranded.
- ✦ Check the weather before traveling.
- ✦ Program your radio for traffic reports and emergency messages.



What to carry on winter trips:

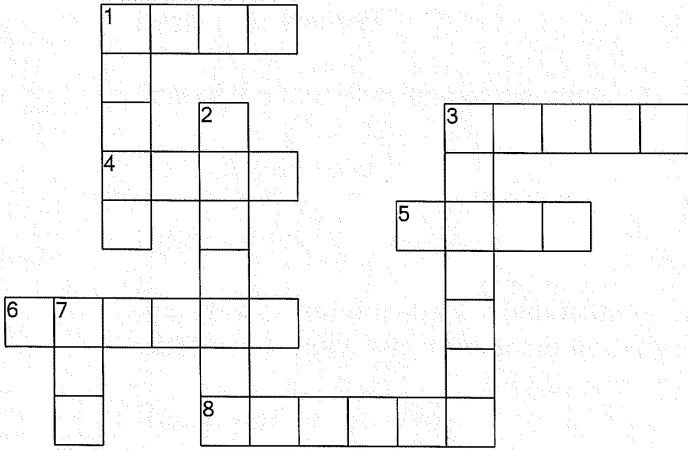
- ✦ Keep a basic winter survival kit in your car: flashlight, batteries, blankets, hats, gloves, boots, snacks, water, matches, candles, first aid kit, and necessary medications.
- ✦ Load your car with winter travel gear: shovel, windshield scraper, small broom, jumper cables, road flares, bright distress flag, road salt and sand or kitty litter.
- ✦ Never leave home without a charged cell phone and charger.

If you are stranded:

- ✦ If you don't have phone reception, try sending a text to a contact person. Often these will go through when voice calls won't.
- ✦ Stay with your vehicle.
- ✦ Put a distress flag outside the window and use flares.
- ✦ Keep snow cleared off the vehicle so rescue workers can spot you.
- ✦ Clear snow off tailpipe to avoid carbon monoxide poisoning.
- ✦ Crack window when running engine.
- ✦ Run motor for a few moments each hour to conserve gas.
- ✦ Remain calm.



Winter Crossword



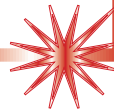
ACROSS

1. Frozen precipitation that falls in flakes
3. Keeps your neck warm
4. Precipitation
5. Feeling no warmth
6. The coldest season
8. One of the four divisions of the year

DOWN

1. A violent disturbance of the atmosphere, attended by wind, rain, snow, hail, or thunder and lightning.
2. Keeps your hands warm
3. Frosty
7. Water frozen solid

Winter	Storm	Snowman	Season
Rain	Ice	Mittens	
Snow	Scarf	Cold	



Help a Child Learn

When you look back at your own childhood, you can probably name several key people who taught you some of the most important things you know today. You too, can be an influential force in a child's life by spending time helping him or her to learn. You can help a child master a subject he or she is struggling with in school, teach him or her to play a sport or learn another skill.

Source: "Reprinted with permission from *The Random Acts of Kindness™ Foundation*." www.randomactsofkindness.org

Do you have questions about the Disease Management Newsletter or about Disease Management?

Call us toll free:
 1-866-722-7770 or 1-877-824-5611 (TTY)
 (507) 431-6065.... Susan Branstad, RN
 (507) 431-6063.....Dee Ann Frodl, RN
 Monday-Friday 8 am to 5 pm



Turkey Chili

This recipe not only tastes good, but has great nutritional value as well. The meat and beans provide iron, and the vitamin C in the tomatoes helps your body absorb the iron.

Ingredients

- 1-1/4 lb. lean ground turkey
- 1 green bell pepper, finely diced
- cooking spray
- 1 small onion finely sliced
- 2 14.5 ounce cans no-salt added diced tomatoes
- 2 15.5 ounce cans kidney beans, undrained
- 2 1.25 ounce chili seasoning packet

Directions

1. In a large soup pot, cook turkey over medium-high heat until brown. Remove turkey from pot and drain fat.
2. Spray pot with cooking spray and saute green pepper and onion for 3-4 minutes.
3. Add cooked turkey back to pot with the remaining ingredients. Bring to a boil, cover, and simmer 10 minutes.

Nutrition Facts			
Serving Size 1 cup (193 g)			
Servings per container 9			
Amount Per Serving			
Calories 175	Calories from Fat 55		
% Daily Value*			
Total Fat 6g	10%		
Saturated Fat 2g	8%		
Trans Fat 0g			
Cholesterol 50mg	17%		
Sodium 485mg	20%		
Total Carbohydrate 16g	5%		
Dietary Fiber 5g	20%		
Sugars 3g			
Protein 15g			
Vitamin A 32%	Vitamin C 43%		
Calcium 4%	Iron 13%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4
www.NutritionData.com			

Important Note: The content of this publication is not intended to be a substitute for professional medical advice, diagnosis or treatment. Do not disregard your doctor's advice or delay in seeking it because of something you have read in this publication.



Visit us on the web at www.mnscha.org, select Member Resources and Disease Management!

Health or Wellness or Prevention Information

REPORTING Fraud, Waste and Abuse
 SCHA believes it is the responsibility of everyone to report suspected fraud, waste or abuse. You can report anonymously through our REPORT-IT hot line by calling 1-877-778-5463. You can also make a report at www.reportit.net. Username: SCHA, Password: Owatonna

CHECK OUT THESE RESOURCES FOR MORE HEALTH INFORMATION:

Heart Failure American Health Association www.americanheart.org 1-800-242-8721	Asthma: American Lung Association www.lungusa.org 1-800-548-8252
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South Country Health Alliance Member Services
 1-866-567-7242 (toll free) • 1-877-824-5611 (TTY for the hearing impaired)

PMAP (MA), MinnesotaCare and MSC+ call
 8:00 a.m. - 8:00 p.m., Monday through Friday

SeniorCare Complete and AbilityCare call
 8:00 a.m. - 8:00 p.m., Seven days a Week

Attention. If you want free help translating this information, call the above number.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខទូរស័ព្ទខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ພໍລີ, ຈົ່ງໂທສຕາມເລກໂທສທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

This information is available in other forms to people with disabilities by calling **1-866-567-7242** (toll free) or **1-877-824-5611** (TTY for the hearing impaired), or 711, or through the Minnesota Relay at 1-800-627-3529 (TTY, Voice, ASCII, Hearing Carry Over), or 1-877-627-3848 (speech to speech relay service).