



2023



## MASF COMMUNITY LIFE CENTER

### *Improving Lives Through Knowledge*

*Fall is here and the leaves are falling, and days and evenings will be getting cooler. Fall is the perfect time for a health and wellness check-up!*

*Did you know that.....*



#### What is Diabetes?

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. With diabetes, your body either does not make enough insulin or cannot use it as well as it should. Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body does not make enough insulin or cannot use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There is no cure for diabetes, but losing weight, eating healthy food, and being active can help.

## Mark your calendars for the exciting upcoming events!



### Healthy Recipe

#### Roasted Potatoes with Garlic and Herbs

¾ pound small white or red potatoes

4 garlic cloves

2 teaspoons olive oil

2 teaspoons chopped fresh rosemary

¼ teaspoon salt

2 teaspoons butter

2 teaspoons chopped fresh parsley

Heat oven to 400 F. Lightly coat a large baking dish with cooking spray. In a large bowl, add whole potatoes, garlic cloves, olive oil, rosemary, salt and pepper. Use your hands to mix until potatoes are coated with oil and spices. Arrange potatoes in a single layer in baking dish. Cover and bake for 25 minutes. Remove lid. Turn potatoes and bake uncovered until potatoes are soft and tender. Transfer potatoes to a serving bowl and mix with butter. Sprinkle with parsley and serve.

**Dietitian's tip:** Potatoes are a reliable source of vitamin C, vitamin B-6 and potassium. If you eat the skin, you nearly double the amount of fiber. To make this plant based, leave out the butter.

## UPCOMING EVENTS

### November 2

Crochet for Beginners 11am

### November 7

Election Day ~ No Wisdom & Grace Meeting

### November 9

The History of The Kings Community 11am

Veterans Information Session 2pm

### November 16

Holiday Hat Making 11am

### November 18

WIN Women Chat & Chew 10:30 am – 1:00 pm

### November 20 -24

MASF Office Closed for Thanksgiving Holiday

### November 30

Game Day for Seniors 11am



### Wisdom & Grace November Birthdays

Jackie Winger 8th

Katherine Caldwell 16<sup>th</sup>

### Inspirational Reflection

"Spirituality and Faith teach us to embrace the things we can't change and turn them into opportunities."

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