



LIVING WELL WITH DIABETES

Anderson County Health Department

Volume 7, Issue 10

October 2012

FREE EVENT!!

Your Medicine Cabinet: The Risks and Benefits of Multiple Medication Use



Demetra Antimisiaris, PharmD
Associate Professor
University of Louisville
Dept. of Family and Geriatric
Medicine

What's in your medicine cabinet can affect your life. The use of multiple medications has both benefits and risks. Adverse drug reactions rank as the 4-6th leading cause of death after heart disease, cancer, stroke (pulmonary disease and accidents.) The impact of multiple medications often goes unrecognized, especially in the elderly. Dr. Antimisiaris will help you understand the problem, identify and address medication related harm. Learn how medications can mimic disease, why medications behave differently in elders, and what each one of us can do to help minimize and prevent unwanted medication outcomes.

FRIDAY OCTOBER 12, 2012
6:00 PM

Anderson County Community Meeting Room
1026 County Park Road
Lawrenceburg, KY 40342

FREE DINNER: Potato Bar, Soft Drink & Dessert

Call the Anderson County Extension Office at 502-839-7271 to pre-register.

Seating is limited to 150, and 40 people must pre-register by October 1 or the program will be cancelled.

Sponsored by the Anderson County Extension Homemakers as a Community Service in Recognition of their 75th Anniversary 1937-2012



Get a Flu Shot!

Flu shots beginning September 4 - every Monday, Tuesday & Wednesday!

\$20

No appointment necessary!

- or -
FREE with Medicaid,
Medicare Part B, or
Humana Commonwealth

ANDERSON COUNTY
HEALTH DEPARTMENT
1180 GLENSBORO RD • LAWRENCEBURG, KY
For questions call 839-4551
or visit us online @ achdonline.org



stay up-to-date this flu season...



ANDERSON COUNTY HEALTH DEPARTMENT

ANDERSON COUNTY HEALTH DEPARTMENT
1180 GLENSBORO ROAD
LAWRENCEBURG, KY 40342

FOR MORE INFORMATION ABOUT THE
DIABETES SUPPORT GROUP PLEASE
CONTACT:

APRIL THOMAS, HEALTH EDUCATOR
PHONE: 502-839-4551 EXT. 1110
FAX: 502-839-8099
E-MAIL: APRIL.THOMAS@KY.GOV

THE ANDERSON COUNTY DIABETES SUPPORT
GROUP WILL MEET

MONDAY, OCTOBER 1 AT 7:00PM

IN THE COMMUNITY ROOM OF THE
ANDERSON COUNTY HEALTH DEPARTMENT.

Visit us online!
www.achdonline.org

Postmaster, please deliver to:

Important Dates in October

- 1 - Diabetes Support Group Meeting
- 8 - Columbus Day
- 16 - Bosses Day
- 20 - Sweetest Day
- 22 - Drive-thru Flu Clinic
- 24 - United Nations Day
- 31 - Halloween

Be sure to watch for all the little ghosts and goblins
out Trick-or-Treating!!!

Recipe of the Month

Tex-Mex Pasta Bake

8 servings

Ingredients

- 1 tbsp olive oil
- 1 lb ground white turkey breast
- 1 cup chopped onion
- 2 large cloves garlic, minced
- 2 fresh jalapeño chile peppers, seeded and chopped
- 1 quart tomato sauce
- 2 tsp crushed dried oregano
- 3 tsp chili powder
- 1 cup dry red wine OR water
- 1/4 cup chopped flat-leaf parsley
- 1 lb penne pasta
- 4 oz shredded extra sharp cheddar cheese

Directions



1. Heat 1/2 tablespoon olive oil in a large non-stick skillet. Crumble the ground turkey into the skillet and brown, stirring occasionally, for 10 minutes. Using a slotted spoon to drain away all fat, transfer browned turkey meat to a dish and set aside.
2. Wipe out skillet and add remaining 1/2 tablespoon olive oil. Place over low heat and add onion, garlic, and chile pepper. Sauté, stirring occasionally, until onion is limp, about 5 minutes.
3. Stir in tomato sauce, oregano, chili powder, wine/water, parsley, and browned turkey meat. Cook, stirring occasionally, until sauce flavors blend, about 20 minutes.
4. Meanwhile, cook pasta according to package directions to al dente. Drain pasta and either put into a 13x9 pan or divide equally between two 8-inch square baking pans. (You can always cook one now and freeze the other!)
5. Spoon sauce over the pasta and top each with half of the shredded cheese. If cooking soon, cover and let set in refrigerator overnight (to allow the casserole to set). If freezing, cover and freeze.
6. When ready to bake, preheat oven to 350 °F. Bake the dish, covered, until cheese is melted and sauce is bubbling, about 30 minutes.

Nutrition Facts

Calories: 376
Carbs: 54g
Fiber: 4g
Protein: 27g
Total Fat: 4g
Sat. Fat: 1.2g
Cholesterol:
42mg
Sodium: 242mg