

A Step in the Right Direction Lower Your Risk for Type 2 Diabetes

Employee Anniversaries

Suzette L.	10/04/2002
Lisette N.	10/07/2002
Anita S.	10/09/1998
Tammy F.	10/11/2008
Audrey H.	10/12/2006
Patricia H.	10/24/2009
Nerly L.	10/31/2008
Magalita N.	11/05/2001
Elva J.P.	11/07/2006
Simone N.	11/10/2003
Michelda S.	11/11/2002
Beth S.	11/13/2006
Cedelaine M.	11/27/2009
Joanne P.	11/27/2007
Cedilia C.	11/27/2005
Marie E.	12/04/2007
Thelma S.	12/04/2005
Solange S.	12/08/2007
Pucelle D.	12/13/2007
Ivanna H.	12/22/2009
Jacqueline G.	12/23/2005
Adieula S.	12/25/2009
Paulette Y.W.	12/25/2009
Sandra O.	12/27/1999

It can be confusing to figure out what works and what doesn't when it comes to losing weight to lower your risk for type 2 diabetes. The good news is that you don't have to knock yourself out to lower your risk—in fact, The findings of a major study show that modest weight loss can reduce the risk of type 2 diabetes by more than half. Here are some proven small steps developed by the National Diabetes Education Project to help you make gradual lifestyle changes to lose weight safely and keep it off.

Step One: Set a weight loss goal you can meet before starting a weight loss plan. Aim to lose about 5 to 7 percent of your current weight that's 10 to 14 pounds if you weigh 200 pounds. Keep track of your daily food intake and physical activity in a log booklet and review it daily. For support, invite family and friends to get involved.

Step Two: Make healthy food choices every day. Keep healthy snacks, such as fruit, on hand at home. To make sure you get enough fiber, eat more fruit and select a mix of colorful vegetables. Drink low-fat or nonfat milk or choose low-fat cheese. Choose whole-grain cereals, bread, crackers, brown rice, pasta or oatmeal. Select lean meats and poultry. Vary your protein choices by choosing more fish, beans, peas, nuts, and seeds.

Step Three: Strive to become more physically active. If you are not active, start off slowly and choose a physical activity you will stick with most days of the week. Slowly add more time until you reach at least 30 minutes of moderate intensity physical activity five days a week. Build physical activity into your day. Take a brisk walk during your lunchtime. Take the stairs instead of the elevator. Join community program like the YMCA and try swimming, water aerobics, or dance classes. Keep at it and remember to celebrate small successes.

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Employee of the Quarter



Sonia is an example of an exceptional caregiver, she is professional, reliable, compassionate, cheerful, and enjoys working with people. She is able to work independently and with little direct supervision. She goes above and beyond her job duties as a caregiver and is very good about informing Responsive of important information, such as the clients' change in condition. We would like to thank Sonia for her professionalism and expertise in her field.

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Employee Birthdays

Chandra A.	Oct. 03
Myrlande D.	Oct. 06
Ruth G.	Oct. 06
Yvania S.	Oct. 06
Clara S.	Oct. 09
Beverly A.	Oct. 13
Lisette N.	Oct. 14
Laurie D.	Oct. 16
Simone N.	Oct. 16
Ermithe P.	Oct. 16
Clive W.	Oct. 16
Darline E.	Oct. 21
Dahlia M.	Oct. 30
Katie B.	Oct. 31
Mae R.	Oct. 31
Esrene R.	Nov. 04
Suza E.	Nov. 07
Beatriz G.	Nov. 08
Estela L.	Nov. 09
Minora M.	Nov. 10
Nerly L.	Nov. 15
Hazel H.	Nov. 18
Sita P.	Nov. 24
Annette D.	Nov. 30
Pauline H.	Nov. 30
Marinette J.B.	Dec. 12
Solange S.	Dec. 12
Ruby S.	Dec. 16
Magalita N.	Dec. 17
Sattie R.	Dec. 20
Nellie D.	Dec. 25

Financial Fraud Against the Elderly Affects One in Five

According to a newly released survey by the Investor Protection Trust, a nonprofit education organization, an astounding one out of every five Americans over the age of 65 (that's 7.3 million seniors) has been victimized by deceptive dealings. MetLife's Mature Market Institute reports that money stolen from seniors adds up to more than \$2.6 billion a year. Trusted family members and caregivers are the perpetrators in an appalling 55 percent of the reported cases.

In a new collaborative project, Elder Investment Fraud and Financial Exploitation Prevention focus on teaching medical professionals and adult protective services workers to identify the red flags that suggest a senior is being financially abused.

We are all responsible for reporting any type of abuse and/or exploitation. If you have a reason to suspect Abuse, neglect or exploitation contact the Abuse Hotline 1800-962-2873.

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