



# Newsletter

**December 2024**



## Health Tip:

### Prediabetes

## What's Happening at Vegreville Manor?

#### What is prediabetes?

Prediabetes is a warning sign that you are at risk for getting type 2 diabetes. It means that your blood sugar is higher than it should be. But it's not high enough to be diabetes.

The food you eat naturally turns into sugar. Your body uses the sugar for energy. Normally, an organ called the pancreas makes insulin. Insulin allows the sugar in your blood to get into your body's cells. But sometimes the body can't use insulin the right way. So the sugar stays in your blood instead. This is called insulin resistance. The buildup of sugar in your blood means you have prediabetes.

Prediabetes is also called impaired glucose tolerance or impaired fasting glucose. Most people who get type 2 diabetes have prediabetes first.

Source: myhealthalberta

For more information visit:

[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) or speak to your health care provider.

December 8<sup>th</sup> – Miss Fedoruk's Music Group

December 10<sup>th</sup> – North Pointe Church

December 11<sup>th</sup> – Christmas Party  
With Entertainment by  
Great West Canada Country

December 12<sup>th</sup> – United Church  
Christmas Sing-a-long

December 16<sup>th</sup> – Personal Touch Fashions

December 17<sup>th</sup> – National Christmas  
Sweater Day!

December 18<sup>th</sup> – Holy Trinity Church

December 19<sup>th</sup> – Jim Davis Band  
Christmas Special

December 25<sup>th</sup> – Christmas Day  
No Activities

December 26<sup>th</sup> – Boxing Day  
No Activities

## Photo Gallery



### Happy Birthday!

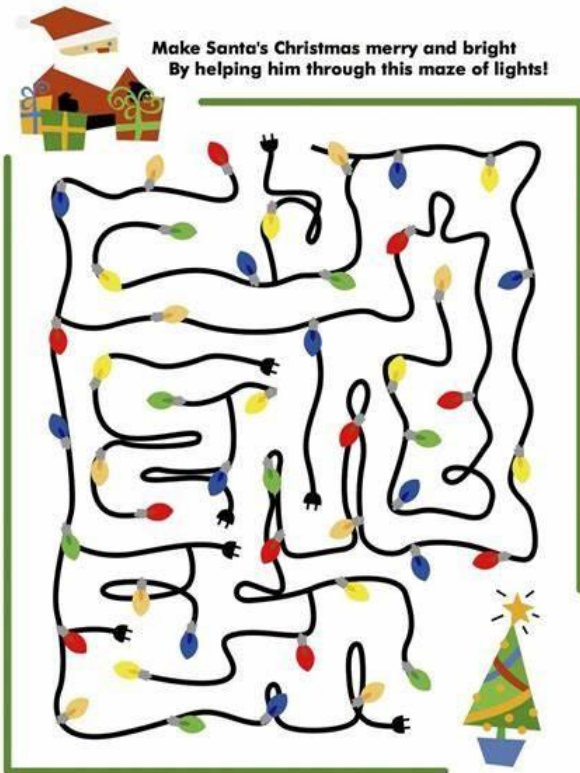
Paul B – Dec 6<sup>th</sup>

Louise M – Dec 18<sup>th</sup>

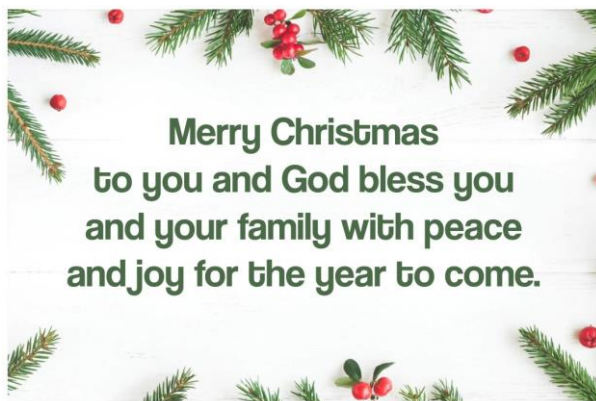
Annie M – Dec 18<sup>th</sup>



Lest We Forget!



Thank you Vegreville Drug Mart!



Halloween Fun!