

LIVING WELL

W I T H C H R O N I C C O N D I T I O N S

VOL II ISSUE I *March 2002*

A Newsletter brought to you by Health New England

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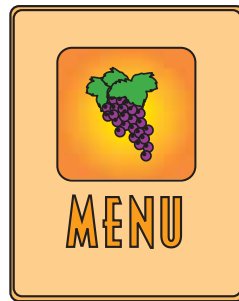
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Living Well with Chronic Conditions is a quarterly newsletter published and distributed by Health New England (HNE). It is also available on line at the HNE website, www.healthnewengland.com. Direct questions to HNE at 800-842-4464 or 413-787-4000, ext. 3553.

RESTAURANT SURVIVAL GUIDE *by Jennifer Giffune, RD*



**MARCH
IS
NATIONAL
NUTRITION
MONTH**

A "HOW TO" GUIDE TO AVOID FEELING GUILTY

Picture yourself dining-out; tasty food, good atmosphere, and no dishes to wash! Dining-out is meant to be pleasurable. However, combine dining-out with chronic disease, and it can be frustrating. Either you feel you can't have anything "good" or you eat what you want and blame it on "cheating", and feel guilty later. There is an alternative, and it isn't staying home. You have options!

BASIC TRAINING

- Enjoy the people you are with, make them your focus.
- Eat light at other times that day.
- Drink plenty of water all day.
- Don't go hungry, have a snack.

- Exercise for 15 minutes longer than usual before, take a walk afterward.
- Wear clothes that fit snugly and are comfortable.
- Get a menu in advance, and decide your meal before you go.
- Do some measuring practice at home so you can control portions.
- Call ahead & ask questions. Any light-fare foods? What are portion sizes? Do they honor special requests? Is butter slathered on the baked/broiled foods & vegetables?

SUREFIRE SURVIVAL STRATEGIES YOU MAY NOT KNOW

- Drink an 8 ounce glass of water 20 minutes before the meal.
- Take your bread & place it in your napkin for a few minutes. When you remove the bread, eat one only if there is not a grease mark on the napkin.

(continued on page 2)

RESTAURANT SURVIVAL GUIDE *Continued*

- Have an appetizer served as your entree.
- Ask for toppings (dressing & sauces) on the side. When it comes to the table, use one spoonful and send the rest back with the waiter.
- Or keep the topping & dip fork tines in topping, then in food, then eat.
- If you order a full-size entrée, ask them to take half of the entrée and place it in a “doggie bag” before they bring it to the table.
- Stop eating when you feel full.

OLD STANDBY STRATEGIES

- Order water when you arrive (even if you are stuck waiting in the lounge for a table), and drink water all evening long.
- Eat the Bread plain, don't butter it or dip it in Olive Oil.
- Decide on the number of courses you will be having & stick to your plan.
- Choose foods with these words in the description – pickled, tomato sauce, steamed, poached, in broth, in it's own juice, garden fresh, roasted, broiled, blackened, dry broiled with lemon or wine, stir fried or Cocktail sauce.
- If you are having an appetizer with an entrée, choose light & simple – fruit, veggies (look for the word “Crudités”), clear soup or consommé, salad with vinegar/lemon dressing, shrimp cocktail with no-fat sauce (chili sauce/ketchup with horseradish.)
- Keep the Salt Shaker on the table, not in your hand!

- Skip the salt shaker, instead make use of the pepper and any other herbs/spices and vinegar that may be available.
- Ask that they not add fat (butter usually, but could be oil, shortening, lard) to foods during & after cooking.
- Accompany your entrée with plain rice (not pilaf or mixes) or baked potato, veggies & salad – just keep in mind the portion size and toppings.
- Take breaks while eating – put your fork-



down!

- If you are going to have a “real drink”, lean towards a glass of red wine, a wine spritzer or straight drink mixed with water/tonic; avoid the sugary fruit sweetened drinks. Better yet have decaf coffee, tea, low-fat milk, water, seltzer with a twist of lemon or lime or splash of juice. *(Remember, if you choose to drink Alcohol, do not drink & drive...choose a designated driver.)*
- Choose a sweet tasting, low-fat dessert such as a fruit cup.

Jennifer Giffune, R.D., LDN, is a freelance author and professional speaker. Mrs. Giffune also works at Noble Hospital in Westfield, Massachusetts. She is the nutritionist on their Diabetes Education Team, and is also a dietician counseling women about cholesterol and other heart health issues for The Women's Health Network of Noble Hospital.

REDUCE YOUR RISK FOR DIABETES!

Are you at risk for getting diabetes?

Do you have a family history of diabetes?

Do you want to beat your odds of getting diabetes?

If you answered “yes” to any of the questions above read on.

WHAT YOU EAT MATTERS!

Eating the proper foods is one of the most basic and important ways to reduce your risk for diabetes. In addition, eating properly can help you reach and maintain a healthy weight and protect your long-term health. You may still be able to eat sweets, but in moderation.

INCREASE YOUR PHYSICAL ACTIVITY!

Increasing your physical activity helps to reduce body fat by building or preserving muscle mass and improving the body’s ability to use calories. Combined with proper nutrition, physical activity can help control weight and prevent obesity, which is a major risk factor for many diseases including diabetes.

In addition, increasing physical activity will:

- improve your quality of life, mood, and self-image.
- reduce your risk for developing diabetes and heart disease.
- reduce depression and anxiety.
- help you to manage stress more effectively.
- help you to live a longer, healthier life.

GETTING STARTED

If you choose an activity that you enjoy, that fits your lifestyle and interests, you will be more likely to stick with it. Evidence suggests that even low to moderate intensity activities have health

benefits. However, you should always talk to your doctor before starting any exercise program.

Remember that any amount of physical activity is better than none at all. Even if you’re inactive or too busy, keep in mind that such activities as housework, gardening, golfing, bowling, and shopping count.

Walking is an easy and inexpensive way to begin a physical activity program especially if you haven’t been active. All you need is a pair of well made comfortable shoes and a safe place to walk. Mall walking is perfect when you cannot walk outdoors. Many malls have organized mall-walking programs. Call your local mall today.

Try the following simple tips to help keep you motivated on your path to good health:

- **Find a friend to exercise with you.** You will be less likely to cancel on a friend than on yourself. Exercising is a lot easier and a lot more fun when you’re not doing it alone.
- **Schedule your workouts.** Write it down. You will be more apt to follow through if your workout is scheduled as part of your day.
- **Keep a detailed log** to track your progress.
- **Set goals for yourself.** You will be more likely to stick with your workout.
- **Reward yourself!** Treat yourself to a massage, manicure, or new article of clothing.



by Jay M. Pomerantz, MD

Antidepressants (Prozac, Paxil, Zoloft, Celexa, Wellbutrin, Elavil, etc.) are very useful and widely prescribed medicines. Within Health New England and other medical insurance programs, approximately 7% of all enrolled adult members are on one (or more) of these medicines. Although called antidepressants, these medicines are useful in a wide variety of medical conditions, not only depression. Generalized anxiety, panic disorder, social phobia, obsessive-compulsive disorder, sleep problems, fibromyalgia, chronic pain, pre-menstrual disorder, and a host of other conditions are often helped by these medications.

NO QUICK FIX!

Although antidepressants adjust brain function, they are not high-risk or addicting medications. Unfortunately, antidepressants are not short-term medicines, nor do they cure. Quite to the contrary, antidepressant treatment may be indicated for a year or more. So, even if you feel better after a couple of months, you shouldn't stop the medication. Many people eventually come off antidepressants, but only because the underlying condition has resolved over time or with other treatment.

TAKE YOUR ANTIDEPRESSANT, OR IT WILL NOT WORK.

It is unfortunate that sometimes patients discontinue antidepressants on their own. That can

lead to a withdrawal syndrome (different for each drug) and/or a return of symptoms and feelings of depression. Although common and relatively safe, these medicines are not to be experimented with or trivialized. One of my colleagues is correct when he tells his patients that although he is not sure if a particular antidepressant will work for them, he is absolutely sure that the medication will not work if it is not taken!

Get the full benefit from antidepressants by taking them as prescribed, even if you feel better.

TALK TO YOUR DOCTOR ABOUT HOW YOU FEEL AND THE EFFECTS OF THE MEDICINE.

Antidepressant medicine side effects (if any) appear quickly, whereas the benefits are usually delayed and often come about only after taking the medicine for a month or two. Side effects or adverse reactions are variable and should be reported to the doctor who prescribed the medicine. About one-third of the time, the initial trial of an

antidepressant does not work. Switching to another antidepressant, or adding a second medicine may be necessary. Some side effects such as weight gain or loss of sexual interest may appear only after being on the medicine for sometime. Medicine doses may need to be adjusted by your doctor. Also, some medicines should not be taken with certain other medicines. So be sure to let all of your doctors/health care providers know the names and doses of all the medicines you take – both prescription and non-prescription medicines.

IMPROVE YOUR CHOLESTEROL WITH LIFESTYLE CHANGES

The National Institute of Health (NIH) has recently announced new guidelines for Cholesterol Management.

The NIH primarily recommends that you have a complete Lipoprotein Profile performed after fasting for at least 10 hours before having your blood sample drawn. Fasting means not having anything to eat or drink.* A complete Lipoprotein Profile includes: Total Cholesterol, HDL ‘good’ cholesterol, LDL ‘bad’ cholesterol, and Triglycerides levels.

Talk to your doctor about whether you are due to have your cholesterol levels checked. Also, discuss what you can do to decrease your risk factors for having high cholesterol.

Factors that may put you at risk for high cholesterol:

- Having a low HDL ‘good’ cholesterol
- Cigarette Smoking
- Having High Blood Pressure
- Family history of early heart disease
- Age (men 45 or older; women 55 or older)
- Diet high in trans fatty acids and cholesterol

Having high cholesterol puts you at risk for:

- Heart Attack
- Coronary Heart Disease
- Stroke

** If you take medication for diabetes, heart disease or some other illness, ask your doctor for special medication instructions while you are fasting.*

High cholesterol itself does not cause symptoms, so find out what your cholesterol levels are today!

HOW DO YOUR NUMBERS COMPARE?

		MY TOTALS
TOTAL CHOLESTEROL		
<200	Desirable	
200-239	Borderline High	
>=240	High	
HDL ‘GOOD’ CHOLESTEROL		
<40	Low NOT Desirable	
>=60	High Desirable	
LDL ‘BAD’ CHOLESTEROL		
<100	Optimal (ideal)	
100-129	Near Optimal	
130-159	Borderline High	
160-189	High	
>=190	Very High	
TRIGLYCERIDES		
<150	Normal	
150-199	Borderline High	
200-499	High	
>=500	Very High	

Making changes in your diet and life style habits is the cornerstone to improving your cholesterol results!

Here’s How You Can Take Control of Cholesterol

- Eat Healthy – everything in moderation
- Add fiber to your diet
- Choose foods low in saturated fats & low in trans fatty acids
- Read Food Labels!
- Quit smoking
- Exercise on a regular basis
- Lose weight if your are overweight
- Get treatment if you already have heart disease

Cholesterol Lowering Medication

Talk to your doctor about what medication is best for you. Always take medication as prescribed.

WHIZ KIDZ

F O R S P E C I A L K I D S



Word Scramble

How many asthma-related words can you unscramble?

1. GERALYL

Hint: Makes your eyes watery and nose itchy.

2. LLOPNE

Hint: Made by plants and can make you sneeze.

3. NMONTERENIV

Hint: The area around you, inside or outside.

4. GNIMEITRSP

Hint: The time of year when allergies may flare up.

5. DCIIEENM

Hint: When you feel sick, this makes you feel better.

☆☆☆ BONUS WORD ☆☆☆

Using each of the underlined letters once,
unscramble to make this word:

*Hint: The kind of medication kids with asthma take every
day, even when they are not having any asthma signs.*



WHAT EVERY PARENT SHOULD KNOW

Jennifer Giffune, R.D.

Does your child have Asthma? He is not alone. According to the American Academy of Allergy, Asthma and Immunology (AAAAI), over 4.8 million children under age 18 have Asthma. These children miss more than 10 million school days every year. But absenteeism due to Asthma does not have to be so. Although there is no cure for Asthma, it can be controlled. The more you know about Asthma, the more likely you will be able to control it.

Asthma is an inflammation of the airways. When the airways become inflamed, they swell, the muscles tighten and thick mucus is made. You feel short of breath and tightness in your chest. The net result - coughing, wheezing, and not enough oxygen in your blood. This is known as an Asthma Attack. Food Allergies can trigger an Asthma Attack. Most people are allergic to the Big Eight - eggs, fish, milk, tree nuts (like cashews, pecans), peanuts (these are legumes), shellfish, soybeans and wheat. Tiny amounts of an allergen can trigger an Asthma Attack.

The only way to protect your child from an Asthma Attack triggered by food allergies is avoidance. You try your hardest to make your home a safe haven. But for 6 hours a day, you send your child off to school, away from your watchful eye. Now what? In a perfect world, you would have an allergen-free school. It's possible, but you can work toward this goal by doing the following:

♥ Create a "Care Plan" or "Asthma Action Plan," explaining the allergies, symptoms,

treatment, medications, emergency actions, etc. Everyone involved with your child needs a copy, including daycare providers, bus drivers, teachers and principal.

- ♥ Educate your child! She needs to know all about the Asthma, since she is living with it. Teach her not to trade or share food; not to eat any food with unknown ingredients; to tell an adult when she has eaten something she may be allergic to; and how to recognize symptoms & report them to an adult.
- ♥ Give your child his own water bottle. Many little hands and lips touch the water fountain, leaving remnants of lunches including allergens.
- ♥ Provide your child's meals. Although schools try hard to keep away allergens, there is still a chance that there are allergens in the kitchen - on shared pots, pans, utensils and countertops.
- ♥ Set-up a "safe table" in the cafeteria. This is a table designated as "allergen free". It is washed with a cloth that is different from the one used to clean other tables.
- ♥ Ask for a list of birthdays. On those days, send in a yummy snack that you know is safe to eat.

It is tough keeping your child safe from allergens away from home. However, if you involve all of those people who have contact with your child, you will naturally evolve into a team. So, instead of just having two watchful eyes, you will have many.

BEWARE OF BLOOMING SPRINGTIME!

Alres Dinnall, RN, M.Ed.

The winter thaw is upon us. Trees begin to bud and we prepare to spend more time outdoors gardening, playing sports, and enjoying warmer weather. With all its beauty, however, springtime can cause problems for people with asthma. Doctors have reported that they see more patients for asthma flare-ups in the spring than at any other time of year. So beware of blooming springtime and take precautions to keep your asthma under control! Try the helpful suggestions listed below.

APRIL IS
ALLERGY AND
ASTHMA
AWARENESS
MONTH

SPRINGTIME ASTHMA TRIGGERS

- *Increase in mold spores*
- *Tree and grass pollen levels peak, and last longer because of milder winters*
- *Increase in dust mite count due to increasing humidity levels*
- *Seasonal springtime allergies kick in which can aggravate asthma*
- *Air pollution tends to rise in springtime*

WHAT YOU CAN DO TO TAKE CONTROL

- *Close car & house windows to keep pollen out*
- *Limit time spent outdoors when grass and tree pollination are highest*
- *Take allergy medication as prescribed*
- *Take daily asthma “controller” medication(s) as prescribed*
- *Keep “rescue” inhaler close at hand at all times*
- *Monitor peak flow level daily*
- *Use air conditioning or dehumidifier to decrease indoor humidity, clean filters regularly*
- *Control dust inside by using damp cloth to dust surfaces*
- *Use vacuum cleaner with dust capturing filter (read manufacturers labels)*
- *Wear a mask over nose and mouth when dusting indoors and gardening outdoors*
- *Clean ceiling fan blades before starting them up for the season*
- *Use caution not to stir up dust and wear a mask when unpacking spring/summer clothes, and when doing spring cleaning*

SAVE!
\$\$\$

ASTHMA MEDICATION UPDATE

If you have asthma and are taking Flovent® and Serevent® there is a new medicine, Advair™, that contains both the ingredients in Flovent® and Serevent®, all in one. Advair™ is indicated for people with asthma age 18 and over.

SAVE UP TO 50% OFF YOUR PHARMACY CO-PAY!

The good news for Health New England members is by switching from two medicines, Flovent® and Serevent® (both on Tier 2 of the HNE pharmacy drug formulary and

requiring TWO copays) to Advair™ (also on Tier 2 and requiring only ONE copay) you can save up to 50% off your prescription copay per month.

To determine what your Pharmacy benefit is, refer to your Membership Agreement, Evidence of Coverage or Summary Plan Description, or call HNE Member Services at 413-787-4004 or 800-310-2835.

Advair® is not for everyone, so talk to your doctor to determine if it is right for you.

PEDIATRIC ASTHMA CLASS FOR KIDS

As part of Health New England's pledge to family health, we are pleased to offer asthma education classes for kids. The class will focus on what asthma is and teach kids how to keep it under control. Classes will be interactive and combine learning with fun. The instructor will spend time helping the children talk to each other about how asthma affects them and to share feelings.

While the kids are having fun learning, parents will be learning as well. In an adjacent room, parents will review asthma control, common medications, asthma action plans, and peakflow charting. (Children must be accompanied by parent or guardian. Parent or guardian must be present during all class times.)

TO REGISTER AND FOR CLASS LOCATIONS,
CALL 413-787-4000
OR 800-842-4464 EXT. 3391.

*Ages 8-12 Pediatric Asthma Class –
meets twice (6:30-7:30pm)*

Wednesdays, Mar 6 & 13

Tuesdays, Jun 4 & 11

Tuesdays, Sept 10 & 17

Wednesdays, Dec 4 & 11



*Ages 13-17 Pediatric Asthma Class –
meets once (6:30-8:00pm)*

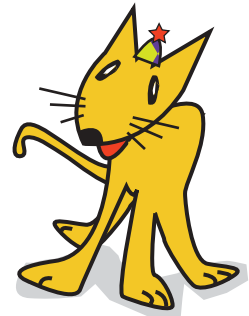
Wednesday, Mar 20

Wednesday, Apr 10

Tuesday, Jun 18

Tuesday, Sept 24

Tuesday, Dec 10



LIVING WELL PROGRAM

The Living Well Program is an empowering six-week program offered to HNE members who have a chronic health condition. It meets for 2 1/2 hours, once a week for 6 weeks. The cost for class materials is \$35.00 and includes a copy of the book *Living a Healthy Life with Chronic Conditions*, and an audiocassette tape entitled, *Time for Healing*.

By participating in the Living Well Program you will learn how to: make an action plan, set goals and follow through, problem solve, communicate better with your doctors, manage fatigue, make daily tasks easier, lessen your frustration, deal with negative emotions, improve your nutrition, be more physically active, and more!

TO REGISTER AND FOR CLASS LOCATIONS,
CALL 413-787-4000
OR 800-842-4464 EXT. 3300.

*Meets for six weeks (6:00-8:30pm)**

Mondays: Mar 4, 11, 18, 25, Apr 1, 8

Tuesdays: Apr 23, 30, May 7, 14, 21, 28

Thursdays: Sept 12, 19, 26, Oct 3, 10, 17

Mondays: Oct 21, 28, Nov 4, 11, 18, 25

** Daytime and additional evening Living Well Programs may become available as needed.*

ADULT ASTHMA EDUCATION CLASSES

Learn how to control and avoid asthma triggers, recognize asthma symptoms, measure peak flow and much more. This class is **FREE** to Health New England members who have been diagnosed with asthma. You may bring a guest.

To register, call Health New England at 413-787-4000 or 800-842-4464 ext. 3553.

Adult Asthma Education Class (6:30-8:30 pm)

Wednesday, Mar 27, 2002

Monday, Jun 3

Wednesday, Sept 11

Wednesday, Nov 20

SMOKING CESSATION PROGRAM

HNE will reimburse up to \$50.00 for you to attend a smoking cessation program. This offer is for HNE members with asthma, diabetes, and/or who are pregnant. To activate this benefit, and to obtain information about programs available near you, call HNE at 413-787-4000 or 800-842-4464, ext. 3391.

DIABETES EDUCATION CLASSES

INDIVIDUAL DIABETES EDUCATION

If you have been diagnosed with diabetes, you can meet individually with a diabetes educator and/or a diabetes nutrition specialist. To obtain a referral, call Health New England at 413-787-4000 or 800-842-4464 ext. 3381.

GROUP DIABETES EDUCATION

These classes are **FREE** to Health New England members who have been diagnosed with diabetes, and their guest. Both insulin using and non-insulin using persons with diabetes may attend. To register for a class, call 413-787-4000 or 800-842-4464 ext. 3381

Diabetes Education (6:30-8:30 pm)

Wednesday, Mar 20, 2002

Wednesday, May 15

Wednesday, Sept 18

Wednesday, Oct 23

Diabetes Nutrition & Meal Planning Workshop (6:30-8:30 pm)

Tuesday, Mar 26, 2002

Tuesday, May 14

Tuesday, Sept 24

Tuesday, Oct 22

NEW!

DIABETES GROCERY TOURS

**Only 20 people per tour!
Register Now!**

HNE's Diabetes Grocery Tour is an exciting new addition to the Diabetes Management Program. Learn how to: read food labels, count carbohydrates, determine portion sizes, count calories, determine fat content, and much more! This tour is open to HNE members who have been diagnosed with diabetes and their spouse/significant other.

**TO REGISTER CALL HNE AT
413-787-4000
OR 800-842-4464 EXT. 3300.**

Location:

STOP & SHOP SUPERMARKETS

HOLYOKE

Tuesday, April 9, 6-8 pm

2265 Northampton Street

SPRINGFIELD

Monday, April 29, 6-8 pm

Monday, May 13, 10am-12 pm

1277 Liberty Street

WESTFIELD

Monday, June 10, 6-8 pm

57 Main Street

**PROGRAMS OFFERED BY
BAYSTATE MEDICAL CENTER**



**CARDIAC
REHAB PROGRAMS**

CARDIAC REHAB

Phase II

HNE members receive a 10% discount
Individualized rehab conditioning
program

Time: 8 am (arrive 7:45 am)
11 am (arrive 10:45 am)
2 pm (arrive 1:45 am)

Phase III

HNE members receive a 10% discount
Exercise maintenance program

Time: 7 am - 12 pm
2 pm - 7 pm

TO REGISTER CALL
413-794-7024

MASSAGE THERAPY

15-minute chair massage.

TO MAKE AN APPOINTMENT
CALL 413-794-7024

MINDFUL WELLNESS

HNE members receive a 10% discount
A six week Stress Management
program.

FOR INFORMATION CALL
413-794-7024

CARDIAC LECTURE SERIES

FREE ADMISSION

Various topics and guest speakers
FOR INFORMATION CALL
413-794-7026

TAI CHI

HNE members receive a 10% discount
A moving form of meditation.

FOR INFORMATION CALL
413-794-7024

LIPID MANAGEMENT

Program designed to maximize
cholesterol control. *HNE Physician
Referral required.*

FOR INFORMATION CALL
413-794-7024

CHOLESTEROL SCREENING

*A 12-hour fast is required prior
to screening.*

FOR INFORMATION CALL
THE PROFESSIONALS
AT 413-794-2255



**PULMONARY REHAB
PROGRAMS**

PULMONARY REHAB PHASE II

Provides individualized education
and support. *Requires prior
approval by HNE and a referral.*

FOR INFORMATION CALL
HNE AT 413-787-4000

**PULMONARY REHAB
PHASE III**

Exercise maintenance program
HNE members receive a 10% discount

**FOR INFORMATION AND
TO REGISTER CALL**
413-794-7026

**BETTER BREATHERS
SUPPORT GROUP**

FREE ADMISSION

FOR INFORMATION CALL
413-794-7026

PULMONARY LECTURE SERIES

FREE ADMISSION

Various topics and guest speakers
FOR INFORMATION CALL
413-794-7026

FREEDOM FROM SMOKING

A six-session behavior modification
program. Cost \$50.00 (*HNE will
reimburse for HNE members meet-
ing certain criteria – see “Smoking
Cessation Program” on page 9.*)

TO REGISTER CALL
AT 413-794-7026

*ANSWERS TO WORD SCRAMBLE
ON PAGE 6.*

- BONUS: CONTROLER
- 1. ALLERGY
- 2. POLLEN
- 3. ENVIRONMENT
- 4. SPRINGTIME
- 5. MEDICINE

COMING SOON!



You may remember that Health New England declared 2001 as the *Year of the family* and offered several seminar events throughout last year. Well in 2002, Health New England is *Celebrating Women!*

All this year we will offer seminars, open to members and the general public, that will address important issues related to women's health. Health issues to be covered include Cardiovascular Health & Fitness, Osteoporosis and Menopause. Seminars will be conducted by expert guest speakers, both locally and some from around the country.

Celebrating Women 2002 will culminate with a Women's Night Out! health fair this fall featuring:

Free Health Screenings
Expert Panelists on
Women's Health Topics
Relaxation Techniques
Nutrition Information
Massages
Beauty Tips
Raffle Prizes
And much more!

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*Look for information in
future mailings!*



RAFFLE PRIZE WINNERS!

Health New England's first ever Diabetes Care Day was held Saturday, November 3, 2001. In addition to free glucose meters, health screenings, and expert guest speakers, there were \$2,000.00 in raffle prizes awarded.

Congratulations to the winners:

\$500 Grand Prize!
Wanda Cote

\$300 Red Lion Inn Week End
Get-A-Way Gift Certificate
William Wood

\$300 Stop & Shop Pharmacy Gift Certificates
Joyce F. LaPoint

\$300 Walgreen Drug Store Gift Certificates
Joseph W. Johnson Jr.

\$100 Symphony Hall Tickets Gift Certificate
George F. Faulkner

\$100 City Stage Tickets Gift Certificate
Valerie G. Weeks

*Join us in 2002 for another Diabetes Care Day.
Information will be available in future issues.*