

Salmon is a good source of Omega 3 >>>

Sesame blackened salmon w/ mushrooms

Ingredients:

- 3" Wonton Wrapper
- Non-stick cooking spray
- 1 tbs. sesame seeds
- 2 cups broccoli flowerets
- 1/4 cup Fat Free Mayo
- 2 tsp honey
- 1 tsp reduced sodium soy sauce
- 2 lbs. salmon fillet
- 2 oz. shiitake mushrooms
- 2 oz. crimini mushrooms

Prep & Cooking Time:

1. Preheat oven to 350 degrees. Spray muffin cups with cooking spray. Insert wonton wrappers individually. Bake 8-10 minutes and let wrappers cool in pan.
2. Bake sesame seeds for 5 minutes or until slightly toasted, set aside to cool.
3. Bake salmon for 20 minutes till flakey.
4. Steam broccoli & mushrooms for about two minutes each.
5. Flake salmon, add broccoli, mushrooms, sesame seeds, honey, mayo, and soy sauce together. Spoon mixture into wantons.

Recipe by: Rey Quiroz HRDPP graduate



Calories	103
Saturated Fat	1g
Total Fat	3g
Carbohydrates	45g
Cholesterol	100mg
Protein	19g
Fiber	4g
Sodium	128mg

Have you ever considered Adopting a child?

Who can adopt: Adoption is a process in which children become full and permanent legal members of a family. Most people are eligible to adopt, regardless of marital status, age, income, or sexual orientation. Determining eligibility is based upon a process of mutual assessment and preparation by the prospective parents and the adoption agency, and/or social worker. Visit these links to find more info: www.adoptuskids.org www.adopting.org



Children's Health Insurance Program

April is National Child Abuse Prevention Month

National child abuse prevention month is celebrating its 20th year. The term "prevention" is typically used to represent activities that stop an action or behavior. It can also be used to represent activities that promote a positive action or behavior. Research has found that successful child abuse interventions must both reduce risk factors and promote protective factors to ensure the wellbeing of children and families.

Why is child abuse prevention important?

The impact of child maltreatment can be profound. Research shows that child maltreatment is associated with adverse health and mental health outcomes. On the other hand, a relationship with a consistent caring adult in the early years is associated later in life with better academic grades, healthier behaviors, more positive peer interactions, and the ability to cope with stress better.

Parental resilience is when parents can cope with the stresses of everyday life, as well as an occasional crisis. They have the flexibility and inner strength necessary to bounce back when things are not going well.

For more information on how you can prevent child abuse from happening in your community please visit. www.childwelfare.gov

Source: www.childwelfare.gov

Healthy Roads Success Story Of the Month!

Dave Rambeau: On the road to success >>>



My name is Dave Rambeau and I am the Executive Director of United American Indian Involvement. I am also a diabetic. 15 years ago I was diagnosed with diabetes and was told by my doctor to manage it with pills. Over the years I did not get my A1C or blood sugars checked regularly. I went to the doctors and they put me on insulin, the doctor said the needle was small and painless.

Today I manage my diabetes

by watching what I eat. I used to eat foods that would spike my blood sugar. Today I stay away from those types of foods and I am better able to track what I eat by keeping a food journal. This food journal helps me to eliminate foods that spike my blood sugar, and lets me keep track of the times of day when my blood sugar usually gets too low. This journal is an educational process for me. If I don't take care of what I am doing for myself than its like saying that I don't care for my life. This could be considered slow suicide. Some people do not care about the internal damage that this disease causes, and they let it go. I am making a real effort to get my blood sugar under control and even my family is taking steps to help me control it. My son knows I like bread so he made frybread with whole wheat flour. I used to be a big bread eater. I now avoid white starches and sugar. I eat sugar free foods but I am also careful with sugar free labels because they still have sugar in them, whether it be alcohol sugar or imitation sugar the body is still going to respond to it like its real sugar. These are things we must remember!

Happy 7th Anniversary Healthy Roads Diabetes Prevention Program

On March 17, 2012 HRDPP celebrated its 7th Anniversary at Indian Revival Church in Bell Gardens. That day was pouring down rain, yet the celebration was a success. Guests were asked to bring a healthy non-meat protein dish and if they did this would receive a \$15.00 gift card. Some dishes that were brought by community members and DPP graduates were; salmon patties, pasta salad, green chili cheese enchiladas, vegetable lasagna, Rey's sesame blackened salmon and broccoli with shiitake, crimini mushrooms, (see recipe above). In attendance was our past HRDPP graduates from wave 1 to the most current wave 13. Gene Martinez presented a plaque of appreciation to IRC for their 7 year partnership with UAII. He thanked the church and the community for their participation for the past years. Activities also included an after core activity.



JUST MOVE IT

It's up to you!

Walking Club

Join us for the Walking Club! To find out more info or schedule a ride to Ford Park call Michael Reifel at (213) 202-3970. We meet every other Thursday at Ford Park, 7200 Park Lane, Bell Gardens starting at 4:30 p.m.

Diabetes Management Workshop Friday, April 20, 2012

10:00 am- 1:00 pm

Featuring

Cancer Prevention & Early Detection

By: Jennifer Metz, MPH

Project Coordinator & Health Educator California Health Collaborative- Los Angeles Cancer Partnership

at:

United American Indian Involvement Community Center

This workshop is designed to show you the steps to take for cancer prevention, and early detection. Learn what to look for and what to ask for when you visit your doctor. Ask Jennifer the health professional any questions you may have about this disease!

Please join us! Bring friends and family for fun, prizes and raffles. Lunch will be provided to those attending the Diabetes Workshop.

final thoughts...

It is time again for UAII to start preparing for the Robert Sundance Wellness camp in Big Pine California. Every year we take kids from Los Angeles to Big Pine during the summer time for a 2 week camping excursion. This gives the children a chance to get out of the city and experience nature at her finest. We are now starting our annual fundraisers. If you have any good ideas or a donation contact UAII.



Dates To Remember!!

Thursday, April 5th & 19th- Walking Club at Ford Park. 4:30 pm.

Saturday, April 21st- IRC Healthy Roads Presentation 10 a.m.

Friday, April 12th- Diabetic Wellness Day! UAII-8:30-12:00 p.m.

Friday, April 20th- Diabetes Workshop, UAII. 10:00 am.

Contact Us: (213)202-3970

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A Monthly Newsletter for Healthy Roads Diabetes Prevention & Children's Health Insurance Program
Vol. VII 1125 W. 6th St. Suite 103, Los Angeles, CA 90017 Hours: Mon.-Fri. 8:00 am-5:00 pm

HEALTHY ROADS

Diabetes Prevention Program



What's New >>>

Diabetic Wellness Day

UAII is pleased to introduce a monthly Diabetic Wellness Day! This day is set aside for those Diabetics in our community who would like to come to our clinic and get a full check up!

This day is a great day to check your: Cholesterol, A1C, EKG, Blood Pressure. Stay and get a foot exam, get referrals, and update your vaccines. Ask all the questions you may have about Diabetes.

Don't miss out on this new community wellness day for our Diabetics! To schedule an appointment call Pintip Chotibut, RD, at (213)202-3970 ext. 7129, or Gloria Diaz RN, at ext. 7127. Or call the clinic directly at ext. 7187.



From Michael's Desk

Michael Reifel is a Life Style Coach for United American Indian Involvements Healthy Roads Diabetes Prevention Program. To find out if you qualify to participate in our program please call, (213)202-3970.

Exercising less than daily still works for diabetics

Regular workouts can help people with diabetes rein in their blood sugar levels, and they don't need to hit the gym every day to see an effect, according to a new study.

Dutch researchers found that exercising for an hour every two days lowered blood sugar as much as daily 30-minute workouts in a group of 30 men with type 2 diabetes.

Exercise is considered a cornerstone of diabetes treatment and just a single bout of physical activity is known to have profound effects on blood sugar levels. But the number of times a week to exercise for the best results is unclear.



"Our findings suggest that frequent short bouts of moderate exercise can be substituted for less frequent exercise bouts of a longer duration in people with type 2 diabetes, or vice versa," Luc J.C. van Loon of the University in the Nether-

lands told Reuters Health. The two exercise schedules also did equally well in terms of lowering the men's average blood sugar levels. According to van Loon, whose findings appear in the journal Diabetes Care, women with type 2 diabetes are likely to reap the same benefits as the men in this study. Currently, the American Diabetes Association recommends 150 minutes per week of moderate exercise, such as brisk walking. Reuters Health By Lindsey Konkel SOURCE: <http://bit.ly/GJ3ah3> Your Coach Michael Reifel