

November 2015

Diabetes Awareness Month

Spotlight on Wellness

Frequently Asked Questions

Did you know?

Recipe of the Month



Benefit Fund *At a glance*

Spotlight on Wellness

November is Diabetes Awareness Month

What is diabetes?

There are three main types of diabetes:

Type 1 diabetes – Your body does not make insulin. You need insulin to take the glucose (sugar) from the foods you eat to turn it into energy. You need to take insulin every day to live.

Type 2 diabetes – Your body does not make or use insulin well. You may need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.

Gestational (jest-TAY-shun-al) diabetes – Some women get this kind of diabetes when they are pregnant. Most of the time, it goes away after the baby is born. But even if it goes away, these women and their children have a greater chance of getting diabetes later in life.

Talk to your PCP about your risks for diabetes and take the steps needed to stay healthy today!

It's the Holiday Season!

Don't let the holidays ruin your wellness plans.

Be Realistic! Holidays are not the time to take on a whole new healthier approach to eating. Save it for 2014.

Don't skip meals. Set yourself up for the day with a good breakfast, and have a snack or something light to tide you over in between to prevent yourself feeling famished and over indulging when food finally arrives!

Eat until your satisfied not stuffed. You don't need to fit it all in one meal. Eat until you feel full and set the rest aside for later when you can enjoy it all over again.

Drink water. Staying hydrated is key especially when your planning to or have indulged in your favorite cocktail. It will also help with digestion as well as reducing food cravings.

Enjoy your favorites. Eat the food that you love and enjoy it rather than nibbling on food that is just simply "there".

Make time for some exercise! Whether it's a walk in the park, a short bike ride...anything you enjoy doing alone or with your friends and family! Not only will it help ease digestive discomfort and any holiday stress, but it might actually be enjoyable! Exercise doesn't and shouldn't have to be a chore.



**** Save the date—Feb 13th—Susan G Komen Event at the Kimmel Center ****

Did you know?

District 1199C is taking reservations now!



susan g. komen.
PHILADELPHIA

STRENGTH & SURVIVAL: THE UNIVERSAL LANGUAGE

A first-ever event combining breast health empowerment and musical celebration!

Saturday, February 13, 2016
9:00 AM - 12:00 noon
The Kimmel Center for the Performing Arts

- FREE event: continental breakfast, concert & education
- Multi-lingual, multi-generational education & celebration
- Life-saving knowledge from 22 breast cancer experts
- Survivor inspiration
- Access to mammograms for women in need
- "Strength & Survival" musical celebration by The Philly POPS

All are welcome, but seating is limited.
Talk to your group leader today, or inquire at 215-238-8900.

To Register:

To register for this event (seating is limited), please call Megan Smith (215) 735-5720 or Salima Pace (215) 735-1300. Please clearly state your name and phone number and the event you wish to register for and we will return your call.

DEADLINE TO REGISTER IS JANUARY 4th, 2016.

Frequently Asked Questions >>>

Q: *I lost my Aetna ID card. How do I get a new one?*

A: *Getting a new card is easy. You can log into your Aetna Navigator account at www.aetna.com and order a new ID card online. If you need help ordering a new card, you can contact the wellness program coordinator or member services at (215) 735-5720 and we can get one ordered for you.*

**Have a question? Contact the Benefit Fund at (215) 735-5720.
1319 Locust Street, 3rd Floor, Philadelphia, PA 19107**

Recipes of the Month



Cranberry Relish

Ingredients

- 6 pitted medjool dates
- 1/2 small shallot
- 4 sage leaves
- 1 medium orange, quartered and seeded
- 2 cups fresh cranberries, thawed if frozen
- 2 tablespoons brown sugar

Preparation

Place dates, shallot and sage in a food processor and process for 20 seconds. Add cranberries and orange and pulse until combined into a coarse relish. Serve at room temperature or cold

Source: Eating Well



Butternut Squash Soup

Ingredients

- 1 (2 to 3 pound) butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt and freshly ground black pepper

Preparation

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper.

Source: Food Network