

Onerahtókha/April 2023

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
66 Margaret Terrance Memorial Way
Akwasasne, NY 13655



Alcohol Awareness Month

Founded by the National Council for Alcoholism and Drug Dependence (NCADD), Alcohol Awareness Month was established in 1987 as a health awareness campaign with the aim of raising awareness and to help understand the causes and treatment available. The campaign also aims to reduce the social stigma associated with alcoholism and to educate people on how the disease can be addressed.

Alcohol addiction and abuse claims thousands of lives across the country each year:

- Worldwide, up to 3.3 million people die every year as a result of alcohol abuse
- 58.1% of people killed in alcohol-related car crashes are between the ages of 20 and 34 years old

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 7th
In observance of Kahwá:tsire Raonenhnísera
(Family Day)

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Diabetes & Alcohol

You may wonder if drinking alcohol is safe for people with diabetes. If you drink alcohol, there are some things you need to know first about alcohol safety.

Is it Safe to Drink Alcohol?

Check with your doctor to make sure alcohol doesn't interfere with your medications or complicate any of your medical conditions. Drinking alcohol can lead to serious low blood sugar reactions, especially if you take insulin or types of diabetes pills that stimulate the release of insulin from the pancreas. Alcohol can also affect other medical conditions you may have, like diabetic nerve damage, diabetic eye disease, and high blood triglycerides. Get guidelines for alcohol use from your medical provider.

How Much Alcohol Can I Drink?

If you choose to drink alcohol, drink in moderation. Limit your intake of alcohol to no more than 1 serving per day for women, and no more than 2 servings per day for men.

One serving size of alcohol equals:

- 12 ounces of beer
- 5 ounces of wine
- 1½ ounces of distilled spirits (such as rum, whiskey, gin, etc.)

Alcohol and Risk of Low Blood Sugar

If you are managing your diabetes with diet and exercise alone, drinking alcohol can still increase your risk of low blood sugars. And if you take insulin or types of diabetes pills that stimulate insulin production, drinking alcohol can lead to even more serious low blood sugar reactions.

Normally, the liver releases glucose to maintain blood sugar levels. But when you drink alcohol, the liver is busy breaking the alcohol down, so it does a poor job of releasing glucose into the bloodstream. This can lead to a drop in blood sugar levels if you are drinking alcohol on an empty stomach.

Each alcoholic beverage takes about 1-1 ½ hours to finish processing in the liver. For that entire time, the risk of low blood sugar exists. So, if you have 2 drinks, you double that time to 2 to 3 hours that you are at risk for low blood sugar. The more alcohol consumed, the bigger the risk for serious low blood sugar.

The solution? Never drink alcohol on an empty stomach. ALWAYS consume alcohol with a meal or snack that contains carbohydrates. Never skip meals or substitute alcohol for a meal.

Follow These Safety Tips Too:

- Know the symptoms of a low blood sugar (hypoglycemia) and tell others. If you should pass out, those around you need to know that this is a medical emergency, and not just a sign of intoxication.
- Wear your medical ID bracelet at all times.
- Carry a carbohydrate source, like glucose tablets, with you in case of a low blood sugar.
- Test your blood sugar more often. The effects of alcohol can make it harder for you to detect symptoms of a low blood sugar.
- In cases of severe low blood sugar, glucagon injections may not work effectively to raise the blood sugar, since the glucagon hormone stimulates the liver to release glucose – and alcohol impairs that process.
- If you combine exercise with alcohol, your risk of low blood sugar is even higher. Because most exercise lowers blood sugar levels, check your blood sugar more often. You may need a carbohydrate snack to prevent low blood sugar.

Stress Less with Mindful Movement

You may notice you feel better after you exercise. Most people experience increased energy and an improvement in overall well-being as physical activity becomes routine. Studies have shown that regular physical activity can help relieve depression and may even lower your risk of developing it.

If you are not the active type, are older or have physical limitations, you can still add healthy movement to your life.

The National Institutes of Health (NIH) describes yoga and tai chi as centuries-old, mind-body practices. They involve specific postures and movements combined with mental focus, breathing techniques, and meditation or relaxation. Even walking can be done mindfully as a form of meditation.

Some research studies have suggested that practicing these mindful movement activities can help to:

- Manage stress, depression and insomnia
- Lower blood pressure
- Improve balance and stability
- Relieve chronic pain
- Improve quality of life and mood in people with heart disease, cancer and other chronic illnesses
- Motivate you to exercise more and eat healthier

A recent study concluded that yoga may improve heart health, including body mass index (BMI), blood pressure, cholesterol and heart rate.

Yoga and other mindful practices can be gentle and may be done by just about anyone, anywhere, with no special equipment needed. Whatever way you choose to get active, your heart will benefit. And you may find yourself feeling happier and more relaxed, too.

We spend more time sitting than ever before. Whether it's at work, on our commute, or home in front of the computer, this sedentary lifestyle is having negative effects on our health. Studies continue to prove "sitting is the new smoking" and can even lead to a shorter lifespan! Walking is great for your health, and you don't need any fancy equipment or trendy fitness gear.

Does finding 30-minutes to walk on a regular basis seem impossible? We have some easy and fun ways to get more walking into your day.

- Walk and talk. Need to return some calls? Catch up on your calls while taking a walk.
- Always opt for the stairs. Skip the elevator and the escalators and walk up the stairs instead.
- Walk the dog. You'll both enjoy the fresh air and exercise.
- Skip the coffee shop or happy hour at the bar. Instead of sitting in a restaurant, head to the park for a catch-up session with your friends.
- Walk at lunchtime. Get away from your desk and clear your head with a lunchtime walk. You can walk with friends or take some time for yourself.
- Park further away. Whether you're shopping or in the parking lot at work, choose a spot far away from the entrance to give you more time to walk
- Go see your colleague. Rather than sending an email or calling your co-worker with a question get up and walk to his or her desk. Bonus if she works on another floor and you take the stairs!
- Create active family time. Get everyone together for a walk after dinner
- Treat yourself to a Fitbit or pedometer. Invest in your health and keep yourself accountable by tracking how many steps you take per day

Diabetes Education

How a Diabetes Educator Can Help You

If you have diabetes, you know how challenging it can be to manage your disease. Healthy eating, physical activity, monitoring your condition, taking medication and reducing your risk for complications are probably part of your daily routine. At times, all of this might seem overwhelming.

As a member of your healthcare team, a diabetes educator will work with you to develop a plan to stay healthy, and give you the tools and ongoing support to make that plan a regular part of your life.

Diabetes education is a recognized part of your diabetes care. Diabetes may not have a cure, but you can control it and live well. The Let's Get Healthy Program, located at the Diabetes Center for Excellence offers diabetes education as well as diabetes prevention.

What happens during diabetes education?

During initial visits, your diabetes educator will spend time with you developing a plan that helps you overcome the barriers you face in managing your diabetes, develop problem-solving and coping skills and adopt healthy behaviors. Some examples of the many activities you may work on together are:

- Helping you understand exactly what diabetes is and how it affects your body
- Explaining how diabetes medications work
- Figuring out what types of food are best for you and how to plan meals that fit your life and budget
- Suggesting charts, apps and other tools to provide reminders and help you track your progress
- Offering tips to help you cope with stress and solve problems as they arise

Meeting with a diabetes educator is a great first step. Effective diabetes education is a process and takes time. It's important to attend all of your diabetes education appointments. If you need to miss an appointment, be sure to call and reschedule. Discuss what you've learned with your doctor who referred you to the diabetes educator. He or she wants to be kept informed and may be able to contribute helpful ideas. Managing diabetes is a team effort!



The Let's Get Healthy Program provides care for eligible community members through the Saint Regis Mohawk Tribe Health Services.

Our services encompass diabetes treatment, diabetes prevention and education. You do not have to be diagnosed with diabetes to utilize our prevention services.

For more information or to schedule an appointment with a Nurse Case Manager, please call (518) 358-9667 and start your journey to a healthier you.

Fitness



YOGA



We've partnered with the Holistic Life Foundation to offer Yoga classes!

Monday & Wednesday 12:15 - 12:45 pm

Basic stretching, breathing and relaxation practices for all fitness levels, including beginners



April Spring into Fitness Challenge




Join the Let's Get Healthy Program for our Spring into Fitness challenge.

Take a spin of the wheel to determine your fitness category and choose your exercise from a list of exercise options. Once you complete 10 reps, you can write your name on a flower petal and add it to our flower garden to make our flowers bloom.

Each participant will be entered for a prize.

**LET'S GET HEALTHY PROGRAM
FITNESS CLASS SCHEDULE**

MONDAY	SCULPT AND BURN 4:15-5:00pm
TUESDAY	LUNCH CRUNCH 12:15-12:45pm
WEDNESDAY	SCULPT AND BURN 4:15-5:00pm
THURSDAY	LUNCH CRUNCH 12:15-12:45pm

 All fitness levels welcome **FREE** to attend
Located at the Diabetes Center for Excellence
(518) 358-9667

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Recipes

Breakfast Quesadilla

Ingredients:

Nonstick cooking spray
1/4 C canned green chilies
4 eggs, beaten
1/4 tsp black pepper
2 10-inch whole wheat flour tortillas
1 1/2 C reduced fat cheddar cheese
4 slices turkey bacon, cooked crisp and crumbled



Nutrition Facts

Calories: 160
Total Fat: 10 g
Carbohydrates: 8 g
Total Sugars: 1 g
Protein: 14 g
Sodium: 460 mg

Directions:

Coat a small skillet lightly with cooking spray. Sauté green chilies over medium-low heat for 1-2 minutes. Add beaten eggs and cook, stirring, until scrambled and set. Season with pepper. Coat a second, large skillet lightly with cooking spray. Place one tortilla in the skillet and cook over medium heat until air bubbles begin to form, about 1 minute. Flip tortilla over and cook for 1 minute more (do not let tortilla get crispy).

Spread half the cheese evenly over the tortilla, covering to the edges. Reduce heat to low. Quickly arrange half the cooked bacon and half the egg mixture over the cheese. Cook until the cheese starts to melt, about 1 minute. Fold tortilla in half to create a half-moon shape. Flip folded tortilla over and cook until it is lightly toasted and the cheese filling is completely melted, 1-2 minutes. Transfer quesadilla to a cutting board.

Recoat the skillet with cooking spray, and repeat with the second tortilla and remaining cheese, bacon, and egg mixture. Cut each quesadilla into 3 wedges and serve immediately with fresh salsa.



Unstuffed Eggroll

Ingredients:

1lb. lean ground pork
1 tsp garlic powder
1 TBSP olive oil
1 clove garlic, minced
1 (16oz.) bag of packaged coleslaw mix
2 TBSP low sodium soy sauce
1 tsp ground ginger
3 green onions, sliced



Nutrition Facts

Calories: 220
Total Fat: 9 g
Carbohydrates: 9 g
Total Sugars: 2 g
Protein: 25 g
Sodium: 490 mg

Directions:

Season pork with 1/4 teaspoon pepper and the garlic powder. Sauté pork in a large skillet over medium-high heat until completely cooked. Drain fat if needed. Remove pork from pan and set aside.

Heat olive oil in pan and add garlic; sauté 30 seconds. Add coleslaw, soy sauce, ginger, and 1/4 teaspoon pepper. Cook 6 minutes, stirring frequently. Add pork back to pan and top with green onions; heat 1-2 minutes. Serve over brown rice or cauliflower rice if desired.

Recipes

Balsamic Chicken with Mushrooms

Ingredients:

- 1 lbs. boneless, skinless chicken breast (divided into 4– 4oz. portions)
- 1 TBSP olive oil
- 1/4 C all-purpose flour
- 1 TBSP trans-fat-free margarine
- 10 oz. sliced mushrooms
- 1/4 tsp black pepper
- 1/3 C balsamic vinegar
- 1/2 C low sodium chicken broth



Nutrition Facts

Calories: 240
Total Fat: 9 g
Carbohydrates: 12 g
Total Sugars: 5 g
Protein: 27 g
Sodium: 160 mg

Directions:

Place the chicken breast in a plastic bag and pound thin with a mallet. Heat olive oil over medium-high heat in a skillet. Dredge the chicken in flour and coat it on both sides. Add the chicken to the pan and sauté 5 minutes per side. Remove the chicken from the pan and set aside.

Melt the margarine in the pan. Add the mushrooms and pepper and cook for 5 minutes. Add the balsamic vinegar to the pan and bring it to a boil to reduce the liquid. Add the chicken broth to the pan and simmer 2 more minutes. Add the chicken breast back to the pan and simmer for 5 minutes.



No Bake Energy Bites

Ingredients:

- 1 C old-fashioned oats
- 1/2 C creamy peanut butter
- 1/2 C ground flaxseed
- 1/3 C honey
- 1 tsp vanilla extract
- 1/2 C semisweet chocolate chips (or vegan chocolate chips)
- 2/3 C toasted shredded coconut (sweetened or unsweetened)
- 1 TBSP chia seeds (optional)



Nutrition Facts

Calories: 102
Total Fat: 6 g
Carbohydrates: 11 g
Total Sugars: 6 g
Protein: 2 g
Sodium: 2 mg

Directions:

Stir all ingredients together in a large mixing bowl until thoroughly combined. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. Roll mixture into 1-inch balls. Then enjoy immediately! You can refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

If you have trouble getting the energy balls to hold together, try adding in more peanut butter to make the mixture a bit more sticky. Or if you would rather, you can also just press the mixture into a square baking dish to make flat energy bars instead of round energy balls. You can also use almond butter in place of peanut butter and/or omit the coconut and add an extra shake of oats instead.

Fitness Room

The fitness room is 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 a questionnaire and be assessed at your first visit. This is an "open gym" concept. Use any cardio or strength machines, and fitness equipment at your own pace. Our Health Promotion Specialists are available to assist and for any questions. Remember to bring clean, dry shoes and a refillable water bottle

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

Classes: All fitness levels welcome

!! NEW!! YOGA: Monday and Wednesday, 12:15 - 12:45 pm.

Basic stretching, breathing and relaxation practices

SCULPT & BURN: Monday and Wednesday, 4:15 - 5:00 p.m.

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.

LUNCH CRUNCH: Tuesday and Thursday, 12:15 - 12:45 p.m.

A 30 minute session to burn fat and increases strength. Each class will vary and you will leave feeling energized and refreshed.

This year the Easter Bunny is offering many healthier options to fill Easter baskets!

- Stickers/tattoos
- Sidewalk chalk
- Sugar-free gum
- Travel Board games/card games/activity packs
- Art basket: crayons, paper, markers, water colors, safety scissors, glue sticks
- Garden Starter kit: gardening tools, seed packets, watering can, flower pots
- Small amounts of dark chocolate



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