

Thanksgiving Tips for Diabetics

November is Diabetes Month and Thanksgiving, which can be a wonderful time of the year but also challenging for those aiming to control blood sugar levels. Many Thanksgiving day foods tend to be high in carbohydrates, but with planning and checking your blood sugars you can enjoy the day.

1. Start the day with a good breakfast—Avoid skipping meals in anticipation of the Thanksgiving dinner. This will help reduce excessive hunger, overeating, and high blood sugars, as well as potential low blood sugar if meals are skipped.
2. Plan your meal times for the day—Find out what time dinner will be served and plan any changes to your medication routine for the day. Add a snack if dinner is served later than anticipated to prevent low blood sugar.
3. Snack on healthy appetizers—Choose snacks while waiting for the main meal that will not interfere with your blood sugar levels, such as veggie and dip, cheese, or bring your own healthy appetizer! (see recipe on page 4)
4. Make choices count—Potatoes, stuffing, rolls, pie are all carbohydrates, choose smaller portions of your favorite dishes that you only get to enjoy this time of the year, pass on ones that you have regularly and don't prefer as much.
5. Limit alcohol—If you choose to drink during the holiday, avoid drinking on an empty stomach to prevent hypoglycemia. Drink alcohol in moderation, with your dinner, and include plenty of water.

source: informationaboutdiabetes.com



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Next Brown Bag

Arts at the Armory
 191 Highland Ave
 Somerville

NOV 13

10:30-12:00 PM

CAMBRIDGE Community Cafè Locations

Cambridge Senior Center 806 Mass. Ave. / 617-349-6042 Kitchen Manager: Julie King	Breakfast: Mon-Sat 8:30am Lunch: Mon-Thu 11:30am Fri 11-11:30am Sat 11:30am-12:15pm Supper: Mon 5:00pm
Manning Apartments 237 Franklin St. / 617-576-8715 Center Coordinator: Donna	Lunch: Mon-Fri 11:30am Supper: Wed 5:00pm
N. Cambridge Senior Center 266-B Rindge Ave / 617-349-6324 Center Coordinator: Joan	Lunch: Mon, Wed, Fri, 11:30am
Miller's River (Nutrition) 15 Lambert St. / 617-628-2601	Supper: Thu 4:30pm
Norfolk Street 116 Norfolk St. / 617-547-3543, ext. 123 Center Coordinator: Edith	Lunch: Mon-Fri 11:30am Supper: Thu 5:00pm
Kate's Cafe @ S&S (LBGT) (Nutrition) 1334 Cambridge St. / 617-628-2601	Supper: 4th Wed of month 6:00pm
Cambridge Hospital Cafeteria (Nutrition) 1493 Cambridge St. / 617-628-2601	Supper: Mon-Fri 4:45-6:00pm A Senior Dine Card is needed, call SCES.
Mass. Alliance of Portuguese Speakers 1046 Cambridge St. / 617864-7600	Portuguese Lunch: Mon-Thurs Noon Reservation required by 10 AM

SOMERVILLE Community Cafè Locations

Cross Street Senior Center 165 Broadway / 617-625-6600, ext, 2335	Lunch: Mon, Tue & Thu 11:30am
Somerville Center 167 Holland St. / 617-625-6600 ext. 2325	Lunch: Thu and Fri 11:30am
Ralph & Jenny Center 9 New Washington St. / 617-666-5223	Lunch: Tue, Wed & Thu 11:30am
Properzi Manor 13-25 Warren Ave. / 617-666-5882 Center Coordinator: Lorraine	Lunch: Mon-Fri 11:30am

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Transportation to meal sites is available. Call us at 617-628-2601. Reservations are required by noon the business day before.

Order Nutrition Drink Supplements Through SCES

Regular Ensure - \$25.00/24 drinks

Diabetic Ensure (Glucerna) - \$36.00/24 drinks

Ensure Plus - \$27.00/24 drinks (*special order*)

Choose from three flavors:

Vanilla, Chocolate, or Strawberry

No delivery charge for Meals-on-Wheels clients.

There is a \$2.50 delivery charge for all others.

For more information, call agency at 617-628-2601.

Kale Chips with Lemon Pepper Seasoning

Ingredients

- * 1 bunch Kale
- * 1 Tablespoon Olive Oil
- * 1 teaspoon Lemon Pepper seasoning
- * 1/4 teaspoon Salt (optional)



Directions

1. Preheat oven to 300 degrees F. Rinse, dry, and remove stems from kale. Cut kale into pieces (about 8 cups loosely packed).
2. In a large bowl toss kale and oil together until kale is lightly coated. Sprinkle with lemon-pepper seasoning and salt; toss to coat.
3. Place a baking rack on each of two baking sheets. Arrange kale in a single layer on the racks. Bake about 20 minutes or until kale is crisp. Cool slightly before serving.

source.diabeticconnect.com/diabetic-recipes/general/6329-kale-chips-with-lemon-pepper-seasoning#kuCroJw1eKvmsJIH.99