

November 2024 Newsletter

Dickinson County Diabetes Support Group

Memorial Health System



November is American Diabetes Month

This year's theme is "Join us in the Fight Against Diabetes". The month is not a time to celebrate, but a time to rally against the diabetes epidemic. The American Diabetes Association is leading the fight through research, education, and advocacy. Diabetes affects many people and families across the United States. Currently, there are 25 states, including Washington DC, that have passed insulin copay caps to help make insulin more affordable. Over 4 million seniors, who have Medicare as their primary insurance, and are on insulin, have access to Continuous Glucose Monitors. In addition, 34 states have passed legislation to ensure students with diabetes are safe and treated fairly at school.

·Diabetes research focuses primarily on curing the disease with a secondary focus on finding tools and medications to help people with diabetes manage the disease successfully.

·Diabetes education focuses on helping people with diabetes develop the knowledge and skills needed to manage their disease.

·Diabetes advocacy focuses on improving the lives of people with diabetes by helping with access to care, insulin affordability, increasing funding for research, and developing diabetes education and prevention programs.

Please join us on November 5, 2024, to learn more about the fight against the diabetes epidemic.

Source: <https://diabetes.org/adm>

The When and Where:

Dickinson County
Diabetes Support Group
meets the first Tuesday of
every month at 3:00 PM in
the Nichols Education
Center.

Nichols Education Center
1003 N Brady, Abilene, KS
(basement of Abilene
Childcare Learning Center
2 - parking in the back)

Chili Bean Soup with Avocado Salsa

Source: Diabetes UK

Ingredients:

- 1 tbsp sunflower oil
- 1 large onion, chopped
- 2 cloves garlic, crushed
- 2 red chillies, finely chopped
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- 2 (14oz) cans kidney beans, drained and rinsed
- 1 (14oz) can chopped tomatoes
- 5 cups vegetable stock

For the salsa:

- 1 avocado, peeled and finely chopped
- 2 tomatoes, finely chopped
- 4 tbsp fresh coriander, chopped
- half a small red onion, finely chopped
- half a small red chili, sliced (optional)
- freshly ground black pepper



Directions:

1. Heat the sunflower oil in a large pan, add the onion, garlic, and chilies; fry for 2-3 minutes until the onion begins to soften. Add the spices and continue to fry for a further minute.
2. Add the remaining soup ingredients to the pan, bring to a boil, cover, and simmer for 20 minutes.
3. Transfer the soup to a food processor or use a stick blender and process until smooth (it may be easier to do this in batches), return to the pan and heat through. Meanwhile, mix together all the ingredients for the salsa.
4. Serve the soup topped with a spoonful of salsa.

Recipe Yield: 6 servings

Nutrition Facts: 1 serving: 178 calories, 6g fat (1.1g saturated fat), 69mg cholesterol, 0.01g sodium, 18.8g carbohydrate, sugars 6.3g, 9.2g fiber, 7.4g protein.



For Information on Diabetes Support
Group, please contact:
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