

hapitimes

AT WATERFORD TOWER



NOVEMBER 2022

NATIONAL DIABETES MONTH

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Over time, having too much glucose in your blood can cause health problems, such as heart disease, stroke, nerve damage, eye and foot problems, and kidney disease.

Type 1 diabetes occurs when your immune system attacks and destroys the insulin-producing cells of the pancreas. Scientists think type 1 diabetes is caused by genes and environmental factors, such as viruses, that might trigger the disease. Type 2 diabetes—the most common form of diabetes—is caused by several factors, including lifestyle factors and genes. You are more likely to develop type 2 diabetes if you are not physically active and are overweight or have obesity. Extra weight sometimes causes insulin resistance and is common in people with type 2 diabetes. The location of body fat also makes a difference; extra belly fat is linked to insulin resistance, type 2 diabetes.

Diabetes Facts

- An estimated 30.3 million people in the United States, or 9.4 percent of the population, have diabetes.
- About one in four people with diabetes don't know they have the disease.
- An estimated 84.1 million Americans aged 18 years or older have prediabetes.
- Diabetes is the seventh leading cause of death in the U.S.

Maintaining a healthy weight, eating a nutritious diet, and staying physically active are important parts of a healthy lifestyle to help prevent diabetes.

Find out more: www.health.gov

HAPI meals

Turkey Quesadillas

Ingredients

- 1 pound ground turkey
- 1/4 cup parmesan cheese
- 2 cups chopped vegetables (tomatoes, green beans, carrots, peppers, zucchini, etc.)
- 8 whole wheat tortillas



Instructions

- In a skillet, cook ground turkey until completely cooked. Drain and rinse.
- Add cheese and vegetables to turkey.
- Place 1/4 cup of turkey mixture on a tortilla. Fold over or roll.
- Heat and lightly brown in skillet or in the oven.

Notes

- Quesadillas are a great way to use up leftover cooked meats or vegetables. Instead of ground turkey, you can use leftover roasted turkey that is shredded or chopped, or other leftovers.
- Make half your plate vegetables! You can stretch food dollars and eat healthier by adding your favorite vegetable to your recipes. Experiment with new foods and have fun!

Source: www.nutrition.gov

wise words

"When we give cheerfully and accept gratefully, everyone is blessed."

—MAYA ANGELOU



FULL CIRCLE BROTHERHOOD

encourage, support, empower, lead.

MENTOR

- 17-24 years old
- PAID Training
- Leadership Development
- Work Experience
- Community Impact

MENTEE

- Middle School
- Homework Help
- Field Trips
- Games
- Activities
- Group Projects
- Meals
- Fun

Older brothers get PAID training and funding to hold events for their younger brothers in the community. From connecting brothers for homework help, holding a community soccer game, or even going out to a museum or doing community service, Brotherhood Circle is about empowering young men to lead.

Interested?
email Randall Laing
randall.laing@layc-dc.org





Practicing Gratitude

Studies reveal that a gratitude practice has physical and mental health benefits. It's easy to get started: recount people, circumstances or facts that make you feel grateful. Try this at the beginning or end of each day.

Holiday Idea: When you gather this Thanksgiving, ask everyone to share one thing they are grateful for, or ask them to write it down on a piece of paper and read them aloud at the table.

Fruit or vegetable?

Only two of these are vegetables. Which ones? (Answer below.)



Answer: Broccoli and carrots are vegetables. Avocados, peppers, pumpkin and tomatoes are fruits (because fruits have at least one seed and grow from the flower of a plant.)