



Ohiaarihko:wa/July 2019

Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
66 Margaret Terrance Memorial Road
Akwesasne, NY 13655
518-358-9667



Make Walking Your First Step to Preventing or Managing Diabetes

Being physically active will help you prevent or manage diabetes. You can start by walking. It's easy to start walking. All you need is 10 minutes and a good pair of walking shoes.

How much walking should I do?

Walking for at least 150 minutes a week is best. Start out walking 3 or more times a week. Work up to 30 minutes of walking at least 5 days a week. You can break the 30 minutes into three 10-minute sessions spread throughout the day.

What kind of shoes should I wear?

Make sure that your shoes fit well. They should cushion and support your feet. Wear a clean, dry pair of socks to protect your feet. If you have any foot problems or need help getting the right shoes, see your health care provider.

How fast should I walk?

Start slowly and go faster as you become more fit. If you cannot talk while you walk, you are walking too quickly. If you can sing while you walk, you are walking too slowly!

How can I make walking a habit?

With a little time, walking can become a habit. Try to develop a habit of walking for at least 30 minutes every day:

- Have fun! Walk with family or friends. Enjoy talking
- Take scenic routes
- Park a little farther from the store or your work place
- Walk on your lunch hour or break
- Use the stairs
- Walk at the same time each day
- Have a weekly schedule. Walk on most days of the week



How can I become more fit?

First check with your health care provider to find out what activities are best for you. Try bike riding, hiking, dancing, or working out at a gym. Find out what kinds of fitness activities you can join locally. Check out our monthly fitness calendar for a list of free classes! Ask a friend, your children, grandchildren, or other family members to join you. You will be a healthy role model to your loved ones.

Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

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Yoga Day 2019



The Let's Get Healthy Program partnered with Generations Park for the 3rd Annual International Yoga Day celebration in Akwesasne on June 21st.

Sunrise yoga at 5:15 am had 16 participants.
There were 13 participants for Guided Meditation at 10:00am,
And Kundalini yoga at noon saw 10 participants.

Nia:wen to the instructors; Mary Terrance, Heather Pontius and Chantal Forrest
Nia:wen to our participants who came to celebrate with us.

For those who joined Kundalini Yoga with Chantal Forrest, it was a great experience trying a new style of yoga and all the participants had improvements in their blood glucose levels!
We look forward to planning this event for next year!



Sun Safety



UV Safety Awareness Month

- 1. Cover Up:** Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and sunglasses - for eye protection.
- 2. Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.
- 3. Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.
- 4. Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

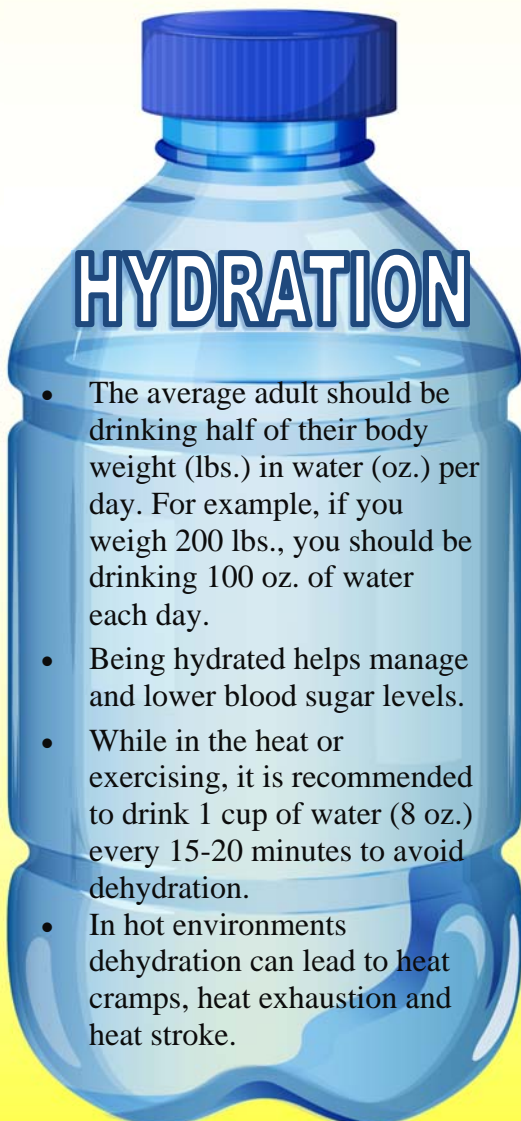
Fitness

The Diabetes Prevention Youth Fitness Program had a great year. For this program, we focused on health-related fitness workouts, challenging obstacle courses and fun physical activity games. We want our youth to have an active lifestyle and start building healthier habits. I want to thank everyone involved for your time and help with the classes.

Youth Fitness will be starting back up again this fall 2019. Keep an eye out for more information on dates and times this September so you can sign your child up to get their first fitness assessment completed and join their specific age-group fitness class! Have a great summer and stay active!



-Krista Oakes-
Health Promotion Specialist



- The average adult should be drinking half of their body weight (lbs.) in water (oz.) per day. For example, if you weigh 200 lbs., you should be drinking 100 oz. of water each day.
- Being hydrated helps manage and lower blood sugar levels.
- While in the heat or exercising, it is recommended to drink 1 cup of water (8 oz.) every 15-20 minutes to avoid dehydration.
- In hot environments dehydration can lead to heat cramps, heat exhaustion and heat stroke.

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St. Regis Mohawk School

Fun Day!



On Monday June 24th, our Health Promotion Staff participated in one of our local school's Student Appreciation Fun Day. AJ Sutter, Jessica Hopps and our summer intern, Tristan Thomas led a fun obstacle course and relay races for the elementary students at the St. Regis Mohawk School. The students were instructed throughout the course, using their hand and eye coordination as well as team work to complete the challenges. The day was full of fun in the sun!



BBQ Dry Rubs

Grilling Like a PRO

Food thermometers are a relatively inexpensive (most under \$30) and when used correctly, can help keep your family safe from foodborne illness. Using a food thermometer also helps you to avoid overcooking, giving you a safe and flavorful meal.

There are two types of food thermometers that are great for meat and poultry on the grill. The **dial-instant read thermometer** and the **digital instant-read thermometer**. Both are not designed to stay in the food during cooking.

When using your food thermometer, follow these three simple steps to cook like a PRO-

Place the thermometer, Read the temperature, and Off the Grill!

Place the Thermometer:

When you think your food is cooked, check the internal temperature with your instant-read thermometer. Insert the thermometer into the thickest part of the meat (usually about 1.5 to 2 inches deep). If you are cooking a thinner piece of meat, like chicken breasts or hamburger patties, insert the thermometer from the side. Make sure that the probe reaches the center of the meat.

Read the Temperature:

Wait about 10 seconds for an accurate temperature reading on a digital thermometer (increase to about 15-20 seconds when using a dial thermometer).

Use the following guidelines to know the safe internal temperatures of your meat and poultry.

Beef, Pork, Lamb, & Wild Game (steaks, roasts, and chops): 145 °F with a 3 minute rest time

Ground meats (ground beef, ground pork, includes burgers): 160 °F

Whole poultry (chicken or turkey), chicken breasts, & ground poultry (includes burgers): 165 °F

Off the Grill:

Once the meat and poultry reach their safe minimum internal temperatures, take the food off the grill and place it on a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Also remember to clean your food thermometer probe with hot, soapy water or disposable wipes.



Cilantro Lime Marinade:

Ingredients

- 1 cup cilantro, lightly chopped
- Juice from ½ a lime
- ¼ cup Extra Virgin olive oil
- 3 cloves of garlic, peeled
- 1 jalapeno lightly chopped, remove the seeds
- ½ teaspoon ground black pepper



TRY THIS!

Can also be made with lemon juice and parsley.

Try on chicken, fish, pork loin, or grilled vegetables.

Instructions

- Combine all the ingredients in a food processor, blend until the texture is nice and chunky. Be sure the garlic is fully processed. If you don't have a food processor you can make the marinade by dicing the cilantro, jalapenos and garlic very lightly and then mix the ingredients in a bowl with a fork.
- For a less spicy version, remove the seeds of the jalapeno and wash it under cold water and be sure not to get any of it in your eyes. Store the marinade in the fridge for up to one week.

& Marinades

eat right. Academy of Nutrition and Dietetics

Food Safety at the Grill

DOWNLOAD THE FREE IS MY FOOD SAFE? APP



No Salt House Seasoning: A great all purpose seasoning or rub for grilled meats

- 1 TBSP garlic powder
- 1 TBSP dried parsley
- 1 TBSP dried minced onion (onion flakes)
- 1 TBSP dried basil
- 1 tsp ground black pepper
- Mix all ingredients together and store in an airtight container for up to 6 months.
- Using fresh or thawed meat rub the No Salt House Seasoning on both sides of the meat.
- Grill to a safe internal temperature.
- Remove from the grill and serve immediately.



DIY Teriyaki Marinade

Ingredients:

- 1/4 cup extra virgin olive oil
- 1/4 cup brown sugar
- 1/4 cup low sodium soy sauce or Bragg's Liquid Aminos
- 3 cloves of garlic, minced
- 1 cup of pineapple juice
- 1/2 tsp fresh ginger, peeled and grated



Instructions:

Mix all ingredients together in an airtight container. To marinate the meat place in a bowl or a Ziplock bag, add the marinade and place in the fridge for 1-2 hours. Remove the marinated meat from the container and cook thoroughly. Throw away any leftover marinade.

MAKE IT A MEAL:

Teriyaki marinated grilled chicken breast, teriyaki marinated summer squash, and grilled pineapple

NEVER re-use marinades.

NEVER add leftover marinade to cooked meats.

TRY THIS!

Use on chicken, pork or grilled summer squash.

Congratulations!

Congratulations to Cherie Bisnett, RN, who recently achieved Certified Diabetes Educator® (CDE®) status by successfully completing the certification exam. Cherie met rigorous eligibility requirements and spent countless hours studying and preparing for the challenging exam.

Cherie has been a Diabetes Nurse Case Manager with the Let's Get Healthy Program for 7 years and is dedicated to helping patients prevent and treat diabetes. This status demonstrates Cherie's specialized knowledge to provide excellent diabetes care. A Certified Diabetes Educator® (CDE®) is a health professional who possesses comprehensive knowledge of and experience in diabetes prevention, prediabetes, and diabetes management. The CDE® educates, supports, and advocates for people affected by diabetes, addressing the stages of diabetes throughout the lifespan. The CDE® promotes self-management to achieve individualized behavioral and treatment goals that reduce risks and optimize health outcomes.



Join the Let's Get Healthy Program and
the Saint Regis Mohawk Health Services for

Diabetes Day

Wednesday, July 10, 2019

8:30 to 11:30 a.m.

Diabetes Center for Excellence



Meet your
diabetes team



Blood sugar
screenings



Have your
feet checked



Blood pressure
checks

One-Stop Diabetes Health Care Clinic



Receive
information about
Health Services
Programs



Check out
the Move
for Health &
fitness room



Bring your
medications
& meet with
Pharmacy



Sample healthy
snacks & speak
with a Registered
Dietitian

For more information, please contact the Let's
Get Healthy Program Office at (518) 358-9667

This event is for Akwesasne community members eligible to
receive care through the SRMT Health Services



Akwesasne Wellness Week 2019



Bike Rodeo

First
30 Youth
will receive a
FREE
Bike Helmet
* Limited Sizes

July 10th • 1:00 - 4:00 p.m.
Generations Park

SKILLS CHALLENGE

Paper Boy Challenge

Zig Zag Challenge

How Slow Can You Go?

Bike maintenance demos
will be conducted by
Rez Riders BMX Club



This event is organized by Generations Park



It's Our 1 Year Anniversary Celebration!

Ronthahliohsthà:ke Akwesasne Clubhouse
invites you and your family to join us as we
celebrate the day we opened our doors to
the youth of our community

Monday, July 1, 2019
4:00 to 8:00 p.m.

BBQ, fun outdoor games and activities, DJ and
free giveaways!





Stopping Gestational Diabetes in Daughters + Mothers

Are you an American Indian or Alaska Native female between the ages of 12 and 24?
Do you have a mother, auntie or grandmother?

If you answered “**Yes**” to both of these questions, then we need your help! A team of researchers at the Saint Regis Mohawk Tribe’s Let’s Get Healthy Program is interested in helping American Indian and Alaska Native girls (age 12-24) learn more about eating healthy and making exercise easier that could lead to healthy weight (weight loss) and lowering the chances of getting gestational diabetes (diabetes during pregnancy). Your mother will also be asked to help you during the study. You have the power to stop diabetes in your family!

If you decide to participate, you will:

- Answer a variety of questions on a computer
- Watch a video about healthy lifestyles & stopping diabetes
- Read a booklet about healthy lifestyle & stopping diabetes
- Receive resources from your community
- Be compensated for your time with gift cards
- Develop a health team with the clinic nurse and your mom

To learn more or to participate in our study, please call (518) 358-9667 and leave a message with your name and phone number. A study team member will call you back to further discuss the study.



Akwesasne Wellness Week 2019

CALENDAR OF EVENTS

July 8th

MEDALLION
HUNT & PHOTO
CONTEST
.....
WELLNESS IN YOUR HOME
1:00 - 4:00 p.m.
Compliance
.....
ELDERS HORSESHOE
TOURNAMENT
10:30 a.m. - 12:00 p.m.
Office for the Aging
.....
TEA TIME WITH THERESA
2:00 p.m.
Three Feathers Cafe
.....
HERO FAMILY 5K
5:00 - 7:00 p.m.
Generations Park Trail
.....
ADULT ONLY KAYAKING
5:30 p.m.
By The River - Janine Rourke's

July 9th

AKWESASNE
FARMERS MARKET
11:00 a.m. - 4:00 p.m.
.....
ALL IN POKER WALK
12:00 - 1:30 p.m.
Snye Rec Walking Trail
.....
PAINTING CLASS
WITH TAMMY KING
1:00 - 3:00 p.m.
By The River - Janine Rourke's
.....
FAMILY KICKBALL
4:00 p.m. Registration
4:30 p.m. Start Time
Generations Park
.....
COMMUNITY WALK &
TO GO BREAKFAST
9:00 a.m. • Walking Trail

July 10th

BABIES & BRUNCH
9:30 - 11:00 a.m.
By The River - Janine Rourke's
.....
DRUM MAKING CLASS
10:00 a.m. - 12:00 p.m.
St Regis Rec
.....
BIKE RODEO
1:00 - 4:00 p.m.
Generations Park
.....
SALVE MAKING CLASS
12:00 - 4:00 p.m.
St Regis Rec
.....
MOCC WALK
5:00 - 6:00 p.m.
Tewathahita Walking Trail
.....
FAMILY GAUNTLET
5:00 p.m.
Generations Park
.....
GLOWGA
6:00 - 7:30 p.m.
Mohawk School

July 11th

BREAKFAST WITH BEN M.D.
9:00 a.m. - 11:00 a.m.
By The River - Janine Rourke's
.....
HEALTH FAIR
10:00 a.m. - 3:00 p.m.
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Tribal Building
.....
CARNIVAL CRAZE
4:00 - 6:30 p.m.
Generations Park
.....
CKON BROADCAST
5:00 - 6:15 p.m.
.....
FUN & FITNESS
POKER WALK
10:00 a.m. - 3:00 p.m.
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Tribal Building



* News *

Guided Meditation

is cancelled on
Friday July 5th &
Friday July 26th



The Let's Get Healthy Program
office will be closed
Monday July 8th
from 8:00 am to 10:00 am

Move for Health will be open
10:00 am - 12:00 pm

Thursday July 11th

Join the Let's Get Healthy Program
at the walking trail for
Fun & Fitness
Poker Walk
10 am - 3 pm!

July Cooking Demo

July 22nd
11:30 am - 1:00 pm

Let's Get Grilling!
Grilled Seasonal Fruits and Veggies
Grilled Shrimp Kabobs with a
DIY Cajun Spice

RSVP to save your spot.
8 Spaces available.

We will be outside, please plan for the
weather.
If it is raining, it will be cancelled.

Water Aerobics

Returns to
Mondays

5:00 - 6:00 pm

Class is cancelled
Monday July 8th, but a
make up class is
scheduled for

Tuesday July 9th

4:00 - 5:00 pm

Boot Camp

with Jessica Hopps is
cancelled on

Wednesday July 31st

Join us at the
Color Run!

OFFICE CLOSED!

Our office will be closed:

July 4th

Independence Day



July 26th

Staff Appreciation Day



Please pick up testing
supplies ahead of time.

Move for Health (MFH):

Nurse supervised exercise
classes

Must be enrolled in LGHP

Monday-Thursday

8-9am, 9-10am, 10-11am,
11am-12pm & 3-4 pm

Community Classes:

No registration required

Public Fitness

Monday - Friday

5:00-8:00 am & 12:00-1:00 pm

Friday

8:00 am-10:00 am

Boot Camp

Monday & Wednesday

4:30-5:15 pm

Water Aerobics

Mondays

5:00pm-6:00pm

Thursday

5:00pm-6:00pm

Supervised Swim

Wednesday & Friday

8:00-9:00 am

All exercises classes
offered by the

Let's Get Healthy Program
are free to ages 18 and older

Please wear comfortable clothes
and bring clean/dry sneakers and
a water

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

