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PRESIDENT'S MESSAGE

These are the "Dog Days" and the hurricane season is on its way. Our Central Florida location means reduced winds if a hurricane should strike along either coast, but they could still be very strong so be sure that you are prepared if the storm heads our way.

Al Slinkman

VIAL OF LIFE

If you have a medical problem that needs attention, or should you become sick, then you need our "Vial of Life". This is a form that you will fill out and place in a vial in your refrigerator. An ambulance crew would look for this vial and would take the necessary steps, as well as notifying your Doctor. This vial form and refrigerator sticker can be obtained from Harold Jenkinson by calling 753-3216.

Harold Jenkinson

MIMEOGRAPH MACHINE CABINET OR STAND

We now have a Mimeograph machine but we are in need of a stand to set it on for operation. It was suggested at our May 13 meeting that perhaps we have some of our members experienced in wood working that could make a suitable stand. ANY VOLUNIER S? Contact any of our Officers.

THE CRITICS CORNER

The person who hasn't a leg to stand on is usually the one who does the most kicking.

PATRONIZE OUR ADVERTISERS

DIABETES MELLITUS AND YOUR DIET

Diabetes is an ancient disease which was first described around 100 B.C. It is also a true disease of civilization and modern day living. Since the disorder has been discussed in previous issues, this particular item will be centered on diet.

A growing number of diabetics in the older age groups are with us today as a result of increased life expectancy and more effective management of the condition. Older diabetics include those who have had the disease since youth, those who develop the disease in late middle age, and those who develop it late in life.

Many cases of diabetes go unnoticed so that the exact incidence is unknown. Several factors are responsible for this situation including first, that the classical symptoms of thirst, increased urination, severe wasting or weakness, and elevated fasting blood sugar level are rarely present; then a decreased level of sugar in the blood can occur without the presence of sugar in the urine; and, finally, symptoms may be confused with those of other common ailments such as heart disease, kidney disease, and gall bladder disease.

Mild, late-onset diabetes can often be controlled by diet alone although some individuals will require oral drug therapy or insulin injections. The diet of a diabetic individual should be determined by his age, sex, body build, body weight, and degree of activity. While the maintenance requirements for the diabetic are the same as those for a "normal" individual, it is best that the diabetic try to avoid obesity. However, a balanced diet is the key to management of diabetes. When planning a diabetic diet, the following principles should be considered:

1. A diet should be compatible with the person's



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economic and social background as well as his activity profile.

2. Readily available, commonly used foods should be utilized in diet plans.

3. Three well-balanced, regularly spaced meals with in-between snacks as required is essential, and large, heavy meals should be avoided.

4. Mid-morning and/or mid-afternoon snacks should be planned, especially when insulin is being taken.

5. The diet should contain a balance of carbohydrates, protein, and fats. Foods high in sugar, however, must be eliminated.

6. Adequate salt intake must be assured and a broad-spectrum vitamin supplement could be taken.

Diabetics should carry a quick source of sugar with them at all times to counter the onset of hypoglycemia. The diabetic also needs to pay strict attention to insulin dose, avoid omitting meals and drinking of alcoholic beverages, and carefully check urine levels of

In all respects, the diabetic is a pretty average individual who, if he eats a balanced diet, avoids sweets, and maintains a normal weight, should have no major problems.

Rosemary B. Kurtz, ED.D., R.N.

THOUGHT FOR THE MONTH

It's really not much of a riddle To keep yourself fit as a fiddle Of water drink deep Get plenty of sleep And hold down the size of your middle.



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NEWS BULLETIN - JULY, AUGUST, AND SEPTEMBER

At our May meeting, volunteers were asked to help out with the News Bulletin for the three summer months as the News Staff takes off on our once a year visit with families. There weren't any offers to do the writing, typing, and editing for these three months but we are fortunate that Eleanor and John Dudek did volunteer to get it to and from the printer and to the Block Captains for delivery to the residents. THANK YOU Eleanor and John.

As some suggested, we cannot suspend the Bulletin for the summer because Ads are taken on a 12-month basis. Therefore, the News Staff has prepared these three months in advance before leaving for Colorado, Chicago, Maine, Arizona, etc. Any current evens that develop will be included as an insert prepared by the Mimeograph Committee.

VACATION PROTECTION CHECKLIST

1. Stop paper deliveries.

- Ask your neighbor to pick up anything left on the door.
- 3. Arrange to have your lawn cut.
- 4. DO NOT close all drapes or blinds.
- Have lights work on a timer to go on and off at reasonable house in different rooms.
- 6. Your best bet is a good neighbor. They are there and can be on the alert for anything suspicious.
- 7. Leave a number with someone where you can be reached. If possible, leave key with a trusted friend or neighbor.
- 8. Remove to a safe place anything of extreme monetary or sentimental value.

HAPPY VACATION TO ALL



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