BeWell

Wellness Newsletter | November 2021 | Senior Meals Program

AMERICAN DIABETES MONTH

MOST COMMON TYPES OF DIABETES

TYPE 1 DIABETES
Body does not produce enough insulin. Occurs at every age, size, or shape and in every race. No cure but it can be managed.

TYPE 2 DIABETES
Body produces insulin but cannot use it well. The most common form of diabetes and is preventable.

PRE-DIABETES
A condition before Type 2 diabetes is developed, where blood glucose levels are higher than normal but not high enough to diagnosis as diabetes.

SYMPTOMS

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/ feet (type 2)

RISK FACTORS FOR PREDIABETES

- Age 45 or older
- Are Black, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
- Have a parent, brother or sister with diabetes
- Are overweight
- Are physically inactive
- High blood pressure or taking medicine for it
- Low HDL cholesterol and/or high triglycerides
- Had gestational diabetes or diagnosed with Polycystic Ovary Syndrome

TAKE ACTION

- Make a healthy change. Eat more fruits and vegetables. Reduce the amount of added sugar in your diet. Fit more purposeful exercise into your life. Obtain a healthy weight. If you smoke, quit.
- Know your numbers. Get regular health screenings with a medical practitioner to check blood pressure, weight, blood sugar, A1C and cholesterol. People with higher body mass index, cholesterol and blood pressure are more at risk of developing diabetes.
- Join the fight. Go to diabetes.org/ countmeinada to learn more about how you can volunteer, advocate and connect with others.

27% of seniors (65 or older) have diabetes

References and recommended resources: For more information on diabetes or to donate to the cause, visit American Diabetes Association's website at http://www.diabetes.org

Oregon Cascades West

Dining Centers & Days of Service
Call for Lunch Reservations

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

LINN COUNTY

Albany Senior Center
Monday-Friday (541) 967-7647

Brownsville Christian Church
Tues & Thurs (541) 466-5015

Lebanon Senior Center
Monday-Friday (541) 451-1139

Mill City, First Presbyterian
Tues & Thurs (503) 897-2204

Sweet Home Community Center
Mon.,Tues.,Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center
Monday-Friday (541) 223-1005

LINCOLN COUNTY

Lincoln City Community Center
Mon., Wed.,Fri (541) 994-7731

Newport Senior Center
Mon.,Wed.,Fri (541) 574-0669

Siletz, Tribal Community Center
Mon & Wed (541) 270-6853

Toledo, Trinity United Methodist
Friday (541) 270-7416

Waldport, South County SR. CTR
Mon., Wed.,Fri (541) 563-8796