



# QUARTERLY WELLNESS NEWSLETTER



October - December 2024





# WELLNESS CORNER

## DIABETES DISTRESS

BY KATHLEEN MCKIBBEN, RN,  
CAMP DIABETES EDUCATOR,

Diabetes can be really tough to live with. Sometimes people feel distressed, which can include feeling frustrated, guilty, sad, or worried. It is understandable if you feel this way from time to time – but you are not alone. There are many things that you can do to reduce your diabetes distress.

**Diabetes distress is the emotional burden of living with and managing diabetes. For example you may feel:**

- 1 Overwhelmed with the demands of living with diabetes
- 2 Concerned that you are 'failing' with your diabetes management
- 3 Worried about your risk of long-term complications
- 4 Frustrated that you cannot predict or 'control' diabetes from one day to the next
- 5 Guilty when your diabetes management gets 'off track'

## WHAT CAN YOU DO?

**Stop blaming yourself** – Your blood glucose level is just a number, not a reflection of who you are.

**Start being kind to yourself**– Are you being harder on yourself than you would be on a friend? Talk to yourself like you would to a friend.

**Take a break** – While you cannot completely ignore your diabetes, taking a break means that you spend a little less time and energy on it for a short while (maybe a week or two). Talk with your diabetes health professional before doing this and they will help you figure out a way to take a break.

**Reassess your goals** – If you feel like you are not achieving your goals with your diabetes, consider setting one or two smaller goals to help increase your confidence. Something like setting a goal to 'attend four appointments (one every three months) with my diabetes health professional in the next year'. This goal is specific and measurable, which is a good thing. It also needs to be realistic to you. Keeping your appointments will mean you get the support you need.

**Get connected** – Talking things through with others can be a big help. You might like to talk to your family or friends about how you feel and how they can support you.

**Talk to a professional** – It is always good to talk about your concerns with a health professional like your primary care provider or diabetes care specialists at CAMP.

## PLAY SAFE!

### WINTER SAFETY TIPS

from the Norton Sound Health Corporation Injury Prevention Program



Be safe, be seen. Use reflectives during the dark hours in the coming months.



Double check your car seats and make sure they are properly installed for the children's safety. We are more at risk driving during the colder months and we should ensure the kids are prepared to ride safely.



Be prepared for a colder climate and slippery surfaces. Use ice cleats or avoid slippery areas. Walk with caution.



Don't forget to use your helmets while riding ATVs and snowmachines! If you need help on getting fit properly with a helmet, call the CAMP office for education or assistance on fitting your helmet.

# October is

# Substance Misuse Prevention Month



## Substance Misuse can cause:

- Brain damage
- Impaired judgement
- High Blood Pressure
- Breathing Problems
- Slow reaction times
- Depression



## Alternative Activities:

- Beading/Sewing
- Listening to music
- Reading a book
- Carving
- Going for a walk
- Calling a friend



## Treatment:

Make an appointment with BHS to talk with a provider about how to overcome addiction and live a substance-free life.

Source: [www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm](http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm)

## Behavioral Health Services

706 N. Street Nome, AK 99762  
(907) 443-3344

## After Hours/Weekends

(907) 443-6411  
or call/text Suicide & Crisis Lifeline at 988



## LOOK FOR THIS SYMBOL THROUGHOUT THE NEWSLETTER TO FIND WAYS TO EARN CAMP INCENTIVES!



# FOOD FOR THOUGHT

Nicole Santonastaso, Dietitian

## LET'S TALK CARBS AND BLOOD SUGARS

You might hear a lot about carbohydrates (or carbs) and blood sugar this November, which is Diabetes Awareness Month. The diet and fitness world often talks about low-carb or keto diets. But remember, carbs are important for our bodies, and you should include them in your meals unless your healthcare provider tells you otherwise!

### CARBS: OUR BODY'S FUEL

Carbohydrates are one of three main nutrients in our food, along with fat and protein. Carbs give us energy. Our bodies turn carbs into glucose, which is fuel for our cells. This is why carbohydrates give us high blood sugar if we have diabetes. Complex carbs also have fiber, which keeps our tummies happy, guts healthy, and helps control cholesterol. Carbs can be found in grains, fruit, starchy vegetables and some dairy products.

### TRADITIONAL FOODS AND CARBS

Traditional Alaska Native foods don't have many carbs. So, eating mostly carbs could increase the risk of diabetes for Alaska Native people. The best way to stay healthy is to eat your traditional foods first and add some carbs to your plate in moderation.

### CHOOSE COMPLEX CARBS

When you're choosing carbs, go for complex ones like starchy vegetables, fruit, and whole grains. These carbs break down slowly, giving you energy for longer. They also have lots of fiber and nutrients to keep you healthy.

If you want to learn more about carbohydrates and your health, schedule a 1:1 visit with a CAMP Dietitian. Learn more about both by calling 907-443-3365 to get started!



RECIPE LIBRARY

Scan to access our favorite recipes!



## CAMP STAFF SPOTLIGHT:



# TRACY GREGG

### WHAT IS YOUR ROLE WITH THE CAMP DEPARTMENT?

I am the manager of the CAMP Department and I get to work with the best group of people every single day. Our programs focus on prevention efforts in the areas of injury, tobacco/vaping, and chronic illnesses. We create dynamic programs and events that are offered in Nome and in our surrounding communities. We also provide direct patient care and support for patients with chronic illnesses and breastfeeding women.

### WHAT IS YOUR FAVORITE ALASKAN DISH TO PREPARE?

It depends on the season. If it is summertime, I love to use our tundra berries to make a cobbler. During the winter, I enjoy making a more warm and hearty meal like moose chili or homemade ramen.

### WHAT DOES WELLNESS MEAN TO YOU?

Wellness to me means finding balance in the various aspects of life and doing the things that you love that recharge your energy.

**DO YOU HAVE QUESTIONS FOR OUR MANAGER?  
CONTACT TRACY GREGG AT 907-443-3477**

# BED BUG PREVENTION

a message from the Office of Environmental Health

Bed bugs are tiny pests that can cause big problems if they invade your home. These insects are excellent hitchhikers, often traveling on luggage, clothing, or furniture. Once they settle in, they can be difficult to eradicate. The best way to handle bed bugs is through prevention. Here are a few simple steps to help keep them out:

- 1. Minimize Clutter:** Bed bugs love to hide in cluttered areas, including cardboard boxes, which provide ideal hiding spots. Remove any clutter and cardboard from storage areas and use plastic totes instead to reduce their hiding places and protect your belongings.
- 2. Be Cautious When Traveling:** When staying in hotels, initially place your luggage in the bathtub while you inspect the mattress & surrounding furniture for signs of bed bugs such as tiny black spots or shed skins. Upon returning home, dry clothing on high heat to kill any potential hitchhikers.
- 3. Inspect Secondhand Items:** Before bringing used furniture or clothing into your home, inspect them carefully. Bed bugs can hide in the seams of mattresses, couches, rugs, and even clothes.
- 4. Monitor Sleeping Areas:** Place bed bug interceptors under the legs of your bed and other furniture. These traps can catch bed bugs trying to crawl onto your bed and help you detect an infestation early before it spreads further. Regularly check these traps for signs of bed bugs.



**FOR ADDITIONAL PROTECTION, THE OFFICE OF ENVIRONMENTAL HEALTH (OEH) OFFERS FREE BED BUG PREVENTION AND ABATEMENT KITS, ALONG WITH EDUCATIONAL MATERIALS TO HELP YOU STAY INFORMED. USE THE QR CODE TO REQUEST ONE TODAY!**





# WIC Updates

with Hilary Fello, RD, LD, CLC

## FAMILY MEALS: MORE THAN JUST FOOD

Written by Veronica Perez + Abby Eades  
Edited by Hilary Fello

Evenings can be crazy busy, and it might seem easier for everyone to just grab food whenever they can, but eating together as a family is super important! Studies show it's really good for everyone, especially kids.

### WHY FAMILY MEALS ROCK

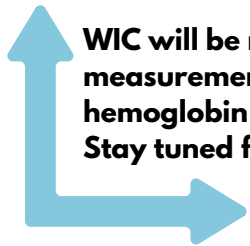
- **Bonding Time:** Family meals offer a chance to really listen to each other. This brings families together and helps everyone feel like they belong.
- **Healthy Habits:** Kids who eat with their families tend to eat more fruits, veggies, and other good stuff, which helps them develop healthy habits.
- **Learning by Example:** When kids see you trying new foods and being kind to others, they're more likely to do those things too.

### TIPS FOR FAMILY MEAL SUCCESS

- **Start Small:** Pick a few days a week to eat together, like Sunday, Tuesday, and Thursday. Let everyone know the plan!
- **Ditch the Distractions:** Put away devices and turn off the TV. Instead, focus on each other by discussing your days or important topics.
- **Get Everyone Involved:** Even small children can help set the table or wash veggies. It makes mealtime more fun for everyone.

Family meals are about way more than just filling your belly. They are a chance to connect, build healthy habits, and create memories that last a lifetime. So, let's make time for them!

**Looking for nutrition support for your family?  
Call WIC at 907-443-3299 or email [WIC-all@nshcorp.org](mailto:WIC-all@nshcorp.org)**



**WIC will be requiring measurements and hemoglobin soon!  
Stay tuned for more info.**



**SEND A PICTURE OF YOUR FAMILY MEAL TIME TO [WIC-ALL@NSHCOMP.ORG](mailto:WIC-ALL@NSHCOMP.ORG) FOR YOUR CHANCE TO WIN A CAMP INCENTIVE!**

# WELLNESS CORNER

## COOKING SUBSTITUTIONS

Using substitutes can give you more flexibility in cooking and help you adapt recipes to what you have available. Keep this handout close for those moments when you need to make a quick adjustment! key: T=tablespoon C=cup

1 lb ground beef->  
1 lb ground moose

3 T fresh herbs->  
1 T dried herbs

1 t baking soda->  
4 t baking powder

3 c fresh veggies->  
16 oz frozen veggies

1 c tomato sauce->  
½ c tomato paste + ½ c  
water

1 T cornstarch->  
1 T all-purpose flour

1 c ricotta cheese->  
1 c cottage cheese

1 t vinegar->  
1 t lemon/lime juice

2 c fresh veggies->  
1 can of 15 oz veggies

1 c butter->  
1 c vegetable oil

1 c fresh fruit->  
1 c canned fruit

1 c yogurt->  
1 c sour cream

Substitutes may slightly alter the texture or flavor of your dish. It's a good idea to taste and adjust seasonings if necessary.

Substitutes may affect cooking times, so keep an eye on your dish and adjust as needed.



**SHARE HOW YOU SUBSTITUTED YOUR  
SUBSISTENCE FOODS IN A RECIPE BY  
SENDING US A PICTURE AT  
WELLNESS@NSHCORP.ORG**



Cut or tear out this guide to save for later!

# Newsletter Quiz

EMAIL WELLNESS@NSHCORP.ORG THE CORRECT ANSWERS TO THIS QUIZ AND EARN A CAMP INCENTIVE!

1. NAME A REASON WHY FAMILY MEALTIMES ARE IMPORTANT.
2. \_\_\_ AND \_\_\_ ARE EXAMPLES OF COMPLEX CARBS.
3. NAME TWO WAYS YOU CAN STAY SAFE THIS WINTER WHEN GOING OUTSIDE



## Community Events

Want to host an event in your community? We can help! We have worked with schools, IRAs, and clinics to host the following events:

Food Demonstrations	WIC Family Nights
Group Fitness Classes	Craft Nights
Fun Runs	Talking Circles

SCAN

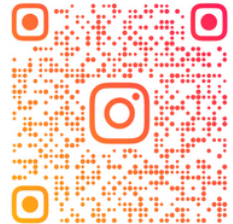


CAMP's online platform for scheduling group fitness, wellness activities, events and more!



Download the MINDBODY app to join our fitness classes

Learn more about the MINDBODY app here!



*Did you know that CAMP has fitness DVDs and DVD players that are free to rent? Let us help you start your fitness journey! Call us for more information.*



**NORTON SOUND  
HEALTH CORPORATION**



**LIITFIK Wellness & Training Center**  
907-443-3365  
[www.nortonsoundhealth.org/camp](http://www.nortonsoundhealth.org/camp)  
[wellness@nshcorp.org](mailto:wellness@nshcorp.org)  
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