

News

Please join us for Diabetes Day!

Wednesday June 12th

8:30 - 11:30 am

At the Diabetes Center for Excellence

One-Stop Diabetes Health Care Clinic:

Meet your health care team

Bring your medications and speak with Pharmacy
Screenings, healthy snacks, check out the Fitness Room

**International Yoga Day is
Friday June 21, 2019**

Keep an eye out at the Diabetes
Center and Generations Park
for a full schedule of classes
and events



**Noon Public Fitness
is cancelled on
Friday June 7, 2019**

due to the Grand Opening of the
Saint Regis Mohawk Tribe's
New Administration Building



Water Aerobics for June:

**Tuesdays: 4 - 5 pm
Thursdays: 5 - 6 pm**

**Class is cancelled
Thursday June 13th**

A make up class will
be held
**Wednesday June 19th
5 - 6 pm**



**Cooking Demo
June 26th
11:30 am - 1:00 pm**

Diabetes Center for Excellence
Theatre Kitchen

Featured Recipes:
Cilantro Lime Grilled Salmon
Black Bean and Barley Salad

RSVP by: June 25th
8 spaces available
Call (518) 358 - 9667



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
Tuesday
4:00-5:00 pm
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**



Ohia:ha/June 2019

Tsitewatakari:tat/The Let's Get Healthy Program

Diabetes Center For Excellence

66 Margaret Terrance Memorial Way

518-358-9667

Yoga Day 2019

International Yoga Day is June 21, 2019. The Lets Get Healthy
Program and Generations Park are once again partnering together to
provide the community with a full day of yoga events.

The exact schedule of classes is not yet confirmed but we hope you
will mark it on your calendar and plan to attend some of the classes
that will be offered on June 21st. Once we finalize the schedule, there
will be posters at Generations Park and The Diabetes Center for
Excellence.

Tentative classes include, sunrise yoga, guided meditation, kundalini
yoga and Glow-ga (glow stick yoga at sunset). Kundalini is a new
event for us this year and will be taught by Chantal Forrest.



Events will take place at the Diabetes Center and/or Generations Park

YOGA ENCOURAGES OVERALL HEALTH AND WELLNESS FOR EVERYONE!

Yoga is not just about working out, it's about a healthy lifestyle. The practice of yoga allows everyone to find
stillness in a world consumed with chaos. Peace and tranquility is achieved through deep breathing and gentle
movement.

Yoga's deep breathing and meditation practices help you take a little break from to-do lists, busy schedules,
stressful work environments to something more relaxing. Yoga helps relieve stress and declutters the mind,
helping you to become more focused.



Chantal Forrest– Kundalini Instructor

What is Kundalini Yoga?

Kundalini yoga is the fastest growing
yoga. It's known as the yoga of
awareness. It consists of simple yogic
techniques that can be enjoyed by
everyone, no matter their age or
physical ability. Kundalini is a
holistic practice that includes
breathwork, yoga postures, sound,
chanting (silently or out loud) and
meditation. This is a wonderful yoga
practice that is done at your own pace
and everyone can do it.

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How much water should you drink each day? It's a simple question with no easy answer

Studies have produced varying recommendations over the years. But your individual water needs depend on many factors, including your health, how active you are and where you live. No single formula fits everyone. But knowing more about your body's need for fluids will help you estimate how much water to drink each day.

Health benefits of water

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly.

For example, water:

- Gets rid of wastes through urination, perspiration and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues

Lack of water can lead to dehydration — a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

What about the advice to drink 8 glasses a day?

It is easy to remember, and it's a reasonable goal. Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than eight glasses a day might be enough. But other people might need more.

Factors that influence water needs

You might need to modify your total fluid intake based on several factors:

- **Exercise.** If you do any activity that makes you sweat, you need to drink extra water to cover the fluid loss. It's important to drink water before, during and after a workout.
- **Environment.** Hot or humid weather can make you sweat and requires additional fluid intake. Dehydration also can occur at high altitudes.
- **Overall health.** Your body loses fluids when you have a fever, vomiting or diarrhea. Drink more water or follow a doctor's recommendation to drink oral rehydration solutions. Other conditions that might require increased fluid intake include bladder infections and urinary tract stones.

Beyond the tap: Other sources of water

You don't need to rely only on what you drink to meet your fluid needs. What you eat also provides a significant portion. For example, many fruits and vegetables, such as watermelon and spinach, are almost 100 percent water by weight. In addition, beverages such as low fat milk, fruit juice and teas are composed mostly of water. Water is your best bet because it's calorie-free, inexpensive and readily available.

Staying safely hydrated

Your fluid intake is probably adequate if:

- You rarely feel thirsty
- Your urine is colorless or light yellow

A doctor or registered dietitian can help you determine the amount of water that's right for you every day.



Public Safety

KIDS ARE NOT SMALL ADULTS

All too often, kids are blamed for the traffic accidents in which they are involved. They are labeled careless or lacking in caution. To the contrary, young children act in a manner determined by their age and degree of development. It is essential to understand the developmental characteristics that influence a child's behavior as a Generations Park user:

- ◆ Children have a narrower field of vision than adults, about 1/3 less
- ◆ Children cannot judge a car's speed and distance
- ◆ Children cannot readily tell the direction a sound is coming from
- ◆ Children assume that if they can see a car, then the driver can see them. However, kids are easily hidden from view by parked cars and other objects.
- ◆ Most kids can be impatient and impulsive
- ◆ Children can only concentrate on one thing at a time. This is not likely to be traffic
- ◆ Kids have a very limited sense of danger and often mix fantasy with reality
- ◆ Children imitate (often bad) behaviors, especially those of older children and adults
- ◆ Children are concrete thinkers and do not extrapolate well from one situation to another

Please help prevent accident or injury this season by obeying all traffic laws on Margaret Terrance Memorial Way:

- ⇒ Come to a full and complete stop
- ⇒ Pedestrians have the right of way
- ⇒ 20 MPH speed limit
- ⇒ No distracted driving
- ⇒ No parking along the roadside

Niawen:kówa,
Generations Park Staff





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.

Diabetes Day!

On Wednesday, May 8th the Let’s Get Healthy Program and the Saint Regis Mohawk Health Services hosted its first Diabetes Day, also known as a One-Stop Diabetes Clinic. Community members were welcome to stop in at the Diabetes Center for Excellence to meet with their health care team and to learn about programs specializing in Diabetes Care. Services offered were blood pressure and blood sugar screenings, foot inspections, and medication discussions with the Health Services Pharmacy department.

Our next Diabetes Day will be Wednesday June 12th
from 8:30 - 11:30 a.m.

We hope you can join us!



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

Diabetes Day

Wednesday, June 12, 2019
8:30 to 11:30 a.m.
at the Diabetes Center for Excellence

Meet your
diabetes health
care team

Have your
feet checked

Blood sugar
screenings

Blood pressure
checks

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

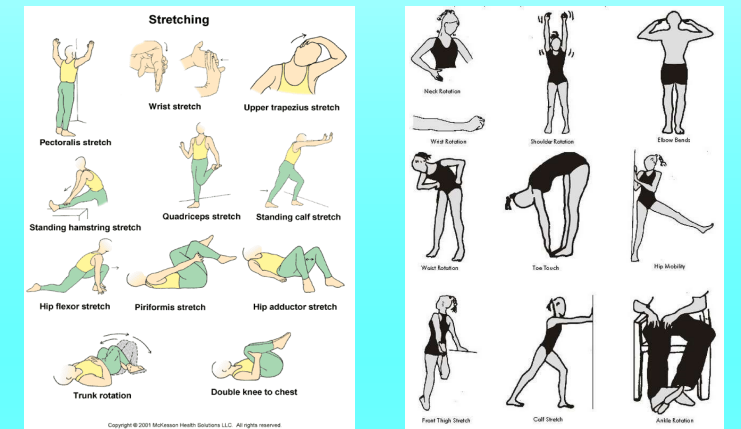
For more information, please contact the Let's Get Healthy
Program Office at (518) 358-9667



Are Mobility and Flexibility the same thing?
NO - they are not the same

- **Flexibility** refers to the range of motion for a given joint. The degree of flexibility that a person has is influenced by muscles and connective tissues, like ligaments and tendons. Whereas **mobility** is defined as how a joint moves.
- **Flexibility is one part of mobility.**

*Both mobility and flexibility affect your joint health in everyday life. If you have a general mobility problem that affects how you move, your body isn't going to be functioning in the way it's supposed to. Over time you can suffer more wear-and-tear, as well as general discomfort. Mobility exercises and stretching can help loosen uncomfortable areas of the body.



Home Fitness Exercises for Men over 50

As men age, their testosterone levels start to decrease. Testosterone is the hormone responsible for muscle growth, meaning that once you're over 50, you lose muscle, your metabolism slows down and you gain fat. However, according to dietitian Ryan Andrews, co-founder of Precision Nutrition, this isn't a foregone conclusion. Exercising gives testosterone levels a huge boost and halts this decline. You don't need a gym. A few simple body-weight exercises that you can do at home is more than enough

Lunges

Many men over 50 suffer from joint aches and pains, particularly around the knees, hips and ankles. This is due to a weakening of the tendons, ligaments and muscles. While leg exercises like squats will help this, single leg exercises, such as lunges are even better, says corrective exercise specialist Mike Robertson. By training each leg individually, you improve balance, proprioception, muscular strength and joint mobility. Do four sets of 10 to 12 lunges per leg, using just your body weight.

Plank

The plank is the ultimate core exercise. While people often choose sit ups and crunches to work the abdominals, these actually focus on the hip flexors and may strain the lower back. Planks, on the other hand, train your core muscles for their main function -- stabilization. Ensure that your hips, upper back and head are in a straight line, and that your hips aren't too close to the floor or pushed up in the air. Squeeze your stomach tight and hold the position for as long as possible. Once you can do one minute, try planks with your feet elevated on a chair or low step.

Pushups

If there's one area of the body where adding muscle can drastically improve a man's physique, it's the chest, and pushups are the ideal home exercise for this. Use a shoulder-width hand spacing and descend as far as you can using good form. Keep your elbows tucked in and don't let your hips sag. If your elbows flare, you risk shoulder injuries and by letting your hips sag, you're not activating your core. Build up to doing three sets of 15 full reps.

Healthier Summer Cookout Foods

Ingredients:

- 4 Portobello mushroom caps, cleaned and stems removed
- 2 TBSP balsamic vinegar
- 1 TBSP low sodium soy sauce
- 1 TBSP olive oil
- 1 TBSP fresh rosemary, chopped
- 1 tsp No Salt steak seasoning (Mrs. Dash or Perfect Pinch)

Additional Toppings:

- 4 slices of red onion
- 4 slices of reduced fat Swiss cheese
- 4 thin slices of fresh tomato
- 4 slices of avocado, sliced thin
- 1 cup of baby spinach
- 4 whole wheat/whole grain burger buns

****TRY THIS****

Add chopped rosemary to olive oil mayo to spread on the burger bun.

Try a whole wheat English muffin or whole grain sandwich thin for more fiber.

Add extra grilled Portobello's to a salad or as a side dish for another meal.

These can also be made outdoors on a grill:

Preheat the grill to medium heat. Brush the grill grates with canola oil or a grill spray. Remove the caps from the marinade. Grill for 5-7 minutes on each side or until tender. If desired brush on the extra marinade while grilling.

Grilled Portobello Mushroom Burger

Makes: 4 servings (1 Portobello burger each)



Directions:

In a large bowl or a gallon size Ziploc bag, mix together vinegar, soy sauce, olive oil, rosemary and steak seasoning. Add clean mushroom caps and evenly coat. Let sit at room temperature for 10 minutes.

Preheat a countertop grill such as a George Foreman, brush with canola oil if not a non stick surface.

Place the mushroom caps on the grill and let cook until mushrooms are tender.

While mushrooms are grilling, add the red onion slices to the grill and grill for a few minutes on each side.

Top each mushroom cap with a slice of Swiss cheese during the last minute of grilling.

Grill the buns if desired at this time.

To finish the burger, place the spinach and mushroom on the bun and top with grilled onion, sliced tomato and avocado slices.



Salsa Potato Salad

Prep Time: 30 minutes

Ingredients:

- 3 cups cooked red potatoes, unpeeled
- 2 celery ribs, washed and finely chopped
- 1/4 cup sweet onion, finely chopped
- 1/2 cup reduced fat cheddar cheese, shredded
- 2 TBSP Olive oil Mayo
- 1/3 cup plain Greek yogurt
- 1/4 cup mild salsa (choose lower sodium)
- 1 TBSP fresh parsley, minced
- Ground black pepper, to taste

Preparing Potatoes for Salad

Scrub the potatoes clean.

Cut into equal size pieces (to ensure even cooking)

Place cut potatoes in a large pot.

Cover potatoes with cold water.

Place on the stove over medium-high heat.

Bring to a boil and reduce to a simmer.

DO NOT COVER! It will make potatoes mushy.

Check potatoes every 5 minutes once simmering.

Check by pricking with a fork.

May take 10-20 minutes of simmering to cook thoroughly.

Drain the potatoes in a strainer and run cold water over them or add to an ice bath of water and ice cubes to chill quickly.



Ingredients:

- 4 tsp sesame seeds
- 2 tsp paprika
- 1 tsp poppy seed
- 1 tsp celery seed
- 1/2 tsp garlic powder
- 1/2 tsp ground black pepper
- 1 dash cayenne pepper
- 4 TBSP Romano cheese (optional)

Directions:

- Combine all ingredients and mix well
- Store in a sealable container in the fridge (if you added the cheese)

Tips for Making Pasta Salad Healthier:

Salad Supreme- No Salt added recipe—provided

Use Turkey Pepperoni

Use Low fat cheese made with 2% milk

Use a less Italian Dressing

Swap the rotini for a high fiber, high protein pasta. Or try a whole grain and use quinoa or barley

Add in extra veggies. The Steamable California Blend (broccoli, cauliflower and carrots) can be chopped up and added to a pasta salad.

Salad Supreme Seasoning

Nutrition Facts for Salad Supreme Seasoning:

Serving Size: entire recipe

Sodium: 5mg

Compared to McCormick Salad Supreme

Serving Size: 1/4 tsp.

Sodium: 60mg



Summer Fruit Salad

Ingredients:

- 1 cup blackberries
- 1 cup blueberries
- 2 kiwi, peeled and diced
- 1 cup pineapple, diced
- 2 cups strawberries, sliced
- 1/2 lime, juiced
- 1 TBSP honey (less if desired)
- 2 TBSP fresh mint, chopped

Directions:

Add all of the fruit to a mixing bowl, gently mix. In a separate bowl whisk the lime juice, honey and mint. Pour over the fruit. Cover and keep in the fridge until ready to serve.

Serving size is—1/2 cup = approx. 15 grams of carbohydrates



Old Fashioned Sun Tea

Ingredients:

- 16 cups of water
- 16 black tea bags
- Lemon slices (to taste)
- Ice

Directions:

Pour 16 cups of water into a glass container, tie the 16 teabags together, add them into the water. Cover and allow to sit in the sun for 4 hours. Remove tea bags, add lemons and ice.

For smaller glass containers, use 1 tea bag per 1 cup of water. Brew time will be the same.

****You can add fresh fruit or mint for different flavorings**

