

finalthoughts...

Our health is important and as we begin the New Year lets remember to eat less calorie rich foods, and exercise more. Often we may burdened by work and home life, these things can cause stress. Exercise is a stress reliever, so if your ever feeling extremely stressed, try going for a walk. You may be surprised by the results!

Dates To Remember!!

Monday, Jan. 16th– UAI is closed for Dr. Martin Luther King Jr's. Holiday!

Saturday, Jan. 21st. IRC, Bell Gardens. Healthy Roads Presentation. 10:00 am.

Thursday, Jan.19th– Walking Club at Ford Park. 4:30 pm.

Friday, Jan. 27th– Diabetes Workshop, UAI. 10:00 am.

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Issue
TEN

A Monthly Newsletter for the Diabetes Prevention Program & Children's Health Insurance Program

Vol. VII

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HEALTHY ROADS

Diabetes Prevention Program



current topics >>>

Healthy Roads Newsletter has a new look!

Healthy Roads Newsletter is changing for the New Year! These positive changes are meant to kick off 2012 with a fresh start. Inside this issue you will find all your favorites of the old newsletter, but with other fun facts and information to give you, the reader a more fulfilling experience. We also have made The Children's Health Insurance Program (CHIP) a part of our Newsletter. So please welcome them and enjoy our monthly article that will feature CHIP news!



From Michael's Desk Breathing Exercises for Relaxation!

Michael Reifel is a certified Life Style Coach for United American Indian Involvements Diabetes Prevention Program. He co-facilitates weekly classes for those who have tested pre-diabetic at UAI. To join the class call (213)202-3970, to schedule an appointment with our clinic to see if you qualify.

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe

deeply it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed such as

increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

Breathing exercises are easy to learn. You can do them whenever you want to. And deep breathing exercises do

not require any special tools or equipment to do them. You do not need a gym pass

to practice these techniques.

Key points:

The way you breathe affects your whole body.

Breathing exercises are easy to learn.

You can do different exercises to see which ones work best for you. Next month: Instructions on how to breathe!

Murray MT, Pizzorno JE Jr (2006). Stress management. In JE Pizzorno Jr, MT Murray, eds., Textbook of Natural Medicine, 3rd ed., vol. 1, pp. 701-708. St. Louis: Churchill Livingstone.



Prepare your next healthy meal with us >>>

Southwest Chicken Soup with Tortilla Strips

Protein & Veggies made easy in a slow cooker!

Serves 6

- 1 lb. boneless, skinless chicken thighs, cut into small pieces
- 2 medium sweet potatoes peeled and cut into 1 inch pieces
- 1 large onion, chopped
- 2 cans (14 ½ oz. each) diced tomatoes with green chilies, undrained.
- 1 can (14 oz.) chicken broth
- 1 teaspoon dried oregano leaves
- ½ teaspoon ground cumin
- 1 cup frozen whole kernel corn
- ½ cup chopped green bell pepper
- Pre bought baked Tortilla strips
- 2 tablespoons chopped fresh cilantro

Prep & Cooking Time:

1. Mix chicken, sweet potatoes, onion, tomatoes, broth, oregano and cumin in 3 ½ to 4 quart slow cooker.
2. Cover and cook on low heat setting 7 to 8 hours. Stir in corn and bell pepper. Cover and cook on high heat setting about 30 minutes or until chicken is no longer pink in center and vegetables are tender.

Serve with baked Tortilla strips. Spoon soup in individual bowls. Top with tortilla strips. Sprinkle with cilantro.

Taken from: Betty Crocker's Diabetes Cookbook 2003



Calories	295
Saturated Fat	2g
Total Fat	7 g
Carbohydrates	41 g
Cholesterol	45 mg
Protein	22g
Fiber	5g
Sodium	770mg



Noemi Quintero, Patients Benefit Coordinator

Here to Help!

My name is Noemi and I am here to help you and your family sign up for The Children's Health Insurance Program, also called Healthy Families. I can also assist in signing you or your loved ones up with Medicaid, Medi-Cal or Food Stamps. Programs like these are designed for families when times get tough. Right now in this economy there are many families in need. Please call.

newest edition >>>

Children's Health Insurance Program

Are you uninsured or know someone who is?

The focus of the Children's Health Insurance Program is to ensure that low income children who do not have insurance and do not qualify for Medicaid have health insurance that provides medical, dental, vision coverage as well as other services. When a child is enrolled, an insurance plan is chosen. This insurance pays for most of the child's cost for visits to doctors, dentists, eye physicians, and specialists. We offer the programs below, please visit the following website for more information:

- Medi-Cal (Medicaid)
- SNAP (Food Stamps)
- CHIP (Healthy Families)



www.insurekidsnow.gov

www.medicaid.gov

www.healthyfamilies.ca.gov

www.uaii.org

Children's Health Insurance Program is a good first step toward health care for every child. To qualify and receive CHIP services, a client must be registered with United American Indian Involvement. For more information please contact Patient Benefits Coordinator, Noemi Quintero at (213) 202-3970 ext. 7149. You can also visit our website above.

Healthy Roads Success Story

Meet Louisa Hughes, she is a Diabetes Prevention Program Graduate and employee at United American Indian Involvement. Here is her story of weight loss, she is an inspiration to us all!



Hi, I'm Louisa Hughes, a recent Diabetes Prevention Program graduate!

In February 2011, I realized how my bad eating habits and not being active were affecting my health and I became more aware how diabetes, heart disease, and high blood pressure were affecting my family.

I wanted to change the pattern of that and joined a gym. I changed my diet to consist of more vegetables, fruits, lean meats, grains and plenty of water!

In July 2011, I had lost 50lbs and was diagnosed pre-diabetic before joining the Diabetes Program.

I decided to join the 16 week-Diabetes Prevention Program, and completed the class being the biggest loser losing 17.5 pounds. I suggest to any person that wants to live a healthier lifestyle to join the Diabetes Prevention Program; you receive information on nutrition, exercise, healthy cooking, tools! Also the supportive staff were there every step of the way! Today, I have lost a total of 80 pounds and I am no longer pre-diabetic! I continue to strive to accomplish my weight loss goal and live a healthy lifestyle! Thank you to the Diabetes Prevention Program and supportive staff that made it possible!

Ask the experts >>>

Q: How do I stick to my New Years Resolution?



A: You are what I would call a Resolutionist, a person who makes a New Years resolution but may not stick with it. Experts say that a resolution often lasts up to 6 weeks and is not long term. What I suggest is to make a vow. When you make a vow to yourself it has much more meaning than a resolution and the long term affects will be much more rewarding! -Linda G.



It's up to you!

Walking Club

Join us for the Walking Club starting at 4:30 pm. To find out more info or schedule a ride to Ford Park call Michael Reifel at (213) 202-3970. We meet every other Thursday at Ford Park, 7200 Park Lane, Bell Gardens starting at 4:30 p.m.

Diabetes Management Workshop

Friday, January 27th, 2012
10:00 am- 1:00 pm

"Step Up to Foot Care"

by

Gloria Diaz & Bo Chotibut

Foot Care is important to everyone's health but it is extremely important to Diabetics. A Diabetic person can have a lowered sense of feeling in the foot due to poor blood circulation. An injury or small cut can go unnoticed and lead to a serious infection of the foot.

This workshop will give participants a better understanding of why it is important to properly care for their feet.

Please join us! Bring friends and family for fun, prizes and raffles.

Lunch will be provided to those attending the Diabetes Workshop.