

## The Holidays and Diabetics: Fear Not

Those of us who want to hold the line on an expanding waist line or hips, dread the approach of the holiday food-related festivities. Pumpkin pies, pecan pies, whipped cream, gravies, cakes, cookies, breads. How do we say no? We want to be hospitable to others and good guests when invited to the home of friends and family. What is a well-willed soul to do? The experts tell us to fill up on the vegetable plates, avoid the dips. Really? Happy holidays to them too! There must be a way to have our cake and eat it too, literally. If we are diabetic, the need to eat properly is a very serious issue.

Getting through the holidays for a diabetic can be even tougher than those of us who just want to keep a few pounds off. What hope and help is available for the diabetic that we all can take and apply to our own situation for better health and weight control?

### Tips:

Do not rationalize that if you skip a meal, you can eat at the holiday meal. It does not

work that way. Keep your regular schedule for meals to regulate your blood sugar.

- Bring your own dessert to contribute to the goodies. Make it with low sugar and sugar substitute and low fat. Many recipes are so good others will want to eat what you brought.
- Beware of drinks with alcohol in them. Alcohol metabolizes to a sugar. If you do drink, keep it moderate and eat prior to drinking.
- Serve yourself larger portions of meat and vegetables with small portions of carbohydrates such as potatoes and bread. If you choose to have a small piece of regular pumpkin pie, skip the dinner rolls.
- Take brisk walks or some other activity that gets your blood pumping. Notice that I did not use the evil word exercise. If we tell ourselves it is not exercise, we may actually get to like it!

- Overeating on occasion does not make you a failure. However you have to get back under control and forge ahead to achieve a lifestyle that is healthy and comfortable.

### Recipe Adjustments:

- Replace 1/2 the fat in a recipe with applesauce.
- Replace 1/2 the sugar with a sugar substitute.
- Experiment by decreasing the sugar and increasing cinnamon, nutmeg, vanilla, etc.
- Get some diabetic cookbooks. Great recipes, great suggestions, mouth-watering pictures.

As a diabetic or weight watcher, you do not have to deny yourself everything you truly enjoy. A few adjustments and moderation can enable you to look forward to holiday food and focus on the real meaning of the season.

—Deborah Smith, Social Worker, Alleghany

December 2011

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ALLEGHANY, ASHE, WATAUGA COUNTY HOSPICE NEWS

# High Country Hospice Highlights

## COPING WITH THE HOLIDAYS



For many the holidays can be a very difficult time. For those who have experienced the death of a loved one, they can be even more difficult. Holidays are often seen as a time spent with relatives, friends and family, so it is easy to understand why they can be harder after a loved one dies. The first holidays can bring with it memories of the loved one, the recollection of the death, and the sadness in knowing we are to celebrate this holiday without them. Although, these feelings and memories may be hard for some of us to face, it is important to remember our loved ones and that we must now continue our journey without them. Below is a list of suggestions on taking care of you during the holidays:

1. Take care of yourself (exercise, eat right, sleep).
2. Prepare yourself (be open and acknowledge that you may experience both physical and emotional responses).
3. Tell yourself it is okay to feel sad or happy.
4. Allow yourself to cry.
5. Be easy on yourself.

Suggestions on memorializing your loved one:

1. Light special candles.
2. Display a single fresh flower.
3. Have a special time with your family to share holiday memories.
4. Purchase a gift or give money to a charity in honor of your loved one.
5. Change your traditions, try something new, celebrate the holiday on another day.

Above all, it is important to remember that if you need to talk to someone, make that call. Call a friend, call our Hospice staff, reach out to those around you. If you find that you are considering harming yourself, please know there are people out there who can help. Our Hospice Bereavement Coordinators work closely with the suicide prevention task forces in our areas. In addition, we have some book resources on getting through the holidays. We are here for you and your family during this difficult time. Please know you can call anytime for additional support.

Alleghany: 336.372.8018  
Ashe: 336.246.6443  
Watauga: 828.265.3926



## Spiritual Connections

Your spiritual life and connections can become the most important area of your life during this stage of your journey. When health declines, one thing that is deeply frustrating is not being able to **do** as much as you used to accomplish. This is an opportunity to focus on strengthening your spiritual

life. It does not require physical strength, nor going out somewhere. In fact it requires time and quietness. Deepening your relationship with God or your Higher Power requires focus and desire. Spend time regularly praying, meditating and reading God's word. Spend time in ways you used to enjoy worship—like singing

hymns or memorizing sacred text. Take this opportunity to keep in step with spiritual practices: reading the Bible or sacred text, praying for others, singing, praying for your church and pastor, Giving Thanks for each day. Need a little encouragement, ask to have one of our Chaplains come and visit.

—Praying for your spiritual peace, Virginia B. Peurifoy

### What do Hospice Services Include?

- Registered Nurses available 24/7 every day of the year
- Medical Social Workers
- Certified Nursing Assistants
- Spiritual Support
- Bereavement Support
- Volunteer Support
- Medications related to terminal illness symptom management and pain control
- Standard Medical Equipment
- Other services as needed.

*Mission Statement: High Country Hospice strives to serve our mountain communities with the highest quality of care for patients with life-limiting illnesses and their families. The goal of our Interdisciplinary Team is to bring comfort, dignity and unparalleled support to patients and their caregivers. We honor the tradition and values of those we serve, always striving to assist patients and their families to celebrate life to its fullest.*

### Being Thankful

Thanksgiving will be here before we know it! It's a holiday commonly shared with family and friends. A time to gather, eat, and share memories of other times spent together. It's also a time set aside to express our gratitude for all our blessings. It isn't unusual to hear individuals share how thankful they are for their family, their job, their home, their church. Working with hospice patients has helped me fine tune my "What I'm thankful for..." list.

- I'm thankful for the ability to breathe without struggling.
- I'm thankful for the ability to take a shower.
- I'm thankful for the ability to see clearly.
- I'm thankful for the ability to walk and balance my body.
- I'm thankful for the ability to communicate with others.

- I'm thankful that I can hug without hurting.
- I'm thankful that I can swallow and eat without fear of choking.
- I'm thankful for the ability to move around my home whenever I want and to go outside when I feel like it.

It is so easy to forget all the little things we do without thinking that others struggle to do or that others are no longer able to do.

Consider what you are thankful for. Make a list. Let that list grow as you are reminded of all your blessings. My list grows all the time...I'm thankful for the sound of rain on my roof...time snuggling with my dog...a good pizza...the gentle feel of wind on a warm day...laughter.

—Blessings to each of you and yours as we enter this holiday season!

—Mary Lee  
Bereavement Coordinator  
Alleghany County

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## Alleghany County News

### Our Special Friend...Judy Bridgeman

Judy, as many already know, has been battling cancer. Recently, she found out that the cancer has traveled to a different location in her body. But we, her hospice family, still believe in miracles. Once you meet Judy, you learn quickly what a determined individual this lady is. Her life has touched each

and every one that has ever met her. Her smile lights the room. And that personality of warmth encourages us all. Her patients that she served with such love **still miss her**. The relationship she built with her patients will never be replaced. Judy served her patients with such dignity and compassion.

Judy, we love you. And, we still miss you very much. Remember, the Lord isn't too quick to forget our labor of love, and your labor of love reached further than you will ever realize. Keep fighting...when you don't feel like you can, lean on us. We are always here for you!!! We will keep praying, believing, and watching for a miracle.

## Alleghany Bowl-a-Thon and Hospice Hop

Many, many thanks to all who helped make our first annual fundraisers a success!!! Our Bowl-a-Thon, held at the River Rock Grill and Family Entertainment Center was great fun and we are gearing up for next year's event with high anticipation. Our second success was the Hospice Hop held at the Silver Dollar Music Park in Glade Valley. With a live band, a

comedian for an emcee and lots of raffle drawings and a NASCAR auction, we had an evening to remember and hopefully to repeat this next year. Thank you to all our wonderful volunteers who make things happen!!!

—Phyllis Wagoner

## News Flash From: High Country Transition Program



High Country Transitions is in its first year and we have already hired another person to help with the popularity and demand of this program. Her name is Dayna Price. She is awesome in her organizational skills and has excellent rapport with the people we serve. High Country Transitions is fortunate to have her talents as well as her warm and welcoming personality.



Another blessing is that High Country Transitions was able to get some pro bono work done in the downstairs Ashe office. It is beautiful, bright and a pleasure to work there. Come on over and see us. We would love to show you around!

As you can see High Country Transitions continues to grow and be recognized by doctors not only in the local area but off the mountain too. The staff at High Country Transitions is pleased to talk with anybody, group or agency about

the program or about Advanced Directives, another service that we at High Country Transitions offer.

Please call Dayna Price at 336-246-0113 if you have any questions or would like more information.



## Ashe County News

### First Annual Horsepower for Hospice Car Show



High Country Health Care Hospice held their First Annual Horsepower for Hospice Car Show at the Ashe County High School in West Jefferson. We had a good turnout considering the 70% chance of rain in the forecast for that day. We would like to thank Skyline Telephone, NAPA, Ashe County Ford, Sheets Brothers, Inc., Life Store Bank, and Jefferson Rent-All for sponsoring this event as well

as all those who entered their vehicles.

All proceeds from this benefit will go to help with patient care needs for our Hospice patients. A special award was given this year in memory of one of our wonderful volunteers who passed away. The motorcycle award was given in memory of Dr. Elam Kurtz who was a faithful volunteer with hospice. He is truly missed by all of us.

### Harvest Run 5K

The annual Harvest Run 5K was held on Saturday, October 8th, at the beautiful Ashe County Park in Jefferson, NC. The course is made up of rolling hills and takes you through the park and out a rural country road where the leaves were in full color. The course ends back inside the park where awards and refreshments were waiting. This is a fundraising event for High Country Health Care Hospice. Runners from Ashe and surrounding counties came together on what turned out to be a beautiful fall day to raise money to help provide care to terminally ill patients who may not have Medicare, Medicaid, or health insurance. It is our goal never to turn anyone away regardless of their ability to pay for our services. As the only local hospice

office in Ashe County, we strive to serve our families with the highest quality of care, bringing comfort, dignity and support to patients and their caregivers. We honor the traditions and values of those we serve, always striving to assist them in celebrating life to its fullest. Being a non-profit organization, we rely on support from donations and fundraising events such as the Harvest Run 5K to continue being able to serve our community. We would like to thank all of the sponsors, staff, and volunteers who helped make this event possible and congratulate each of the winners. The top three overall in the Men's category were: 1st Place Glenn Bailey; 2nd Place Josh Rees-Jones; and 3rd Place Tyler Pauley. The top three overall in the Women's category



were: 1st Place Joelle Ingersoll; 2nd Place Dana Henson; and 3rd Place Brandi Bowles. Each of these winners received a trophy. We also presented awards to the top three men and women of each age category. They were presented with wooden pumpkin awards. We are already looking forward to next year's run.

—Jennifer Richardson

## Watauga County News

### High Country 3rd Annual Fall Ball

High Country Hospice would like to thank all those who helped to make the High Country Hospice 3rd Annual Fall Ball a success. The event was held on October 1, 2011 at the Blowing Rock Country Club in Watauga County. Attendees experienced fine dining, a silent and live auction, and live music provided by "The Lucky Strikes". Thanks to generous sponsors, businesses and attendees the event raised more money than ever before. All of the money raised will be used for High Country Hospice patient care.

A special thank you goes to the Blowing Rock Country Club for holding the Fall Ball for the second consecutive year and "The Lucky Strikes" for working us into their busy schedule. We would also like to thank each of our sponsors and businesses that donated auction items and George Wilcox for being our emcee. Planning for the 2012 ball has begun, if you would like to assist with the event in any way, please contact **Brittany Smith** at 828-265-3926.