



Coronavirus Craziness

In the midst of the Covid-19 pandemic, there are many things that make life feel as though things will never return to normal. With new guidelines weekly, mask mandates, and constantly changing schedules, our health is often the last thing on our mind. However, now more than ever managing your diabetes is vital for your physical, mental, and emotional well being.

Self-Care and Diabetes Management in a Pandemic

People with diabetes are NOT at an increased risk for getting the coronavirus. However, people with diabetes ARE at an increased risk for additional complications from the coronavirus. Living well with diabetes can greatly reduce your risk of complications from not only the coronavirus, but other diseases as well.

Steps to Remember

1. Maintain normal treatments.

- Continue to attend regular doctors appointments, A1c checks, and blood glucose monitoring. If you have been missing medications due to changes in schedule, lifestyle, or finances, talk to your loved ones and medical providers about how to change your care to fit your changing needs.

3. Check in with yourself.

- You are the best source of information about your signs and symptoms that something may be wrong. Take a moment and ask yourself if you have been experiencing frequent lightheadedness, increased in thirst and hunger, or unexplained weight loss/gain. If you have, reach out to your medical provider or local health department for further help in assessing these symptoms.

2. Take time for yourself.

- Taking time each day to do something you love can have so many benefits in managing your diabetes during this time. Spending even just a few minutes going for a walk, playing with your family pet, or trying a new recipe can help relieve stress and lower blood glucose levels.

“Self-care is how you take your power back.”

– Lalah Delia, writer



New Staff

We would like to introduce our new nutritionist Bethany Crask! Bethany will be helping to lead our Diabetes Self Management and Prevent T2 classes this year!

Bethany recently finished a dietetic internship through the University of Kentucky and will soon be sitting for her exam to become a Registered Dietitian. In her free time, she loves to run, spend time with friends, and enjoy her husband's fresh roasted coffee!



Reach out to our team! We would love to connect with you.

Phone: (270)- 781- 8039 ext. 186

Email: Bethany.Crask@barrenriverhealth.org

Community Resources

The BRDHD does not currently have any classes schedules. However, we encourage you to reach out and attend a diabetes workshop or support group with some of our community partners.

Diabetes Support Group
November 17 from 5:00-6:00 pm
To register call or email:
Maranda Burgin, RN
Phone: 502-633-1231 Ext. 256
Email: @marandal.burgin@ky.gov

Online Diabetes Workshops
New classes beginning September 30th, October 20th, and October 29.
To register call or email:
Nancy Hiner, RD, CDCES
Phone: 859-288-2344, Email: @diabetes@lfchd.org

Recipe Highlight: (source: MelsKitchenCafe.com)

Cheesy Chicken, Kale, and Sweet Potato Skillet



- 1 tablespoon olive oil
 - 1 1/2 pound boneless, skinless chicken breasts (cut in 1/2 inch pieces)
 - 1/2 cup finely diced onion
 - 1 medium red bell pepper, diced
 - 2 cloves garlic, finely minced
 - 2 medium sweet potatoes, diced
 - 1/2 cup low-sodium chicken broth
 - 2 cups stemmed and chopped kale
 - 1/2 to 1 cup shredded cheese of choice
1. In a large, 12-inch nonstick skillet, heat oil over medium heat. Add chicken to the skillet in a single layer. Cook chicken fully, flipping as needed (6-7 minutes). Remove the chicken to a plate.
 2. Add onions, red pepper, and garlic to the skillet. Cook until the onions have softened (5 minutes).
 3. Add the sweet potato and broth. Bring to a gentle simmer and cover 8-10 minutes, stirring once or twice, until the sweet potatoes are tender. Add more broth if the mixture becomes sticky or dry.
 4. Add chicken back to the skillet with the kale. Stir and heat until kale is bright green and slightly wilted.
 5. Sprinkle with cheese and cover with the lid until melted. Serve immediately.

