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FREDERICK FIGHTS DIABETES

March 27 is Diabetes Alert Day®, and the Frederick County Diabetes Coalition urges citizens to be checked for the disease and be part of a FREE Fitness & Screening event on Thursday, March 22, from 5:30-7:00 pm at the William Talley Recreation Center.  Beginner level classes of cardio, strength training and stretching will be offered, along with diabetes risk testing, blood pressure and foot screenings and giveaways.

Locally there are a multitude of resources to help persons with diabetes and their families.  A great place to start is the Diabetes Resource Guide 3rd edition available electronically on the Coalition’s web page at http://www.co.frederick.md.us/index.asp?NID=2367

Residents have access to a comprehensive diabetes education program at Frederick Memorial Hospital, Diabetes Center, the only program recognized by the American Diabetes Association in the area.  According to Jan Drass, a Certified Diabetes Educator at FMH, “because the program is recognized by ADA then services are more likely to be covered by medical insurance and Medicare.” Jan explains, “FMH will verify insurance coverage ahead of time and work with clients to make sure they get maximum advantage of the benefits they have.”

The FMH program has been proven an effective tool for managing Diabetes.  Evaluation data for the last year period, revealed that 77% of participants improved their blood sugar control and 89% lost weight.  This is critical, as good blood sugar control can prevent and delay long term health problems that can occur when blood sugars are poorly controlled over time.  In addition, research has proven that type 2 diabetes is preventable or can be delayed by losing just 7 percent of body weight.

To support families impacted by diabetes, a free support group is held the third Wednesday of every month from 1-2 pm at the FMH Wellness Center at the FSK mall.  For parents of children with Type 1 diabetes, a support group meets the first Tuesday evening of each month from 6:30-7:30 pm.  The FMH Diabetes Center is located at the FSK mall, call 240-379-6045 for details.
Seniors needing diabetic meals have several options. Local senior centers offer healthy lunches, low in sugar, salt and fat. Centers are located in Brunswick, Emmitsburg, Frederick and Urbana; The Department of Aging, administers the program. Information is on the website [http://frederickcountymd.gov/index.aspx?nid=1523](http://frederickcountymd.gov/index.aspx?nid=1523) or call 301-600-1605.

Eligible homebound residents can receive meals via Meals on Wheels. Volunteers deliver a hot meal midday, and a cold meal that can be refrigerated and eaten later. Meals meet nutritional guidelines for older adults and diabetic/low carbohydrate and mechanically soft menus are available. Contributions are requested, however, no one is denied meals due to an inability to pay. To schedule meal deliveries call Mary Feaster 301-600-3524.

The West 7th Street Giant Eagle grocery store is currently offering a 4-week class to help those concerned about managing their diabetes, taught by a registered dietitian. The class is on Thursdays from 6-7 PM. To register contact the store at 301-631-3822.

Enjoy these diabetic recipes from University of Maryland Extension and be sure to take advantage of the free screening!

**SESAME SCALLOP STIR-FRY**

2 tablespoons sesame oil
2 garlic cloves, minced
1 teaspoon crushed red pepper
1 pound bay scallops
2 tablespoons sesame seeds
1 tablespoon ground ginger
1 head bok choy (Chinese white cabbage, about 3 lbs), trimmed and chopped
1 package (16 ounces) frozen stir-fry vegetables, thawed and drained
1 tablespoon light soy sauce

Heat the sesame oil in a wok or large skillet over high heat. Add garlic, crushed red pepper, and scallops and sauté until the scallops are cooked through. With a slotted spoon, remove the scallops to a bowl and cover to keep warm. Add the sesame seeds and ginger to the wok and cook for 1 to 2 minutes, or until the liquid is absorbed. Add the bok choy and the stir-fry vegetables and stir-fry for 4 to 5 minutes. Return the scallops to the wok and add the soy sauce. Stir-fry for 1 to 2 minutes or until heated through. Serve immediately. Serves 8 (1 cup serving), 6 gm carbohydrate.
GREEK CHICKEN SALAD

2 cups cooked brown rice
1 1/2 cups cooked, diced chicken
1/8 teaspoon salt
1/2 cup plain nonfat yogurt
2 tablespoons low-fat mayonnaise
2 cloves garlic, minced
1 teaspoon dried oregano
1 cup sliced celery
2 cups thinly sliced raw spinach
1/4 cup chopped green onions
1 cup diced tomato
2 tablespoons lemon juice

In a large bowl, combine rice, chicken, and salt. Cover and chill. In a small bowl, combine yogurt, mayonnaise, garlic, and oregano. Add yogurt mixture to rice mixture and mix well. Add remaining ingredients and toss lightly. Serve on lettuce with Greek olive garnish. Serves 6 (1 cup serving), 22 gm carbohydrate.

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