

# Living It Up North

WINTER 2018



## Here to Help

### New Clinic Helps You Better Manage Diabetes

Diabetes patients are seeing an improvement in their A1C – an index of average blood glucose – thanks to a new clinic at Kalkaska Memorial Health Center.



Diabetes Management Clinic Team

Once a month, patients who are struggling to manage their diabetes can visit the Diabetes Management Clinic to receive dedicated time and support from our health care team. You do not need a referral from your primary care

provider, and you do not need to be a current patient at KMHC to make an appointment – this can be a one-time visit or you can schedule ongoing appointments. During the visit, you'll see: Dr. Gary Ziegler, MD; a medical assistant; a registered nurse diabetes educator; and a registered dietician. The diabetes educator also can recommend other services such as diabetes education or a more in-depth medical nutrition visit with the dietician.

To learn more, call Kalkaska Memorial Health Center Diabetes Education at [231-258-3091](tel:231-258-3091).

### Adult Wellness Visits

The Adult Wellness Program is a free service for Medicare beneficiaries created to improve the lives of older adults in northern Michigan. It helps prevent new medical conditions from arising, and helps manage existing chronic conditions. A registered nurse provides a free annual wellness visit to identify any unmet needs, connect you with resources, and provide you with information to help you stay healthy. Call [231-258-7777](tel:231-258-7777) to make an appointment.

### Care Management

If you have two or more chronic conditions and could use ongoing assistance with managing your health care, we can help. Phone and in-person appointments are available. Out-of-pocket costs and coverage depends upon insurance. Call the chronic disease manager at [231-258-3091](tel:231-258-3091) to learn more.



# Diabetes Prevention Program Proves Life-Changing

Kalkaska Memorial Health Center introduced several new services in the last year, with one offering leading to participants losing 6% overall body weight and more than 200 pounds collectively.



Pam Vesey and Carina Conklin

Participants in the Diabetes Prevention Program, which got underway in September 2017, discovered the power of daily food logs, taking up new activities (trying snowshoes for the first time, as one participant shared), adding more fresh fruits and vegetables to your diet, and becoming more aware of food labels. Most importantly, "it's a lifestyle change, not just a here-and-now fix for

weight loss, but for the rest of your life," said participant Pam Vesey. Carina Conklin, a lifestyle coach with the program, called her involvement a rewarding experience. "Seeing our participants' personal growth and meeting their goals in the first 16 weeks of a yearlong program has been very moving," Conklin said. "Witnessing participants come together to overcome challenges and barriers in a group setting is what makes this program so successful. I look forward to seeing what the next year brings for our current and future participants."

This lifestyle change program, focusing on eating, exercise, and behavior modification, is open to new participants. Pre-diabetes diagnosis and referral are not required. To learn more about upcoming classes, call the chronic disease manager at **231-258-3091**.

## Other programs available:

### Diabetes Self-Management Education.

This is for anyone with Type 1 or Type 2 diabetes. Patients new to education can receive an hour-long initial assessment and nine hours of group class. Patients who have previously attended education sessions can receive two hours of refresher information. This class requires a referral from your primary care provider.

### Medical Nutrition Therapy.

This involves a consultation with a registered dietician, as well as nutritional diagnostic, therapy, and counseling services. You'll receive help with meal planning and food choices. Coverage depends upon insurance. This class requires a referral from your primary care provider. Call the chronic disease manager at **231-258-3091** for more information.

# Stay In, Stay Healthy with this Delicious Comfort Food

## Turkey Stroganoff

For a different take on stroganoff, swap out traditional beef for leaner turkey. This diabetic-friendly version is a perfect comfort dish for a wintry evening.



**Prep time: 15 minutes.**  
**Cook time: 15 minutes**

### Ingredients

8 ounces egg noodles  
2 teaspoons poppy seed  
12 ounces fresh roasted turkey breast, cut into 2 x 1/2-inch strips  
Salt, to taste  
1/2 teaspoon freshly ground black pepper  
2 (4 ounces each) Portobello mushrooms  
1 small red onion, thinly sliced  
1 tablespoon butter  
1 1/2 tablespoons all-purpose flour  
1 1/2 cup reduced-sodium beef broth  
1/2 cup reduced-fat-sour cream  
1 1/2 teaspoons Dijon mustard

### Nutritional Information

Servings Per Recipe: 6

Per Serving: 285 cal., 7 g total fat (3.2 g sat. fat), 90 mg chol, 205 mg sodium, 31 g carb., 2 g fiber, 3 g sugars, 25 g protein.

Diabetic Exchanges:

Lean Meat (d.e.): 3; Starch (d.e.): 2

### Instructions

1. Cook noodles according to package directions. Toss noodles with poppy seeds and return to empty cooking pot to keep warm. Sprinkle turkey strips with salt and pepper; toss to coat. Remove and discard stems from mushrooms. Cut mushroom caps into quarters and thinly slice.
2. Meanwhile, lightly coat large nonstick skillet with nonstick cooking spray and set over medium-high heat. Sauté onion 2 minutes. Add mushrooms and sauté until mushrooms are tender, about 5 - 6 minutes. Transfer to large bowl.
3. Melt butter in skillet over medium heat. Add flour and cook for 1 minute, continuously stirring. Gradually whisk in broth. Cook, stirring with wooden spoon, until sauce thickens and boils, about 4 minutes.
4. Reduce heat to low. Blend in sour cream and mustard. Return turkey and reserved vegetables with accumulated juices to skillet. Cook until heated through (do not boil). Divide noodles among plates and spoon stroganoff on top.



*Recommended by Registered Dietician Rebecca Zielinski (left), from The Diabetes Comfort Food Cookbook by Robyn Webb, MS*

## Please Welcome Cynthia Smith, MD



Kalkaska Memorial Health Center is delighted to welcome Cynthia Smith, MD, to full-time pediatric practice at Kalkaska Medical Associates. Dr. Smith has over 20 years' experience in pediatric care. She provides

general pediatric care to children of all ages, including adolescents and patients with attention-deficit/hyperactivity disorder and other mental health issues. Dr. Smith received her medical degree from the University of Michigan, where she also completed her training through the Pediatric Residency program at C.S. Mott Children's Hospital.

For more information or to make an appointment, please call **231-258-7749**.



## Upcoming Events

### Sharps Disposal Days

Wednesday, March 7, 2 - 4 pm

Wednesday, June 13, 10 am - noon

Wednesday, Sept. 19, 8:30 - 10:30 am

Tuesday, Dec. 11, 1:30 - 3:30 pm

### Back Safety Seminar

A free seminar to learn about spinal anatomy, how back pain injuries occur, treatment options, and ways to reduce your risk is set for 5:30 pm Thursday, March 1 at Kalkaska Memorial Health Center Dr. William W. Kitti Education Center (Stone House), 419 S. Coral St., Kalkaska. Call **231-258-3620** for more information.

**POSTAL CUSTOMER****Featured Services****Emergency Care**

KMHC offers urgent care and 24/7 emergency care services. Our emergency department is staffed with board-certified emergency medicine physicians and advanced practice providers.

**General Surgery**

High-quality surgical care is available close to home with general surgeon Michael VanderKolk, MD, FACS. Dr. VanderKolk offers a full-time practice and performs a variety of outpatient procedures at KMHC.

**Primary Care**

Kalkaska Medical Associates is a patient-centered medical home, specializing in the care for your physical, mental, and emotional well-being. All physicians are board-certified and trained to provide comprehensive care through all stages of life – pediatrics to long-term care.

**Convenient Services**

Aquatic Therapy  
Assisted Living and Long-term Care  
Cardiac Rehabilitation  
Diabetes Management  
Dialysis Center  
Lab Services  
Occupational, Speech, and Physical Therapy  
Outpatient Surgery  
Radiology  
CT, MRI, and Mammography

**Munson Healthcare specialists at KMHC:**

Cardiology  
Gastroenterology  
Gynecology  
Ophthalmology  
Orthopedics  
Pediatrics  
Podiatry  
Women's Health/Midwifery

**Support Groups****KMHC:****Breastfeeding Support Group**

For individual sessions,  
contact Joanna at **231-360-3242**.

**Diabetics Support Group**

Meets second Wednesday of the month  
6 - 7 pm  
Dr. William W. Kitti Education Center  
Contact Katie at **231-258-3091**.

**Yoga**

Meets every Tuesday in Cardiac Rehab  
4:30 - 5:30 pm  
Contact Marianne at **231-258-7525**.  
Free for community members.