

Fitness Room - New Hours!

The fitness room is now open

Monday - Thursday: 7:00 am to 5:00 pm

& Friday: 7:00 am to 1:00 pm

You do not need any prior appointments or clearance,
you will complete questionnaires and be assessed at your first visit.

For current Move for Health participants, you may continue with your scheduled days and/or time slots, or attend at any other time the room is open.

- 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, stay 6 feet apart, and if you don't feel well, please wait until your symptoms subside.
 - Only 25 participants are allowed in the fitness room at one time.
 - The lockers are open for use during this time, but showers are not.
 - Remember to bring clean, dry shoes and a refillable water bottle.

NEW CLASS!

Cardio Blast: Monday and Wednesday, 4:15 - 5:00 pm. Sweat your way through an aerobic workout that gets your heart pumping and body moving to increase your cardiovascular fitness and burn calories and body fat. All fitness levels welcome.

Should you have any questions, or if you would like to schedule your 1st visit, you may call Heather Garrow at (518) 358-9667 or email Aaron Jock, Health Promotion Specialist: Aaron.jock@srmt-nsn.gov

The Fitness Room will be closed:

Monday July 4th

Wednesday July 13th (for Blood Drive)

& Friday July 22nd



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

Ohiarihkó:wa /July 2022

Tsitewatakari:tat—Let's Get Healthy Program

Diabetes Center for Excellence

66 Margaret Terrance Memorial Way

Akwesasne, NY 13655



July 11th - 15th is Wellness Week

Wellness Week is hosted by the Saint Regis Mohawk Tribe and the Mohawk Council of Akwesasne. Events are free and all are welcome. At each event you will receive an entry for the grand prize drawings. Be sure to attend the health fair and sign up to donate blood on Wednesday!

July is UV Safety Awareness Month

Summer has arrived and while the sun is shining bright it's a golden time to highlight the importance of protecting ourselves from the harmful side effects of Ultraviolet rays. The sun emits radiation known as UV-A and UV-B rays. UV-B rays have short wavelengths that reach the outer layer of your skin. UV-A rays have longer wavelengths that can penetrate the middle layer of your skin. Both types can damage your eyes and skin. By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family, everyone can enjoy the sun and outdoors safely.

We are closed

Monday July 4th

In observance of Independence Day

& Friday July 22nd

For Employee Appreciation Day

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Sun Safety

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

Unprotected sun exposure can cause harm:

Vision problems and damage to your eyes
Suppression of the immune system

Skin cancer
Premature aging of the skin

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

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.

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.

Choose the Right Sunscreen: This is extremely important. The U.S. Food and Drug Administration's (FDA) regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both UV-A and UV-B rays.

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.

For those living with diabetes, special precautions should be taken when dealing with the heat:

Stay Hydrated: Dehydration can happen to anyone on hot days. It is important to stay hydrated by drinking caffeine -free beverages throughout the day. The best choice is WATER!

Watch for Signs of Heat Exhaustion: People with chronic conditions like diabetes or heart disease are more prone to heat exhaustion by overheating. Take extra precaution when exercising or working outdoors on hot days. Symptoms to be on the lookout for include dizziness, fainting, excessive sweating, skin that is cool or clammy, muscle cramps, headaches, or nausea. If you experience these symptoms move to a cooler place and drink plenty of fluids, water is best, but you may also want to try a sports drink.

Exercise: Exercise is important for everyone with diabetes, choose to exercise early in the morning or late in the evening when the sun is not so hot. You may also choose to exercise in an air conditioned facility such as The Diabetes Center for Excellence or go for a walk in an air conditioned building like the mall.

Check Glucose More Often: The heat and warm weather can cause fluctuations in glucose levels. Check your glucose levels more often in hotter weather. Always carry extra fluids and healthy snacks with you.

Safe Storage of Supplies: Store your glucometer, insulin and test strips in a cool dry place. Do not leave your supplies in a car or near the window. Never store insulin in a freezer or in a car glove compartment as the temperatures are too extreme, carry your insulin on you if you have to.

Special Precautions for Pump Users: For those using insulin pumps, excessive perspiration can cause the adhesive on the infusion site to be ineffective. When you are sweating or working out check to make sure your infusion site is secure. If you are experiencing changes in your infusion site due to the heat or sweating, contact your pump trainer and they can recommend other adhesives for you to use.

Recipes

Zucchini Burrito Boats

Ingredients:

- 4 medium zucchini, cut in half lengthwise
- 1 can (15oz) black beans, drained and rinsed
- 1 C cooked brown rice or quinoa
- 1 C low sodium salsa
- 1 red bell pepper, seeded and diced
- 1/2 C red onion, diced
- 1/2 C organic frozen yellow corn, thawed
- 1 jalapeno or poblano pepper, seeded and minced
- 1 TBSP olive oil
- 2 tsp cumin
- 1 tsp chili powder
- 1/2 C fresh cilantro, washed, patted dry and minced
- 1 C reduced fat cheddar cheese, shredded

Directions:

Using a metal teaspoon, hollow out center of each zucchini. Lightly brush the tops with olive oil then place them skin side down in a 9x13 casserole dish. Warm olive oil in a large skillet over medium heat. Add the onion and peppers and cook for 2-3 minutes. Then 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. Remove the skillet from heat and set aside.

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



Fruit Salsa and Cinnamon Chips

Ingredients:

- 2 kiwis, peeled and diced
- 1 granny smith apple, cored and diced
- 1 red delicious apple, cored and diced
- 1 C strawberries or raspberries
- 1 TBSP Splenda or sugar
- 1 TBSP brown sugar
- 3 TBSP sugar free jam - any flavor

Directions:

Preheat oven to 350F. In a large bowl mix fruit, Splenda, brown sugar and jam. Place fruit mix in the refrigerator. Spray tortillas with cooking spray, cut with a pizza cutter. Put tortilla slices into a Ziploc bag with cinnamon and Splenda— shake. Place slices on a cooking sheet, bake for 10 minutes flip over and bake for another 2-3 minutes, or until brown and crispy. Let chips cool.

Cinnamon Chips:

- 8-10 whole wheat tortillas
- Butter flavored cooking spray
- 2 TBSP cinnamon
- 1 TBSP Splenda or 1 TBSP sugar



Blood Drive Hosted by
The Saint Regis Mohawk Tribe Health Services

Held at
Diabetes Center for Excellence
66 Margaret Terrance Memorial Way, Hogansburg, NY 13655
Fitness Room

Wednesday, July 13, 2022
10:00 a.m. to 3:00 p.m.

To schedule an appointment please contact
1-800-RED CROSS or visit redcrossblood.org and
enter sponsor code: DiabetesCenter

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App
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Fitness

Most people tend to focus on one type of exercise or activity and think they’re doing enough. Research has shown that it’s important to get all four types of exercise:

Endurance	Strength	Balance	Flexibility
Each one has different benefits. Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury. No matter your age, you can find activities that meet your fitness level and needs!			

Endurance exercises for older adults

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day.

Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

Brisk walking	Jogging	Swimming
Yard work (mowing, raking)	Dancing	Biking
Climbing stairs or hills	Playing tennis	

Increase your endurance to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

Safety tips:

- Do a little light activity, such as easy walking, before and after your endurance activities to warm up and cool down.
- Listen to your body: endurance activities should not cause dizziness, chest pain or pressure, or a feeling like heartburn.
- Be sure to drink liquids when doing any activity that makes you sweat. If your doctor has told you to limit your fluids, be sure to check before increasing the amount of fluid you drink while exercising.
- If you are going to be exercising outdoors, be aware of your surroundings.
- Dress in layers so you can add or remove clothes as needed for hot and cold weather.
- To prevent injuries, use safety equipment, such as a helmet when bicycling.

Quick tip: Test your exercise intensity

When you’re being active, try talking: If you’re breathing hard but can still have a conversation easily, it’s moderate-intensity activity.

If you can only say a few words before you have to take a breath, it’s vigorous-intensity activity.

This article is a series of four. Each month, our newsletter will highlight the beneficial types of exercise.





BIKE RODEO

An all ages event to provide youth the tools and skills they need to practice good bicycle safety skills throughout the summer. Fun, family friendly event filled with skill challenges and more!

Location:
Generations Park
Lacrosse Box & Pavilion
3:00 – 5:00 PM

**BIKE RAFFLE
FOR
ALL AGES**

**FREE
HELMETS/
FITTINGS**

**OBSTACLE
COURSE**





Wellness Week 2022



July 11,2022	July 12, 2022	July 13, 2022	July 14,2022
8:00 a.m. -9:00 am - Community kickoff walk and To-Go breakfast 10:00 a.m. - 11:00 a.m.- Children's Tea Party- Akwesasne Zero 2 Six 12:00 p.m. -1:00 p.m.- Popcorn with Practitioners 3:00 p.m. - 5:00 p.m. - Salve Making Workshop with Snipe Clan Botanicals 5:00 p.m. - 6:30 p.m.- Super Hero Obstacle Course Hosted by lakwa'shatste Youth Fitness	8:00 a.m - 9:00 a.m.- Yoga in the Park 9:00 a.m.- Day Hike with lakwa'shatste Youth Fitness 12:00 p.m. - 1:00 p.m.- Essential Oils Workshop with Lisa Jock 2:00 p.m. - 4:00 p.m.- Let's Get Healthy Walk and Fitness Challenge 4:00 p.m. - 8:00 p.m.- Cornhole Tournament	10:00 a.m. - 12:00 p.m. - Diabetes Bingo Walk 10:00 a.m. - 3:00 p.m. - Blood Drive 10:00 a.m.- 3:00 p.m. - Health Fair 1:00 p.m-2:00 p.m. Bingo with Ben	9:00 a.m. - 11:00 a.m. - Bird House Making-Elders Only ** 12:00 p.m. - 1:00 p.m.- Tai Chi/Self Care 12:00 p.m. - 1:00 p.m.- Colorectal Presentation 1:00 p.m.- Trails Fur Tails 3:30 p.m. - 6:00 p.m.- Camping with Social Services Division 5:00 p.m.- Feather Fan Making 5:00 p.m.- Colorectal Presentation

Grand Prizes will be drawn on 7/15 at 12!!

Follow us on Facebook at Akwesasne Health and Wellness for upcoming events !




**Join the Let's Get Healthy Program
For our Walk & Fitness Challenge!
Tuesday July 12th, 2:00 - 4:00 pm
At the Tewathahita Walking Trail
Enter for a chance to win a prize!**

