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Shout– Out to those who deserve it. If you know of someone who

deserves to be recognized please send in your shout- out via the link below.

<https://www.surveymonkey.com/r/SODec2021>

NEWS FROM THE HEART



November is American Diabetes Month.

November is National Diabetes Month. In the United States, 30 million adults aged ≥18 years are living with diabetes and 84 million with prediabetes

No matter where you are in your fight, here's where you need to be.

Whether you've been newly diagnosed, have been fighting against type 1 or type 2 diabetes for a while, or are helping a loved one, you've come to the right place. This is the start of gaining a deeper understanding of how you can live a healthier life—with all the tools, health tips, and food ideas you need. Wherever you're at with your diabetes, know that you have options and that you don't have to be held back. You can still live your best life. All you have to do is take action and stick with it.

Understanding type 1

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar (blood glucose) that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long, healthy lives.

Remember: this is a condition that can be managed. By living a healthy lifestyle filled with exercise and proper diet, you can live a normal life and do everything you set out to do.

Here's what you need to know about type 1 diabetes. Type 1 diabetes occurs at every age and in people of every race, shape, and size. There is no shame in having it, and you have a community of people ready to support you. Learning as much as you can about it and working closely with your diabetes care team can give you everything you need to thrive


Understanding type 2

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it. Regardless, you have options—and we're here with the tools, resources, and support you need.

A key part of managing type 2 diabetes is maintaining a healthy diet. You need to eat something sustainable that helps you feel better and still makes you feel happy and fed. Remember, it's a process. Work to find helpful tips and diet plans that best suit your lifestyle—and how you can make your nutritional intake work the hardest for you.

Fitness is another key to managing type 2. And the good news, all you have to do is get moving. The key is to find activities you love and do them as often as you can. No matter how fit you are, a little activity every day can help you put yourself in charge of your life.



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Shout-Out to:	From:
All the Office Coordinators/Managers for all they do to support their staff and patients on a daily basis.	Heather James - Admin
Call Center - You guy are doing a great job keep up the good work:)	Silvia Garcia. - Main
Angie Torres	Migdalia Seda- Bellevue
There were several people who stepped up and helped gather and prepare the required documents for the HRSA site visit by our 10/22 deadline. This is a long but well-deserved shout out to all of them! Dr. Downey, Dana Schultz, Jacqueline Zayas, Yasmin Ramasco, Jessie Caudill, Rebecca Garcia, Heather Stafford, Stephanie Sullivan, Cindy O'Connor, Sarahi Lara, Chandra Evans, Heather James, Maria Torres, Levonda Goodson, Sarah Brus, Rebecca Albino, Tina Fasetti, Toney Tuten, and Maclyn Walker.	Carali McLean - Admin
Erin, Jamie and Chica for being an awesome team to work with side by side. Love working with these ladies. Not only work is efficient but we get some good laughs in when we can lol	Roxy Llaguno-Main
A BIG thank you to Jessie and Yasmin for all their hard work designing my templates in ECW! I appreciate everything!	Heather Wyman- Main
Rebecca Albino- Rebecca always offers a kind word or smile to everyone she meets throughout the day. It's the little things that mean so much!	Anonymous - Main
Maria Perez! Thank you for always putting our patients first and for your passion! We are blessed having you as part of our team!	Cindy O'Connor - Main Location
Clinical Support Staff. I would like to thank each and everyone for working as a team and being the best that you can be for each other and our patients. Even when things are tough, you all make it happen. I'm proud to have all of you as my co-workers.	Marisha Peppers - (All locations)



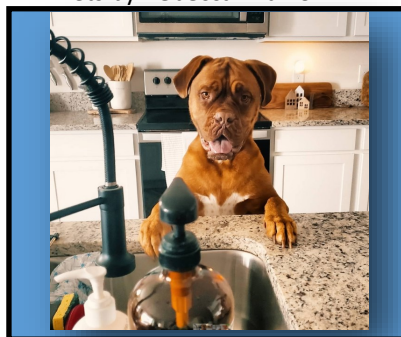
CONTEST WINNERS!



Nature by Barbara Payne



Pets by Rebecca Albino



Family by Carol Dyer



Employee All-Staff Meeting



Employee Service Awards





Employee Service Awards



Sheila Turner

Angie Torres

Kim Deluca

Dr. Teresita Ribay

Leonna Wheeler

Jennifer Garcia Lopez

Diana Loud

Maria Perez

Deyanira Romero

Tameka Fontenot

Marisol Dominguez

Heather James

Vetty Bazan

Marisha Peppers

Tracy Hope

Silvia Garcia

Lisa Zampino

Teewana Carter

Esther Leeper

Cassandra Newton

Torey Richards

Lisa Scott

Loretta Waller

Elizabeth Jones Bruce

Carrol Lindsay

Evelyn Bain

Diana Bernard

Laura Thompson

Regina Rodabaugh

Jaqueline Zayas

Katen Rotax

Rochelle Davila

Maclyn Walker

Toney Tuten

Katie Moore

Chicara O. James

Lois E Nichols Dowdy

Levonda Goodson

Cindy O'Conner

Francine Moon

Jean Driscoll

Traci Owens

Rene Mobley

Janice Lewis Gissendanner

Kathy Sines

Dorisval Ramos

Kathryn Binegar

Belinda Sullivan

*Congratulations
and Thank You*



Recipe of the Month



Tortellini with pumpkin, brown butter and sage



Test kitchen approved



SERVES 4



HANDS-ON TIME 30 MIN, OVEN TIME 40 MIN

Give your shop-bought tortellini a gourmet twist via this classic combination of brown nutty butter, crisp sage leaves and sweet pumpkin from Donal Skehan. It will brighten even the darkest of winter days.

Ingredients

1 small pumpkin, peeled, deseeded and sliced

3-4 fresh thyme sprigs

1 tbsp olive oil

500g spinach and ricotta tortellini

100g butter

75g blanched hazelnuts, roughly chopped

2 fresh sage sprigs, leaves picked

100g cashel blue to serve (see Know-how)

Best quality extra-virgin olive oil to serve

Method

1 Heat the oven to 180°C/160°C fan/gas 4. Put the pumpkin on a large baking tray with the thyme sprigs and sprinkle with the olive oil. Season generously with sea salt and ground black pepper, then roast in the oven for 40 minutes or until tender and caramelised at the edges. Once cooked, keep warm.

2 Towards the end of the pumpkin cooking time, bring a large pan of water to the boil and season generously with salt. Once boiling, add the tortellini and cook until tender but still with some bite. Drain and reserve a cup of the starchy cooking water to use in the sauce.

3

While the pasta cooks, put a large heavy-based frying pan over a low-medium heat and add the butter. Add the hazelnuts to the pan, tossing to coat them evenly in the warm butter. Cook for 4-5 minutes until the hazelnuts have toasted. Stir in the sage leaves and allow to toast in the golden butter mix.

4

Toss the roasted pumpkin and tortellini into the pan, adding a splash of reserved pasta cooking water to loosen, if needed.

5

Serve the pasta on warmed plates. Crumble over some blue cheese along with a generous drizzle of the best quality extra virgin olive oil you have to hand. Finish with a sprinkle of salt and a grinding of black pepper.



Yasmin Ramasco, MSN, APRN, ANP-C



Heather Bingman-Wyman, Health Education Coordinator

In this podcast, Yasmin welcomes Heather Bingman-Wyman as her new co-host and together they discuss National Diabetes Month.

The "Healthcare from the Heart" podcast is hosted by Yasmin Ramasco, MSN, APRN, ANP-C and Heather Bingman-Wyman, Health Education Coordinator.

<https://soundcloud.com/myhfhc/healthcare-from-the-heart-13-national-diabetes-month>

