Greetings to all from the Project DIABETES staff at MUSC’s College of Nursing. We hope that you had a great summer and that all went well. In this newsletter we will give you some advice on caring for your diabetes or for your family’s diabetes. These seven habits are meant to help you become aware of healthy habits and adopt new ones to improve diabetes management.

The Project DIABETES Staff would like to express sincere sympathy to the family of Gregory Allen of Dillon for the loss of their loved one.

Update!!

Project DIABETES attends Dillon County McCloud 26th Annual Health Fair

Participants completing surveys during the Women in Unity Youth Explosion in Edgefield County.

April Stubbs with the Alpha Kappa Alpha Sorority in Richland County for their Impact Day.

Recruitment!

The Project DIABETES team is still searching for NEW participants (who have not participated with Project DIABETES before. We need only six more surveys to complete our goal; two (2) in Edgefield county, two (2) in Fairfield county and two (2) in Jasper county. The participant must have diabetes or have a family member with diabetes to take our survey and receive a $35 Wal-Mart gift card. To volunteer, please call 1-866-551-3010. Thank you in advance for your help in spreading the word!!
You can eat any food with diabetes, but you must do it within limits.

A good diet should include, leafy green vegetables such as collards, turnips, kale, and carbohydrates or starches such as rice, grits, bread, and fruits.

Healthy Habit #2: Being Active

Being active is not only recommended for weight loss it can also be helpful for:

- Lowering Blood Sugar  Improves Blood Pressure  Improves Mood
- Lowering Cholesterol  Lowers Stress and Anxiety  Improves Sex

Healthy Habit #3: Monitoring

- To manage your diabetes you will need a glucose meter, lancet, and testing strips.
- The number of times you test your diabetes will depend on the type you have
- When you go to visit your doctor you should also go to get your heart, kidney, eye, and feet checked.

Healthy Habit #4: Taking Medication

- Make sure that you take YOUR medicine everyday.
- Keep a list of the medications that you take and their dosage in your purse or wallet.

Healthy Habit #5: Problem Solving

1. Don’t be so hard on yourself.
2. Think about your day, and learn from your mistakes
3. Talk to your health care provider or nurse about how you can prepare for next time.
4. Talk to your healthcare provider and develop a plan and try it.

Healthy Habit #6: Reducing Risks

Diabetes increases risk for other diseases such as heart attack or stroke. You can help prevent them by:

1. Not Smoking
2. Seeing Your Doctor regularly and visiting your dentist and eye doctor at least once a year.
3. Take care of your feet and listen to the rest of your body.

Healthy Habit #7: Healthy Coping

- Being Active
- Pursuing Hobbies
- Faith or Church Based Activities/Prayer
- Support Groups
Project DIABETES is partnering with Novo Nordisk to plan free diabetes education classes. Scheduled events are listed below. Please call the contact to RSVP.

**Dillon County**
**DIABETES Education Class**  
Manning Baptist Church Health Ministry  
308 E Calhoun, Dillon, SC  
Saturday, October 3rd, 2015  
11:30am -1:00pm  
Please Call by 9/23/15 to Register:  
Dr. Carolyn Covington at (843)506-9175

**Orangeburg County**
**DIABETES Education Class**  
Jones Chapel Baptist Church  
2726 Kennerly Road, Orangeburg, SC  
Saturday, October 3rd, 2015  
10:00am —11:00am  
Please Call by 9/23/15 to Register:  
Miriam Evans At (803)614-0004

**Allendale County**
**DIABETES Education Class**  
Simpson United Methodist Church  
948 Flat Street, Allendale, SC  
Saturday, October 24th, 2015  
11:00am -12 :00pm  
Please Call by 10/15/15 to Register:  
Mrs. Lottie Lewis At (803)584-4556

**Richland County**
**DIABETES Education Class**  
Zion Canaan Baptist Church  
7820 Farrow Road, Columbia, SC  
Saturday, November 7th, 2015  
10:00am -11:00am  
Please Call by 10/30/15 to Register:  
Contact Bonnie Williams: (803) 427-8617

Project DIABETES will also be visiting our other partnering counties to share the survey results and get your valuable feedback on ways to improve diabetes management. Scheduled events are listed below. Please call the contact to RSVP.

**Fairfield County**
**Dine and Discuss about Sugar Diabetes**  
St. Luke Baptist Church  
63 Kennedy Rd Winnsboro, SC 29180  
Wednesday, October 14th, 2015  
6:30pm—7:30pm  
Please Call by 10/10/15 to RSVP:  
Maddie Ashford at (803) 479-1201

**Jasper County**
**Lunch and Learn about Sugar Diabetes**  
St. Stephen Circuit AME Church  
710 Main Street, Hardeeville, SC  
Saturday, October 31st, 2015  
10:00am— 11:00am  
Please Call by 10/24/15 to RSVP:  
Martha Davis, Health Director at (843) 384-3186

**Greenville County**
**Dine and Discuss Sugar Diabetes**  
Long Branch Baptist Church  
28 Bolt St, Greenville, SC  
Thursday, November 5th, 2015  
6:00pm—7:00pm  
Please Call by 10/30/15 to RSVP:  
Satreva Dogan at (864) 735-6832

**Edgefield County**
**Lunch and Learn about Sugar Diabetes**  
Republican Grove Baptist Church  
290 Gary Hill Road, Edgefield, SC  
Saturday, November 21st, 2015  
10:00am—11:00am  
Please Call by 11/14/15 to RSVP:  
Albert Curry at (706) 513-6809

---

Meet the staff!

<table>
<thead>
<tr>
<th>Ida Spruill Ph.D., RN, LISW, FAAN</th>
<th>Briana Davis, MPH, HCC Program Coordinator II</th>
<th>April Stubbs, MS Program Coordinator I</th>
<th>Mary Freeman Research Assistant</th>
<th>Elisabeth McCarter Public Health Intern College of Charleston</th>
</tr>
</thead>
</table>
White Bean Chicken Chili

**Ingredients**

- 2 tbsp. vegetable oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 (14.5) can (reduced-sodium) chicken broth
- 1 (16 ounce) can diced tomatoes
- 1 (7 ounces) can diced green chilies
- 1/2 tsp dried oregano
- 1/4 tsp ground cumin
- 1 pound diced, cooked chicken meat
- 1 (15 ounces) can white (cannellini or great northern) beans
- 1 pinch salt and black pepper to taste

<table>
<thead>
<tr>
<th>Servings</th>
<th>Calories</th>
<th>Total Carbs</th>
<th>Cholesterol</th>
<th>Total Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>220</td>
<td>21.2g</td>
<td>40mg</td>
<td>6.1g</td>
</tr>
</tbody>
</table>

**Directions**

1. Heat oil, and cook onion and garlic until soft.
2. Stir in chicken broth, tomatoes, chilies, and spices. Bring to a boil, then simmer for 10 minutes.
3. Add chicken, and beans; simmer 5 minutes. Season with salt and pepper to taste.