

## Elim Park Place Newsletter



**SUMMER FUN!**

### THE “NO SUGAR” MYTH

**Karen Minkler, R.D.**

Many Patients and Residents still request “Sugar Free” or “Diabetic” dessert choices. The “No Sugar” myth is probably one of the biggest misconceptions about Diabetes. The reality is that it isn’t sugar specifically that will raise blood sugar to unhealthy levels- it is any food that contains carbohydrate.

Carbohydrate can be found in any food that contains starch or sugar. Your body needs the important nutrients contained in these foods. The key is moderation and balance and consistency.

Much of the Dietary advice of the past was based on theories and assumptions. Now we have shifted to actual facts. We have shifted our focus from sugar consumption to total carbohydrate consumption and carbohydrate counting, where it should be. When you are selecting desserts from the menu keep the above thoughts in mind. In addition, your Food Server will be able to suggest alternate dessert choices.

Additional misconceptions.....

#### **“Because I have Diabetes I have to stay away from sugar”**

Many people believe that they must scrutinize all food labels to avoid sugar; this is due in part to the fact that for many years, health educators have been telling people to avoid sugar. This information is not based on scientific research. We have found through research that all carbohydrates (including sugar) turn into glucose, which affects blood sugar. What is important in good blood sugar control is meal timing, being consistent in distribution and knowing healthy portion sizes.

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### AQUATIC PROGRAMS AT ELIM PARK

Time is drawing near and before long we will be opening our new Wellness Center here at Elim Park. The swimming pool will be a wonderful addition and we hope that all residents will consider using it on a regular basis. The following are some things you should know:

- You do not have to know how to swim to participate in an aquatic class. Safety is always the main priority. These classes will be led and monitored by a trained instructor.
- Warm water exercise has proven to be extremely beneficial for those who live with arthritis. Temperatures are kept between 83 and 88 degrees Fahrenheit.
- The buoyancy of water decreases forces on joints and allows for easier, less painful movement.
- We will require fitness assessments on each participant enrolled in aquatics classes. If you have not yet been assessed, please call the Wellness Office for an appointment. If you have been assessed in the past, you are all set.

### VITAMIN D AND FUNCTION

Vitamin D deficiency is found in elderly populations with increasing frequency. It has been suggested that Vitamin D deficiency results in bone loss, fractures, and muscle weakness. Now researchers are adding decreased performance/function to that list. In a recent study of 1,000 older adults, researchers found participants who were Vitamin D deficient performed poorly on chair stands, a walking test, and the tandem stance test compared to those who were not deficient.

No “Sugar Myth” Continued from page 1

**“I can’t have starchy vegetables like corn or peas or beets because they will raise my sugar”**

We used to advise patients to eliminate or limit starchy or complex carbohydrates thinking that they would dramatically raise blood sugar levels. We know now that they provide many important nutrients, and as long as you are eating these in the portion sizes that will best meet the recommended amount of carbohydrate they should be part of a healthy meal plan.

**“I only buy Dietetic cookies and candy, they are better for me”**

“Dietetic” may be any food prepared for a special diet; low fat, low sodium, not necessarily for Diabetics. “Sugar Free” cookies and candies don’t necessarily mean carbohydrate free! Many of these items have a higher fat content or calorie content. Beware of the sugar alcohols that can replace sugar but can have the same effect on blood sugar.

**“Sugar Free and Low Calorie really mean the same thing”**

Here are some labeling guidelines:

**FREE FOOD**- one with less than 20 kcal and 5 gram carbohydrate per serving

**SUGAR FREE**—less than .5 or 1/2 gram of sugar per serving

**NO SUGAR ADDED**—No sugar (sucrose) added during processing. They may be high in fat and calories or use another type of sweetener.

**CALORIE FREE**- less than 5 kcal per serving

**LOW CALORIE**- 40 kcal or less per serving

**FAT FREE**-no added fat but probably higher in carbohydrate and calories

**REDUCED SUGAR**- at least 25% less sugar per serving than the regular version

**DIETETIC**-any food prepared for a special diet- not necessarily a diabetic one

Friday, August 3 at 2:30pm--Chapel  
Healthability Presentation

[Vitamin D/Calcium/Leafy Green Veggies](#)

Wednesday, August, 8 at 2:30pm--Chapel  
[Balancing Act](#)

Presentation on Fall Proof!, the Balance & Mobility program that will be incorporated into current classes as well as offered separately in the future.

[Thank you for your support and well-wishes during my certification preparation. –Barb–](#)

## Chaplain’s Chat: Keeping Whole and Holy

### Wesley in Withdrawal?

John Wesley, the Anglican preacher who founded the Methodist movement in England, made this entry in his journal on July 6, 1746: *“After talking with both the men and women leaders, we agreed it would prevent great expense, as well of health as of time and money, if the poorer people of our society could be persuaded to leave off drinking of tea. We resolved ourselves to begin and set the example. I expected some difficulty in breaking off a custom of six-and-twenty years’ standing. And, accordingly, the three first days my head ached more or less all day long, and I was half asleep from morning till night. The third day, on Wednesday, in the afternoon, my memory failed almost entirely. In the evening I sought my remedy in prayer. On Thursday morning my headache was gone. My memory was as strong as ever. And I have found no inconvenience, but a sensible benefit in several respects, from that day to this.* (Parker, Percy Livingstone, ed., *The Journal of John Wesley* (Kent, England: STL Productions), pp. 146 -147.

### Lessons on Inner food and drink from Wesley:

*Always approach decisions and difficulties involving food or drink in an attitude of prayer—as Wesley did in asking for divine help to overcome his withdrawal symptoms. As ordinary and even trivial as the subject of diet may seem, the food you eat and the liquids you drink are a proper subject for prayer. After all, they can play a major role in your spiritual and emotional life and may be decisive in determining how well and energetic you feel—and how effectively you are able to accomplish your daily tasks.*

**Faith-Based Fitness** by Dr. Kenneth H. Cooper and printed by Thomas Nelson Publishers, 1995 (p. 222).

### Why do older adults shuffle their feet?

Many older adults change their walking pattern, or gait, as they age. There are several reasons for this: taking four or more medications can affect balance, Neuropathy can affect the way the feet sense the ground, diseases can cause changes in gait, but muscle weakness is the biggest reason for shuffling feet. Strengthening your muscles allows you to pick up your feet, take a larger, stronger step, and keep your posture upright. Joining an exercise class can help! Think about enrolling in the Wellness Program if you have not already. Call Barbara Womer at Ext. 6-371 for an appointment.