

# Onerahtókha/April 2022

Tsitewatakari:tat—Let's Get Healthy Program  
Diabetes Center for Excellence  
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## April is Stress Awareness Month

Sponsored by The Health Resource Network (HRN), a non-profit health education organization, Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.

## April is also Alcohol Awareness Month

Founded by the National Council for Alcoholism and Drug Dependence (NCADD), Alcohol Awareness Month was established in 1987 as a health awareness campaign with the aim of raising awareness and to help understand the causes and treatment available. The campaign also aims to reduce the social stigma associated with alcoholism and to educate people on how the disease can be addressed.

Alcohol addiction and abuse claims thousands of lives across the country each year:

- *Worldwide, up to 3.3 million people die every year as a result of alcohol abuse*
- *58.1% of people killed in alcohol-related car crashes are between the ages of 20 and 34 years old*

Healthcare and addictions specialists agree the pandemic of 2020 had a significant impact on nationwide alcohol consumption. In a Johns Hopkins-University of Maryland-Baltimore survey, 60.1% of participants report drinking more alcohol after March 1, 2020.

- *34.1% reported binge drinking at least once; 7% reported extreme binge drinking.*
- *45.7% reported increased stress as a reason for their increased drinking*

Alcohol Abuse Statistics [2022]: National + State Data - NCDAS ([drugabusestatistics.org](http://drugabusestatistics.org))

### 4 Ways to Promote Relaxation and Ease Stress

**Guided Imagery:** Uses positive images or other sensory experience

**Mindful Relaxations:** Uses breathing and key words or phrases

**Deep Breathing Relaxation:** Uses focused, slow, deep breathing

**Progressive Relaxation:** Uses systematic tension and relaxation of muscle groups to promote whole body relaxation

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# Stress Awareness

## How it Affects Us

Your body makes stress hormones when under stress. These hormones can make your blood glucose go up, making diabetes harder to manage. Stress can also affect your blood glucose numbers in other ways: it can make it harder to focus on your diabetes care. You may eat too much or not enough, avoid exercise, or forget to take your medicines. One of the difficulties with stress is that people experience stress in different ways. This contributes to stress manifesting itself differently. Stress targets the weakest part of our physiology; if you are prone to headaches or eczema, this will flare up.

Stress isn't avoidable but it is manageable. A key action in order to minimize risk is to identify stress-related problems as early as possible, so that action can be taken before serious stress-related illness occurs.

Prolonged stress undoubtedly makes people ill. It is now known to contribute to heart disease, hypertension and high blood pressure, it affects the immune system, is linked to strokes, IBS (Irritable Bowel Syndrome), ulcers, diabetes, muscle and joint pain, miscarriage, allergies, alopecia and even premature tooth loss.

## Healthy Ways to Cope with Stress

**Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed but hearing about the traumatic event constantly can be upsetting. Consider limiting news to just a couple of times a day and disconnecting from phone, tv, and computer screens for a while.

**Take care of yourself.** Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out.

### **Take care of your body.**

- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Avoid excessive alcohol, tobacco, and substance use
- Continue with routine preventive measures as recommended by your healthcare provider

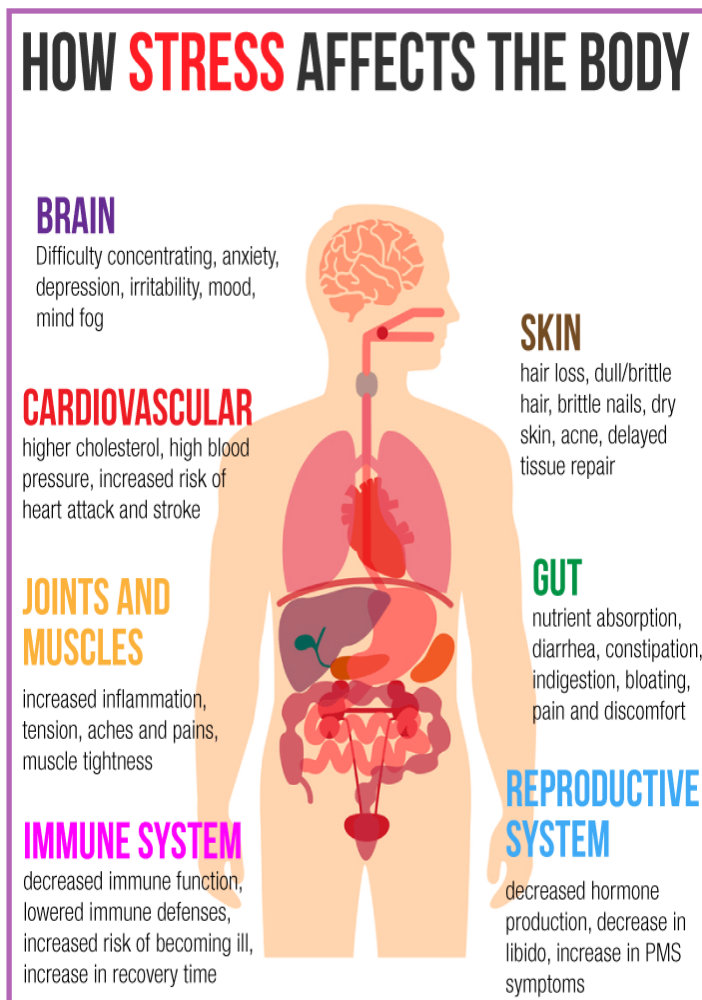
**Make time to unwind.** Try to do activities you enjoy.

**Talk to others.** Talk with people you trust about your concerns and how you are feeling. Share with a relative, friend, or counselor.

**Connect with your community- or faith-based organizations.**

**Recognize when you need more help.** If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

Tips for Coping with Stress | Publications | Violence Prevention  
| Injury Center | CDC



## Stress Busters

Here are some additional tips for busting stress and to increase your overall sense of wellbeing:

**Adopt a Positive Mindset:** Being in control of your thoughts increases your ability to find solutions to challenging situations and to deal more effectively with stress. Positive affirmations can be a powerful tool in transforming the negative power of the little voice in your head and turning it into a positive, motivational and affirming little voice.

**Don't be a Slave to Tech:** Did you know that on average a person checks their phone 150 times a day? Take a break from the screen and reconnect. Here are 4 ways; leave your phone at home or in the car, unplug for the day, choose to get active, have a phone free dinner policy.

**Learn to Say No:** Do you feel like you are trying to take on too much? Are you trying to cram too many activities in to too little time? Do you feel like you are constantly rushing from one thing to another? If you have answered yes, then you may need some help improving your assertiveness to prevent you from becoming overburdened. So how can we learn to say no?

- Say no with confidence: No is a powerful word. Use it confidently and without fear. Steer clear of phrases like 'I am not sure' as this could be interrupted as 'I might say yes later'.
- Say no with brevity: Be clear why you are saying no, but don't get involved in elaborate justifications.
- Say no honestly: Also don't make up excuses to get out of a commitment. Honesty is the best policy.
- Say no respectfully: You may be presented with important or good causes that you have to turn down. Acknowledging and complimenting the efforts and informing them that you can commit at this time shows that you respect their endeavors.
- Say no repeatedly: Occasionally you may find you have repeat your response several times for it to be accepted. If this happens reply calmly and firmly.

**Practice Deep Breathing:** For many of us, relaxation means zoning out in front of the TV at the end of a stressful day. But this does little to reduce the damaging effects of stress. To effectively combat stress, we need to activate the body's natural relaxation response. The relaxation response is a physical state of deep rest that changes the physical and emotional responses to stress (e.g., decreases in heart rate, blood pressure, rate of breathing, and muscle tension).

**Try the Diaphragmatic Breathing Technique:** Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.

Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible

Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.

To start, practice this exercise 5-10 minutes about 3-4 times per day. Gradually increase the amount of time you spend doing this exercise.



# Diabetes & Alcohol

You may wonder if drinking alcohol is safe for people with diabetes. If you drink alcohol, there are some things you need to know first about alcohol safety.

## Is it Safe to Drink Alcohol?

Check with your doctor to make sure alcohol doesn't interfere with your medications or complicate any of your medical conditions. Drinking alcohol can lead to serious low blood sugar reactions, especially if you take insulin or types of diabetes pills that stimulate the release of insulin from the pancreas. Alcohol can also affect other medical conditions you may have, like diabetic nerve damage, diabetic eye disease, and high blood triglycerides. Get guidelines for alcohol use from your medical provider.

## How Much Alcohol Can I Drink?

If you choose to drink alcohol, drink in moderation. Limit your intake of alcohol to no more than 1 serving per day for women, and no more than 2 servings per day for men.

One serving size of alcohol equals:

- 12 ounces of beer
- 5 ounces of wine
- 1½ ounces of distilled spirits (such as rum, whiskey, gin, etc.)

## Alcohol and Risk of Low Blood Sugar

If you are managing your diabetes with diet and exercise alone, drinking alcohol can still increase your risk of low blood sugars. And if you take insulin or types of diabetes pills that stimulate insulin production, drinking alcohol can lead to even more serious low blood sugar reactions.

Normally, the liver releases glucose to maintain blood sugar levels. But when you drink alcohol, the liver is busy breaking the alcohol down, so it does a poor job of releasing glucose into the bloodstream. This can lead to a drop in blood sugar levels if you are drinking alcohol on an empty stomach.

Each alcoholic beverage takes about 1-1 ½ hours to finish processing in the liver. For that entire time, the risk of low blood sugar exists. So, if you have 2 drinks, you double that time to 2 to 3 hours that you are at risk for low blood sugar. The more alcohol consumed, the bigger the risk for serious low blood sugar.

The solution? Never drink alcohol on an empty stomach. ALWAYS consume alcohol with a meal or snack that contains carbohydrates. Never skip meals or substitute alcohol for a meal.

## Follow these safety tips too:

- Know the symptoms of a low blood sugar (hypoglycemia) and tell others. If you should pass out, those around you need to know that this is a medical emergency, and not just a sign of intoxication.
- Wear your medical ID bracelet at all times.
- Carry a carbohydrate source, like glucose tablets, with you in case of a low blood sugar.
- Test your blood sugar more often. The effects of alcohol can make it harder for you to detect symptoms of a low blood sugar.
- In cases of severe low blood sugar, glucagon injections may not work effectively to raise the blood sugar, since the glucagon hormone stimulates the liver to release glucose – and alcohol impairs that process.
- If you combine exercise with alcohol, your risk of low blood sugar is even higher. Because most exercise lowers blood sugar levels, check your blood sugar more often. You may need a carbohydrate snack to prevent low blood sugar.

# Fitness

Whether you're a serious athlete or simply exercise for your health, it's important to stay hydrated. Good hydration means getting the right amount of water before, during, and after exercise. Water regulates your body temperature and lubricates your joints. It helps transport nutrients to give you energy and keep you healthy. If you're not hydrated, your body can't perform at its highest level. You may feel tired, have muscle cramps, dizziness, or other serious symptoms.

A simple way to make sure you're staying properly hydrated is to check your urine. If your urine is usually colorless or light yellow, you are most likely well hydrated. Dark yellow or amber-colored urine can be a sign of dehydration.

## What does water do for you?

- Protects and cushions vital organs
- Aids the digestive system
- Assists in the regulation of internal body temperature
- 60% of your total body weight is water
- 75% of your muscles is water

## How much water should I drink while exercising?

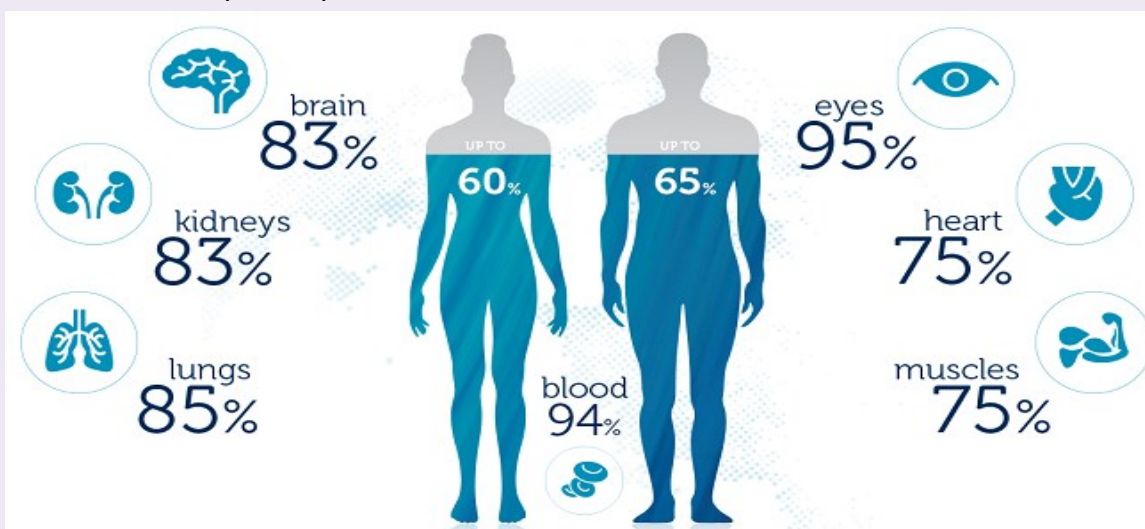
There are no exact rules for how much water to drink while exercising, because everyone is different. You need to consider factors including your sweat rate, the heat and humidity in your environment, and how long and hard you are exercising.

The American Council on Exercise has suggested the following basic guidelines for drinking water before, during, and after exercise:

- Drink 17 to 20 oz. of water 2 to 3 hours before you start exercising
- Drink 8 oz. of water 20 to 30 minutes before you start exercising or during your warm-up
- Drink 7 to 10 oz. of water every 10 to 20 minutes during exercise
- Drink 8 oz. of water no more than 30 minutes after you exercise

## What about sport drinks?

For most people, water is all that is needed to stay hydrated. However, if you will be exercising at a high intensity for longer than an hour, a sports drink may be helpful. BUT choose a sports drink wisely. They are often high in calories from added sugar and may contain high levels of sodium. Also, check the serving size. One bottle may contain several servings. Some sports drinks contain caffeine. Caffeine may cause a diuretic effect on your body. This means that you may have to urinate more often.



Healthy Hydration  
by American Council  
on Exercise.



## Recipes

### Superfoods Salad

#### Ingredients:

- 1/4 C quinoa (dry) cook according to package
- 1/2 C frozen edamame (steamed)
- 5 C ready to eat kale or dark greens
- 1/2 C fresh blueberries, washed
- 1/2 C red grapes, washed and halved
- 1/2 C dried fruit (cherries, cranberries, raisins, apricots)
- 1/3 C reduced-fat feta cheese, crumbled
- 1/4 C raw sunflower seeds, shelled
- 1/4 C walnuts, shelled and chopped

#### Dressing:

- 1/4 C 100% orange juice
- 2 TBSP olive oil
- 1 clove garlic, pressed
- 2 tsp honey
- 1/4 tsp black pepper
- 1-2 TBSP Greek yogurt (plain or vanilla)

Mix all ingredients except yogurt in an airtight container. Shake vigorously until combined. When mixed well, add yogurt and mix again until combined. Can be refrigerated 5-7 days in an airtight container. Shake before each use. Add dressing to salad when ready to eat.

#### Directions:

Cook and chill quinoa until ready to use. If using kale (massage olive oil into kale leaves until tender) can be done in a Ziploc bag for easy clean up. Add all salad ingredients to a salad bowl and gently toss.



### Barley and Black Bean Salad

#### Ingredients:

- 1 cup uncooked barley, cooked according to package directions
- 1 can black beans, rinsed and drained
- 1 colored bell pepper, seeded and chopped
- 1 cup yellow corn, frozen/thawed
- 1/4 cup chopped scallions (or red onion)
- 1/4 cup fresh cilantro, chopped
- Homemade lime dressing more or less to taste
- Optional: 1 jalapeño, seeded and minced (wear gloves and use caution)

#### Directions:

In a saucepan cook barley according to package directions. Cool at least 30 minutes. In a large serving bowl toss barley, black beans, bell pepper, corn, scallions, jalapeno and cilantro until mixed. Add salad dressing when ready to serve. Save leftovers in an airtight container for up to 2 days in the refrigerator.



#### Homemade Lime Dressing

##### Ingredients:

- 1/4 C olive oil
- 3 TBSP fresh squeezed lime juice
- 1/4 tsp of: garlic powder, onion powder, cumin & ground black pepper

##### Directions:

In a container, mix together all the ingredients. Pour over salad as much as needed. Store in the refrigerator for up to one week.

# Recipes

## Broccoli Coleslaw

### Ingredients:

- 1 large bag of pre-shredded broccoli coleslaw mix (or 4-5 cups shredded broccoli stems)
- 1 C pre shredded carrots (or 2-3 shredded carrots)

### Dressing:

- 1/2 C plain Greek yogurt
- ¼ C olive oil Mayo
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 2 tsp apple cider vinegar
- 2 TBSP honey (less if watching carbs)
- ½ tsp of each: black pepper, garlic powder, dried basil, dried parsley and celery seed



### Directions:

Whisk the yogurt, mayo, mustard, lemon juice, vinegar, honey and spices together until creamy. Pour over shredded broccoli and carrots and toss well. Store in fridge at least 1 hour or overnight before serving.

## Strawberry Spinach Salad with Strawberry Vinaigrette

### Ingredients:

- 6 C baby spinach or other dark greens
- 1 pint strawberries, stems removed and sliced
- 1/4 C walnut halves, toasted - optional
- 1/4 C thinly sliced red onion
- 1/4 C crumbled reduced fat feta cheese

### Directions:

Gently toss all ingredients together. Top with Strawberry vinaigrette dressing. Makes 4 servings

### Dressing:

- 1/2 C olive oil
- 1 pint strawberries, stems removed and sliced
- 1/4 C balsamic vinegar
- 1/2 tsp dried tarragon
- 1/4 tsp black pepper
- 1 tsp honey

### Directions:

Mix all ingredients together in a food processor. Store in an airtight container in the refrigerator for 3-4 days.

*You can also try using red wine vinegar, white balsamic vinegar or raspberry vinegar for a different flavor*



## Announcements

If you are interested in utilizing the Medical Fitness Program  
(formerly called Move for Health)  
please call Heather Garrow at: (518) 358-9667

### Public Fitness is back!

The class will be held Monday - Friday, 12:00 - 1:00 pm and is open to the community. The class will be an “open gym” format. Please use the parking lot and entrance to the fitness room located at the back of the Diabetes Center.

COVID-19 safety guidelines are in place; please wear your mask at all times, try to stay 6 feet apart, and if you don't feel well, please wait until your symptoms subside.

Only 15 participants are allowed during this time. Should we reach 15, the door will be locked. The lockers are open for use during this time, but showers are not.

Remember to bring clean, dry shoes.

Niá:wen for your patience

## We will be closed Friday April 15th for Kahwá:tsire Raonenhnisera (Family Day)

This year the Easter Bunny is offering many healthier options to fill Easter baskets!

- Stickers/tattoos
- Sidewalk chalk
- Sugar-free gum
- Travel Board games/card games/activity packs
- Art basket: crayons, paper, markers, water colors, safety scissors, glue sticks
- Garden Starter kit: gardening tools, seed packets, watering can, flower pots
- Small amounts of dark chocolate



**Working  
Together Today  
to Build a  
Better Tomorrow**