



The Real Deal on Diabetes

Diabetes is a condition that affects over 30 million Americans. Luckily, diabetes can be managed by pharmaceutical and non-pharmaceutical methods. Many people can avoid medications with lifestyle changes. Diet and exercise are considered the first line defense against diabetes.

The Different Forms of Diabetes

Type 1: Body develops antibodies to insulin, resulting in no insulin in the bloodstream. Typically diagnoses in those younger than 40 years old. Requires insulin for treatment.
Type II: body either does not respond to insulin or does not produce insulin.

Warning signs for both: increased urination, increased thirst, increased hunger, frequent infections, slow wound healing, weight loss (type I), weight gain (type II).

Exercise: How does it help?

Typically insulin is required in order for cells to take in glucose, the energy needed for the cells to function properly. However, when muscles activate they are able to bring glucose into the muscle cells without the need for insulin. This not only provides energy to the muscle cells, but it also helps to lower blood sugar levels.

In addition to pulling glucose into the cell, physical activity increases cell responsiveness to

insulin. This means that physical activity or exercise can be used to combat things like insulin resistance or impaired insulin production.

Types of Exercise

Physical activity can take on many different forms and can be easily made part of your everyday routine by going for a 20-30 minute walk at lunch or after work, or getting some yard work crossed off of your to-do list. The most important factor is to just get moving with an activity you enjoy doing. Make a conscious decision to do something active instead of sitting and watching television or other sedentary tasks.

Examples of some ways to get moving include strength training (bodyweight, weight machines, or free weights/dumbbells), biking, walking, running, or swimming.

Diet: Foods to Enjoy and Avoid
Managing blood sugars through diet means avoiding foods with a high 'glycemic index', which include items such as white rice, white bagels/bread, pretzels, popcorn, and pineapple. Replace these with whole grains and healthy fats. For more information on diet, check out the American Diabetes Association webpage: <http://www.diabetes.org/food-and-fitness/>

Preventing Injury

Diabetes can result in decreased

feeling in the hands and feet, called peripheral neuropathy. To avoid injury keep walking spaces clear of hazards, pay attention to your environment, wear hard soled, closed toe shoes, and regularly check areas that take a lot of pressure, such as the bottoms of your feet, in between toes, buttocks, elbows, and backs of legs; for any signs of pressure ulcers.

Medication

There are many different medications on the market today that are used to treat type two diabetes. In the case of many patients with diabetes, their medications are chosen by the ability they have to lower A1c, as well potential benefits like weight loss and being a heart protectant. A1c is a blood test that is used to diagnose type 1 and type 2 diabetes as well as your risk for having other health problems due to diabetes.

From the desk of
KELLY ANDERSON
 Meals On Wheels CEO

**I was reminded
 that giving is
 receiving and
 receiving is giving.**



Over the past 12 months as my family and I dealt with the challenges presented by my cancer diagnosis, my beliefs on giving have cemented in a very personal way. The decision to let people know what was going on was pretty easy - after all, it's Sheboygan and everybody knows everything anyway. I might as well give them the correct information. I am glad I did. That telling opened us up to oh-so-many prayers and well-wishes. I am delighted and grateful to report that those prayers were answered, and I am again enjoying abundant good health! The extreme kindness of my coworkers (especially Allison Thompson) and the MOW board of directors surely helped. What a humbling experience.

I have been blessed and honored to be in the midst of really good people - people who understand that to give is to receive - in abundance! I was struck by three things I recently heard. A speaker at a breakfast meeting said, "We are only on this earth a short time - do SOMETHING to help people!" Another followed up with, "There is always something to give along

the way." The host at another meeting had this posted on his desk, "Give back for the dream life you are living."

This whole giving-is-receiving and receiving-is-giving idea is one that we witness every day at FRESH Meals On Wheels. Clients are amazed at the quality and compassion of our volunteers and service, and volunteers report that they get a great deal of satisfaction out of helping others. By helping, we learn about others, and the meaning of "love your neighbor as yourself."

One of the things we've learned about our clients is that they don't all have a ton of opportunities for fun - sometimes because of a lack of resources, either social or financial, and other times because they are severely homebound due to health complications. This makes us especially grateful to the community members who step up and bring joy to those who are homebound. Each year, over a thousand people visit folks in the area, bringing greetings, meals and sometimes special little gifts. Others share their riches and talents, providing financial gifts or things

like homegrown produce. Soon, a number of ladies (chosen via a random lottery) will attend the first ever Ladies Day Out at FRESH Meals On Wheels. The event was made possible by the wonderful folks at the Kohler Waters Spa. A number of our female clients will receive some one-on-one care with manicures and special treats. We have not forgotten the gentlemen! In June, there will be another lottery pick for a special outing on Lake Michigan made possible by the great sailors at SEAS. What a remarkable community we get to call home!

Kelly Anderson

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Inspired by the unforgettable sights and sounds of one of America's most iconic entertainment spectacles, The Christopher Circus Collection housed within the Jay W. Christopher Transportation Museum offers a wonderfully detailed look into the world of the American Circus. Ranging in date from the late 1800's to the closing of Ringling Bros. and Barnum & Bailey's "Greatest Show on Earth" in 2017, the Christopher Circus Collection artifacts help piece together the experience had by those who worked with, performed in, or visited the circus. The collection features various artifacts from The Ringling Bros. and Barnum & Bailey Circus, The Cole Bros Circus, Circus Krone, The Sells Bros. Circus, The Robbins Bros. Circus, and many more. The collection also features a spotlight on the Seils-Sterling Circus, which gave its first performance in Sheboygan, Wisconsin in 1918 as the Lindemann Brothers Circus. The collection items range from bright-colored advertisement posters to whimsical clown shoes to incredible photographs of circus and sideshow performers throughout the years. Whether it is the 1956 circus ticket once held in a visitor's hand, the popcorn bags given to children while watching in wonder, the headdress worn by the elephant in the center ring, or the jumpsuit of a Ringling Bros. and Barnum & Bailey performer – there is guaranteed to be an item that will spark your interest and bring with it the memories of visiting the circus as a child. The Christopher Circus Collection will be displayed and available for viewing during Meals on Wheels' June-a-Palooza fundraiser, "The Greatest Show on Turf", on June 29th located at The Christopher Farm and Gardens in Sheboygan, Wisconsin.

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On behalf of our meal recipients, THANK YOU to all who participated in Love Bowls this year!
The Board Members and Staff of Meals On Wheels are grateful to the following individuals and organizations who helped make the 19th anniversary of Love Bowls a tremendous success!

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Kitchen at Meals On Wheels	Il Ritrovo/Field to Fork	Rendez-Vous	The Wisconsin Room

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A special thank you to Meals On Wheels ambassador/emcee Lindsey Thompson, the janitorial staff of South High School and all of our amazing volunteers!

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Eventually, she heard someone knocking at the front door. She tried to call out, but her voice was hoarse and they couldn't hear her. The phone started ringing. She struggled to get up, but she was trapped. Then, she heard the front door open, her daughter called out, "Mom, are you here? Meals On Wheels called and said you didn't answer the door, where are you?" Evelyn cried with relief as she answered, "In here, on the floor!"

Meals On Wheels is about more than garden fresh meals, it's about human contact, wellness checks and the assurance that at the end of the day, every person on every route is accounted for. **Meals On Wheels is peace of mind.** We serve elderly, homebound or disabled residents throughout Sheboygan County regardless of income. We have no wait list. If you know someone who could benefit from daily home-delivered meals and safety checks, call Fresh Meals On Wheels at 920-451-7011.