Whole Grain Chicken Pot Pie (American Diabetes Association)

Ingredients

Topping
- Cooking spray
- 2 cups whole wheat flour
- 4 tsp baking powder
- 4 Tbsp cold trans-fat-free margarine
- 1 Tbsp dried parsley
- 1 cup skim milk

Filling
- 1 tsp olive oil
- 2 carrots, diced
- 2 celery stalks, diced
- 1 large onion, diced
- 8 oz sliced mushrooms
- 12 oz cooked chicken, chopped
- 2 Tbsp flour
- 1 1/2 cups skim milk
- 1/4 tsp salt
- 1/2 tsp ground black pepper

1. Preheat the oven to 375 degrees F. Coat a 9x13-inch baking dish with cooking spray and set aside.
2. In a large bowl, sift together the whole wheat flour and baking powder. Cut in the margarine and then add the parsley and milk, and gently stir to combine. Refrigerate until needed.
3. Add the olive oil and a generous amount of cooking spray to a large nonstick sauté pan over medium-high heat. Add the carrots, celery, onion and mushrooms. Sauté for 10 minutes or until the vegetables are soft but not mushy.
4. Stir in the cooked chicken.
5. In a small bowl, whisk together the flour, skim milk, salt and ground black pepper. Add to the vegetable mixture and bring to a boil. Reduce to a simmer for 2 minutes. Remove from heat.
6. Pour the chicken and vegetable mixture into the baking dish. Drop clumps of the whole wheat crust mixture on top of the chicken and vegetable mixture (the topping will be very sticky). Use a spoon to gently spread the topping.
7. Bake for 20 minutes and serve.

Servings Calories Total Carbs Cholesterol Total Fat
8 290 33g 40mg 9g

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Greetings from MUSC’s College of Nursing

Greetings to all and Happy Holidays from the Project DIABETES Staff. In this newsletter we want to thank you for all of your hard work, support, and participation throughout the four years of our project. Despite the project ending January 31st, 2016 we want to provide you with information to care for your diabetes and practice lifestyle habits to prevent it. We would also like to provide information and resources to help people get even more involved in health research.

Staff Closing Remarks

I have many mixed emotions as I write this note of Thank you! I am indebted to each of you for your support over the years. I would like to think that we made a difference in many of your lives and restored your faith in research. I encourage each of you to consider participation in future research. Remember to ask for and always sign the “consent form”, and please ask the Researcher how the results will improve your community. Also I want to give my sincere apologies for not attending some of the events. As many of you know I was diagnosed with ovarian cancer in 2014, but I want to express my love and gratitude to all of the residents and patients of DIABETES.

-Drs. Nathan Freeman, Dr. Ida Spruill, Principal Investigators

The Project DIABETES team in Fairfield County at the Dine and Discuss Meeting. From left to right: Briana Davis, Mary Freeman, Dr. Ida Spruill, and April Stubbs.

Congratulations to April and Briana!!!!

Project DIABETES coordinators Briana Davis and April Stubbs have recently completed requirements for American Association of Diabetes Educators (AADE), a national organization dedicated to improving diabetes care through education. Core Concepts Online Course. Successful completion of this course resulted in AADE certification to increase their ability to deliver diabetes education, management, and support. The course lasted from September 21 until November 22 and covered topics such as knowledge of the diabetes disease state, clinical management skills, and self-management education techniques and tools.
Want to become more involved with research?
The South Carolina Clinical and Translational Research Institute helps people find research studies in South Carolina to participate in. The associated website listed below has a bank of research studies. On the home page you can find a search engine where you can type what you are interested in, for example diabetes, and studies related to that will be listed.

Contact Information
Phone: (843) 792-8300
Website: SCresearch.org

Novo Nordisk Classes
Project DIABETES, in partnership with Novo Nordisk, a global healthcare company which focuses on diabetes care, traveled to Orangeburg, Dillon, Richland, and Allendale counties to present Diabetes Academy. The events, which were facilitated by Novo Nordisk certified diabetes educators, shared information about managing diabetes. The course covered the basics of diabetes including terminology and also included tips about healthy eating, exercise, and diabetes medication. These courses were offered to select counties in appreciation for participating in the Project Diabetes study.

Stakeholder Meetings
Project DIABETES conducted in meetings in Fairfield, Jasper, Edgefield, and Greenville Counties to share the results of the study with focus group and survey participants, as well as the community at large. We partnered with area churches to host the 1-hour meetings and provide refreshments. After presenting the study results, we solicited feedback from meeting participants. Participants agreed with the findings which validated the study results.

Step 1: Set a Goal
1. What do you want to change and how often will you do this? What are the specifics?
2. Is your goal realistic and attainable?
3. Within what time frame will you achieve your goal? Don’t try to change too much at once. One or two small changes at a time is a great way to go!
Write your goals down and put them somewhere visible. This will serve as a reminder to keep you feeling accountable and motivated.

Step 2: Make a Plan to Help to Achieve Goals:
• What do you need to start working toward your new goal? When will you start?
• What might get in the way of your plan?
• What can you do when you hit an obstacle or barrier?
Keep in mind that no one is perfect. There will be days where you do not follow through. Remember to stay positive. This is not failure, you can still continue to work toward your goal the day or even the next hour.

Step 3: Take Action:
The final step is making sure that you follow through with your goal. One way to do this is by keeping logs. For example, if you wanted to improve your physical activity log how long or far you walk each day. This will motivate you and help you stay on track with your goal.

Below is a list of FREE clinics near the eight counties that we worked in over the course of the project. For a more extensive list please visit http://scfreeclinics.org/.

Dillon County Free Medical Clinic
310 E Washington St.
Dillon, SC 29536
Phone: 843.774.4241

Orangeburg Calhoun Free Medical Clinic
860 Holly Street
Orangeburg, SC 29116
Phone: 803.534.7200

Greenville Free Medical Clinic
(Main Branch, see website for satellite offices
600 Arlington Avenue
Greenville, SC 29604
Phone: 864.232.1470 Ext 25

The Free Medical Clinic
1875 Harden Street
Columbia, SC 29204
Phone: 803.765.1503

Diabetes Tips for the New Year!!