

SUMMER 2024

THE MONITOR



DIABETES
FOUNDATION
OF MISSISSIPPI



www.msdiabetes.org



(601)-957-7878



WELCOME!

Hello All!

Happy summer! The DFM has been busy as usual this summer as we prepare for the upcoming walk season! We have also wrapped up another successful Ultimate Fashion Show, Car for a Cure, and Spring Camp Kandu!

Throughout all of this, you guys have been amazing! We have appreciated our continued and new support from sponsors and volunteers. Your generosity and dedication have allowed us to keep our programs running smoothly and effectively.

We have so many fun events coming up, and we would love YOU there! Events like our 30th Jackson Walk for Diabetes, our five other statewide walks, and our Fall Camp Kandu are open for registration and we would love to see you there! We are also thrilled to announce that after five years we are once again taking part in the annual Corvette Classic! Make sure to sign up on our website (www.msdiabetes.org) or call the office (601) 957-7878 to register.

Together, we can partner in **saving lives daily!** Thank you for your continued support!

Enjoy this quarter's newsletter!
DFM Staff



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UPCOMING EVENTS

SAVE THE DATES WALK FOR DIABETES

JACKSON
WALK FOR
DIABETES



SATURDAY,
OCTOBER 5, 2024

COLUMBUS
WALK FOR
DIABETES

SUNDAY,
OCTOBER 20, 2024

OXFORD
WALK FOR
DIABETES

SUNDAY,
NOVEMBER 3, 2024

MERIDIAN
WALK FOR
DIABETES

SUNDAY,
OCTOBER 13, 2024

HATTIESBURG
WALK FOR
DIABETES

SUNDAY,
OCTOBER 27, 2024

CORVETTE CLASSIC

Saturday, August 3, 2024
9:00 am - 4:00 pm
1200 Mississippi State St.
Jackson, MS 39202



Photo taken at Ultimate Fashion Show 2024
Puja Craddock, M.D. received the
2024 Woman of Excellence Award



CAMP KANDU

Where kids **"CAN DO"** ANYTHING!

Camp Kandu, held twice a year at the **Twin Lakes Conference Center in Florence, MS**, offers children with diabetes and their parents the opportunity to have fun while learning to take charge of diabetes. They will learn about diabetes management, the importance of healthy meal planning, exercising, and monitoring blood glucose levels.

Friday, November 16, 2024
Registration starts at 9:30 am
Twin Lakes in Florence, MS

To sign up for any of these events or to get more information, visit www.msdiabetes.org or call the office (601) 957-7878

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THANK YOU FOR CONTRIBUTING TO *saving lives daily!*

COMMUNITY UPDATES

#DFMLOVESLOCAL

We Care 2

On the right, you can see Faith (left) and Cooper (right) delivering three We Care 2 backpacks to Batson's in one day! Each backpack is full of diabetes supplies, an informational folder full of resources, books, and goodies for the newly diagnosed children (including the DFM mascot, Sugar)! The DFM staff prioritizes in-person visits to the hospital in order to get the chance to meet families and help them through this big life change.



Community Outreach

The DFM team has had the chance to participate in and present at various health fairs, community outreach events, and nonprofit/career fairs for schools. Jowilla (left) and Irena (right) got the chance to visit the 1st Annual State Employee Wellness Expo at the Two Mississippi Museums in Jackson! This was a great opportunity to connect with other health organizations in the state while also getting to educate the public about diabetes and how the DFM helps Mississippians!



Summer 2024 Wrapped

2024 has already been an exciting year! Due to our donors and sponsors generous giving, since January, we have been able to provide **Patient Assistance** to over **114** Mississippians, attend over **25 health/education fairs** statewide, sent out over **55 We Care 2 Backpacks** to newly diagnosed children, and we were able to host **over 40 children and their families** at our Spring Camp Kandu!

— @msdiabetes

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HEALTHY LIVING

LIVING HEALTHY WITH DIABETES!

FOOD FRIDAY QUARTERLY FAVORITE

Sweet & Tangy Salmon & Green Beans

Ingredients

- 4 salmon fillets (6 ounces each)
- 1 tablespoon butter
- 2 tablespoons brown sugar
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons dijon mustard
- 1 tablespoon olive oil
- 1/2 teaspoon pepper
- 1/8 teaspoon salt
- 1 pound fresh green beans, trimmed



*this recipe has been adapted from Taste of Home recipes

Instructions

1. Preheat oven to 425°. Place fillets in a 15x10x1-in. baking pan coated with cooking spray. In a small skillet, melt butter; stir in brown sugar, soy sauce, mustard, oil, pepper and salt. Brush half of the mixture over the salmon.
2. Place green beans in a large bowl; drizzle with remaining brown sugar mixture and toss to coat. Arrange green beans around fillets. Roast until fish just begins to flake easily with a fork and green beans are crisp-tender, 14-16 minutes.

Follow @msdiabetes on Instagram & Facebook for more Food Friday Recipes & Healthy Living Content!

Stay Healthy this Summer!



Remember to monitor your blood sugar levels before, during, and after physical activity. Adjustments to insulin dosage may be necessary.

Wear flip flops at the beach or the pool!



Drink plenty of water!

Wear SPF! Sunburn can raise blood sugar levels.



Dress in loose-fitting, lightweight, and light-colored attire.

Use air conditioning - a fan will not keep you cool!



Steer clear of alcohol or caffeinated beverages, as they can cause dehydration and raise your blood sugar levels.

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