

Gritman Diabetes Care Newsletter

JANUARY-MARCH 2008



My Resolution

Megan Williams RD, LD

As the idea of a New Year's Resolution is fast becoming synonymous with "Unkept goals I will write down, but never remember come December," I thought I would take a moment at the outset of this year and take a look at the real definition of resolution. The dictionary gives the following options:

- The act of analyzing a complex notion into simpler ones.
- The act of answering/solving.
- The act of determining

I likewise found it interesting that the synonym given for resolution is *courage*.

I love the idea of equating courage to resolution! Making changes and solving problems is not easy and it takes courage to face the changes we all need to face head-on. Most people do not like change, especially when it comes to their lifestyle.

The New Year is here, and despite the fact that we don't like change, we need to make some changes. But how? Past experience shows us that New Year's Resolutions are not vehicles of change—so what do we do? I would encourage everyone to resolve to continue in a pattern of goal setting and not just any goal setting, SMART goal setting.

Specific

A goal needs to be specific. For example, "better health" is a good idea, however a specific goal is more direct, "eat my consistent carbohydrate meal plan as outlined by the dietitian."

Measurable

In order to know if you have achieved a goal it must be measurable. There is no way to measure the statement "test my blood sugar more." However, the goal "I will measure my blood sugar four times a day," is measurable.

Achievable

Do not set goals that you are unable to fulfill. This will not be productive and will set you up for disappointment.

Realistic

Set goals that are realistic for you. Running a marathon may not be realistic; however, walking 30 minutes 5 times a week may be. Set goals that fit your needs.

Timely

Choose goals that can be accomplished in a timely manner. These small steps will eventually lead to larger strides that will be longer lasting.

Write Goals Down!

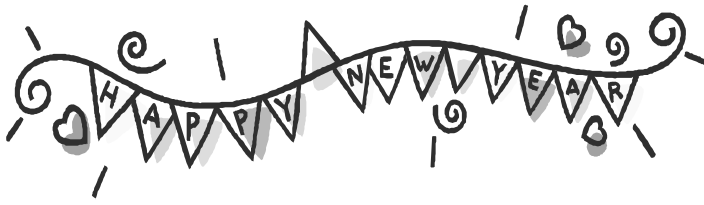
- On a calendar
- In a notebook
- In a journal
- On a sticky note

Make them Visible!

- On a night stand
- On the refrigerator
- In the car
- On a mirror

Reward your Success!

So what will you resolve to do this year? May I suggest a resolution that involves continued resolving? For example, set the goal to check your progress every week on a regular day. Set goals you can accomplish each week, then post them. Keep track of your hard work then, come December, you might find you really got something accomplished this year.



Fiesta Roll-Ups

- 8 oz fat-free cream cheese
- 1 cup fat-free sour cream
- 1 cup reduced-fat cheddar cheese, shredded
- 4 oz chopped green chilies, drained
- 2-3 oz chopped, canned black olives, drained
- 1 tsp garlic powder
- 1/2 tsp chili powder
- 5 flour tortillas (10 inch), room temperature

In a small mixing bowl, combine everything except the tortillas. Spread mixture over tortillas. Roll up tightly and wrap with plastic wrap. Refrigerate until firm, about 1 hour. Unwrap and cut into 1 inch slices.

Optional: Serve with salsa if desired. Add finely shredded cooked chicken breast. Use whole-wheat tortillas to add fiber.

This recipe is perfect for parties or hors d'oeuvres. Because you do not cook the recipe, fat-free ingredients are a great choice.

Makes 4 dozen—1 slice each

Calories: 40	Fiber: 1 gm
Carbohydrate: 5 gm	Sodium: 103 mg
Total Fat: 1 gm	Protein: 2 gm

Tip of the Quarter

Check with your insurance company to see how many hours of follow-up diabetes and nutrition education you are offered each year. Many policies include 2 or more hours per year and only a few people take advantage of this. Take advantage of the follow-up education you are offered each year!



"Harold, that's no way to deal with the news of your diabetes."

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Support Group Dates

Wellness and Diabetes



January 16, 1:00pm: Colfax
Portion Distortion—Another look
Whitman Administration Building

January 31, 12:00: Gritman
Nutrition's Top Ten for the New Year
1st floor conference center at Gritman

February 20, 1:00pm: Colfax
Love your heart
Whitman Administration Building

March 19, 1:00pm: Colfax
Insulin 101
Whitman Administration Building

Did you know . . .

With regular dilated eye exams, daily foot exams, routine dental care and smoking cessation, you can greatly improve the quality of your life? These simple but important behaviors often require a courageous first step to start, but can develop into life long habits.

"If you don't know where you're going, you'll probably end up someplace else." —Yogi Berra

Diabetes Education ▪ Insulin Therapy ▪ Pump Therapy ▪ Continuous Glucose Monitoring ▪ Calorie Measurements

GRITMAN DIABETES CARE AND EDUCATION

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