

## RECIPE:

### Roast Turkey with Orange-Spice Rub



An aromatic spice rub cooks into a rich paste that penetrates deep into the turkey breast. This turkey is great year-round or served as the centerpiece for a holiday feast with roasted sweet potatoes and a green vegetable.

Servings 11. Serving Size 3 oz turkey. Prep Time 10 minutes.  
Cooking Time 1 hour 45 minutes.

#### Ingredients

- Cooking spray
- 1 tablespoon grated orange zest
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon ground allspice, 1/4 tsp ground nutmeg, or 1/8 tsp ground cloves
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon cayenne
- 1 (5-lb) turkey breast with bone and skin

#### Directions

1. Preheat the oven to 325°F. Lightly spray a roasting pan and baking rack with cooking spray.
2. In a small bowl, stir together all the ingredients except the turkey.
3. Put the turkey on a cutting board or flat work surface. Carefully loosen the skin from the turkey breast by gently inserting your fingers between the skin and the meat, making a pocket for the orange zest mixture. Don't break the skin. Discard any fat beneath the skin. Still working carefully, spread the orange zest mixture under the loosened skin as well as possible. Transfer the turkey to the rack in the pan.
4. Roast the turkey for 1 hour 45 minutes, or until it registers 170°F–175°F on an instant-read thermometer inserted into the thickest part. Be sure the thermometer doesn't touch the bone. Remove the turkey from the oven.
5. Let the turkey stand for 15 minutes. Discard the skin and all visible fat before slicing.

#### Exchanges/Choices 3 Lean Protein

This recipe is from *Diabetes & Heart-Healthy Recipes* published by the American Diabetes Association.

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#### ATC Members:

Diabetic test strips now have no co-pay requirement if you have a prescription from your ATC doctor.

Access to Care

Diabetes Newsletter

November 2020

### Managing Stress-A way of Staying Healthy

“When people with type 2 diabetes are under mental stress, they generally experience an increase in their blood glucose levels. People with type 1 diabetes may have a more varied response. This means that they can experience either an increase or a decrease in their blood glucose levels.

When you're under physical stress, your blood sugar can also increase. This can happen when you're sick or injured. This can affect people with type 1 or type 2 diabetes.”

Source: healthline.com

COVID-19/Coronavirus is most risky for people with diabetes, heart disease and other chronic conditions and those who are older. Signs and symptoms of COVID-19 may include fever, cough, diarrhea, and difficulty breathing. If you have these symptoms, call your ATC physician. For COVID-19 information & resources, go to: [www.accesstocare.org/resources](http://www.accesstocare.org/resources)

Our goal always is to help our members stay as healthy as possible for a happy and productive life! To help achieve healthy living, this newsletter for members focuses on diabetes education, prevention and management.  
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[www.accesstocare.org](http://www.accesstocare.org)

## The Holidays

### Quick Tips: Reducing Holiday Stress

The holidays can be a joyful time, offering a chance to reconnect with friends and family. But they can also be stressful. You may feel pressure to buy and give gifts. Maybe you are worried about money. The holidays can also be hectic. There never seems to be enough time to get things done.

Think about the kinds of things that trigger stress for you during the holidays. Then you can focus on one or two things you can do that will help the most to reduce stress.

Here are some ideas:

- **Know your spending limit.** Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget, and don't spend more than you've planned. OR
- **Give something personal.** You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Or use words instead of an expensive gift to let people know how important they are to you. Make a phone call or write a note and share your feelings.
- **Get organized.** Make lists or use an appointment book to keep track of tasks to do.
- **Share the tasks.** You don't have to do everything yourself. Share your "to do" list with family members. Spend time (only with those in your household (to stay safe during the pandemic) while you share tasks like decorating, wrapping gifts, and preparing the holiday meal.
- **Learn to say no.** It's okay to say "no" to things that aren't important to you. This will give you more time to say "yes" to things that you do want to do.
- **Be realistic.** Try not to put pressure on yourself to create the perfect holiday for your family. Focus instead on the traditions that make holidays special for you. And remember that just because it's a holiday, family problems don't go away. If you have a hard time being around your relatives, it's okay to set limits on your time with visits.

**You may not be able to avoid stressful situations during the holidays. But you can plan to respond to them in a healthy way.**

- ❖ Take breaks from group activities. Pay attention to your own needs and feelings. Spend a little time by yourself if you can. Meditate, or do some relaxation breathing. Go for a short walk.
- ❖ Keep a regular sleep, meal, and exercise schedule. Limit your alcohol. Taking care of yourself will help you deal with stressful situations during the holidays.
- ❖ Get support if you need it. Holidays can sometimes trigger depression. They can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. You may feel embarrassed to ask for help, or you may think that you'll get over "the blues" on your own. But most people need treatment to get better. Talk with your doctor about counselling and medicine for depression.

Source: HealthLinkBC <https://www.healthlinkbc.ca/>

## COVID-19 Pandemic

### Pandemics can be stressful

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19.

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, and/or alcohol and other substances

**Coping with stress in a healthy way will make you, the people you care about, and your community stronger.**

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Healthy ways to cope with stress:

- ✓ -Know what to do if you are sick and are concerned about COVID-19.
- ✓ -Know where and how to get treatment.
- ✓ -Take care of your emotional health.
- ✓ -Take breaks from watching, reading, or listening to news stories, including those on social media.
- ✓ -Take care of your body.

Source: Centers for Disease Control (CDC)