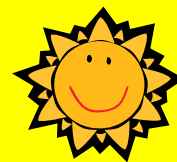


Seskéha/August 2017

Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
66 Business Park Road
518-358-9667



Akwesasne Wellness Week 2017



The Let's Get Healthy Program Staff participated in several of the Akwesasne Wellness Week activities, including the community health fair, a lunch hour yoga, the tai chi and self care session, the scavenger hunt and an employee walk.

Diabetes Myths VS Facts:

Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.

Fact: Fruit is a healthy food, it has lots of vitamins, minerals, and fiber. Because fruits contain carbohydrates, they do raise blood glucose (also called blood sugar) and should be limited to some degree. One serving of most fruits is 1/2 cup of fresh, canned, or frozen fruit, or a small piece of whole fruit

Myth: People with diabetes are more likely to get colds and other illnesses.

Fact: You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any illness can make diabetes more difficult to control, and people with diabetes who do get the flu are more likely than others to go on to develop serious complications.

*Info from the American Diabetes Association.

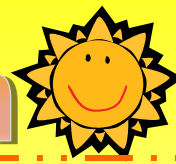
To learn more, contact the Let's Get Healthy Program at 358-9667

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Nutrition Information



Swap sugary drinks for water to cut down on sugar intake

Most sweetened beverages contain a lot of added sugars, increasing your calorie and sugar intake, even if you don't realize it. Choosing water over sweetened drinks like soda, sports and energy drinks, lemonades, fruit juices, and sweetened powdered drinks will cut your sugar and calorie intake, and make you feel more hydrated. Water has many benefits, other than being sugar and calorie free. Use these tips to help you cut out sugary sweetened beverages from your day and replace them with water.

- Don't keep sugar sweetened beverages in your house, if they are there you are much more likely to be tempted to drink them.
- Order water at restaurants. Not only will this help you cut back on sugar and calories, but you will be saving money too, since drinks at restaurants can get expensive and add to your bill.
- If you are really craving soda, try flavored seltzer water or plain sparkling water with a little bit of 100% juice for sweetness.
- Keep a water bottle with you. If you have water handy in your car, next to your chair, and in your bag, you will be less tempted to reach for a sugary drink.



Information provided by: Clair Russell, Summer Intern/Nutrition Student at Syracuse University

Make your water fun

If you don't enjoy plain water or just want something more, try adding in some fruit or herbs to give it flavor without adding a ton of sugar. One of the most basic add-ins is a squeeze of lemon juice or a lemon wedge for flavor. You could also add lime, or orange slices to your water. You could try combinations of different fruits, like sliced strawberries and watermelon, or lemon slices and fresh or frozen raspberries. Another thing to try is freezing 100% fruit juice or pureed fresh fruit in an ice cube tray then adding the frozen fruit cubes to a glass of water for a refreshing pop of flavor!

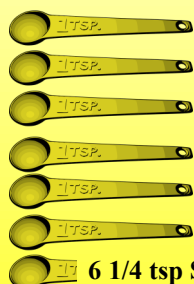


How Much Sugar is Too Much?

It is recommended that adults have no more than 6 teaspoons of added sugar per day. That is sugar in the form of honey, syrup and sugar added to foods and drinks.

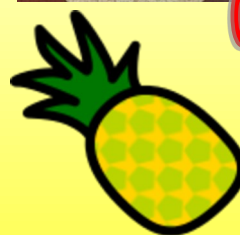
It includes adding honey to tea, maple syrup to oatmeal or sugar to your coffee. Added sugars can ADD up fast!

This bottle of "not too sweet" green tea has 1/2 the amount of sugar as its Sweet Tea alternative but still has 6 1/4 teaspoons of sugar in this bottle.



Read
Your
Labels!

July Cooking Demo Pictures

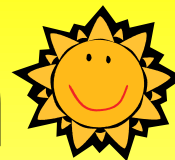


Cucumber Pineapple Salad





Fitness Information



Let Exercise be your therapy

Stress is an inevitable part of life. Let's face it, things happen, sometimes that are out of our control. It's impossible to completely eliminate stress, but you can learn to manage it. Stress comes in many forms, and has many symptoms that range from worry, irritability, restlessness and insomnia. Other physical symptoms include: headaches, tense muscles, neck & back pain, rapid heartbeat and chest pain. So it stands to reason that if your body feels better, so does your mind.

Exercise and other forms of physical activity produce endorphins: chemicals that act as natural painkillers, and also help improve sleep, which in return helps reduce stress.

Any workout of low to moderate intensity will make you feel energized and healthy, even 5 minutes of exercise can stimulate anti-anxiety effects.

Below are some tips and ideas that help manage stress:

- 2 ½ hours of moderate-vigorous physical activity per week
- Meditation & controlled breathing
- Acupuncture
- Massage
- Tai-chi
- Talking about problems with a professional or supportive listener



Information provided by: Steevi King, Health Promotion Specialist



Bodyweight exercises are a simple, effective way to improve balance, flexibility, and strength without machinery or extra equipment

Benefits of Bodyweight Exercises:

Bodyweight exercises are accessible, convenient and modifiable.

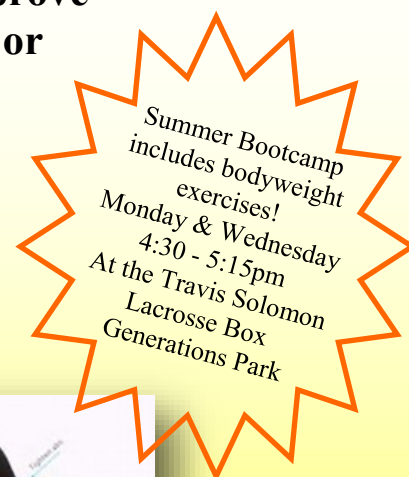
You don't need equipment or a gym membership; just your body and enough space.

They are simple, you can do them on your own without supervision and be safe.

Certain exercises work numerous muscles simultaneously and have wider range of motion.

Allows you to easily adjust the exercise to your ability level.

Examples of body weight exercise are below:



Squats



Push-Ups



Crunches

Information provided by: Jessica Hopps, Health Promotion Specialist

Garden Fresh

Fresh Tomato Salsa

Ingredients:

2-3 Medium tomatoes
1 jalapeño pepper, remove seeds
1/4 medium onion (preferably white)
1/4 cup fresh cilantro sprigs
1/2 teaspoon garlic powder
1 tablespoon fresh lime juice



Directions:

Dice tomatoes and transfer to a bowl. Wearing rubber gloves, remove seeds and finely chop the jalapeño. Finely chop enough onion to measure 1/4 cup and chop cilantro. Stir jalapeños, onion, cilantro, and garlic into tomatoes with lime juice and black pepper to taste. Salsa may be made 1 hour ahead and kept at cool room temperature or in fridge.

TRY THIS:

- For something different add chopped cucumbers to the tomato salsa for a garden salsa.
- To add extra spice to your salsa, add some or all of the jalapeno seeds to your salsa.

Zucchini Burrito Boats

Try this recipe at
the August
Cooking Demo!

Ingredients:

4 medium zucchini, cut in half lengthwise
1-15 ounce can black beans, drained and rinsed
1 cup cooked brown rice or quinoa
1 cup low sodium salsa
1 red bell pepper, seeds removed and diced
1/2 cup red onion, diced
1/2 cup organic frozen yellow corn, thawed
1 jalapeno pepper, seeds removed and minced

1 TBSP olive oil
2 tsp cumin
1 tsp chili powder
1/2 cup fresh cilantro, washed, patted dry and minced
1 cup reduced fat cheddar cheese, shredded

Directions:

Using a metal teaspoon, hollow out the center of each zucchini. Lightly brush the tops with olive oil then place them skin side down in a 9x13 casserole dish.

Warm a tablespoon of olive oil in a large skillet over medium heat. Add the onion and the peppers and cook for 2-3 minutes. Add the rice/quinoa, corn, and beans along with the salsa, chili powder and cumin. Stir everything together and continue to cook for about 5 minutes then remove the skillet from the heat and set aside.

Preheat the oven to 400°F and stir in 1/4 cup of the cilantro to the filling. Spoon the filling inside each zucchini until they are all full. Sprinkle each one with cheese and arrange them in the dish and cover with foil. Bake in the oven for 25 minutes then remove the foil and set the oven to broil. Cook them for 5 more minutes, until the cheese is bubbly and golden brown. Allow to cool for 5-10 minutes then top with fresh cilantro and serve. Store leftovers in an airtight container for up to 3 days.

Try This:

Use this filling to make stuffed bell peppers!

Recipes

Cold Lentil Salad

Ingredients:

1 pound dry brown lentils
4 cups of water, or as needed to cover lentils
2 cloves fresh garlic, minced
2 cups grape tomatoes, halved or Roma tomatoes chopped
1/2 cup fresh parsley, washed and chopped
1/2 cup scallions/green onions, thinly sliced
1/4 cup balsamic vinegar
1/4 cup extra virgin olive oil
ground black pepper to taste.

Directions:

Place lentils into a 5-quart pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until lentils are tender but not mushy, about 15 minutes; stir occasionally. Drain lentils in a fine-mesh strainer and rinse with cold water to cool; drain again.

Place garlic into a large salad bowl and add grape tomatoes, parsley, and green onions. Whisk balsamic vinegar with olive oil, and black pepper in a small bowl. Fold lentils into tomato mixture and pour dressing over salad; gently toss to coat. Keep refrigerated until serving time.

TRY THIS: In place of balsamic vinegar try fresh squeezed lemon juice



Zucchini has the most flavor, and is the most tender when they are on the smaller side. They tend to get big fast so be sure to check them often.

Pick zucchini by gently twisting at the stem or cutting with a knife.

If you don't pick your zucchini while it's still small and it gets really big, don't worry you can still use it. Large zucchini is perfect for making zucchini bread or other baked items. Zucchini can also be eaten raw if added to a salad, or cooked and added to a pasta or rice dish.



Fresh Tomato Soup

Ingredients:

5 medium tomatoes
1 1/2 teaspoons uncooked white rice
2 tbsp. olive oil
1/2 large onion sliced
2 cloves garlic sliced
a sprig of fresh thyme or basil or both
1 bay leaf if you have one
1/2 cup water
1 teaspoon olive oil



Directions:

In a large pot, add 2 tbsp. olive oil, and onion. Steam until soft (do not brown). While onions are steaming, wash and core your tomatoes. Add garlic to pot of onions and cook for 2 minutes. Add tomatoes, rice, bay leaf, and your fresh herbs to the pot of onions. Cook over medium heat, stirring occasionally until your tomatoes are well-cooked, rice is tender. Add the last ingredients (water, 1 tsp. olive oil) and cook another 5 minutes. Remove from heat, and take out bay leaf and herb sprigs. Puree in a blender to your liking. Strain to remove seeds.

Tips on Tomatoes

One of the many great things about summer is fresh vegetables, especially fresh tomatoes. Knowing when to pick your tomatoes and how to store them is a big part of having the perfect tomatoes to eat. Tomatoes can be left on the vine until they are bright red in color and slightly firm. You don't want to pick them too early before they get ripe because if they sit on the counter to ripen instead of the vine, they may rot and get mushy before they are good to eat. Fresh picked tomatoes should be kept in a cool, dark area, don't store them on the warm windowsill or in the fridge. If you don't have a dark area to store them, you can use a paper bag or cardboard box. If the tomatoes aren't quite ripe when you pick them, you can place a banana in with them to speed up the ripening process. To pick tomatoes, gently twist them from the vine, or use scissors to cut above the stem. When you have a lot of fresh tomatoes a great way to use them up is in a fresh salsa, homemade tomato soup or marinated with cucumbers, red onion and flavored vinegar.

Diabetes and Dental Care

Diabetes can affect your whole body, including your mouth. So you'll want to take special care of your teeth and gums. It's also important to manage your blood sugar. Over time, increased levels of blood glucose can put you at risk for oral health problems.

Watch out for: Dry mouth, which can lead to soreness, ulcers, infections, and tooth decay and inflammation in your gums.

Thrush. People with diabetes who often take antibiotics to fight infections are more likely to get this fungal infection of the mouth and tongue. The fungus thrives on the high levels of sugar in saliva of people with uncontrolled diabetes. It can give your mouth a burning feeling.

You can do a lot to avoid problems, starting with basics of taking good care of your mouth, teeth, and gums.

EVERYDAY DENTAL CARE TIPS.

- ⇒ Keep your blood sugar as close to normal as possible.
- ⇒ If you have dry mouth, try a mouthwash without alcohol.
- ⇒ Brush your teeth after every meal.
- ⇒ Use a toothbrush with soft bristles.
- ⇒ Floss at least once a day.
- ⇒ Rinse daily with an antiseptic mouthwash.
- ⇒ If you wear dentures, remove them and clean them daily. Do not sleep in them.
- ⇒ If you smoke, talk to your doctor about ways to quit.



Tell your dentist that you have diabetes and what medicines you take. Let your dentist know if your blood sugar level is off-track, and if you take insulin and when you took your most recent dose.

Get your teeth and gums cleaned and checked by your dentist twice a year. Your dentist may recommend that you do these checks more often, depending on your condition.

Take Your Workout to the Park

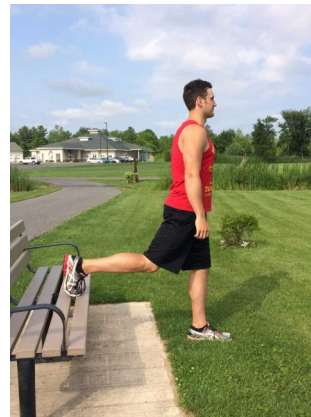
Step - Ups - Lower Body



Tricep Dips - Triceps
(Back of the upper arm)



Split Squats - Lower Body



Push - Ups - Upper Body
and Core



How Does Diabetes Affect Your Body?

It can take work to get your diabetes under control, but the results are worth it. Without the effort, you could set yourself up for a host of complications. Diabetes can take a toll on nearly every organ in your body, including:

1) Heart & blood vessels: Heart disease and blood vessel disease are common problems for many people who don't have their diabetes under control. You're at least twice as likely to have heart problems and strokes as people who don't have the condition. You might not notice warning signs until you have a heart attack or stroke. Problems with large blood vessels in your legs can cause leg cramps, changes in skin color, and less sensation.

Blood vessel damage or nerve damage may also cause foot problems that, in rare cases, can lead to amputations. People with diabetes are ten times more likely to have their toes and feet removed than those without the disease.

2) Eyes: Diabetes is the leading cause of new vision loss among adults ages 20 to 74 in the U.S. It can lead to eye problems, some of which can cause blindness if not treated. Glaucoma, cataracts, diabetic retinopathy, vision problems or sudden vision loss are a few of the complications caused by uncontrolled blood sugars. Studies show that regular eye exams and timely treatment of these kinds of problems could prevent up to 90% of diabetes-related blindness.

3) Kidneys: Diabetes is the leading cause of kidney failure in adults in the U.S., accounting for almost half of new cases. You usually don't notice any symptoms with early diabetes-related kidney disease. In later stages it can make your legs and feet swell. Drugs that lower blood pressure (even if you don't have high blood pressure) can cut your risk of kidney failure by 33%.

4) Nerves: Over time, high blood sugar levels can harm your nerves. As many as 70% of people with diabetes get this type of damage.

Peripheral diabetic neuropathy can cause pain and burning or a loss of feeling in your feet. It usually starts with your toes. It can also affect your hands and other body parts. Autonomic neuropathy stems from damage to the nerves that control your internal organs. Symptoms include sexual problems, digestive issues (a condition called gastroparesis), trouble sensing when your bladder is full, dizziness and fainting, or not knowing when your blood sugar is low.

You have many options to treat your pain. The doctor might prescribe an antidepressant, a medication that stops seizures, there are medications that go on your skin, like creams or patches. There is also a device that stimulates your nerves.

5) Gums & teeth: Having diabetes puts you at higher risk for gum disease. Your gums might be red and swollen and bleed easily. If you keep your blood sugar under control, visit your dentist regularly, and take good care of your teeth each day by brushing, flossing and rinsing with an antiseptic mouthwash, you can avoid gum problems and tooth loss.

Some people have to make only small lifestyle changes to keep their blood sugar under control to halt or even reverse a diabetes complication. Others need medications or even surgery to manage complications and prevent them from getting worse. Treatment of complications focuses on slowing down the damage.

The most important ways to slow diabetes complications are to keep your blood sugar levels under control, eat right, exercise, lose weight, avoid smoking, and get high blood pressure and high cholesterol treated.

What is After Hours?

- A supervised fitness class with certified personal trainers.
- Evening hours to accommodate work schedules.
- Uses customized workouts for each class.
- Gives participants full use of our fitness room, including: cardio & strength machines and free weights.
- Provides a fun and relaxed environment for all fitness levels and experience!

Stop in and see us today!

Monday & Wednesday 5:30pm—6:15pm

Tuesday & Thursday 4pm—6pm

Storytime at Generations Park



News

Family Fun Night

Saturday August 12th
Travis Solomon Lacrosse Box
6 - 8pm

80's Rock "N" Skate
 High Hair, Neon Colors, and Leg warmers!
 All ages welcome!

No Drop offs
80's apparel optional
Roller Blades & Roller Skates Welcome



Games-Prizes-Food

Sponsored by Generations Park
 and
 Let's Get Healthy Program



Group Guided Meditation

Fridays
9:50-10:25am

Relaxation Lounge
Diabetes Center for
Excellence

No RSVP required
No Late Entry

Summer Special Event:
Guided Meditation
in the Park

August 11th
12:05-12:50pm

Travis Solomon
Memorial Lacrosse Box
(Generations Park)

No RSVP Required
Please dress for the
weather and bring a
yoga mat or
folding chair

Color Run
Wednesday, August 16th
At Generations Park
Pre-registration at 4 pm
Run starts at 5 pm
Free Family Event
Wear white
Bring some shades



Exercise Classes: Move For Health

Nurse supervised exercise
 classes
 Must be enrolled in LGHP.
 Monday-Thursday
 8-9am, 9-10am, 10-11am,
 11-12pm & 3-4 pm

Community Classes:

No registration required
Summer Boot Camp
 Monday & Wednesday
 4:30pm-5:15pm
 At the
Travis Solomon Lacrosse Box

After Hours Fitness
 Monday & Wednesday
 5:30pm-6:15pm
 Tuesday & Thursday
 4:00pm-6:00pm

Public Fitness
 Tuesday & Thursday
 12-1pm

Club Circuit
 Friday
 9:00-9:45am

Supervised Swim
 Monday & Wednesday
 4:15pm-5:15pm
 Friday
 8:00am-9:00am

Water Aerobics
 Thursday
 4:30pm-5:15pm

All exercises classes
 offered by the
 Let's Get Healthy Program
 are free to
 ages 18 and older
 Please wear comfortable clothes, bring
 clean/dry sneakers and a water bottle



Helping Build A Better
Tomorrow

Cooking Demo
Zucchini Burrito Boats
August 17, 2017
11:30am-1:00pm



RSVP required
by August 16th.
358-9667