

The Mid-Toronto Diabetes Program

Spring 2017 Newsletter

Mindfulness Meditation

“Do you want to reduce stress and achieve greater balance in life?”

What: Mindfulness meditation is a scientifically-validated method that teaches you to clear your mind, quiet your emotions, and calm your body. It is a simple and systematic approach that helps you attain greater levels of health and well-being by becoming more present and aware in the moments you actually live.

Benefits:

- ✓ Relate to stress in more creative ways
- ✓ Reduce endless mind chatter in order to think more clearly
- ✓ Become more aware of how you truly feel and why
- ✓ Sleep better, lower your blood pressure and reduce anxiety and depression
- ✓ Better manage the emotional and physical pain that often accompany medical conditions such as cancer, heart problems, diabetes, and psoriasis
- ✓ Get off the worry treadmill and become more productive and happy!

Who: Everyone! Executives and line workers use it to be more effective on the job. Chronic pain sufferers use it to lessen their pain. Doctors prescribe it to patients in preparation for heart surgery. Professional sports teams use it to build cohesiveness, fine tune performance, and reduce stress-related illness.



Mindfulness Meditation Drop-in

Drop-in sessions are for those who have previously had an introduction to mindfulness meditation.

When: 3rd Friday of each month:

March 17, April 21, May 19, June 16

Time: 1:30 – 3:00 p.m.

Where: The Anne Johnston Health Station

Greek Lentil Salad:



Makes 10 servings • Serving size 2/3 cup

Ingredients:

1 can (540 mL) lentils	¼ cup canola oil
½ cup Kalamata olives	¼ cup lemon juice
½ cup onion	1 tbsp. dried oregano
1½ cups grape tomatoes	¼ cup fresh parsley
½ cup green peppers	
1 cup cucumber	
¼ cup feta cheese	

Instructions:

1. In a large bowl, combine lentils (rinsed and drained), olives, chopped onion, cut tomatoes, diced green pepper, diced cucumber, and crumbled feta cheese.
2. In a small bowl, whisk canola oil, lemon juice and oregano together.
3. Add dressing and chopped parsley to lentil mixture and toss to coat.
4. Can be eaten right away or covered and left in refrigerator to marinate for 2 hours before serving. Salad can be made a day in advance.

Nutrient analysis per serving:

Calories: 133kcal	Carbohydrate: 15 g
Total fat: 6.0 g	Fibre: 3 g
Saturated fat: 1.0 g	Protein: 6 g
Trans fat: 0.0 g	Sodium: 112 mg
Cholesterol: 4 mg	

The Mid -Toronto Diabetes Program

Linda Ta, RN, CDE
Registered Nurse

Edith Levy, RD, CDE
Registered Dietitian

Shoshanah Silverman
Clerical support/Outreach



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Diabetes Management

“Whether you are newly diagnosed or already managing with Type 2 Diabetes, this workshop is for you”

Dates Offered:

OR

Wednesday, April 19th & 26th, 2017

9:00 am – 12:00 pm (2 Sessions)

OR

Wednesday, May 3rd & 10th, 2017

9:00 am – 12:00 pm (2 Sessions)

OR

Wednesday, June 7th & 14th, 2017

9:00 am – 12:00 pm (2 Sessions)

Diabetes Prevention

“Whether you are at risk, or know someone who is, join us to learn how to lower your risk of developing diabetes”

Date Offered:

Wednesday, May 17th, 2017.

9:00 am – 12:00 pm (1 Session)

OR

Wednesday, July 19th 2017.

9:00 am – 12:00 pm (1 Session)

Diabetes Focused Grocery Store Tour

At Loblaws

101 Eglinton Ave. East

A Registered Dietitian will guide you through the grocery aisles providing healthy options, shopping tips, understanding food labels and much more.

Space is limited, so please pre-register

416-486-8666 ext. 208

Thursday May 4th, 2017

7:00 – 8:00 p.m.

Healthy Bodies

Join us as Registered Dietitian Josée Sovinsky discusses nutrition, weight and wellbeing

Thursday, May 25th, 2017

1:00pm – 3:00 pm

Are you a Caregiver?

Over age 55?

Living Life to the Full for Caregivers

Anne Johnston Health Station, SPRINT Senior Care, and CMHA are excited to offer this program to caregivers. It is an 8-week course delivered in groups of 10 to 15 people, teaching new skills for coping with life's challenges.

March 8 to April 26, 2017,

Every Wednesday, 1:30 – 3:00pm

Space is limited! To register, or to inquire about the course, please contact Angela Turkovich, 481-0669 ext. 462

FREE Registration for all Programs & Workshops

Please call (416) 486 – 8666 ext. 208

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