

Information from the St. Ignatius of Loyola Parish Health Ministry



Frederick Community Health Fair

SATURDAY, OCTOBER 27, 2018 | 8AM – 3PM

FREDERICK FAIRGROUNDS, FREDERICK, MD

This annual event brings medical service providers, local businesses, organizations, and the people of the community together for a day of FREE medical services and consultations. Guests *may* receive the following services at no cost:

- Flu Shots – adult and child
- Screenings: Hearing, Vision, Bone Density Checks, Blood Pressure, Glucose, Cholesterol, Diabetes, Hepatitis, HIV Testing
- Oral Health Education & Referrals
- Mental Health Evaluations
- Access to interpreters from different languages
- Access to one-on-one sessions with invited doctors from many specialties
- Access to community service providers
- Exhibitor Give-Aways
- Chronic Care Management
- Tobacco Education
- Fitness Challenges

Since 2007, the Asian American Center of Frederick (AACF) has been hosting the Frederick Community Health Fair. This year, Frederick Memorial Hospital (FMH) has partnered with AACF as a major sponsor for this event. Community support through sponsorship and exhibitor opportunities underwrites the costs of offering this free event to Frederick County residents in need of medical services.

For additional information please visit: <https://www.frederickhealthfair.org/> and <https://www.thegreatfrederickfair.com/community-health-fair-set-oct-28-frederick/>



A Diabetes-Friendly Healthy Eating Game Plan

As the summer months come to an end, we throw aside our swimsuits and bring out our favorite team jerseys. For many, fall means football, and with football comes many classics like burgers, wings, and chips. How can we make tailgating and half-time partying diabetes-friendly? Try these tips the next time you root on your favorite team.

Goal #1

Don't play on an empty stomach.

Instead of setting yourself up for failure, go for success and eat a light balanced meal before you leave for the game. If you arrive hungry, you'll be more likely to mindlessly munch your way through snacks.



Goal #2

BYOD (Bring your own dish).

When you volunteer to bring a dish, you ensure there will be at least one food option to help you stick to your game plan. Some easy and good-for-you side dishes include a veggie platter with hummus, or baked cauliflower bites with homemade hot sauce.

Goal #3

Examine the playing field.

Study all the selections, and think about what you're going to have before you put anything on your plate. And, if you taste something you don't enjoy, then don't finish it!

Goal # 4

Focus on fundamentals.

Choose raw vegetables first, and take only a small spoonful of dip. Enjoy 100% whole grain baked chips with salsa. Choose lean proteins like turkey burgers. If you want a high-fat or high-calorie food – like wings, pizza, or nachos – put a small portion on your plate AFTER you've already filled up the space with healthier options.

Goal # 5

Eat first, sip later.

Stick to calorie-free drinks. If you have diabetes, drinking alcohol may cause your blood sugar to either rise or fall. Check with your doctor to see if drinking alcohol is safe for you. If your provider gives you the okay, then drink alcohol only in moderation.

Goal # 6

Go for the extra point!

Before the game, play your own game of flag football or organize a family walk. Stand up during commercial breaks. If you're tailgating at a stadium, do a few laps with a buddy.