



November is Diabetes Awareness Month

and whether you have Type 1, Type 2, gestational diabetes, pre-diabetes or simply want to learn more about this chronic disease there are a wealth of resources available. Speaking with your personal physician is a good place to start and making healthy food choices, monitoring your weight, staying physically active, and reducing your stress will keep you healthy and well. Below are Data from the National Diabetes Statistics Report, 2014:

Prevalence: 29.1 million Americans
Prevalence - Seniors: 11.8 million Americans over age 65
New Cases: 1.7 million new
Prediabetes: 86 million Americans age 20 & older—UP from 79 million in 2010
Deaths: 7th leading (2010)

To learn more about diabetes click on the following link:

<http://www.diabetes.org/in-my-community/local-offices/sacramento-california/>

Grilled Chicken Sausage W/ Zucchini & Peppers

(4 servings) - Diabetes FRIENDLY Recipe

Ingredients:

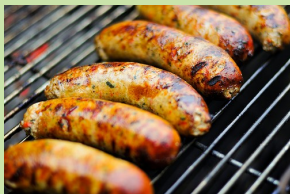
Cooking Spray
2 large zucchini, sliced into circles
1 red bell pepper, sliced in 1 inch strips
4 sun-dried tomato chicken sausage links (pre-cooked)



1. Preheat grill-spray grill with cooking spray—add vegetables to grill & grill 8-10 minutes, until tender
2. Place the chicken sausage on the grill & heat through for 4-5 minutes—turning frequently-
3. Remove all from grill and serve together

RECIPE COST: \$7.50/

Calories -175/Carbs-10 g/Protein-17 g/Saturated Fat-2.1gg/Cholesterol-65 mg/Sodium-480 mg/Dietary Fiber-3g



Be a SMART Commuter!



Tired of the congestion, wear and tear on your car, and the expense of gasoline? If you're driving alone, consider using "alternative" transportation. Reimbursement is available for all staff utilizing public

transportation as well as emergency rides homes. Contact Ellen Frasz, Commute Coordinator, for more information. Ellen can be reached at 263-3907 or by e-mail at Ellen.Frasz@seta.net
Be SMART!



For any inquiries regarding our wellness program, contact Ellen Frasz at (916) 263-3907 or email wellness@seta.net

REMINDER ALL STAFF MEETING

December 4th
8:15 AM—11:30 AM

Antioch Progressive Church
7650 Amherst Street, Sacramento

November/December Wellness Activities

Continuing—Weight Management Series
November 2—Hospice What It is & Is NOT!
November 18—TED Talks
November 19—Jewelry Making w/Lisa Carr
November 19—Wellness Quarterly Committee Meeting
December 4—ALL STAFF MEETING
December 9—Holiday Candy Molds w/Deanna Dykes
December 16—TED Talks
December 23—END of Weight Management Campaign

Worksite Champions

Debbie Schneider, Laura Acuna, Wendy Tanner, Tammi Kerch

Thank you to Debbie Schneider (Card Making), Laura Acuna (Healthy Salsa), Wendy Tanner (Sugar Scrubs), and Tammi Kerch (Color Yourself Silly) for being our Worksite Champions. These 4 staff did an awesome job and led/promoted wellness activities that were fun, creative, relaxing, yummy, and offered staff a chance to socialize with their co-workers while participating in an engaging activity. We are fortunate at SETA to have talented staff who are willing to take leadership roles and be Worksite Champions.