

Onerahtókha/April 2021

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National Walking Day is April 7th

What is National Walking Day?

According to the American Heart Association, the first Wednesday of April is celebrated as National Walking Day. It is held in order to promote healthy living and heart health.

April is Alcohol Awareness Month

What is Alcohol Awareness Month?

Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987 and has since become a national movement to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking issues.

April is also Stress Awareness Month

What 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 .



We are closed
Friday April 2nd
in observance of
Kahwá:tsire
Raonenhnísera
(Family Day)



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COVID-19

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

What's Changed

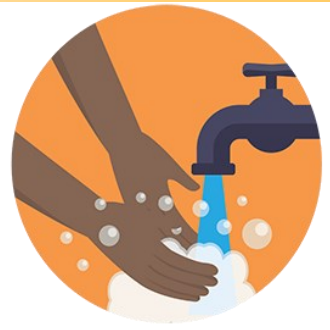
If you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms

What Hasn't Changed

For now, if you've been fully vaccinated:

- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - In public
 - Gathering with unvaccinated people from more than one other household
 - Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC requirements and recommendations.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.



What We Know and What We're Still Learning

- We know that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
 - We're still learning how effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others.
- We know that other prevention steps help stop the spread of COVID-19, and that these steps are still important, even as vaccines are being distributed.
 - We're still learning how well COVID-19 vaccines keep people from spreading the disease.
 - Early data show that the vaccines may help keep people from spreading COVID-19, but we are learning more as more people get vaccinated.
- We're still learning how long COVID-19 vaccines can protect people.
- As we know more, CDC will continue to update our recommendations for both vaccinated and unvaccinated people.

Have You Been Fully Vaccinated?

People are considered fully vaccinated:

- ♦ 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- ♦ 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If it has been less than 2 weeks since your 1-dose shot, or if you still need to get your second dose of a 2-dose vaccine, you are NOT fully protected.

Keep taking all prevention steps until you are fully vaccinated.

National Walking Day

Walking is one of the simplest ways to get active and stay active. Research has shown that walking can have a significant impact on your health by lowering your chances of heart disease, diabetes and other health issues.

You can get active in lots of ways, but walking is one of the easiest! For most people, it's safe, easy to stick with, and low- or no-cost. It doesn't require any special skills or equipment. For such a simple activity, it has so many benefits

For every hour of brisk walking, life expectancy for some people may increase by two hours

Research has shown that walking at a lively pace at least 150 minutes a week can help you:

- Think better, feel better and sleep better
- Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer
- Improve your blood pressure, blood sugar and blood cholesterol levels
- Increase your energy and stamina
- Improve your mental and emotional well-being and reduce risk of depression
- Improve memory and reduce your risk of dementia
- Boost bone strength and reduce your risk of osteoporosis
- Prevent weight gain

If 150 minutes sounds like a lot, remember that even short activity sessions can be added up over the week to reach this goal. And it's easy to fit in a few minutes of walking several times a day.

How to walk for fitness

Gear up- All you need to get started are comfortable clothes and supportive shoes. Keep your cool by layering clothing, because exercise raises your body's temperature. Shoes designed for walking or running are best, but not required. Just make sure you have a little wiggle room (about half an inch) between your longest toe and the end of the shoe. Avoid cotton socks because they retain moisture and can lead to blisters. (Who knew?!)

Easy does it- If you're out of shape, begin with short distances. Start with a stroll that feels comfortable (perhaps 10-15 minutes) and gradually increase your time or distance. If it's easier on your body and your schedule, stick with a couple of 10- to 20-minute walks a day instead of one long walk.

Focus on form- Keep your head lifted (no texting!), abs engaged and shoulders relaxed. Swing your arms naturally. Stick to a comfortable, natural stride.

Breathe- If you can't talk or catch your breath while walking, slow down. At first, forget about speed. Just get out there and walk!

To progress- Pick up the pace. For a warm up, walk at an easy pace for the first several minutes.

Add variety and challenge- Try brisk intervals. For example, walk one block fast, two blocks slow and repeat several times. Over time you'll be able to add more fast intervals with shorter recovery periods. Walking hills or stairs is a great way to increase muscle tone and burn more calories.

Stretch- The end of your walk is a great time to stretch since your body is warmed up. Stretch your hamstrings, calves, chest, shoulders and back. Hold each stretch for 15 to 30 seconds.

Track your progress- Fit walking into your schedule whenever you can. That may mean three several short walks a day. When you can fit it in, longer walks will help you improve your stamina. Just remember your overall goal is at least 150 minutes each week.

[Why is Walking the Most Popular Form of Exercise? | American Stroke Association](#)

Stress Awareness

Stress is a significant factor in mental health issues including anxiety and depression. Most of us are experiencing anxiety and may feel overwhelmed at the moment due to the pandemic, which has undeniably changed the way we live and work, as well as how we relate to family, friends and colleagues.

Stress and anxiety are linked to physical health concerns like heart disease, problems with our immune system, insomnia and digestive problems.

We need to see our self-care as the critical element that will support and sustain our mental health and physical wellbeing in these challenging times that we continue to navigate. When feeling stressed or anxious, it can help to take time for yourself— relax when you need to and learn to say not to requests that are too much for you. It can also help to:

Connect and reach out with others- Even though we are all missing physical contact, maintaining positive social relationships virtually and over the phone with friends and family, is just as important for our mental wellbeing.

Spend time outdoors- Getting outside for fresh air, and a change of scenery and benefiting from some vitamin D if the sun is shining will help to restore energy levels.

Give to others- Create positive feelings and a sense of purpose and self-worth through an act of giving or kindness. This can help improve your mental wellbeing and to connect with others.

Learn something new- This could be signing up for a class, reading a book or learning a new word. Continued learning through life can enhance our self-esteem and encourages social interaction and a more active life

Practice mindfulness- Learning to pay more attention to the present moment and become more aware of our thoughts, feelings, body and world around us, can improve our mental wellbeing. Try some deep breathing techniques.

Physical Activity- A regular physical activity routine can help to lower feelings of depression and anxiety.

Counseling- Sometimes we just need a safe space and non-judgmental ears to open up to how we are truly feeling or to get some advice on how to deal with our feelings.

The Importance of Alcohol Awareness

To understand why there is an alcohol awareness month, you must first understand the disease itself. A lot of us have heard of the term alcoholism and assume that this is the only form of alcohol abuse that occurs. Many are not aware that alcohol abuse can come in several different forms. The true term for alcohol abuse is Alcohol Use Disorder. This can still include alcoholism but is not limited to only that.

Alcohol Use Disorder is an affliction that may harm you if you use alcohol to the point where it becomes an issue. If you cannot control your urges and continue to use it even though it causes problems, you could be suffering from this. You may also start to notice withdrawal symptoms if you stop drinking and an increase in your tolerance.

Binge drinking is another type of Alcohol Use Disorder. This is the consumption of excessive alcohol in a short period of time. For women this means consuming 4 drinks within 2 hours, for men, 5 drinks. This can have long term and short term effects on your health. This is not an obvious form of alcohol abuse, mostly because it can occur as little as once a week. However, this is the most common form of Alcohol Use Disorder

If you are not aware of what one “drink” is equal to, it could be any of the following:

- * 12 oz. of beer
- * 8 oz. of malt liquor
- * 5 oz. of table wine
- * 5 oz. of 80 proof liquor

Alcohol and Diabetes:

The Risks

The biggest concern is hypoglycemia (low blood sugar). When drinking alcohol is combined with the medications most often used to treat diabetes, low blood sugar can result. While a glass of wine with dinner probably isn't a big deal, a mojito on an empty stomach at happy hour is.

Blame it on your liver. This organ stabilizes glucose levels by storing carbohydrates and releasing them into the bloodstream between meals and overnight. It's also the body's detoxification center, breaking down toxins like alcohol so the kidneys can easily flush them away.

The trouble is, it's not great at multitasking. Your liver will choose to metabolize the alcohol over maintaining your blood sugar, which can lead to hypoglycemia. The liver often makes this choice when you drink without eating food—so consider snacking if you sip.

Carbohydrate (and Calorie) Confusion

There's another reason drinking can be challenging. Unlike protein, fat, or carbohydrate, alcohol doesn't require insulin to provide energy to the body. Yet, many people assume that alcoholic drinks are loaded with carbs, not realizing that wine and spirits are practically carbohydrate free.

Liquid sugars are quickly absorbed by the body, so those carbs won't be much help in preventing or treating a low that may occur hours after you drink. Food, on the other hand, is digested gradually, so it provides better protection against lows.

With all the focus on carbs, it's easy to forget that alcohol also has calories. Given that drinking can make you lose track of what you're eating, calories (and pounds) can add up quickly.

Simple Chicken Stirfry

Ingredients:

- 1 C low sodium chicken broth
- 2 TBSP lower sodium soy sauce
- 2 tsp corn starch
- 1 clove garlic, minced or grated
- 1/2 tsp ground black pepper
- 1 TBSP olive oil
- 1 (14oz.) bag frozen stir-fry vegetables
- 1 1/2 C cooked chicken



Nutrition Facts:

4 servings
Serving size 1 1/2 C
Calories per serving: 180
Total Fat: 8g
Cholesterol: 45mg
Sodium: 380mg
Total Carbs: 9g
Protein: 18 g
Potassium: 530mg

Directions:

1. Add olive oil to a non-stick skillet over high heat. Add the frozen vegetables and sauté for 5-7 minutes.
2. While the vegetables are sautéing, whisk the broth, soy sauce, corn starch, garlic and black pepper in a bowl until combined.
3. Add the chicken and sauce to the pan and sauté another 5-7 minutes, until chicken is heated through and sauce is thickened.
4. Serve or let cool then store in an airtight container in the refrigerator for up to 1 week.

Mexican Black Bean Soup

Ingredients:

- Nonstick cooking spray
- 2 tsp olive oil
- 1/2 onion, diced
- 1lbs. Boneless, skinless chicken breast (cut into 1/2 inch cubes)
- 1/2 tsp adobo seasoning
- 1/4 tsp black pepper
- 1 (14.5oz.) can fire roasted tomatoes
- 1TBSP chili powder
- 1/2 tsp cumin
- 1/2 C frozen corn
- 1 (15 oz.) can black beans, rinsed and drained
- 40 oz. low sodium chicken broth



Nutrition Facts:

7 servings
Serving size 1 C
Calories per serving: 170
Total Fat: 3.5g
Cholesterol: 40mg
Sodium: 420mg
Total Carbs: 15g
Protein: 20g
Potassium: 570mg

Directions:

1. Spray a large soup pot with cooking spray. Add oil and onion and sauté over medium-high heat for 3 minutes or until clear.
2. Add chicken and season with 1/4 Tsp. Adobo seasoning and pepper. Cook chicken until slightly brown, about 6-7 minutes.
3. Add remaining ingredients (including the other 1/4 tsp. Adobo seasoning). Reduce heat and simmer for 15 minutes.

<https://www.diabetesfoodhub.org/>

Announcements

The Fitness Room has reopened!

Due to COVID-19 safety measures, we have reduced participant capacity. We have also reduced the number of fitness classes. At this time, we cannot offer community classes

For the immediate future, priority is given to our program patients with diabetes

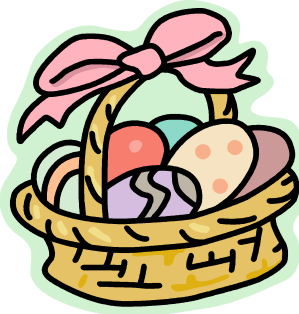
We have implemented additional protocols for utilizing the fitness room, including COVID-19 screenings

If we find our staff and participants are safe and the number of community COVID-19 cases decline, we can eventually add more time slots and/or increase the fitness room capacity and we hope to do that soon.

Niá:wen for your patience

Healthier Easter Treats

- ◇ Small amounts of dark chocolate
- ◇ Sugar-free gum
- ◇ Board games/card games/activity packs
- ◇ Clementines/tangerines
- ◇ Healthy trail mix/nuts
- ◇ Fishing lures
- ◇ Jump rope
- ◇ Kites
- ◇ Stickers/fake tattoos
- ◇ Sidewalk chalk
- ◇ Bubbles
- ◇ Playdoh
- ◇ Art supplies
- ◇ Garden starter kit– seed packets, gardening tools, watering can, flower pots



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